



SUCCESSFUL RETIREMENT

What does one need in order to really enjoy the retirement years? A plan. Unfortunately, there is no single formula for successful retirement because we are all individuals and need to decide how we want to live during our retirement years. Retirement involves major changes in the routine that used to govern every aspect of our lives. Retirees are now faced with 40-55 hours of free time each week.

Besides income, our jobs/careers gave us structure and a sense of self-worth and accomplishment. The human psyche requires that sense of self-worth throughout life, not only during our working years. We must begin to develop interests and activities that provide us with a variety of pursuits. No matter what our age, we are all important and worthwhile members of our community. We need to remember that.

The following are some things to think about if you are a retiree who would like to fill some of those extra hours during the week.

- Continue to set goals. Goals give us focus and help us to stay on track.
- Revitalize an old hobby or choose a new one. Remember those words that you spoke all of those years ago, “When I retire I am going to take up _____”. Now is your time.
- There are many opportunities for older adults who have a desire to learn something new to go out and get formal education in that area. Many state colleges offer classes to seniors at no charge.
- Take time to travel, even if only within the state that you are currently living. A change of scenery can be very refreshing.
- Get involved in a fitness program. Many young mothers use their children as an excuse not to exercise and men use their jobs. Now that your children have grown up and left the nest and you are retired from work, what’s stopping you?
- Volunteer in your community. Churches, hospitals, and schools are always looking for volunteers. Become a mentor and share your expertise with a youngster.
- Socialize, laugh and share your sense of humor which will keep you more open to change and interested in the world around you.

Cerebral Blood Flow During Exercise

Exercise increases blood flow to the muscles that are working but it also increases blood flow to the brain. This increase in cerebral flow has important implications for older adults. Stroke is often caused by a lack of oxygen to the brain and regular physical activity is associated with the prevention of stroke. Aerobic exercise increases blood flow not just acutely (at the time of exercise), but chronically as well, potentially offsetting declines in cognitive function that can occur with aging. And most people will agree that they have a “clearer head” after exercising.

SAVE THE DATE

The Loss of Balance: Are You Dizzy?
August 27, 2009~~2:30pm
Christ Chapel
Presented by Mid-State Medical Center

Class Changes for August

Mon.-8/10 No pool classes
Wed. 8/12 No land classes
Wed. 8/19 No blue aquatic class
Please attend green class

The Law of a Lifetime of Growth

We must always change, renew, rejuvenate ourselves; otherwise we harden. –Goethe

Research in gerontology has concluded as much as 80 percent of what we now call ‘old age’ is not related to biology, but has its roots in expectations and attitudes. The 20 percent that is a product of biology may incapacitate us and even result in our death, but the good news is that if we concentrate on improving and changing the 80 percent, we stand to benefit beyond our expectations.

The Law of Lifetime Growth is at the heart of this approach. Everyone has the capacity to change, to learn, to evolve, and to grow. Unfortunately, many succumb to a set of cultural beliefs that classify and restrict people to roles that create anything but total wellness.

The Law of Lifetime Growth is intertwined with the idea of vital curiosity. The idea is to constantly explore, to seek, to have an attitude and bearing that says, “I’m interested in finding out what life holds.”

Activities for older adults should not aim to pacify. They should help them to grow, learn, pursue, contribute and enjoy. The following are suggestions for a lifetime of growth and fulfillment:

- Never let age be an excuse.
- Keep seeking even after defeat.
- Cultivate ideas.
- Find your passion and pursue it.
- Contribute by giving of self.
- Never retire.

-The 22{Non-Negotiable} Laws of Wellness

Lightning Policy for the Pool

June weather brought lots of rain and some thunder and lightning. Therefore, it is a good time to review Elim Park’s policy on swimming during a storm.

Lightning’s behavior is random and unpredictable, calling for a cautious and conservative approach when using a pool or whirlpool. Although the Wellness Center is equipped with lightning protection, extra precaution should be taken to ensure the safety of those who use the pool and whirlpool. All persons should evacuate the pool and whirlpool when lightning is in the area. When the Wellness Staff is present, they will be responsible for evacuation. When Staff is not present, residents should evacuate the pool and whirlpool on their own. A copy of the policy is included in the Resident Handbook. Entry into the water is permitted 30 minutes after the last flash of lightning. Please contact the Wellness Department if you have any questions.

Summer: A Good Season for Cholesterol

There is a season for everything, including cholesterol. The level of LDL cholesterol (the “bad” type) is a bit lower, and the level of HDL cholesterol (the “good” type) is a bit higher, in the summer than in winter. The changes are not huge, but they could make a difference in whether you are on or off target with your cholesterol level. LDL averages approximately 6 points lower and HDL 2 to 3 points higher during the summer months.

Never Too Old to Improve the Brain

Neuroplasticity, the ability of the brain to change and adapt to new circumstances, occurs regardless of age. Until recently, scientists believed that brain development stopped at adulthood. Research has demonstrated three key findings. First, areas of the brain that are used intensely can increase in size. Second, new pathways of communication among brain cells can form, and last, the brain has the ability to make new cells.

What does one have to do to make these improvements? Exercise, stay connected and be creative. Exercise may increase the connections between neurons and improve blood flow to the brain. Staying connected socially may keep neurons communicating across different areas of the brain, and being creative, both artistically and/or scientifically, may help the right and left side of the brain to communicate better.



My favorite machine at the gym is the vending machine!
- Caroline Rhea, Comedian