



LYME DISEASE AWARENESS

Lyme disease is caused by the bite of an infected tick. Tick bites can be a year round nuisance in our area. Ticks will bite in temperatures as low as 40 degrees Fahrenheit. As summer approaches we find ourselves in **peak** tick bite season. The highest incidence of infection is from spring to early summer. The Center for Disease control reports, on average, 7.9 cases per 100,000 people in the United States. The State of Connecticut is listed as one of the top ten states where the prevalence of Lyme disease is most common.

WHAT TO DO IF YOU ARE BITTEN BY A TICK

Ticks are extremely small and very hard to see. They often look like a small freckle. Removal of the infected tick within 24-36 hours of attachment usually will prevent disease transmission. The disease is diagnosed with a blood test and treated with antibiotics. Symptoms may include a bulls-eye rash between 2 and 10 inches in diameter, fever, joint pain, muscle pain and headache. There is currently no vaccine for Lyme disease.

Take preventative measures to avoid contracting Lyme disease. Avoiding activities in brush and tall grass is your **best** defense.

- Use tick repellent
- Wear light colored clothing
- Tuck long pants into socks
- Check the body for ticks

Pet Owners - Remember that ticks can be brought into your home by your pets. Check them for ticks regularly or consider using tick collars.

CHAPLAIN'S CHAT **FOOD FOR THOUGHT!**

THOUGHT:

Whole and Holy! You have heard me say it before...we can only experience WELLNESS when the WHOLE person is in a proper relationship with God through Jesus Christ, and our goals then become conditioned by the exhortation from God that says, "Be HOLY, for I am Holy!" This relationship with God, through Jesus, will yield an abundant and full life.

SCRIPTURE:

"... As He who called you is holy, you also be holy in all your conduct." 1 Peter 1:14,15

"... let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God." 2 Corinthians 7:1

"Now may the god of peace Himself sanctify you completely; and may your WHOLE spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ." 1 Thessalonians 5:23

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We Apologize!

The Wellness Center is open daily from 5:30am – 9:30pm. If you find the doors to the Center locked during these hours, please dial 0 from the phone in Andrew's Knoll lobby and ask that maintenance be contacted to unlock the doors for you. We apologize to those of you who have been locked out and want you to know we are taking steps to correct the situation.

Looking for a buddy to swim with? Let us know and we will try to match you up!

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THOUGHT:

The call to holiness in Leviticus 11:44,45; 19:2; 20: 6-8 is concerned about dietary laws, social relationships, and the right relationship with God. WELLNESS in our healthcare industry is also concerned about the WHOLE person. In our Department of Christian Ministries, we chaplains have a concern for the spiritual lives of all who live at Elim Park, desirous that the WHOLE person be WELL, in spirit, soul and body. We only become HOLY through a right relationship with God. As we anticipate the opening of the new Nelson Hall in Bethel Place, we trust that it will provide a wonderful new worship setting, along with other programs, to nourish the spirit and the soul. The Wellness Center will provide a place to nourish the body. Remember, if you can't join us for worship on Sunday or morning devotions at 8:55am, Monday through Saturday, you can watch and participate at a distance on Channel 8.

Pastor Glenn, Chaplain

ENERGY SAVINGS!

Many of the lights in the Wellness Center turn on when they sense motion. If you enter a room that is dark, there will be a slight delay and the lights will come on. The lights go off when motion has not been detected for a given amount of time. These lights save energy! One area that is not on sensor is the pool.

Open Wounds and the Pool.

State law indicates that any person with an open wound shall not enter the pool. If you have an open wound and would like to use the pool, it is important that you discuss this with the wellness staff. We will speak with your doctor and determine the status of your wound. Special dressings are available at a cost to you. Please see the Wellness Staff for details.

Equipment Training

If you are interested in learning how to use the new equipment in the Wellness Center, please make an appointment with one of the wellness staff. Group training sessions will no longer be offered.

Benefits of Cross Training

What is cross training?

Cross training is picking various physical activities you enjoy and incorporating them into your exercise plan.

What are the choices we have to choose from at Elim Park?

We have land classes, aquatics classes, cardiovascular equipment and Keiser strength equipment.

How do you make your plan personalized to you?

Pick activities you enjoy. Alternate the days you perform those activities. Stick with a schedule for a few weeks then change it. For example (not for the faint of heart!): Monday – land class, Tuesday – cardio machines, Wednesday – Aquatics class, Thursday – cardio machines, Friday – Keiser strength equipment. Or replace one of your land classes with an aquatics class. In a few weeks, change your schedule.

What are the benefits?

- Reduced risk of injury. Muscles and joints are protected from repetitive stress and have time to recover. Recovery prevents burnout.
- Keeps things interesting. It's more fun when you're not doing the same activity every day. Variety can help you stick to an exercise program.
- Gives you a built-in back up plan. If the pool is closed you have other activities available to you.
- Last but not least, cross training can help burn more fat and calories.

Cross training is an easy way to add variety to your exercise program. See Tonya, Kim or Barb if you need help deciding how to fit new activities into your schedule.