

Elim Park Place Newsletter



NATIONAL MEN'S HEALTH WEEK June 11-17, 2007

Most men are aware that healthy lifestyle choices like eating well, exercising regularly and not smoking can greatly increase their chances of living a longer, healthier life. But do you know that identifying potentially serious health symptoms early may reduce your risk for developing medical conditions later on in life? Twenty-nine million men have high blood pressure, 50 million have high cholesterol, and 8 million have diabetes. Many men go undiagnosed because they do not have regular screenings and check-ups. The CDC reports that women are 100% more likely to visit their doctor for annual exams and preventive services than men. Don't accept the statistics—fight them. Your health is too important to ignore! Make an appointment with your doctor today.

For a complete list of check-ups and screening tests recommended for men (and women) please see the Wellness Board or visit www.menshealthnetwork.org.

INTERESTING MEN'S HEALTH FACTS

- Men have a higher death rate for heart disease, cancer, stroke, diabetes and COPD than women
- In 1920, women lived one year longer than men. Now men die almost six years earlier than women (CDC).
- 115 males are conceived for every 100 females.
- Men suffer hearing loss at two times the rate of women.
- Men have fewer infection-fighting T-cells and are thought to have weaker immune systems than women.
- Testosterone, a male hormone, is linked to elevations of LDL, the bad cholesterol, and declines in HDL, the good cholesterol.
- Life expectancy at birth for men is 75.2 years.

♪ Singing Improves Your Health ♪

Do you break out into song in the shower, the car, or in your home? If so, you should continue the practice. Singing not only feels good, it can enhance your well-being! "Because singing is visceral (relating to, or affecting, the body) it can't help but effect change", explains Suzanne Hanser, Music Therapy Chairperson at Berklee College of Music.

Singing seems to benefit the elderly particularly well, especially when performed in a chorus. Seniors involved in a chorale for three years showed significant health improvements compared to those in a control group. Results included fewer eyesight problems, less incidence of depression, less need for medication, and fewer falls and other injuries. The seniors themselves noticed improvements including feeling better in daily life and while singing, easier breathing, better posture, and better voice quality.

Other studies have linked singing with a lower heart rate, decreased blood pressure, and reduced stress. In people who have memory problems the memory for singing is preserved because the part of the brain that processes music is different from the part that processes speech. So warm up those vocal chords and sing to your heart's desire. ♪

John Wesley's Secret Formula for a Long Life

(Faith-Based Fitness, Dr. Kenneth H. Cooper)

At age 85, John Wesley, the founder of Methodism reflected in his journal on why we had enjoyed such a long and essential life: "To what cause can I impute this that I am as I am? First, doubtless, to the power of God, fitting me for the work to which I am called, as long as He pleases to continue me therein"

May we not impute it as inferior means:

- To my constant exercise and change of air?
- To my never having lost a night's sleep, sick or well, at land or at sea since I was born?
- To my having constantly, for about sixty year, risen at four in the morning?
- To my constant preaching at five in the morning, for about fifty years?
- To my having had so little pain in my life; and so little sorrow, or anxious care?

From Parker, Percy Livingston, ed., The Journal of John Wesley (Kent, England: STLP Productions), pp405ff

Lessons on longevity from John Wesley:

- Make devotion and service to God a daily part of life/Have others praying for you.
- Exercise regularly. Sleep well. Manage stress effectively.



Gardening is Wellness

Do you spend time gardening? All that time spent bending, stooping, squatting and pulling weeds is good for your body! You can get credit for gardening. If you spend a total of thirty minutes in a day in the garden, check off your name on the attendance list in the exercise room!

Save the Date

Home Safety Presentation
Wednesday, June 6 at 2:30pm

Vitamin E Presentation
Friday, June 29 at 2:30pm

Trail Walk
Thursday, June 14 9:30am

June is Home Safety Month

A few tips to keep you safe!

- ✚ Install grab bars in your tub or shower
- ✚ Remove throw rugs or use rubber backing to prevent slipping
- ✚ Keep pathways clear of clutter and wires to avoid tripping
- ✚ Be sure your home is well lit



SUN SAFETY

Finally the snow has melted, the temperatures are on the rise and the familiar aromas of freshly cut grass and lilac blossoms are luring us back outdoors. Sun safety should be a year round practice and since June 3 – June 9 is **National Sun Safety Week**, it seems to be an opportune time to review.

- Try to limit sun exposure between the hours of 10am and 4pm when the sun's rays are the most intense.
- Skin cancer is the most common of all cancers.
- Wear a hat to protect your face, head, ears and neck.
- Choose a sunscreen with SPF 15 or higher and wear it every day. On cloudy days about 70% of the sun's rays can still reach you.
- Avoid tanning beds and sunlamps, they are just as harmful.
- Long sleeves and pants offer good protection. Dark, tightly- woven fabrics offer better protection than light-colored, loosely-woven fabrics.
- Don't forget to sunscreen your lips.
- Make an annual appointment with your doctor to check for suspicious moles.
- Protect your eyes with sunglasses that block out harmful UVA and UVB rays.
- Shade does not provide full protection.

HAVE A SAFE AND HAPPY SUMMER!

Wellness Committee

New members wanted for the Wellness Committee!
I am looking for a few residents to add to my Wellness Committee, particularly from Mallard Mill and Brooksvale. If you are interested in serving on this committee, please contact me at Ext. 371 or stop by my office.

Barb Womer