



Wellness & You



Elim Park Place Newsletter

Barbara Womer, Wellness Director

Volume 6 Issue 2 February, 2010

February is National Heart Month



Nonagenarian – adj. A person between 90 and 100 years of age.

Physical exercise is just as important as we age as it was in our youth. You have heard of the benefits before: increased endurance, elevated mood, stronger muscles, improved joint range of motion, body fat control, etc., etc.

We currently have thirty three active nonagenarians in our Wellness Program to date. Twelve more residents will become nonagenarians in 2010. The following residents have agreed to be identified in this article and many would like to share with you some of their thoughts and comments regarding physical fitness. Kudos to all of our nonagenarians who actively participate in the Wellness Program.

Chuck Adams (90) -- “I enjoy exercising with a group of people and I really enjoy the stretches.”

Sally Blakeley (91) – “I try to stay physically active hoping I can keep my parts moveable.”

Ralph Hall (90) – “Old age is a case of mind over matter – so if you don’t mind, it don’t matter.”

Magnus Hansen (94) – “I am thankful to God for a sound body and mind and the given ability to discipline oneself via Wellness and its program of exercise via land & water.”

Ivar Henrickson (91) – “When I say I don’t think I can do it today, my wife encourages me to go and I always feel better afterward.”

Carolyn Nowie (94) – “I exercise because it limbers me up and I can do more and continue to stay active. I’m 94 and still going strong. A positive attitude is important.”

Jean O’Hara (91) – “Get up off the couch”.

Fern Parks (92 years 5 months) “I love it, exercise, leaders and getting out for something different and I feel good.”

Pete Petersen (92)- “Staff efforts for the residents are fully appreciated.”

Les Prokop (92) – “An hour a day at the Wellness Center provides all my physical requirements to maintain good health.”

Nancy Sachse (94) – “Appalling! Yet we still go on.”

Betty Shutts (92) – ” After two hip surgeries, I credit the exercise classes with keeping me agile! While some may look at exercise as something they should do, I look forward to it.”

Don Steele (90) – “I try to stay active because I ache in spots if I don’t.”

Dot Steller (92) – “ I always enjoyed doing some kind of exercise, so when I came to Elim Park, I couldn’t have been happier with the program they have here.”

Herb Strand (90) – “ I exercise so I don’t feel lousy.”

Amelia Zammataro (92) – “I keep fit to keep me limber, but I have lots of fun too!”

Margaret Coyle (92)

Luella Locke (90)

Perry Cumming (92)

Bob Moseley (94)

Al Drew (93)

Steve Stephanou (96)

Ruth Hansen (92)

Lucille Underwood (96)

Jane Harper (92)

Willis Underwood (98)

Helen Konke (90)



Reflexology at Elim Park

Reflexology is the physical act of applying pressure to the feet with specific thumb, finger and hand techniques. It is based on a system of zones and reflex areas that reflect an image of the body on the feet with a premise that such work effects a physical change to the body.

Reflexology is a unique modality in the health field. Its purpose is not to treat or diagnose for any specific medical disorder, but to promote better health and well being in the same way as an exercise or diet program. The benefits of reflexology include relaxation, pain reduction, rejuvenation of tired feet, improvement in blood flow, enhancement of medical care and positive impact on physiological measures such as blood pressure.

We will soon have a Reflexologist available to residents. Sessions will take place in the massage therapy rooms. If Reflexology is something you are interested in, please let us know. Details, including cost, to follow.

Tufts Research Results – You’re Never Too Old!

A 1990 landmark study from Tufts showed that frail nonagenarians could gain significant amounts of strength regardless of their age. After 8 weeks of high-intensity strength training of the legs, three times per week, subjects gained an average of 174% strength! This translated into getting up out of chairs without assistance and not needing a cane to walk. Once the training stopped, subjects lost strength in their legs and returned to their pre-exercise state. The lessons learned from this study? You are never too old to improve strength, and you need to stay physically active to maintain the benefits gained.

Do You Need to Take Aspirin?

If you have heart disease or have had a heart attack or stroke (or are at risk for stroke), taking a baby aspirin every day is part of the prevention strategy for reoccurrence. But what if you are healthy? The February issue of the Harvard Heart Letter warns against healthy individuals taking aspirin just because it may prevent a heart attack or stroke. There is a risk/benefit balance that needs to be considered. The rule of thumb is that if you are healthy and have not been diagnosed with cardiovascular disease, aspirin probably isn't for you due to the potential side effects. The less healthy your cardiovascular system, the more likely taking aspirin will outweigh any risks.

The full article is available in the Wellness Center Lobby.

Ancient Teas of China – Health Benefits

Tuesday, February 2, 2010
1:00pm---Nelson Hall

This presentation will show the 5000 year old tradition of staying well using foods/herbs and how it works in today's society. Chinese herbs are usually combined together to treat the signs and symptoms of aging, fatigue and mental focus. Learn how a few raw herbs can be formulated together to make teas to help keep the body strong. Sign up in the Activity Room.

Fun facts about the heart:

- ♥ The heart beats 60-100 times per minute at rest
- ♥ On average, there are 6 quarts of blood in your body
- ♥ Blood volume travels through the body 3 times per minute
- ♥ The heart beats an average of 100,000 beats per day, 35 million beats per year,
- ♥ 2.5 million beats in a lifetime
- ♥ The aorta, the main blood vessel that comes out of the heart, is as wide as a garden hose
- ♥ The smallest blood vessel is the capillary. Ten lined up in a row equals the width of a hair

National Wear Red Day

On Friday, February 5, 2010, Americans nationwide will **wear red** to show their support for women's heart disease awareness on National Wear Red Day®. The Wellness Department encourages you to wear red that day to show your support.

SAVE THE DATE

Fitness Assessment Discussion
Wednesday, February 3rd
2:30pm in Christ Chapel

Please join me for an informal presentation of the Fitness Assessment – why we do it, how each test relates to your every day life, and time for questions about the test or the results.