



## June is **Strawberry** Season in Connecticut



Great news for those of us who love them. Strawberries are listed as one of the 100 top food choices for good health. Read on to learn some of the many benefits of this perfect little berry.

- Strawberries are naturally high in vitamins and minerals, low in calories, naturally sweet and easy to prepare.
- A serving of strawberries will provide you with 210 mg. of potassium, a mineral that will help regulate the electrolytes in your body, lowering your risk of heart attack and stroke.
- Strawberries are high in folate, a key ingredient in the manufacture of red blood cells.
- Strawberry consumption may be a possible aid in delaying the onset of Alzheimer's disease.
- Strawberries are high in antioxidants which can help neutralize the destructive effects of free radicals in your system.
- Vitamin C found in strawberries helps your body to repair its tissues.
- Strawberries contain fiber, about 12% of your RDA per serving. This helps your body absorb nutrients, inhibits the production of cholesterol in your liver, and helps stabilize your blood glucose.

Strawberries offer you the best benefits when served raw. Try them on your cereal, in a salad, with cottage cheese or yogurt, or even dipped in chocolate.

Don't wash strawberries before refrigerating them as this will promote mildew. If possible, leave the stems and caps on until you are ready to prepare them.

Lastly, watch for Elim Park's annual strawberry picking trip to the Jones Family Farm this month.



### **Strength Training..... Just for Bodybuilders?**

Absolutely not.....Strength training has been proven to be beneficial for all populations. It creates strong ligaments and tendons which support joints and decreases the likelihood of injury from activities. Strength training increases bone density, reducing risk of osteoporosis. In addition, as the muscle fiber enlarges due to increased strength it consumes more energy and increases metabolism which helps keep the pounds off.

Women in particular are afraid that strength training will create large, unattractive muscles. The vast majority of women are genetically incapable of building such muscles. Increased muscle tone and better posture are typical results in women.

Strength training can fit into almost anyone's schedule. We have seven strength training pieces of equipment here at Elim Park for you to take advantage of in addition to the strength work performed in land and pool classes. If you would like to know how to add the machines to your exercise schedule we would be happy to help you.

### **Attention swimmers!**

Please be aware that hearing aids and medicine patches may come off in the pool.

## Leg Cramps A Common Occurrence

Many older adults get leg cramps, especially at night. 'What causes leg cramps?' is one of the most common questions the Wellness Staff hears. The following information is taken from the Harvard Heart Letter.

Muscle pain is the most common side effect of cholesterol lowering statins. Although it is usually a constant pain or ache, it may appear as nighttime cramps. Overexertion, flat feet, prolonged sitting, dehydration, diabetes, anemia, and too little potassium or magnesium in the blood have been linked with leg cramps. Alcohol consumption and the use of diuretics, albuterol, and some anti-psychotic medications have also been associated with leg cramps.

### Chaplain's Chat..

"According to a researcher at the University of Michigan, a program of good exercise may help a person fight off colds and infection. The theory is that a good workout puts the body in a condition similar to what happens at the onset of a fever. That's not all bad! Most biologists are of the opinion that a fever is the body's way of fighting back when micro-intruders get into the system. Increased body temperature seems to aid the white-cell defense system while slowing down the action of bacteria and viruses. Exercise, it is now thought, does the same thing. It releases chemicals into the blood that stimulate the brain to make our temperature rise.

The Bible teaches that a regular course of good spiritual exercise is highly beneficial to the health of our soul.

Preventing cramps is a matter of trial and error. Here are the most common suggestions. If you don't get relief, consult with your doctor, especially if taking a statin drug or niacin.

- Loosen bedcovers. Tight covers can tense the calf and foot muscles.
- Stretch the foot and calf muscles prior to going to bed.
- Make sure shoes fit properly and support arches correctly.
- Drink enough water throughout the day to avoid dehydration.
- Eat foods rich in potassium and magnesium including tomato juice, bananas, raisins and beans.

It shows us that sin is effectively warded off in a person who is walking in the light, one who is obeying Jesus each day. On the other hand, disobedience or following a path of least resistance, cools down a person's spiritual temperature.

Fellowship is neglected. Sin is neither confessed nor forsaken. The result is a lukewarm or cold Christian who is not taking advantage of the kind of defenses necessary to fight spiritual infection where it exists. "Bless the Lord, O my soul, and forget not all His benefits: Who forgives all your iniquities, who heals all your diseases." (Psalm 103:2-3) "Thy word have I hid in my heart, that I might not sin against thee." (Psalm 119:11) "But if we walk in the light as He is in the light, we have fellowship with one another, and the blood of Jesus Christ His Son cleanses us from all sin." 1 John 1:7). Illustrations for Preaching, February, 1989.

Ping-pong will be set up in the Aerobics Room on the weekends. Please remember that residents must be present when their guests are using the Wellness Center.

Elim Park employees began using the Wellness Center on Mon., June 2<sup>nd</sup>. Employees are aware that residents come first when using the equipment and the pool area.

### Position Yourself for Health

When sitting and standing, be mindful of your posture. Frequent slouching, bending, reaching and hunching over can lead to back pain and other discomfort. Stand up straight and keep your shoulders back and relaxed. Sit up straight as well, with both feet flat on the floor. Avoid tilting your head forward, backward or sideways. Pause regularly throughout the day to note your posture and reposition yourself if necessary.