



Master the Art of Living

Elim Park Place Newsletter

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April 7th is World Health Day

World Health Day was established to mark the anniversary of the founding of the World Health Organization (WHO). Each year the WHO focuses on a health topic of concern. This year the topic is depression. Depression affects people of all ages, from all walks of life, in all countries. It causes mental anguish and impacts on people's ability to carry out even the simplest everyday tasks, with sometimes devastating consequences for relationships with family and friends.

A better understanding of what depression is, and how it can be prevented and treated, will help reduce the stigma associated with the condition, and lead to more people seeking help. Informational flyers will be available in the Fitness Center Lobby beginning on Friday, April 7th.

There are many ways to treat depression and research is showing that exercise can be an effective part of a treatment plan. Regular exercise releases feel-good hormones in the brain that may ease depression. It reduces immune system chemicals that can make depression worse, and it increases body temperature which may have a calming effect. Exercise has psychological benefits too. It can help with self-confidence as well as take your mind off of your worries. Often times it increases social interactions and it is a healthy coping mechanism. Formal exercise is not the only way to reap the above mentioned benefits. Any activity that gets you to move – walking, gardening, washing the car – can benefit you as well.



Sharing Skills

John LaFramboise is a strong advocate of lifelong learning. He feels a strong need to share the joy and wonder he gets from learning with others. Furthermore he feels emotionally uplifted when given the opportunity to share knowledge with others. John was not a fan of public speaking, but he moved out of his comfort zone at a young age and has been teaching, lecturing and sharing knowledge for most of his life. While holding a full time job, John taught adult education at Hesser College in Portsmouth, New Hampshire and John continues to share knowledge here at Elim Park.

John and several other residents brought the Genealogy group to Elim Park which is thriving with close to twenty core members who are enjoying tracing their lineage. He has given several informational Mineralogy seminars, and most recently held a seminar on the history of whistles. Let's say his gears are always turning and pardon the pun because the next seminar he has in mind has to do with gears so stay tuned.

Many psychologists feel that talents are passions that become needs, and if those needs aren't met, they become emotional symptoms like restlessness, boredom or envy at other people's successes or physical symptoms such as headaches or backaches. This is definitely food for thought. Retirees are part of the talent pool. Longer life expectancy combined with retirees' experience, skills and drive provides the perfect opportunity for encore careers to flourish. They possess skills that can help a community thrive. Please help Elim Park continue to be a thriving community. Take a cue from John and many others here who are using their expertise and experiences to improve our commonality.



Exercise Schedule Changes for April

No Zumba Gold

Tues., April 11th

No Mind/Body Blend

Tues. & Thurs., April 11th & 13th

Tree of Knowledge

You may not think you have a skill, talent or ability to share, but do you have a passion for something? Share your passion with others! Is your passion reading? Start a book club. Do you love current events? Host an informal discussion group. Do you have a hobby? Share it in a presentation. There are many different ways to use the gifts you possess. If you would like to do something with that passion, let us know and we will help you get started! Contact Barb or Kim in Wellness or Deb in Life Enrichment.

Crazy Outfit Day

Mon. & Tues., April 3rd & 4th

Get your crazy on and come to class to show off your creativity! Wear whatever strikes your fancy – crazy socks, hat, outfit – the crazier the better!

Low Vision Dance

The Cheshire Lions Club Foundation's Annual Dinner Dance will take place on Monday, May 8th at the Aqua Turf Club. The dinner is free to those who have low vision and the cost is \$37 for guests. Please sign up at the Concierge Desk if interested. RSVP by April 9th. See Debria Francois if you have questions.

Life Enrichment Calendar

The Life Enrichment calendar will have a new look beginning this month. In addition to a larger size, the calendar will be printed in color to highlight important information and events.

Master the Art of Living, Elim Park's wellness initiative, emphasizes four components of wellness; spiritual, social, intellectual and physical. The calendar will feature one component each month to increase awareness of what Elim Park has to offer in each of the four areas of wellness.

Why are we doing this? Research shows that people who engage in activities that are spiritual, social, intellectual and physical age successfully. It is important to indicate which activities are associated with each component in order for residents to make informed decisions when choosing how to spend their time.

Causes of Dizziness

Half of adults will experience dizziness at some point in their lives. Dizziness is uncomfortable and potentially dangerous, for example, if you fall or you are driving. There are five common causes of dizziness. Be sure to check with your physician if you experience dizziness.

Benign paroxysmal positional vertigo (BPPV)

Otoliths, tiny crystals attached to hair cells in the inner ear, bend the hairs when you change position. This tells the brain you have moved. BPPV is a condition where the otoliths break free from the hairs and float into a part of the ear they are not supposed to be. The result is a bout of dizziness which lasts a minute or less. BPPV is suspected when dizziness occurs only when you move and there is a delay of 3 – 5 seconds between head movement and dizziness.

Meniere's disease is the build-up of endolymph fluid in the inner ear, causing pressure changes that interfere with balance and result in intense dizziness, nausea and vertigo. Episodes come and go, every few days to weeks or months between attacks.

Acoustic neuroma is a benign tumor located at the base of the brain and can affect the auditory nerve. It causes dizziness, a loss of balance, and nausea. The tumors can grow and cause serious impairments. Slight hearing loss usually occurs in one ear and some experience tinnitus.

Orthostatic hypotension is dizziness that occurs when you stand up too quickly. It occurs more frequently in older adults who are taking blood pressure meds and have certain conditions. Standing up quickly causes the blood to be drained away from the brain, the heart to increase the contraction of each beat, and the constriction of blood vessels. This results in a lack of circulation and oxygen to the brain which causes dizziness.

Dehydration causes a drop in blood volume. The decrease in volume can reduce the amount of blood that circulates through the brain, resulting in dizziness. This is common in older adults as the sense of thirst declines with age.