



HAPPY ST. PATRICK'S DAY

Brain Awareness Week March 14th



Puzzles for brain fitness will be available in Jazzman's. Try one or try them all. Solve them alone or in a group. In the meantime.....

A chicken farmer has figured out that a hen and a half can lay an egg and a half in a day and a half. How many hens does the farmer need to produce one dozen eggs in six days?

Answer to be posted on the Wellness Board outside the Multi-purpose room the second week of March.

Brain Health Heart Health Connection

Some of the strongest current evidence links heart health to brain health. Your brain receives nutrients from an extensive network of blood vessels. Each heartbeat pumps 20-25% of blood to your head where brain cells use at least 20% of the food and oxygen your blood carries. If the heart is not healthy, the brain may not be getting the nutrients it needs. Many experts believe that controlling risk factors for heart disease may be the best approach to brain health.

♣ March is National Nutrition Month ♣

New U.S. Dietary Guidelines Recommend Limiting Excess Salt, Fat, Sugar

The U.S. Department of Health and Human Services and the Department of Agriculture have updated their 2005 nutritional guidelines, taking aim at sodium, refined sugars, fats, and refined grains.

Among the 23 recommendations:

- Limit daily sodium consumption to less than 2300 mg. High-risk groups (e.g., those who are over 50, are black, or who have hypertension, diabetes, or chronic kidney diseases) should consume less than 1500 mg.
- Restrict the percentage of calories coming from saturated fats to less than 10%.
- Consume less than 300 mg of dietary cholesterol daily.
- Replace refined grains with whole grains.
- Restrict consumption of solid fats and added sugars.
- Limit alcohol to one drink per day for women and two for men.
- Eat a variety of fruits and vegetables and more of them.
- Replace some meat and poultry with seafood.

The guidelines also offer specific recommendations for people ages 50 and older.

Product Development for Older Adult Products

Researchers at MIT have been working on a pretty interesting idea called AGNES, which is short for Age Gain Now Empathy System. The suit, when worn, simulates the effects of aging, including increased fatigue, reduced flexibility and difficulty with vision and balance.

“AGNES is a promising tool that allows product designers and testers to perform an initial evaluation of the usability of their designs and prototypes and live first-hand what a senior user may experience,” said Majd Alwan, vice president of MIT’s Center for Aging-Services Technologies. “The use of AGNES will give designers the opportunity to re-visit their design to make them easier to use, more accessible and more accommodating for seniors with physical and sensory limitations.”

Pradaxa Instead of Coumadin

A newly approved alternative to Coumadin (also known as warfarin) may make life a little easier for people with nonvalvular atrial fibrillation. See the February edition of The Harvard Heart Letter in the lobby of the Wellness Center for details on how Pradaxa works, who it’s for, and the advantages and disadvantages of the drug.

Cheshire Aqua Motion Class

We are hosting an older adult aquatic class which formerly took place at the Cheshire pool prior to the collapse of the bubble. The pool will be used Mon., Wed., and Fri. from 8am -9am. Residents may use the lap lane for swimming during this time. Using the pool and whirlpool during Elim Park classes or therapy is still not allowed.



Wellness Subscriptions

It is time to renew the subscriptions we make available to you in the Wellness Center. We would like to know if you are taking advantage of these to determine if we should continue to keep them on hand. *The Harvard Heart Letter, Tufts Nutrition and Health Letter, Mayo Clinic Health Letter, and Arthritis Today* are located in the lobby of the Wellness Center. Please let us know if you are reading them. You are welcome to borrow them or take them to copy, but please return promptly for others to read.

SAVE THE DATE

Let’s Discuss Men’s Health Issues

Friday, March 18th at 2:30pm

Christ Chapel

Dr. Weisman

Learn how heart disease, prostatic disease, diabetes, and hypertension are just different manifestations of the same underlying process. Question and answer period to follow.

Improving Your Memory

Monday, March 28th at 2:30pm

Christ Chapel

Jo Anne Harrison-Becker, M.S. will discuss normal changes to the brain with aging, how to keep memory strong, recalling well-known information and mental fitness and neurobic exercises for the brain. **Please bring a pencil.**

NO Exercise Classes

Tuesday, March 1st

NO Yellow Land Class

Wednesday, March 16th