



Master the Art of Living

Elim Park Place Newsletter
Volume 13 Issue 6 June 2017
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Wellness Spotlight

For those of you who have been residents of Elim Park for some time, you know that the Wellness department likes to highlight resident success stories when appropriate. Why have we waited so long to highlight Dolly Peabody? Maybe because every time we prepare to write her story, she “wows” us with a new endeavor. If you don’t know Dolly, you should. Talk to her, get to know her, learn from her and the next time you use your age as a reason not to do something, read this article. Dolly has “raised the bar” for all of us. She has been a perfect example of aging successfully for more than two decades. The following are her words:

Fortunately my husband and I were in mutual agreement when the time was ripe to move to a retirement community – not for health sake but to have a good time. We had a full year to make our plans after signing in to as yet unbuilt Brooksvale. Moving fifty miles from our current home meant a different life – new friends, new church, different activities, new doctor, and exploratory shopping. We were ready for whatever was offered.

Little did I realize that the computer would become the love of my life after my husband passed away. Courses of computer learning were offered by Elim Park and I have continued the learning process to produce the fruits of my labor.

Living at Elim Park for twenty-two years means I have seen multiple changes. My endeavor is to keep an open mind and to be positive.

See Dolly on pg. 2

The Longest Day Wed., June 21st Wear Purple!

The Longest Day is all about love. Love for all of those affected by Alzheimer’s Disease. The Alzheimer’s Association picked the longest day of the year to raise awareness and funds for Alzheimer’s Disease research. The idea is to do something you love on this day. Many of you love the NuStep machines in the Fitness Center. The NuStep company is a huge supporter of this day due to the fact that exercise is one of the best things you can do to keep the brain healthy. Please join us in our very first Longest Day event. Two Nu-Steps will be available from 10:00am – 2:00pm in the Oasis to encourage residents to exercise for a few minutes. The goal is to step continuously for 4 hours. Are you up for the challenge? If you do not wish to be a stepper, please stop by for information on the disease or to make a voluntary donation to the Alzheimer’s Association. Or just wear something purple to show your support.

Trike Demo Day Wed., June 7, 11:30pm – 1:00pm Oasis Patio

The trikes are out from winter storage and you may have seen residents riding them on the nicer days. If you would like to try one out yourself, staff members will be available to help. Please sign up at the Concierge Desk for an appointment.

Exercise Schedule Changes for June Tues., June 13th

No Exercise Classes

The Master the Art of Living Team will be in a strategy session using the data collected from the latest Mobility and Lifestyle Reviews.

The Aging Brain

This past January, Dr. Martin Cooper presented a lecture entitled *The Aging Brain*. We have obtained copies of his lecture. If you would like one, we will have them for you in the Wellness Center lobby. Please come by and pick one up.

Dolly continued from pg. 1

My aging process has been bolstered by meeting and greeting people every day, dining together, and balancing activities with my freedom to choose my next step. Very important are the opportunities to commune with nature with the aid of my walker and safety call button.

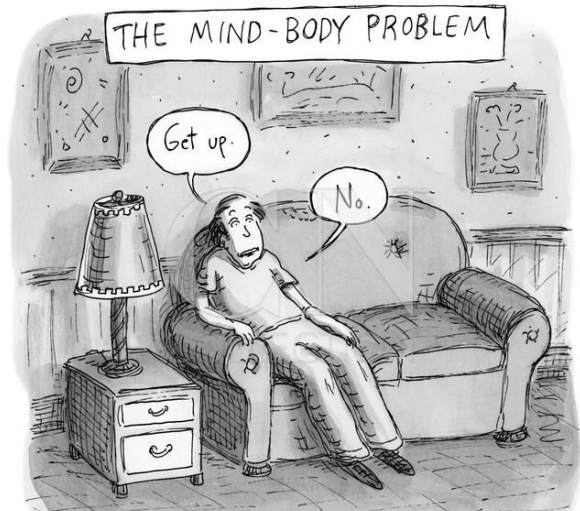
We moved to have a good time, free of house and grounds upkeep and a good time is still my priority. Grey hair and glasses are standbys but you can't beat boasting a healthy, happy one hundred years.

Volunteers Needed

Quinnipiac students, as part of their course work, need to interview older adults about their daily life. Fifteen volunteers are needed. Two students will interview one resident for a half hour in their apartment on the morning of Friday, June 30th. Please sign up at the Concierge Desk or let Wellness Staff know if you are interested.

Omega-3s

There are different types of omega-3 fatty acids. Plant sources such as flaxseeds and walnuts contain alpha-linolenic acid (ALA) while fish contain eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). EPA and DHA reduce cardiovascular disease risk by lowering blood lipids, reducing inflammation, and decreasing clotting. The benefits of ALA are not as well studied but they suggest a link to lower risk of cardiovascular disease. If you are looking for the best source of omega-3s at this point in time, fish is the best option. Albacore tuna and salmon contain more omega-3s than cod and halibut.



Thank you Eileen Wilke for this submission.

Welcome Matt to Wellness

Please join me in welcoming Wellness intern Matthew Isenstadt. Matt is a senior at Southern CT State University majoring in Exercise Science. He will be with us for the summer. Matt likes to play billiards and will offer time slots to play for fun. Check the Concierge Desk for dates and times.



Cheshire Land Trust

If you have time to pursue a passion, offer to teach a skill or lend a hand, there is place for you with the Cheshire Land Trust (CLT). CLT is a volunteer, non-profit organization. We are all about conservation, education and recreation. During the year, we offer educational and recreational trail walks and hikes, educational programs and fun events.

Please consider helping the land trust in a multitude of areas. Here are just a few: You might like to help on a stewardship day, cutting back invasive plants or bagging trash, or help to build a kiosk. Volunteers are needed to assist or lead a hike, plant wildflowers, build bluebird boxes, make fairy houses with young ones, teach kids a skill or give children a window into appreciating and learning all about nature.

June events:

Saturday, June 3rd from 9-11a.m.: CT Trails Day hike with CLT and the Cheshire Environment Commission on the DeDominicus property (Old Lane). to 203-271-6670 or email ssimone@chshirect.org

Regular monthly stewardship day: TBA

Stay up-to-date with us: the Cheshire Land Trust is on Facebook, Twitter and Instagram. Questions? Leave a message at 203.806.0258 or email us at CheshireCTLand@aol.com