



## Happy Thanksgiving

### How Stress Ages You

The speed at which you age is greatly affected by how well you handle stress. Living in a constant state of tension damages your nervous, cardiovascular, and immune systems because your body produces incorrect amounts of key hormones and neurotransmitters. Because stress is an interaction between mind and body, over time imbalances cause you to age faster. Too much stress causes:

- ☛ Strain on your heart and stiffening of your blood vessels which can lead to heart disease
- ☛ Decreased immune response causing you to get sick more often
- ☛ Increased blood sugar levels putting you at risk for developing diabetes
- ☛ Unhealthy habits such as smoking, overeating, social isolation and alcohol and drug abuse
- ☛ Memory loss
- ☛ Increased depression and anxiety
- ☛ Emotional reactivity causing you to react quickly and calm down more slowly

You can neutralize these harmful affects by learning how to deal with stress. Regular use of relaxation techniques such as slow, even breathing can help. Other methods of reducing stress include getting a good night's sleep, eating a healthy diet, socializing with family and friends, tuning up your spiritual life, and helping others. Not all stress is bad. Exercise is a stress on your body that has positive benefits!

### FanMail Correction

*By Barb Womer*

In the latest issue of Elim Park's FanMail an article appeared about walking. My name at the end of the article gave the reader the impression that I had written it. This was not the case and I would like to take some time to talk about walking and pedometers.

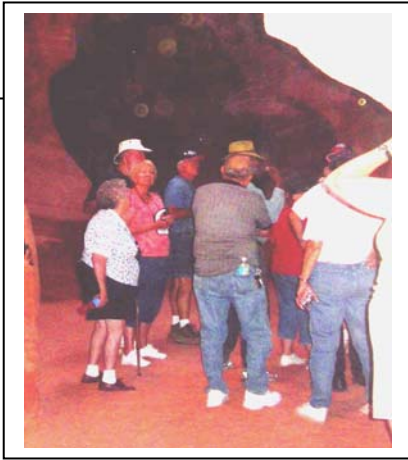
While pedometer use is popular and helpful in reaching fitness goals, it is not necessary. You may have heard that 10,000 steps per day are recommended—a lofty goal for older adults! Making a general statement about the number of steps one should take is not the best approach. It is better to find out the average number of steps an individual takes in a day and then have them increase that number to improve fitness levels. Remember that not all pedometers are equal. A good quality step counter is a must!

Time is a better measure to use when walking for exercise. The latest recommendation for older adults is 20-30 minutes five days per week. Walking can be performed all at once or in shorter bouts more frequently. Three ten minute walks counts! The key is accumulated time per day. Elim Park allows for plenty of indoor walking on level surfaces, so take advantage of it and keep moving.

### CHAPLAINS CHAT

I found a great verse of Scripture in regards to the issue of wellness. You have heard me say it over and over again, "I believe that wellness begins on the inside and works its way out!" If it is well with the soul, you will have reason and purpose and motivation to care for the whole body, mind and spirit. Let's keep working together to be—"whole and holy." Listen closely, now, to the words of the apostle Paul as you read and meditate on his words in the Bible—1 Timothy 4: 7 – 9: "Spend time and energy in training yourself for spiritual fitness. Physical exercise has some value, but spiritual exercise is much more important, for it promises reward in both this life and the next. This is true, and everyone should accept it." (New Living Bible) The Department of Christian Ministry can provide you with a daily devotional, there are Bible Studies to assist you to "grow in grace" and worship services conducted around the Elim Park each week. Many of you participate already, but if there is anything that we can do to assist you in "spiritual fitness" please do not hesitate to speak with Pastor Ken Milhous, Pastor Dwight Campbell, Pastor Harry Egner or myself.

*Pastor Glenn Havumaki, Chaplain*



**Seniors with low expectations of what they can do at an advanced age are more likely to lead a sedentary lifestyle than their more positive-minded peers.**

The following story is an inspiration to all who feel they are too old to pursue their dreams!

Marjorie Schieman always wanted to take an RV trip out west to see the sights. The opportunity presented itself but Marge thought she was too sick and weak to do it. Back pain troubled her and she needed a cane to walk. Her desire to go on the trip outweighed her fears and she left for a month and a half to see Grand and Brice Canyons, Indian Reservations and Antelope Park, to name a few.

Although some of the trip was traveling in the RV, much of it was spent seeing the sights. This involved a lot of walking, hiking and “rock climbing”. One of Marge’s accomplishments during the trip was going inside a mountain crevice to see where the water eroded the rock away, exposing beautiful colors and markings. She was able to take a boat ride that required her to climb and descend steep stairs to board. Her biggest accomplishment was climbing up and over a large rock in order to get to a scenic overlook. She was determined to take in the view and only cared about getting to the overlook, not what she looked like getting up and over the rock. She got the view of a lifetime! Marjorie feels that intense physical therapy and group exercise classes gave her the strength and balance she needed for the trip. Many of the “younger” older adults in the group said she was an inspiration to them to continue with these activities as they age. Marjorie, who says she is 83 going on 16 years, gives the following advice. “Don’t stay away from exercise class because you hurt, push yourself because it helps.”

Like I always say in class– you can do more than you think you can! Think positively!

- Barb

**A PROACTIVE APPROACH TO DIABETES MANAGEMENT**

Diabetes, a disease in which the body does not produce or properly use insulin, affects approximately 7% of the American population. The pharmaceutical industry has had great success in developing medications to help control this disease. **Real** success means doing what we can to prevent this disease before symptoms manifest. Exercise and proper nutrition practices play a major role in the control of diabetes.

- Exercise, diet and medication should be a part of diabetes therapy.
- Exercise improves insulin sensitivity, which may in turn lower medication requirements.
- Exercise promotes weight loss which increases insulin sensitivity and may allow those with diabetes to reduce the amount of medication needed.
- Exercise reduces stress. Stress can **disrupt** diabetes control by increasing counterregulatory hormones, ketones, free fatty acids and urine output.
- Careful monitoring of blood glucose and attention to balancing food intake and medication administration are necessary to perform safely in an exercise program.
- Exercise can improve circulation, especially in the arms and legs where people with this disease may experience problems.
- In some people, exercise combined with a meal plan, can control Type 2 (adult onset) Diabetes without the need for medications.

November is American Diabetes Month. Take an active roll in controlling your health and remember to stay **proactive** rather than reactive.

**Aging Has Benefits!**

Creativity can blossom after your fifties. This occurs for several reasons. Older adults use both sides of their brain to complete tasks, unlike younger adults. Older adults remain calmer when faced with challenges and let go of negative feelings quicker. This emotional stability leads to courage and collaboration with others, which cultivates creativity. Older adults problem solve better. For those that challenge themselves intellectually, vocabulary increases, every day problems are easier to solve, and resourcefulness comes easily. The brain adapts and changes with age, so try something new that involves creativity, you may surprise yourself.

**Sleep and the Older Adult**

Wednesday, November 7,  
2:30pm--Chapel  
Presented by Rob McArthur  
Of MidState Sleep Care

**Holiday Cooking Demo**

Friday, November 9, 2:00pm  
Village Green  
Join us for food and fun!

**Trail Walk**

Thursday, November 15,  
9:30am

**NO CLASSES!**

Thursday, November 22  
Friday, November 23



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