

HAPPY EASTER

TWO IS THE TICKET!

Fourth quarter Fitness Assessment results show maintenance of most fitness components but a significant drop in balance. Accounting for “bad balance days” and a difference in testers, the decrease is still significant. It is important to determine why such a decrease occurs and then rectify the situation.

The fourth quarter included the holidays, a time during which the fitness industry always experiences a drop in attendance. Winter illnesses also come into play. However, the most significant reason for the decrease in balance is most likely due to a decrease in regular attendance.

Exercising two times per week is the minimum recommendation for improved fitness and health. Regular attendance at Elim Park has been decreasing slowly for the last two quarters. Attendance averages 1.5 times per week.

The primary goal of the Wellness Dept. is to increase regular attendance. However, we realize there are barriers that may keep residents from attending class. We are here to help, so please feel free to contact one of us for a consultation. If you have not been attending regularly, you will hear from one of us! Barbara Womer and Kim Hall, Ext. 371

REMEMBER THAT TWO IS THE TICKET TO WELLNESS!!

Thank you!

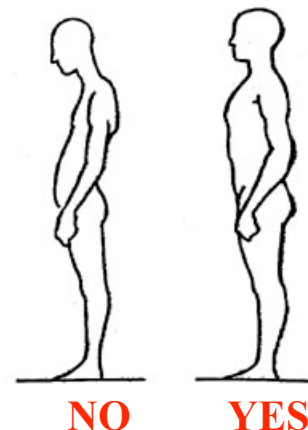
Thanks to the 131 residents who took the time to complete the wellness center survey a few months back. Your feedback is valuable. A special thanks to Dave McGalliard for tabulating the results – a time-consuming, tedious job. *-Barb*

OH MY ACHING BACK

Back pain is one of the most common complaints in the senior population but few people know that the cause may be something as simple as improper posture. Prolonged sitting shortens the hip flexor muscles which lead to an unnatural tilt of the pelvis and back pain. Learning how to find a neutral pelvis can take pressure off the vertebrae and relieve back pain. Don't forget about strength training. Strong abdominal, back and leg muscles help maintain good posture as well.

POSTURAL TIPS:

- Sit tall with your back resting against the back of the chair. Maintain a small hollow in the low back.
- The top crest of the pelvis should be aligned directly above the pubic bone.
- Lift the breastbone and feel the shoulder blades move down and back against the chair back.
- The chin should be level and the top back region of the head should be your highest point. Relax the jaw and neck muscles.
- Pull your abdominal muscles in and up. Try to flatten your stomach while maintaining good, even breathing.



PUMPING NEURONS Fitness for your brain!

Research in the cognitive and neurosciences has demonstrated that mental exercise can increase and improve the brain's capacity for learning and recalling information, creative thinking, problem solving and decision making. The old gym maxim, "use it or lose it", applies to the brain as well as the body. Mental workouts can do for the brain what physical exercise does for the body.

Pumping Neurons is a dynamic, experiential program in which participants learn and try specific exercises and activities that promote mental fitness. This class will be offered as part of the Healthability program from 10:30am-11:30am on six consecutive Mondays beginning April 16th. Ken Steller, son of residents Bill and Dot Steller, will teach the class in the Activity Room. If you enjoyed Ken's Pumping Neurons presentation last year, sign up in the Activity Room. The group will be limited to 20 residents who can commit to the six sessions. Each session builds on the last.

Senior Poetry Contest Intellectual Wellness

Calling all writers! Do you like to write poetry? Connecticut Community Care, Inc. is pleased to announce the 2007 Senior Poetry Contest. The contest is open to anyone 65 years of age or older. Poems must be original and **not** written prior to the age of 65 years. For details check out the information posted outside the Activity Room or consult Debria Francois, Ext. 143. Entries by our residents will be presented at Elim Park in the future.

Pedometer Update

Inexpensive pedometers may offer a fun way to keep track of one's steps but users shouldn't expect them to be very accurate. According to a recent study, cheap pedometers may significantly over- or underestimate the number of steps users are actually taking. The research showed more than one in three inexpensive pedometers were off by more than fifty percent when compared to a Yamax Digiwalker, a pedometer known to be highly accurate. Researchers suggest inexpensive pedometers have no merit in promoting physical activity because of the low validity. If you received a free pedometer in a cereal box, from McDonald's or at a Health Fair, chances are it is not accurate.

Yamax Digiwalker is the most accurate pedometer on the market for the price, approximately \$20. If interested in ordering a pedometer, please contact Barb Womer at Ext. 371.

AARP Safe Driving

Tuesday, April 17th
& Wednesday, April 18th

Nursing Conference Room
Sign up with Debria

Chaplain's Corner: Hope Springs Eternal

Volunteer Gene, walked by the Physician's room in our Pavilion—a man struggling with Alzheimer's disease was there and he heard him say "That's all there is—there is no more!" Gene stopped in his tracks, backed up to the doorway and said, "But Dr.—there's a whole lot more! We can have hope in God through Jesus Christ our Risen Savior. Because He lives, we can live forever!" In those lucid moments the Dr. prayed to ask Jesus to be His personal savior from sin and to come into his life. "There is no more" turned into "much more" of Romans 5:10, "For if, when we were enemies, we were reconciled to God by the death of his Son, *much more*, being reconciled, we shall be saved by his life." Discover hope this Easter: it can give you the resource and resolve to be "whole and holy."

**Exercise Schedule
for 2nd quarter
is attached.
No changes!**

Laughter is the best medicine!

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"The healthiest part of a donut is the hole.
Unfortunately, you have to eat through
the rest of the donut to get there!"

Save the Date Pumping Neurons

Sign-up required
Monday,
April 16
at 10:30am
Activity Room
This is the first
of six sessions