

February Newsletter

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13 Weeks of Wellness

The Wellness Center is continuing to introduce a weekly wellness topic through February. Each week, you will notice a various, relevant focus being displayed with interesting and useful information and articles to bring awareness to each of these important aspects of all around wellness. We do hope you enjoy learning with us!

- February 5-11: Mindful Eating
- February 12-18: Processed Food
- February 19-25: Cardiovascular Training
- February 26-March 4: Vitamins

**Join us for a Mindful Eating Seminar in the Wellness Center
Aerobics Room on Thursday, February 8 at 2:30pm.**

Does exercise help cognitive function?

One of the most exciting areas of exercise research is the investigation of cognitive function. What scientists have learned so far is that brain neurons, the special cells that help you think, move, and perform all the bodily functions that keep you alive, and even help your memory, all increase in number after just a few days or weeks of regular activity. In a recent study researchers used an MRI machine to measure the amount of brain tissue in adults 55 years of age and older. They found results consistent with other studies of aging and brain volume. In the results, there were substantial declines in brain tissue density in areas of the brain responsible for thinking and memory. More importantly, the losses in these areas were substantially reduced as a function of cardiovascular fitness. In other words, the fittest individuals had the most brain tissue. How might fitness and more brain tissue help you? Researchers have found that the fittest elders had the highest scores on tasks like coordination, scheduling, planning, and memory. And in a recent study of 1,740 adults older than 65, researchers found that the incidence of dementia in individuals who walked three or more times per week was 35% lower than those individuals who walked less than three days per week.

Dear Resident,

As we begin the New Year, we would like to remind all members of some housekeeping guidelines that will help ensure a positive experience for all who use the Center. Out of courtesy to all members, please leave the locker rooms, shower areas and equipment closet the way you found them. We have placed squeegees in each locker room for excess water that might build up on the floors after showering. Please use them. If you use baby powder, please clean it from the floor. It is unsightly and is a slipping hazard. Since our housekeeper comes only once a day in the morning, we need to do our part. Please, relay this information to your guests. Thank you for your understanding and cooperation.

Class Schedule Changes

Note the following changes on Tuesdays/Thursdays

- 9:00am Let's Go Aerobic!
- 9:45am Mind/Body Blend
- 10:15am Fitness Above the Neck
- 11:00am Yellow Class

Cancellations

Yellow class at 1:30pm is cancelled Wednesday, Feb 14. Join us for our Valentine's Day Party instead!

4 Health Revelations You Need to Know

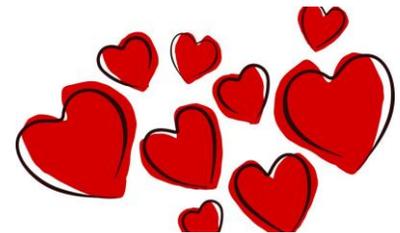
1. Lower risk of stroke with tomatoes: You may already know that the lycopene in tomatoes helps lower the risk of prostate and other cancers. Now researchers say high levels of lycopene in the blood could lower your risk of strokes caused by blood clots by 59%!
2. Improve your memory! Foods high in healthy unsaturated fats (olive oil, fish, and nuts) have been linked to lower rates of both dementia due to Alzheimer's disease and mild cognitive impairment (MCI)-the stage of memory loss that often precedes dementia.
3. Big Benefits of Vitamin D! Turns out vitamin D does lots more than strengthen your bones. It may protect against autoimmune diseases like multiple sclerosis, as well as colon cancer and heart disease.
4. Naturally Lower Blood Sugar: You don't have to spend hours in the gym to get the blood-sugar-lowering benefits of exercise. Short, but frequent walking breaks-as brief as two minutes every half hour can lower blood sugar. Another option is to take the stairs more often or park farther from the store. The more active you are, the more your muscles will remove glucose from the blood.

Mark your Calendars!

You are cordially invited to a Valentine's Day Party on Wednesday, February 14 at 1:30pm in Village Green.

There will be a photo shoot, cookie decorating and games!

We hope to see you there!



PERKS OF PETS

There are times throughout the year when we experience a bit of melancholy, especially after the holidays when the parties have ended and the families have gone back home. If you are not a lover of cold weather, add that to the equation and the melancholy may lead to depression. Remember how essential social support is for our psychological and physical well-being. Animals as well as people can be a huge comfort to us during times of sadness or melancholy.

Several studies focused on pet therapy have found evidence that animals/pets offer important social relationships. Pet owners have been shown to exhibit greater self-esteem, are more physically fit, are less lonely and are more socially outgoing than non-pet owners. Pet owners also suffer less from anxiety related disorders and have been shown to have happier and healthier relationship styles. Animals can calm our nerves, relax us and make us smile. For people who were born to be care givers, a pet fulfills the need of taking care of a living creature and provides that sense of purpose.

Mountain View resident Marcia Treat, adoptive mother of Lacey and Buddy states that her dogs keep her from dwelling on some of the infirmities that she and her husband are facing. The pets offer unconditional love, support and friendship. Marcia feels that in many ways these rescued dogs rescued her. The decision to adopt was affirmed by knowing that and one deciding factor in going ahead with the adoption was knowing that they knew that many residents would enjoy them Lacey and Buddy too.

Brooksvale resident Connie Roderick, adoptive mother to Mr. McTavish attributes many of her social contacts to her furry friend. Mr. McTavish has made some social connections of his own including Buttercup, Sis Schlesinger's dog. If you haven't met Mr. McTavish, he can be identified by the wagging tale, the strut and the bark signally his desire to make a new friend. Don't forget to greet Connie too. She enjoys sharing him with the community.

Am I suggesting that you all go out and adopt a dog, cat, rabbit or even fish? No. Pets are an added responsibility than some people do not want in their senior years. What I am suggesting is taking advantage of the joy and love a willing Elim Park pet extends to you. There are many. Always ask the owner/handler if the animal is friendly before you approach. If you carry pet treats, please ask the owner if it is alright to feed the pet.