



Parkinson's Disease Update

Ten years after a Parkinson's disease diagnosis the survival rate among people with the disease is the same as for the general population, according to a recent study.

The new study followed 238 people with Parkinson's for 20 years or more, longer than previous assessments of life expectancy with the disease. All were treated by movement disorder specialists at an academic medical center. The results debunk the common assumption that secondary complications of Parkinson's shorten the lives of people with the disease. In fact, the researchers found that, just as in the general population, heart disease was the leading cause of death among study participants.



Engage in Life to Keep Memory Loss at Bay

In a recent study of older adults 70-89 years of age, people with diagnosed memory loss, and people with no memory problems answered questions about their daily activities within the past year and in middle age.

The results of the study showed that reading books, playing games, participating in computer activities and doing craft activities such as pottery or quilting led to a 30-50% decrease in the risk of developing memory loss compared to people who did not do those activities. People who participated in social activities and read magazines during middle age were about 40% less likely to develop memory loss.

People who watched television for less than seven hours a day in later years were 50% less likely to develop memory loss than people who watched for more than seven hours a day.

"This study is exciting because it demonstrates that aging does not need to be a passive process. By simply engaging in cognitive exercise, you can protect against future memory loss," said study author Yonas Geda, MD, MSc.

The "Hype" on Caffeine

Caffeine beverages are very popular these days. Caffeine is a brain stimulant that makes you feel more alert by increasing your heart rate and blood pressure slightly, therefore making one feel "energized" and more alert. Moderate use of caffeine (200-300 mg per day) does not usually cause problems, but overuse may cause sleep problems, anxiety, headaches and stomach irritation. In addition, caffeine is a diuretic and causes increased calcium loss. Did you ever wonder how much caffeine your beverages contain? The following list should help. Content is based on eight ounces of the beverage.

- ◆ Drip Coffee – 95mg
- ◆ Instant Coffee – 85mg
- ◆ Decaf Coffee - 3mg
- ◆ Brewed Tea – 50mg
- ◆ Instant Tea – 28mg
- ◆ Hot Cocoa – 6mg
- ◆ Chocolate Milk – 5mg
- ◆ Coke – 35mg
- ◆ Root Beer – 23mg

Ankle Strength Related to Balance

The ankle is a hinge-type joint that helps support the body when shifting body weight, walking and jumping. Movement at the ankle includes plantar flexion, when the toes move away from the leg (when pushing on the gas pedal in a car or pushing off from the toes when walking) and dorsiflexion, when the toes raise towards the leg (when walking and the heel strikes the ground first). Research shows that performing dorsi- and plantar flexion exercises such as toe raises and calf raises improves balance.

**No Aquatics Classes Monday,
April 6th & 20th**

No Land Classes Wednesday, April 22nd





PUTTING YOUR BEST FOOT FORWARD!

Years of wear and tear can be hard on your feet. Foot problems are sometimes the first sign of more serious medical conditions such as arthritis, diabetes and nerve or circulatory disorders. The following tips will keep your feet healthy.

- Check your feet often for blisters, sores and skin ulcers that do not heal.
- Keep blood flowing to your feet by putting them up when you are sitting down.
- Make sure that your shoes fit properly. Wearing comfortable shoes can help prevent many foot problems. Choose a shoe that is shaped like your foot. Stand up when trying on shoes to make sure there is about ½ inch between your longest toe and the end of the shoe.
- Keep your feet clean and dry and remember to wash the area between the toes daily. Change your shoes and socks often and add a dusting of foot powder if needed.
- Toe nails should be cut straight across so that the corner of the nail can be seen above the skin.
- Swollen feet may be a sign of a more serious health problem. If you continue to have swollen feet or ankles, see your doctor.
- Toe exercises are a great way to keep your feet strong. With bare feet, scrunch up a towel on the floor with your toes. Straighten the towel out with your toes. Spread your toes out wide. Bend toes up and down.

Carolyn Nowie exercises because she knows it is good for her and experiences the benefits. Carolyn has arthritis in her back which makes walking uncomfortable. “I feel loose and limber when I am done exercising. My back doesn’t hurt when I walk on the treadmill.” At 93 years old, Carolyn is a great role model for wellness. In addition to using the arm ergometer to keep her injured shoulder in good shape, Carolyn enjoys group exercise class and Fit Steps 2.

Carolyn Nowie uses the Arm Ergometer



“I was diagnosed with osteoporosis several years ago, but was unable to take the usual drugs such as Fosomax. However, my last bone scan showed marked improvement and my doctor said I should keep on doing what I’m doing. Besides taking daily supplements, I exercise for 45 minutes, three times a week in the Blue class. Other days I walk. It works!” Ellen Flaherty uses the strength equipment as well. Her exercise regimen gives her the strength and energy necessary to watch her 2 year old great granddaughter, Tessa.

Ellen Flaherty uses the Strength Equipment



‘Stroke Awareness: Act Fast at the First Sign of Stroke’

Tuesday, April 28th at 10:00am
In Christ Chapel
Celina Bazaar, Sacred Heart Student

Creative Movement Demonstration

Tuesday, April 28th
at 2:15pm
In the Wellness Center
Aerobics Room
Participate or watch a demonstration of relaxation exercises and breathing by Instructor Debbie Kahan

Osteoporosis What You Need To Know

Wednesday, April 15th at 10:30am
In Christ Chapel
Presenter: Jackie Hackbarth
Mid-State Medical Center

Family Swim
Saturday,
April 25th
From 1:00-4:00
Sign up in the
Wellness Center