



TEN HOLIDAY TIPS FOR SENIORS

1. Maintain joy over the holidays by keeping yourself in good mental and physical health. The holidays stretch out over an entire month and do not have to be perfect to be **WONDERFUL!**
2. Take as many naps as you can. Give your body the rest that it needs.
3. Eat healthy food and use good common sense when it comes to holiday indulgence. Pretend that your doctor is sitting down to dinner with you if you need help restoring your judgment.
4. Wash your hands frequently. Germ control begins with **YOU**.
5. Do not shop beyond your means. Your list could become endless if you let it. Stay within a budget.
6. We all know that the holidays are about so much more than shopping and gifts. Share a special holiday tradition with a friend.
7. Keep a song in your heart, by playing those happy holiday tunes that you love. If singing is not your forte, try doing it in the shower when no one can hear you.
8. Connect with an old friend. Cards and emails are great, but hearing a voice is even better.
9. Enjoy the little things like a ride through some neighborhoods in town where the light displays are spectacular, or visit the local skating park and watch those cute, little “first time” ice skaters.
10. Most importantly, think about what the holidays really mean to you. Put something out in your home that serves as a focus and daily reminder of that true meaning.



Water Exercise... What's the splash all about?

Water exercise helps strengthen the body while the person is surrounded by the soothing element of water. The exercises help mobilize stiffened joints and tone muscles that have not been used often because of injury, disease or inactivity. Moving in water that is chest deep gives the body a feeling of weightlessness. Because of this total body support, water exercise relaxes muscles and can help with back problems. The natural resistance of the water improves heart and lung endurance and strengthens muscles. Age is not a barrier because water support enables effortless movements.

The following are quotes from residents about water exercise classes at Elim Park:

“My hip feels much better. I never could kick, now I can with no pain.”

“I used to have leg cramps at night, but the water seems to work them out.”

“I’ve been to the doctor since starting class. My osteopenia points have improved and the doctor said, ‘Whatever you’re doing, keep it up!’”

“Since taking water classes in the pool, I’ve lost weight”

“Taking pool class relaxes your whole body especially your feet, they don’t hurt anymore.”

Changes in Class Schedules

No Green Class

Thursday, December 11

So that the Staff may enjoy their Christmas party.

No Exercise Classes

Thursday & Friday, December 25th & 26th

Due to the Christmas Holiday

Thursday, January 1st due to the New Year Holiday.

Osteoporosis in Men

Osteoporosis in men? The public often associates this disease with women. Osteoporosis is a disease that weakens bones and makes them more susceptible to fracture. An imbalance between the activity of osteoblasts, bone cells which produce bone, and osteoclasts, those which break down bone, results over several years causing structural weakness and risk of fracture. This imbalance results in a reduced bone mineral density (BMD) which can be detected most accurately by a bone scan. BMD results are generally compared to the ideal or peak bone mineral density of a healthy 30-year old adult. The trouble with this scoring method for men is that there are fewer BMD data on men than women. In fact, men are commonly diagnosed based on female BMD ranges. Because men tend to fracture bones at higher BMDs than women, additional research is necessary in men to establish norms for their gender.

The U.S National Osteoporosis Foundation states that 20% of the 10 million Americans with osteoporosis are men. Although men achieve higher peak BMDs than women, do not experience the same hormonal reductions at mid-life that women do, and experience lower rates of bone loss than women, osteoporosis is still a problem. Risk factors are the same for men as women and include:

- Genetic factors. If a family member has osteoporosis, you have a 60-80% chance of getting the condition too.
- Not getting enough calcium.
- Smoking or drinking excessive amounts of alcohol.



The Wellness Staff would like to wish all residents a very Merry Christmas and a Happy New Year. Our sincerest hope is that we put a little joy in your life each week. -Barb, Kim and Tonya

I have no desire to move mountains, construct monuments, or leave behind in my wake material evidence of my existence. But in the final recollection, if the essence of my being has caused a smile to have appeared upon your face or a touch of joy with your heart..., then in living, I have made my mark -
THOMAS L. ODEM, JR

- Being underweight.
- A chronic medical condition. Persons with rheumatoid arthritis, certain thyroid problems, diabetes, or liver disease are at increased risk.
- Decreased height. You are not as tall as you once were.

The prevention and treatment of osteoporosis includes strategies that can be used by men and women. They include:

- Exercise. Those who are physically active have a reduced risk for fracture and age-related decline in BMD is attenuated.
- Nutrition. A well-balanced diet that includes calcium, Vitamins D, B12 and K, may reduce fracture risk.
- Medication. Many drugs are available to treat osteoporosis, but some treatments have not been approved for men. Those drugs that are approved for men are marketed exclusively to women.

Older adult men should discuss osteoporosis with their physician and implement strategies to reduce fracture risk. Since most fractures occur as a result of a fall, emphasis should also be placed on reducing fall risk, including improving home safety by reducing tripping hazards, maintaining eyesight through regular vision checks, and improving muscle strength and balance.

Pool Info

In light of the recent pool closing, the best way to find out information about the pool is to watch the in-house channel or call 360, the main extension number to the Wellness Center.

Wellness Center Reminder

Please do not leave clothing in the changing rooms while you are using the Center.
Store personal items in a locker.
Thank you.