

Healthy Living Newsletter

4TH QUARTER 2014

DATES TO REMEMBER:

- **November is National Family Caregivers Month!**
- 11/27; Thanksgiving
- 12/16; Hanukkah begins
- 12/25; Christmas
- 12/26; Kwanzaa begins
- 12/31; New Years Eve
- 1/1/15; New Years Day

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How to Avoid Holiday Caregiver Stress

Since **November is National Family Caregivers Month**, and occurs right around the holidays, here is a short article on tips to help caregivers get through this time of the year. Holidays can be hectic no matter what, but adding caregiving responsibilities to the mix makes that equation more difficult to balance. So here's what you can do:

- **Be Flexible:** Part of life is being able to adapt to different situations. If you find yourself stressed because of the unexpected, try to welcome it. Holidays are full of surprises!
- **Exercise:** If you don't have time for regular workouts, figure out ways to add

movement and exercise into your routine.

- Remember to organize: Make a shopping list and



Be sure to thank your caregiver this month!

map your strategy for those shopping days.

- Look for comic relief: Nothing lifts the spirit like a good laugh! Gather friends to-

gether for a game night or to watch a funny holiday movie.

- **Enlist help:** It is perfectly okay to ask for help, tis the season of giving after all!
- **Proper diet:** Try to maintain a regular healthy diet full of fruits and vegetables, despite all those holiday goodies!
- **Do something special for yourself:** whether this is getting a massage or going to a movie, it is important to remember yourself during the holidays.

From: caregiverstress.com

Coming Soon: Powerful Tools for Caregivers

Powerful Tools for Caregivers (PTC) is based on the highly successful Chronic Disease Self-Management Program developed at Stanford University. Research studies find high rates of depression and anxiety among caregivers and increased vulnerability to health problems. They often have the feeling of powerlessness which has significant negative impact on caregivers' physical

and emotional health.

Participants in this six-week class can expect the following improvements:

Self-Care Behaviors:

(increased exercise, use of relaxation techniques and medical check ups.)

Management of Emotions:

(reduced guilt, anger, and depression.)

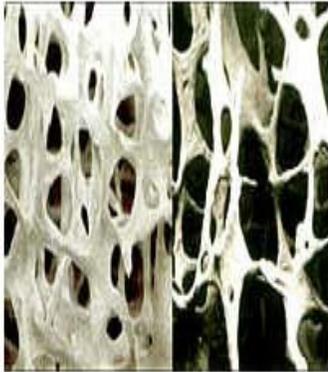
Self-efficacy: (increased confidence in coping with caregiving demands.)

Use of Community Resources: (increased utilization of community services.)

For more info please call Healthy Living at

(561) 684-5885

Osteoporosis and Bone Health



Healthy Bones Unhealthy

Did you know osteoporosis is the most common bone disease? Indeed it is. In fact millions of Americans – 54 million to be exact – have low bone density or osteoporosis. About one in two women and up to one in four men over the age of 50 will break a bone due to osteoporosis. That is why it is important to gain knowledge about what osteoporosis is, how it starts, and how it can be prevented.

Osteoporosis is when bones

become weak and are more likely to break. If you look at healthy bone under a microscope, you will see that parts of it look like a honeycomb. If you have osteoporosis, the holes and spaces in the honeycomb are much bigger than they are in healthy bone. This means your bones have lost density or mass and that the structure of your bone tissue has become abnormal. As your bones become less dense, they also become weaker and more likely to break.

However, you can help prevent osteoporosis by eating a well-balanced diet rich in calcium and vitamin D, get plenty of physical activity, taking a fall prevention workshop, and talk to your doctor about your bone health. It is never too late to think about your healthy future!

-National Osteoporosis Foundation & National Institute of Arthritis and Musculoskeletal and Skin Diseases

“The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart.”
-Helen Keller

Mindfulness and deduction in Alzheimer’s

A pilot study from the Harvard Medical School indicates yet another benefit of mindfulness meditation. The researchers tested 14 people with mild cognitive impairment, which often leads to Alzheimer’s disease, and provided them with either Mindfulness-Based Stress Reduction training (MBSR) or standard care.

Brain imaging tests indicated

that those engaged in meditative training had increased activity and connections among three areas of the brain— the posterior cingulate cortex, medial prefrontal cortex and the left hippocampus. Although larger studies are needed, study authors remark, “These preliminary results indicate that in adults and seniors with mild cognitive impairment,

Mindfulness-Based Stress Reduction therapy may have a positive impact on the regions of the brain most related to mild cognitive impairment and Alzheimer’s disease.”

-Natural Awakenings Palm Beach Edition



Firefighter Breakfast Event

On October 17th (October is Fire Prevention Month), the Healthy Living COE showed their appreciation to five employees of Palm Beach County Fire Rescue by sponsoring their attendance at The Chamber of Commerce of the Palm Beaches Annual Salute to Local Firefighters Breakfast, held at the PB County Convention Center.

These Fire Rescue personnel are special partners as four of the five are MOB facilitators and all of them are heroes for the work they do each and every day ensuring our safety. Those attending the breakfast with us were: Elyse Brown, Michael Toohey, Jeff Heinz, Gerri Penney, and Chief Larry Willhite.

Did you know that PB County EMS personnel respond to nearly 1,800 calls each and every month as a result of seniors falling?

Thank you again to our partners from Palm Beach County Fire Rescue!

Healthy Living Accomplishments for 2014!!



The year 2014 was a big year here at the Healthy Living Center of Excellence, we helped over:

- ⇒ **220 seniors through our 6 Matter of Balance and 11 Tai Chi workshops.**

We have also educated over:

- ⇒ **334 seniors on fall prevention as well as other health related information through the 11 presentations we conducted in communities across Palm Beach and Treasure Coast.**

This is very exciting news!

This year we held several opportunities for community members to become volunteer facilitators, and through this have made many wonderful partnerships throughout Palm Beach and Treasure Coast! As well as, made efforts with the fire depart-

ment to educate locals about the importance of fall prevention.

We would like to say thank you to all of our volunteer facilitators for helping us make an impact on seniors in our community.

We are looking forward to 2015 as we will be conducting several trainings for new facilitators, providing presentations on fall prevention, and holding many workshops throughout the community. If you would like to have a presentation or workshop in your facility OR if you would like to become a volunteer facilitator, please call Healthy Living at (561) 684-5885

“We make a living by what we get. We make a life by what we give.”
— Winston Churchill

8 Great Reasons to Become a Senior Volunteer

There are many reasons why people decide to volunteer; here are 9 specific reasons according to Senior Corps:

1. Volunteering helps seniors maintain mental well-being.
2. Becoming a retired volunteer helps seniors maintain physical health.
3. Volunteering helps seniors stay involved in their communities.
4. Volunteering is rewarding.
5. Senior volunteers can work around their own schedules.
6. Volunteering adds years to seniors' lives.
7. Senior volunteers help bridge the generation gap.
8. Senior volunteers can choose to do meaningful work.

For more information about how to get involved in your community and volunteer opportunities please contact Your Aging and Disability Resource Center (561) 684-5885

Tips for Beating the Holiday Blues

It's a time of celebration, parties, and get-togethers, but sometimes the holiday season can also be a source of the blues, especially for older people. Older adults may think about how quickly time has passed, or miss loved ones more during this time of year. Health conditions or concerns about money can also make it harder to enjoy the holidays. Fortunately, there are

ways to help cope with the melancholy that may accompany the holidays. The AGS Foundation for Health in Aging offers the following tips.

- ◇ To get out and about: ask for help when traveling or take a brisk walk
- ◇ Volunteer : helping others is a great mood lifter

- ◇ Drink responsibly: overindulging will lead to more sadness
- ◇ Accept your feelings: there's nothing “wrong” with feeling the way you feel
- ◇ Talk to someone about how you're feeling (friend, family, counselor, mentor)

-healthinaging.org

My First Facilitation of Tai Chi

A story by your Healthy Living Specialist: Emily Mitchell



Emily Mitchell

More than half of Americans list speaking in front of a group of people as their number one fear. This is a fear in which most, at some point, will have to face in their life. Luckily for me, I do not have a fear of public speaking. However, this doesn't mean I am any less anxious or nervous beforehand.

I facilitated my first Tai Chi class back in September after becoming certified only the week before! Although, I was confident in my knowledge of Tai Chi, teaching was something I wasn't familiar with. My strategy was to break down the movements as much as I possibly could and go over them multiple times. This way of teaching not only helped the participants learn and remember the steps, but it also helped me retain everything I had been taught in my certification training. I individually practice the forms 2-3 times throughout the week, especially when I am instructing a class. I have found this to be beneficial with increasing self-assurance while instructing classes.

I have really enjoyed facilitating Tai Chi classes. My favorite part is watching the participants grow and become stronger throughout the weeks. As a facilitator, you are providing more than just fall prevention security; you are giving participants the confidence they need to accomplish whatever it is they set their minds to.

If you want to know more information on how you can become a facilitator please contact Liliana Herrera 561-684-5885 ext.59235



4400 North Congress Avenue
West Palm Beach, FL 33407

Phone: 561-684-5885

Fax: 561-214-8678

Website: youragingresourcecenter.org

OUR MISSION:

Is to promote, support and advocate for the independence, dignity and wellbeing of seniors, adults with disabilities, and those who care for them in a manner that values diversity, reflects the communities we serve and embraces the collaboration of the aging network. We make all this possible through our Centers of Excellence!

For more information about these programs and the services we can offer, please call or visit our website today to find out more

**Connecting you with the help you need,
helping you make informed decisions**