



EASY BRUISING: COMMON AS YOU AGE

Most bruises form when small blood vessels near your skin's surface are broken by impact of a blow or an injury. Blood leaks out of the vessels and initially appears as a bright or dark red, purple or black mark. Eventually your body reabsorbs the blood, and the mark usually disappears.

There are several causes of bruising that cannot be avoided. Age related thinning skin and weakened capillaries are both culprits. Blood thinning medications such as aspirin, Coumadin and Plavix reduce the blood's ability to clot. Bleeding under the skin that would normally stop sooner doesn't thus allowing more blood to leak into tissue causing the bruise.

Certain dietary supplements such as fish oil and ginkgo also may increase your bruising risk, since these supplements have a blood-thinning effect. Make sure your doctor is aware of any supplements that you may be taking especially if you are taking a blood thinning drug as well.

Humor is Good for the Soul

I taught water aerobics to arthritic adults and tried to vary the repetitive exercises. During one workout I called, "One and two and three and SMILE!" The participants liked the routine, so I kept it up. But after one class a man approached me and asked if we could keep our exercises down to a three count. "Are your knees acting up again?" I asked, concerned about his health. "Oh, no, my knees are fine," he responded. "But I think I stepped on somebody's teeth today."

NO EXERCISE CLASSES

Thursday, November 26th
Friday, November 27th
Due to the Thanksgiving holiday
The Wellness Center will be open for use

BRUISING AND MORE SERIOUS PROBLEMS

Bruising may also indicate something more serious, such as a blood-clotting problem or a blood disease. See your doctor if:

- You have unusually large or painful bruises, particularly if they seem to develop for no reason
- You're bruising easily and experiencing abnormal bleeding elsewhere, such as from your nose, gums or intestinal tract
- You have no history of bruising but suddenly experience bruises, particularly if you recently started a new medication

To eliminate minor bruising, reduce household clutter that could cause bumps or falls. Wearing long-sleeved shirts and long pants can provide an extra layer of protection for thin skin.

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Wellness Update

Healthability™ has expanded to the Health Care Center. A new program, Mobility Plus, offers group exercise classes for residents three times per week for 30 minutes. In addition, some residents will visit the Wellness Center to use the NuStep and strength machines. You may see some new faces on Tuesday and Thursday mornings as Health Care residents experience the same benefits as EPP residents in the wellness program. Please join me in welcoming them to our Center.

Barb Womer

NO LAND CLASSES

Wednesday, November 4th
Aquatics Class will take place
as regularly scheduled



Whole Grain Benefits

On average, Americans eat less than one serving of whole grains per day. What are whole grains? Technically they are the seeds of grasses. They include brown rice, popcorn, oats, barley and whole wheat products. Grains are whole if the bran, germ, and endosperm of the grain are left intact. The bran contains fiber, B vitamins, and trace minerals; the germ contains Vitamins B and E, essential fatty acids, phytonutrients and unsaturated fats; the endosperm contains proteins, B vitamins, and starch. In other words, whole grains contain the most nutrients!

Research shows that whole grains reduce heart disease, type 2 diabetes, and blood pressure. Unfortunately, Americans tend to favor refined grains, those stripped of the bran, germ and endosperm. Refined grains include white rice, white bread and many popular cereals.

In order to boost your whole grain intake and health, eat brown rice, whole wheat bread, and cereal with whole grains. When shopping, look for the word “whole” before the grain, for example, whole wheat bread. Multigrain, 100% wheat and cracked wheat do not necessarily contain the whole grain. In the dining room, request whole grain bread and brown rice.

The recommended daily intake of whole grains for older adults is 5-6 servings. One serving is equal to one slice of whole grain bread, ½ cup of cooked cereal or rice, 1 cup of prepared whole grain cereal, 3 cups of popcorn or 1 mini whole grain bagel. One can easily obtain the recommended amount by eating oatmeal for breakfast, a sandwich with two slices of whole grain bread for lunch, and a cup of brown rice for dinner.

Guest Policy Review

Guests of residents are encouraged to use the Wellness Center while visiting. Waivers must be signed **prior** to guests using the Center and are available at the Reception Desk. It is important that the correct Waiver is signed and that it is initialed and signed in **all** the correct spaces. Be aware that there are separate Waivers for Residents, Employees and Guests. Guests must also read the Orientation Information Sheet prior to signing the last line on the Waiver. We suggest that residents obtain the correct form from a staff member or direct guests to Elim Park’s website to download forms that can be faxed or mailed ahead of time. **Please remember that the resident is supposed to be present while the guest is using the Wellness Center! No children under 18 years old are allowed in the pool!**

A Note to Shuffleboard Fans

If you attend a shuffleboard match with the intent of watching a game, please do not check in and out of the Wellness Center. The check-in system is used to track attendance of Center users, not those who watch a match.

We appreciate your cooperation in this matter.

Intellectual Activities Affect Dementia Risk

With the prevalence of dementia expected to nearly double every 20 years, from an estimated 35.6 million people in 2010, the search is on for ways to prevent the condition or diagnose dementia or Alzheimer’s disease at an earlier stage.

In a recent summary, the authors pointed out that reducing risk factors should be the emphasis in preventing dementia since pharmaceuticals can only “modestly” improve symptoms. According to current research, “some of the most promising strategies for the prevention of dementia include vascular risk factor control, cognitive activity, physical activity, social engagement, diet and recognition of depression.”

They note that results of studies involving risk factor control have been “mixed,” and that interventions of physical and cognitive activity are most promising.

According to Reuters Health, a medical and health news letter, the risk of dementia was 50% lower among people who participated in activities such as completing crossword puzzles, playing cards or making artistic projects twice a week or more compared to those who did so less than once a week.