



Wellness & You



Elim Park Place Newsletter

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5 Myths about Exercise and Older Adults



Myth 1: There's no point to exercising. I'm going to get old anyway.

Fact: Exercise and strength training help you look and feel younger and stay active longer. Regular physical activity lowers your risk for a variety of conditions including Alzheimer's and dementia, heart disease, diabetes, colon cancer, high blood pressure, and obesity.

Myth 2: Elderly people shouldn't exercise. They should save their strength and rest.

Fact: Research shows that a sedentary lifestyle is unhealthy for older adults - period. Inactivity often causes seniors to lose the ability to do things on their own and can lead to more hospitalizations, doctor visits, and use of medicines for illnesses.

Myth 3: Exercise puts me at risk for falling down.

Fact: Regular exercise, which builds strength and stamina, prevents loss of bone mass, and improves balance, actually *reduces* your risk of falling.

Myth 4: It's too late. I'm too old, already to start exercising.

Fact: You're never too old to exercise! If you've never exercised before, or it's been a while, start with light walking and other gentle activities.

Myth 5: I'm disabled. I can't exercise sitting down.

Fact: Chair-bound people face special challenges but can lift light weights stretch, and do chair aerobics to increase range of motion, improve muscle tone, and promote cardiovascular health.

Thanksgiving

Massage Affects Body's Immune Response

In a recent study of healthy subjects, 45 minutes of Swedish massage caused a decrease in levels of the stress hormone cortisol along with significant positive changes in other markers of immune system function. The authors noted that "if replicated, these findings may have implications for managing inflammatory and autoimmune conditions."

No Exercise Classes

Thursday & Friday
November 25th & 26th
Due to the
Thanksgiving Holiday

Ideas for Newsletter

Do you have an idea for our newsletter? Is there a subject you would like to see covered? If so, please submit your suggestion to Barb or Kim and we would be happy to follow through.

Exercise Protects Elderly Women from Falls, Fractures

A home exercise program may help high-risk, elderly women avoid falls that lead to hip fractures, according to results of a seven-year study of 160 Finnish seniors. Falls are responsible for 90% of all hip fractures, which can, in turn, lead to further health complications. The study split the women, all of whom suffered from osteopenia (a reduction in bone mass, or low levels of bone calcium) into two groups. Women assigned to the exercise group received 6 months of weekly supervised balance, leg strength and impact training sessions. During an average follow-up period of 7.1 years, women in the exercise group were less likely to be hospitalized with fractures of any kind and had no hip fractures, compared to 5 in the control group. Exercising women showed positive effects on balance and gait and significant gains in leg strength compared with the control group. Mortality was also significantly lower in the exercise group than in the control group during the follow-up period. Researchers concluded, "Regular daily physical activity should be recommended to elderly women with osteopenia." *Archives of Internal Medicine*

Chest Compression Becomes First Step After Cardiac Arrest

A meta-analysis of three studies reported in The Lancet examined survival rates in more than 3,700 cardiac arrest patients. Survival improved by 22% when bystanders called 911 and were advised by the dispatcher to do chest compression-only CPR compared to standard CPR, which involves alternating chest compressions with rescue breaths.

In a separate statement, the American Heart Association announced that it is changing the guidelines for cardiopulmonary resuscitation by reversing the order of rescue breath and compressions. The new recommendation states that chest compressions should be the first step to revive victims of sudden cardiac arrest, followed by clearing airways and breaths. Chest compressions are needed to keep the oxygen-rich blood circulating through the body

Wellness Participation at Elim Park

Do you equate Wellness with exercise? If you do, you are not alone. Wellness is often thought of as a medical or exercise term. Some wellness centers are actually doctor's offices. Our Wellness Center may cause you to think that wellness equals exercise. But Wellness is a multi-dimensional concept that includes activities for mind, body and spirit. A true wellness program offers individuals opportunities to grow in many different ways. If you do not take part in an exercise program, you still may be participating in wellness activities. In fact, very few residents don't participate at some level. Are you playing bridge and attending History revisited? Are you a quilter and a theater-goer? Then you are a wellness participant. Our Healthability™ program has eight dimensions of wellness including social, physical, intellectual, emotional, community outreach, environmental, spiritual and nutritional. A recent survey sent to residents in June showed that 66% of you participate in at least one dimension of wellness (68% return of surveys). We estimate that if 100% of residents completed and returned the survey, 75% of you are active in the wellness program. Our goal is 70% participation, so we are "well" on our way to that goal.

2010 Health Fair a Success

Thank you to the 129 residents who attended the Health Fair on October 28th. We had record attendance this year! We use the evaluations to plan the next Fair, so if you have a suggestion that you didn't write down, we would love to hear it.

-Barb & Kim

