



Master the Art of Living

Elim Park Place Newsletter
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SIPS: Four Areas of Successful Aging

Aging successfully is a personal choice. It is a conscious decision to live a life that is meaningful, purposeful, and healthy. There are four areas of an individual's lifestyle that one can look at to determine where they are on the path to successful aging.

Social:

People often down play the importance of social connectivity and how much of an impact it has on overall health. Researchers studying the different factors that accelerate the aging process have recently found that the number one factor that speeds the aging process is loneliness. A study done at BYU looked at the impact social ties has on health and found that having few friends or weak social ties to the community is just as harmful to health as smoking a pack of cigarettes a day.

Intellectual

It is important to challenge your brain with new and novel complex activities on a daily basis. This can be anything from using your non-dominant hand to write or something as simple as taking a different route to a destination. Challenging your brain can produce new neural connections in the brain which can keep us sharp and ward off dementia.

Group and individual intellectual pursuits have different affects on the brain, so include both if possible for optimal brain function. Group pursuits have the added benefit of social connectivity.

Physical:

When most people think of improving their health, they think of starting an exercise routine. There is an exercise regimen to accommodate any individual, regardless of ability or health status. You should consider starting one today if you currently do not do any formal exercise (contact Fitness staff for more info!). The most popular form of physical activity world-wide is walking .

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Happy Easter!



Master the Art of Living Debut

Wednesday, April 1st at 2:00pm in NH

All residents are invited and encouraged to attend.

This presentation will include information on the next steps of our successful aging initiative, lively entertainment by residents, and refreshments!

April Exercise Schedule Changes

April 1 – No Yellow Class. Attend Debut in NH.

April 13 – No Aquatic Classes

April 14 –No Zumba Gold or Mind/Body Blend

April 15 – No Land Classes

April 16 – No Mind/Body Blend

April 17 - No Aquatic Classes

April 21 & 22 - No Exercise Classes. Take Mobility Reviews

Gratitude Makes Life Sweeter

Gratitude helps us recognize our blessings in life and not take them for granted. It helps with healing and is associated with better health outcomes, including positive mood, better self-esteem, and improved well-being.

Gratitude is a feeling and an expression. It is an acknowledgement that we have received something of value. It gives us a positive perspective, turning unpleasant things into reminders of what is important. Gratitude starts as a choice, becomes a pattern and can end up transforming our lives.

SIPS Continued

Physical activity and purposeful exercise are important, but nutrition and weight management are equally important. Many genes can be turned on or off just by what you choose to eat, and excess weight has negative effects that you cannot see – diabetes, high blood pressure, sleep apnea and more!

Spiritual

Spirituality is usually equated with religion. While that is an important part, spirituality encompasses so much more. Spirituality can be how you view your place in the world, your connection to others, your purpose in life, volunteerism, and even your outlook on life.

To demonstrate the importance of spirituality on your overall well-being, researchers recently studied a group of “super agers” or those who have lived to be 100 years old or older, living in New York City. They found the one characteristic that all of them shared was having an optimistic outlook of what the future holds for them.

Remember, 70% of how you age is determined by lifestyle choices. You control a large part of the aging process!

Lifestyle Reviews

April 7th - 9th at various times and locations
Sign up after the Debut or in the Activity Room.
You may take the Review at any location.

The Lifestyle Review looks at your current lifestyle related to the four components of successful aging; physical, spiritual, intellectual and social.

Mobility Reviews

April 21st and 22nd in the Fitness Center
Sign up in the Activity Room beginning April 6th

The Mobility Review is similar to the Fitness Assessment that many residents have taken in the past, with additional balance testing.

Upon completion of the Lifestyle and Mobility Reviews, you will receive a detailed feedback report. The Reviews carve the path for individuals to become more aware of their health and create opportunities to positively impact their own aging process. The goal of the Review is to inspire and promote positive lifestyle choices for individuals while providing Elim Park with the information necessary to create an environment of growth and potential.

Lower Blood Pressure with Nondrug Treatments

- Exercise regularly
- Eat a healthy diet
- Limit alcohol
- Lose weight
- Practice the relaxation response*

*The relaxation response can be practiced daily, once or twice a day, for 10 – 20 minutes

- Sit in a quiet place with your eyes closed
- Focus on your breath, taking full breaths in and fully exhaling
- Relax your muscles and silently repeat a word, phrase, sound, or short prayer over and over
- When stray thoughts interfere, let them come and go, and return to your word, phrase or sound

Brain Fitness

The next session of Fitness Above the Neck will begin on April 28th. Class size is limited to 12 participants. If you are interested in enrolling, you may sign up in the Activity Room. The objective of this class is to improve memory, concentration, attention and strategies for task completion. This is a group class open to all EPP residents. It will meet for 8 consecutive Tuesdays from 9:30am – 10:15am on the 3rd floor of Riverbend from April 28th through June 16th. Knowing that space is limited, please plan on attending at least 6 if not all of the 8 sessions. Contact Kim Hall at extension 4362 with any questions.

Massage Update

Fitness & Wellness welcomes Janine Dellinger, licensed massage therapist, to our team. Massage therapy information can be found in the lobby of the Fitness Center. Gift certificates make great gifts!