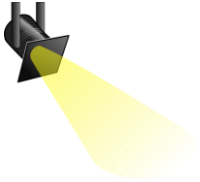




Master the Art of Living

Elim Park Place Newsletter
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Barbara Womer, Wellness Director



Wellness Spotlight



"I have lost myself," the woman at the end of the table said. There was a general silence in the group and it occurred to me that all of us at Elim Park have lived long enough to have lost: someone we love, our family home, or maybe part of ourselves.

A year and a half ago, I was grieving and I didn't know it. I was losing the man I loved to dementia and losing our home because he and it had become more than I could manage. I had lost both my parents in the previous years and, now, one of my children was having the kind of problem that tears families apart.

I almost stopped functioning. I couldn't sleep. I cried for days, all day. I couldn't focus: the constant flow of adrenaline from constant vigilance and fear paralyzed me. I was losing my world, and myself.

With the help (and prodding!) of family and friends, I found a psychotherapist. When I called, she made room for me that afternoon. And step by step, day by day, I made my way forward. Six months after that first appointment, my husband and I moved into Elim Park. In this past year, I have learned what free time is. I can sleep. I am exercising my body with the help of the Fitness Center programs, my brain with programs at Elim and the Osher Life-Long Learning Institute at UConn Waterbury, my heart through all my new friends and my spirit through the many opportunities at Elim to give to others.

A year and a half ago, I told my therapist I was unable to see any future that I wanted to live in. Now, I wake in the morning after a good night's sleep, with the luxury of time to read a little poetry, write in my journal, think about this new day's possibilities and look forward to tomorrow - whatever it brings.

- Harriet Fotter, Andrews Knoll

Memorial Day Celebrate, Honor, Remember



Exercise Schedule Changes for May

No Exercise Classes
Mon. & Tues., May 1st & 2nd
Due to the Mobility Reviews
Monday, May 29th
Due to the holiday

No FitSteps II Class
Thursdays, May 4th & 11th

No Zumba Gold and Mind/Body
Tues. & Thurs., May 16th & 18th

Mark Your Calendars for Mobility and Lifestyle Reviews

The Wellness Department will conduct Mobility Reviews (formerly known as Fitness Assessments) on **Mon. & Tues., May 1st & 2nd** in the Aerobics Room of the Fitness Center. Please sign up in the Fitness Center Lobby. If you cannot make one of these days, call to schedule an appointment that fits your schedule. Lifestyle Reviews will be conducted on **Wed., May 3rd** in the Conservatory from 10:00am – 12:00pm, no sign-up necessary. Contact Wellness if you prefer to complete a Lifestyle Review on your own time. You may take a paper and pencil version or complete it on the computer. Residents will receive personal reports and Elim Park will receive a collective report of the data called The Portrait, which we use to set goals.

If you are grumbling at the prospect of repeating the Reviews, please understand it is the single best way we can serve you. Collecting and using data is a powerful method for addressing the wants and needs of Elim Park residents. Over the past two years we have implemented several goals as a result of the Portrait. Please help us by participating in both the Mobility and Lifestyle Review. You may be pleasantly surprised at your results!



Do you think posture can have an influence on your daily life? The answer is yes. Posture, or structural alignment is an important part of good health. Proper posture helps to minimize stress on tendons, ligaments and joints. When you think of living a healthy lifestyle including nutrition, sleep, hydration and physical movement, posture should hold a spot on that list. Good posture also improves breathing capacity and has even been linked to better moods and higher self-esteem. Are you now convinced as to the importance of good posture?

If you participate in an instructor led exercise class, your instructor will cue you to maintain proper body alignment while performing your exercises. Unfortunately, once exercise class ends, most people fall back into the habit of poor posture. Now that I've got your attention, you will be happy to know that there are some simple posture improving exercises that you can do at home. If interested, pick up a handout explaining the exercises. They will be located in the Wellness Center lobby.

For you tech savvy people, there are many new devices and gadgets popping up on the market that offer posture help. One of these gadgets is the Lumo Lift. The Lumo Lift is a small wearable device that detects when you begin to slouch and gently reminds you to properly align by vibrating. It also connects to a smartphone via a free app and logs posture hours, steps taken and calories burned.

Do You Have a Sweet Tooth?

Come to the Lifestyle Review Social in the Conservatory on Wednesday, May 3rd from 10:00am – 12:00pm! Lifestyle Review questionnaires ask you about your lifestyle in the Social, Spiritual, Physical and Intellectual areas. As a thank you for completing the Review, stay and enjoy refreshments (chocolate included!) Please attend the social if you complete the Review ahead of time. This is a one-time opportunity to feed your sweet tooth☺

What Will You be Doing Five Years From Now?

When you picture yourself five years from now, what will you be doing? Maybe it will be traveling somewhere new where you'll be walking and climbing stairs. Perhaps you'll be sitting on the floor, playing a game with your grandkids or learning to play a musical instrument.

Whatever it is, consider what types of skills you would need to be able to do in order to accomplish that vision. Will it require balance, strength, endurance, and intellectual skills? Make a list of that skill set and use it as your guide to create a lifestyle plan to work on those skills, a little at a time. Be patient, and realistic, and - by all means - take small steps. That's the key to success and ensuring that you will be able to continue to do the activities you love.

- Dr. Roger Landry

How to Be Brainier

Some of the self-improvement endeavors on this list will vitalize your mind. Some are true and some are false. Can you figure out which are which? The answers will be posted in the Fitness Center and on channel 1961 by May 3rd.



1. Write backward with your weaker hand.
2. Rearrange your furniture.
3. Make your bed using the flat sheet for the fitted sheet and vice versa.
4. Don't step on sidewalk cracks for an entire day.
5. Create to-do lists.
6. Join a cult and then give the leader 13 reasons why you're quitting.
7. Take a slow day, in which you do everything at half speed.
8. Make a pineapple upside-down cake right-side up.
9. Keep a journal.
10. Avoid reading newspapers or news websites for a week.
11. Take ginkgo biloba.
12. Don't take ginkgo biloba.
13. Go to a black-tie affair wearing something red.
14. Consume antioxidants daily.
15. Get rid of toxins by gargling with prune juice.
16. File for a divorce.
17. Question everything. Ask why incessantly.

Thank you Dolly Peabody for this contribution.