



Pesticides in Produce

Pesticides in produce can have toxic effects. While washing and rinsing fresh produce may reduce levels of some pesticides, it does not eliminate them. Peeling also reduces exposure, but valuable nutrients often go down the drain with the peel. The best option is to eat a varied diet, wash all produce, and choose organic when possible to reduce exposure to potentially harmful chemicals. Trying to decide whether or not to buy organic? The following lists should help. The Dirty Dozen has the highest amount of pesticide.

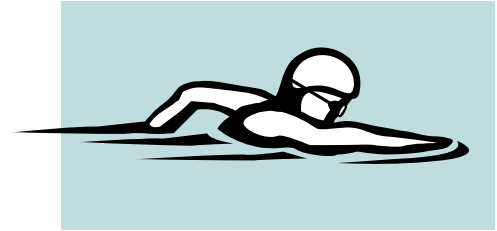
Dirty Dozen

Peaches
Apples
Sweet Bell Peppers
Celery
Nectarines
Strawberries
Cherries
Lettuce
Grapes (imported)
Pears
Spinach
Potatoes

Cleanest 12

Onions
Avocado
Sweet Corn (frozen)
Pineapples
Mango
Sweet Peas (frozen)
Asparagus
Kiwi
Bananas
Cabbage
Broccoli
Eggplant

Visit www.foodnews.org for more information.



Pool Party!

Mon., April 7th we will have a pool party. Please plan to visit us between 9:30am-12:00pm and get your feet, and the rest of you, wet. This is your chance to try the pool before we begin Aquatics classes.

PHYSICAL ACTIVITY- YOUR CURE FOR CHRONIC PAIN

Years ago we were told to rest through pain. Now we know too much rest may cause deconditioning, which may contribute to chronic pain. The following are some of the risks of inactivity:

- The muscles, including the heart, lose strength and work less efficiently.
- Risk of high blood pressure, high cholesterol and diabetes increases.
- Increased fatigue, stress and anxiety.

Still skeptical? Read the facts!

- Physical activity causes the body to release endorphins, a natural pain reliever produced by the body. Endorphins have the potential to block pain just as a strong prescription medication such as morphine would.
- Strong muscles take the force and load off of bones and cartilage, thus giving you more relief from pain.
- Physical activity that includes stretching increases flexibility so that the joints can move through a full range of motion.



Research News Flash! A recent study of women aged 61 to 91 years demonstrated how psychological health affects physical health and longevity. The study looked at the relationship between feelings of well-being and inflammatory factors, which are associated with age-related diseases. Investigator, Elliot Friedman, PhD. stated, "We've known for some time that psychological stress or depression in older adults can raise inflammatory factor levels in the blood." He found that well-being was the strongest indicator of inflammatory factors. "Quite simply, women who are actively and positively engaged in their lives, in terms of what they do day to day and the people with whom they interact, have lower levels of these potentially harmful chemicals in their blood." Good reason to engage in activities that keep the mind, body and spirit well!

AN IMPORTANT REMINDER SHOWER BEFORE ENTERING THE POOL

Whether we want to think about it or not, 2/3 of the sweat products and 1/3 of the bacteria on our bodies are removed by showering. Showering will also remove pollutants such as urine, excrement, mucous, dead skin, dirt and products such as hairspray, body soap, lotions, deodorants and oils. Without a shower these pollutants end up in the water. A healthy aquatic environment is everyone's responsibility, so please shower with soap and warm water prior to entering the pool.

NEW AQUATICS INSTRUCTOR

Please welcome Tonya Benvenuti to the Wellness Staff! Tonya is our new Aquatics Instructor. She will be working Mon., Wed. and Fri. teaching Aquatics classes and helping Kim and I with all aspects of the department. Tonya comes to Elim Park with a lot of experience teaching older adults on land and in the water. She is certified as a group exercise instructor, an aquatics instructor and a personal trainer. Tonya resides in Winsted with her husband John and her two children, Alex and Mikayla. Please stop by to say hello and welcome her to Elim Park. – *Barb Womer*

Chaplain's Chat

The Department of Christian Ministries was involved in a recent event that highlighted spiritual wellness through a missions emphasis combined with the physical exercise of walking. The Good Friday Walk, a program of a ministry known as Sharing, Inc., was sponsored by the Elim Park Resident Missions Committee and was a great success. One of the committee members, Betty Allen, had participated in previous Good Friday Walks and brought it to the attention of the missions committee. After visiting with the founder of the ministry, Kay Doherty, the committee decided to initiate this program at Elim Park and found many residents interested in walking, working or financially supporting the effort.

An indoor course was measured between Mountain View and Spring Meadow, and a round trip between the two buildings and back constituted one lap (about 2/3 of a mile). The idea was to ask walkers to gain sponsors who would give an amount of money for each lap walked (or alternatively, a lump sum amount), hopefully totaling at least \$20 per walker. A total of 182 laps were walked by 26 EPP walkers. One of the interesting facets of the walk were the number of Healthcare residents who participated. Fourteen were pushed in their wheelchairs by staff and volunteers, and one Healthcare resident walked the course. A total of 57 people participated, and the money raised totaled \$2,054.00. This money raised is being sent to Sharing, Inc. for the support of underprivileged families living in Mississippi and Alabama. Assistant to the Chaplain Kenneth Milhous, who oversees the work of the missions committee said, "The results of this program were beyond our expectations and gave participating residents an opportunity while exercising to help economically poor families in Southeastern United States." Thanks to all who participated and made this first Good Friday Walk such a great success.

Rev. Dr. Glenn Havumaki, Chaplain