



# Master the Art of Living

Elim Park Place Newsletter

Volume 13 Issue 11 November 2017

Kimberly Hall Fitness and Wellness Coordinator

## Backward Days



On Sunday, November 5th we will be turning our clocks back one hour. To celebrate the confusion this often causes, fitness class participants are invited to be “backward” on Monday, 11/6 and Tuesday 11/7. Use your imagination and be creative! Wear your clothes backward or inside out, talk backward, or wear two different socks or shoes. Join us and have fun!!



## How can American Diabetes Month make a difference?

We can use this month to raise awareness about diabetes risk factors and encourage people to make healthy changes. Here are just a few ideas:

- Encourage people to make small changes, like taking the stairs instead of the elevator.
- Talk to people in your community about getting regular checkups. They can get their blood pressure and cholesterol checked, and ask the doctor about their diabetes risk.
- Ask doctors and nurses to be leaders in their communities by speaking about the importance of healthy eating and physical activity.



## The Rollator/Wheelchair Combo Facts

The most important thing to remember when using a rollator is to not have anyone push you while you're sitting in it unless the rollator is specifically the type that is meant to be used as both. A basic rollator is a walking aid only and should not be used as a transport device. Most rollators are designed as a walking aid only and using them for other non-approved purposes could pose a threat to the individual doing the pushing and also the riding. A rollator is used to make walking safer and easier.

Most rollators do not have the strength or carrying capacity for this type of movement. The welding for the rollator may give out if too much weight is placed upon it. We have seen many a spill when residents or aids try to push someone in a rollator not meant for this purpose. It is very important to know which type you have. One easy way to tell the difference is that the rollator/wheelchair combo should have a padded back rest.

There are some rollators on the market that are designed to act as both a walking aid and wheelchair. One in particular is the Duet Transport Chair/Rollator by Drive Medical. I have read over 25 reviews of this model and all reviews are very favorable. I have also read many review on rollator/wheelchairs that have very bad reviews so if you are thinking of purchasing a dual purpose rollator, do your homework, read the reviews and consider speaking with a physical therapist about a recommendation.

## MIND BENDER

Mary asked her secretary to make her a cup of coffee. While the secretary was making the coffee, her clip-on earring fell into the cup. Even though the cup had coffee in it, the earring didn't get wet. How is this possible? Answer will be posted on 11/10/17.

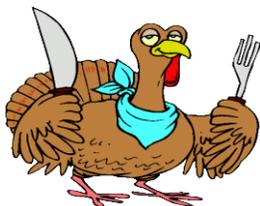
## Brain Health University with Dr. Rob Winningham Session 8 notes

- Causes of delirium include medication, metabolism, post op side effects, food intake, dehydration and infections.
- Seek medical attention if signs of dementia increase rapidly.
- With dementia comes memory loss, communication/ reasoning problems, and problem solving impairment.
- A sign of dementia would be getting lost in a place you've been to many times before.
- Early onset dementia is dementia diagnosed before the age of 65.
- Late onset dementia is the most common and makes up 80% of the cases and is the most controllable.
- Vascular dementia is a type of dementia caused by a stroke. Where the clot settles determines what part of the brain is affected. Vascular dementia can have a high rehabilitation rate.
- In severe cases of dementia it is common for the sufferer to exhibit unwanted and extremely negative behavior.
- Reducing stressful situations can help improve this negative behavior. Physical and cognitive exercise can improve the quality of life of these people.
- Retro genesis is the loss of mental abilities in old age in the opposite order in which they were gained in childhood.
- Drugs should be used as the last resort for treating dementia. Redirecting attention is very effective in controlling negative behavior.
- Other ways to control negative behavior include, music therapy, assigning tasks, keeping structure in life.
- If you are worried about yourself and dementia, be proactive, make lifestyle changes to help prevent symptoms and see your health care provider.
- Self-efficacy is the belief that you have the ability to change your behavior.
- Perceived outcome Expectation – What's in it for me? If you know the benefits and speak them out loud, you are more likely to make changes and practice these behaviors.
- 49% of improvement can be linked to self-efficacy.
- When setting goals, set small achievable goals.

Always keep in mind the benefits of the behaviors that you are trying to control. Talk positively to yourself. Write things down and tell others about what you're trying achieve.

### Class/Schedule Changes for November

There will be no Fitness Classes on Thursday, November 23<sup>rd</sup> and Friday, November 24<sup>th</sup>. Fitness Above the Neck is cancelled on Tuesday, November 28<sup>th</sup>.



### **\*NOTE\* Class Change**

**Movement with Music** on Monday and Wednesday is being changed from 1:15pm in the Multipurpose Room to **11:30am in the Aerobics Room in the Wellness Center.**

### Being Grateful

During the fall-winter holiday season, from early November through New Year's, when we're feasting on turkey and spending time with family and friends, most of us will take a moment and remember to give thanks. But a growing body of research underscores why cultivating and expressing gratitude throughout the year — for small acts of kindness, the beauty in nature, the people and experiences that bring joy to our lives — is a quality that can help you have a better, happier life. And it shouldn't be reserved for a national holiday.

Studies show that a deep sense of gratitude can increase happiness, boost immunity, reduce anxiety and depression, and increase feelings of connectedness. Evidence indicates that grateful people are more resilient, have stronger relationships and — wait for it — they also *sleep better*.

--Huffington Post