



HAPPY MEMORIAL DAY

## OSTEOPOROSIS AWARENESS

The following is a summary of statistics presented in the Surgeon General's report on Osteoporosis.

- Osteoporosis mainly affects persons over age 65.
- In the United States 1 in 2 women and 1 in 4 men will sustain an osteoporosis related fracture.
- Hip fractures account for over 300,000 hospitalizations each year.
- Direct care costs related to osteoporosis fractures are up to 18 billion dollars per year.
- An increase in office visits related to osteoporosis has increased from 1.3 million to 6.3 million in the past ten years.

The good news is that osteoporosis can be prevented.

- Follow a balanced diet rich in calcium and vitamin D.
- Perform weight bearing exercise at least two times per week.
- Eliminate smoking and excessive alcohol consumption.
- Make an appointment with your doctor for a bone density screening.

Early detection is critical. Osteoporosis is often referred to as a silent disease. Many sufferers are not aware that they have the disease until they experience some type of fracture. Remember, it is not only a woman's disease. Men are afflicted as well.

Diet is a very important component in the prevention of osteoporosis. When we think of calcium rich foods, we often think of dairy products. Take a look at the list. All of these foods contain calcium: [broccoli](#), [salmon](#), [apples](#), [kidney beans](#), [oranges](#), [rice](#), [beets](#), [oats](#), [squash](#), [raspberries](#), [walnuts](#), [figs](#), [eggplant](#), [mushrooms](#), [olives](#), [dates](#), [garlic](#), [molasses](#).

A student from Southern CT State University will be starting an internship in the near future. Bob Beverage is studying Exercise Science and has a desire to work with older adults after graduating. He will be observing as well as participating in many of the Wellness activities. Please join us in welcoming him.

## May Is Better Sleep Month

It refreshes us like nothing else. It can occasionally be elusive, almost always comforting, and definitely essential to our survival. And although we spend 33% of our lives asleep, we barely give it a moment's notice...until we can't sleep.

For millions of people, the consequences of a poor night's sleep – higher stress, increased mistakes, difficulty concentrating – are every day occurrences. But it doesn't have to be this way. Try these tips!

### TIPS FOR A GOOD NIGHT'S SLEEP

- Maintain a regular bed and wake time schedule
- Maintain a regular, relaxing routine prior to bed time
- Avoid caffeine as it keeps you awake. Switch to decaf coffee and tea after dinner
- Create a sleep-inducive environment that is dark, cool and quiet
- Sleep on a comfortable mattress and invest in a new one if needed
- Stop eating 2-3 hours prior to bed
- Exercise regularly
- Reduce stress. 65% of Americans lose sleep due to stress – women more than men

## WANTED: Research Subjects

Research is the key to discovering new information. Kathleen Zettergren, an Associate Professor at Quinnipiac University, is looking for residents to serve as controls for her current research project. The project looks at Yoga and it's affect on the risk of falling. Residents who volunteer **would not** be participating in Yoga classes but would be pre- and post-tested for balance and quality of life. Please consider taking the opportunity to contribute your time to this valuable project. Contact Barb Womer, ext. 371

## CHAPLAIN'S CHAT

Hebrews 12:1, "Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily hinders our progress. And let us run with endurance the race that God has set before us." (NLT)

The theme verse above and the quote below are from our Pastor who has just started a series called The Biggest Loser. In his blog, one day last week, he wrote these words and I thought it would be worth passing on...

"It's easy for all of us to understand why losing a few (or maybe many) pounds will lead us to better health. Heart problems, high blood pressure, diabetes, joint problems and many other health problems relate to being overweight. Surprisingly, many people fail to understand the implications of being spiritually out of shape. Fear, insecurity, stress, anger, hatred even racism can all be traced back to poor spiritual health. When we begin to get in tune with the fact that everything in our lives is interrelated and that the spiritual affects the physical and visa versa, things start changing."

Pastor Will Marrotti  
New Life Church, Meriden, CT

True Health, a pamphlet from our Elim Park Chaplain, will assist you in a spiritual check-up as you seek to grow in your faith. You may pick one up at the Reception Desk (Magda's desk)

### Changes to Know!

Pumping Neurons will be held at 10:15am on Monday, May 14 instead of 10:30am to accommodate those who wish to attend History Revisited.

**ATTENTION!**  
**NO MORNING CLASSES**  
**ON WED., MAY 16 DUE**  
**TO ASSESSMENTS**

**MEMORIAL DAY**  
Exercises classes will be held on Monday, May 28. However, there **will not** **be** an 11:30am class that day.



## WELLNESS WORKS

### Les's improvements:

Upper Body strength—172%  
Lower Body strength—92%  
Endurance—69%  
Upper Body flexibility—43%  
Lower Body flexibility—50%

When the Wellness program began, I considered myself physically active because I rode my bicycle several times a week and played golf once a week. But I also knew that my strength was not as it had been a few years before and my balance had suffered the deterioration normal for my years.

The Wellness Program changed that. Within a few months of participating I knew my strength and balance were renewed beyond anything I expected. The baseline and follow-up assessments proved that.

Gradually I felt as though the weights I was using for exercise needed to be much heavier and with help and direction from the Wellness staff I increased the weights until I was comfortable using 12 pounds as light weights and 15 pounds as heavy weights. Throughout the first year of the program I stuck to exercise at least three times a week, and I intend to keep that up as long as I am able.

I recently went to see the Neurologist who has been observing the blood flow in my carotid arteries for the past four years and he said, "I have good news for you." He explained that he had been subjecting me to semiannual ultrasound tests because at my first visit my carotids were 65% blocked and I was close to the 70% blockage which he considers a possible candidate for surgery. The blockage level did not change through all the four years of tests, but there was some deterioration in the blood flow that concerned him before the March 2007 test. Now the blood flow has increased noticeably, a change that he feels could only have come about by a significant change in life style. He asked me detailed questions about my medications, my diet and my stress level.

I replied to his satisfaction that there was no change in those areas, so he asked if my activity level had increased. When I described the Wellness program, he said that is probably the reason. People at my age rarely improve as I had improved, so he said, "Go and continue what you are doing, because you are truly fortunate to have experienced this significant change."

- Lester Newill

## GAYLORD AQUATICS

Please let the Wellness Dept. know if you use the pool at Gaylord on a regular basis. This is important in determining whether or not we need to keep our current membership.

*Barb*

## Trail Walks

Tuesday, May 22 from 10am-11:15am  
Thursday, May 31 from 9:30am-11:00am

## SAVE THE DATE

Wednesday, May 16, 9am-12am  
Assessments  
Exercise Room  
**ONLY IF YOU RECEIVED A  
NOTICE**

Friday, May 25 at 2:00pm  
Lights, Camera, Cooking  
Tea Presentation  
Village Green Dining Room  
**Sign up required in the  
Activity Room**