

Church of Christ Assisted Living

September 2019 Wellness Newsletter

Does Lifelong Learning Help as We Age?

Staying mentally active as we grow older may help prevent cognitive and physical decline.

According to the World Health Organization (WHO), active aging is defined as “the process of optimizing opportunities for health, participation, and security in order to enhance quality of life as people age.” People can stay active by participating in social, cultural, economic, spiritual, and civic affairs. From the WHO perspective, “health” includes physical, mental, and social well-being and encourages older adults to stay as active as possible to extend healthy life expectancy. Seniors can reap the countless rewards by indulging in lifelong learning.

What About Education?

Attending school used to be age-based, intended to prepare children and adolescents to become adults and begin a career, that has been largely replaced by the newer idea of lifelong learning. Instead of ending education at a specific age, people are encouraged to continue learning throughout their lifetimes, whether on their own or in classrooms. Courses for adults can range from humanities, social sciences, music, and technology subjects.

Why Should I Do It?

Lifelong learning is really about the ways to keep the mind, body, and spirit stimulated, challenged, and fully engaged in the after-50 years. Research proved that a stimulated mind promotes a healthy brain helping elders retain mental alertness as they age. Scientists have discovered that the brain, even an aging brain, can grow new connections and pathways when challenged and stimulated.

What Should I Do?

Different programs offer opportunities to incorporate activity into daily living. For instance, spirituality, meditation, stress reduction, yoga, exercise, creative arts, walking clubs, and enjoying nature outdoors are only a few of the many opportunities available to you.

Making lifelong learning part of the later years fosters a sense of personal empowerment and increased self-esteem. It provides an opportunity to make new friends, engage in discussions, and share life's ups and downs with like-minded people. Discover our music lifelong learning sessions and many more this September!



Fitness & Wellness

Department

Katie Murphy,
Program Coordinator

Fitness Club

Senior group movement classes focusing on muscular strength, endurance, balance, and flexibility. The Fitness Club is performed in a chair and open to all fitness levels!

When:

10:30am-11:30am
Monday-Friday

Health Seminars

Health and wellness presentations focusing on disease management and various senior wellness topics.

Foodie Group

Asunda Amluxen, Assisted Living Chef Manager, presents current health & nutrition topics and recipes.

“Think left and think right and think low and think high. Oh, the thinks you can think up if only you try!”

Dr. Seuss

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Get Ready for
National Assisted
Living Week!

Established by the National Center for Assisted Living in 1995, National Assisted Living Week provides a unique opportunity for residents, their loved ones, staff, volunteers, and the surrounding communities to recognize the role of assisted living in caring for America's seniors. It is a time to celebrate, but also a time to reflect and think about ways assisted living can continue to grow.



"A Spark of Creativity" is this year's theme for National Assisted Living Week, which hopes to inspire residents to tap into their creative side, whether through the arts or beyond. Specifically, we will explore art therapy and its many benefits such as fostering self-esteem and self-awareness, cultivating emotional resilience, enhancing social skills, and reducing and resolving conflicts and distress. **Be sure to check your calendar and sign up for this year's events!**

The Flu Season is Coming – Here is What You Need to Know!

Get a better shot at not getting sick.

It is inevitable. We will wake up this winter with a sore throat, knowing we will soon be going through a box of tissues an hour and unable to taste our favorite comfort foods. Cold and flu season spares few between now and spring. Here are a few steps to reduce your risk of sickness.

Stock Your Medicine Cabinet

Get rid of expired medicines and make a list of what you need to replace and replenish. Make sure to include fever and pain relief medicine, decongestants, cough medicines, nasal sprays, cough drops, and throat lozenges. Check with your doctor if you have a chronic medical condition.

Fill Your Pantry

Fluids are important when you have a cold or flu. Dehydration is the biggest reason you feel so lousy with cold or flu. Water is the best choice, but hot herbal teas can be soothing, and fruit juices give you extra vitamin C. Pick up foods like ice pops and chicken noodle soup.

Practice Proper Hand Washing

Proper hand washing is one of the most effective ways to prevent colds and flu. Start with warm water and your anti-bacterial soap. Work the lather for 20 seconds, paying extra attention to fingernails and jewelry. Singing "Happy Birthday" twice is a good way to judge the time. Then rinse and dry your hands. This will protect you from germs.

Keep Hands Away from Your Face

Avoid touching your eyes, nose, and mouth. These are areas where cold viruses enter your system. The same bug that gives you a cold can cause viral pink eye. Keeping your hands away will keep any cold germs on them away as well. If you need to touch these areas, wash your hands before and after.

Get a Flu Vaccine

Getting a yearly flu vaccine is an important step in preventing the flu. The flu spreads differently than colds and is very contagious. People can spread the flu a day before symptoms even show up, and the vaccine can protect you against the most common strains of the flu. The vaccine will be available Wednesday, September 18th from 10:00am to 12:00pm.

Practice Healthy Living Habits

Healthy living habits can boost your immune system. Eat a balance diet with plenty of fresh foods and healthy proteins – lean meat, chicken, and fish. Stay hydrated with water. Exercise regularly and get a good night's sleep. For adults, that means getting 7 to 8 hours a day.

Stop the Spread of Germs

If you are healthy, stay away from sick people as much as possible. Cough and sneeze into a tissue, discard the tissue, and wash your hands. If you do not have a tissue cough or sneeze into your elbow, not your hands. Do as much as you can to limit contact with others!