

# Active Aging

November 2024

A health & wellness newsletter for enhanced living

## Alleviate the Aches of Arthritis with these Simple Tips



If you are the one in every four adults who have been diagnosed with arthritis in the United States, you may be struggling to find ways to alleviate and manage your pain. Arthritis, or joint inflammation may be holding you back from everyday activities such as bathing, dressing, writing, and working.

Though no single treatment for arthritis is guaranteed to relieve pain completely, there are easy things you can do to help.

### Visit a Physical Therapist

A physical therapist can help restore mobility, increase strength, and improve posture, which may alleviate arthritis pain. Physical

therapists can educate you on appropriate and safe techniques to help restore function in your joints. Learning such targeted exercises and tips, and doing them at home regularly, can promote successful results. By teaching you to perform exercises independently, physical therapy allows you to take a direct role in your care.

### Maintain a Healthy Lifestyle

Eating a healthier diet and even losing weight may benefit certain types of arthritis, according to the American Society on Aging. Eating a balanced diet of lean meats, whole grains, and antioxidant-rich fruits and veggies will help you maintain a healthy weight. Carrying extra

weight causes increased pressure on your weight-bearing joints such as your knees and ankles. Shedding just a few pounds can make a world of difference.

### Get Some Rest

Ample rest is also key in staying healthy. Taking breaks throughout the day and getting a sufficient amount of sleep gives you more energy to tackle the day.

### Cushion Household Utensils

This will lessen pressure and discomfort in your hands. The American Occupational Therapy Association recommends wrapping foam, cloth, or tape around the handles of everyday items such as knives, pots, and pans. Additionally, use tools such as jar openers to make everyday tasks easier and reduce strain on your joints.

### Seek Occupational Therapy

An occupational therapist will recommend modifications in your home and workplace to make daily tasks such as driving, getting dressed, and cooking easier.

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# Practicing Kindness

With Thanksgiving in November, we are reminded about the importance of being thankful and practicing kindness.

Consider these two quotes, one by Maya Angelou, “I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.” And the quote from Aesop, “No act of kindness, no matter how small, is ever wasted.” Both very powerful and yet to put into practice does not require spending money but does require being intentional and thoughtful.

Are there ways that you can practice kindness today and each day following? What steps do you need to help get started? Below are some suggestions that may help you.

### Practicing Acts of Kindness:

- Be kind to yourself:  
Developing love within ourselves allows us to share love with others.
- Stop to ask someone how their day is going?
- Let the person behind you in line go ahead of you.
- Saying “please” and “thank you” are easy ways to recognize the feelings and situation of another person.

- Share a Smile.
- Write a gratitude letter to someone.
- Compliment someone.
- Tell someone how you appreciated their action.
- Call a relative or friend to see how they’re doing.
- Listen to someone without interrupting.
- Write your own personal gratitude list in the morning and again in the evening.

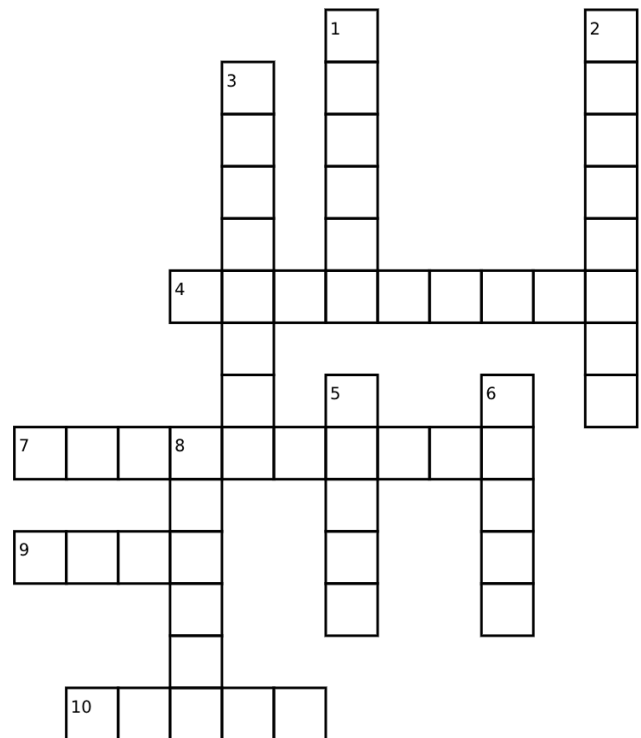
# Crossword Puzzle: Kindness

### Down:

1. to lose the remembrance of
2. the state of being kind
3. having great influence
5. to curve the lips upwards
6. direction along something/someone moves
8. to give satisfaction to

### Across:

4. acknowledgement of receiving something good
7. an admiring personal remark
9. to hold dear
10. to precede something in order



# Word Search: Arthritis Pain

- |           |               |              |           |
|-----------|---------------|--------------|-----------|
| ADAPTIVE  | HANDS         | MUSCLE       | STRATEGY  |
| ARTHRITIS | HEALTHY       | OCCUPATIONAL | STRENGTH  |
| BONE      | HEAT          | PADDING      | THERAPY   |
| COPE      | INDEPENDENT   | PAIN         | TREATMENT |
| DAILY     | JOINT         | PHYSICAL     | UTENSILS  |
| DIET      | KNEE          | ROUTINE      | WEIGHT    |
| EXERCISES | MODIFICATIONS | SAFE         |           |

T T I C P P Y V K R S P Z L Q Y R O J L C B D N N S  
W W H L P S A D Y V A A K K V U G P B J A K F Z G T  
C S N E I B V R F L A I N R O U T I N E G V F T E R  
I I C G R T X Y T B F N D W H T J T B S I N Q T S A  
C N K C C A Q P J H W P Z B W W A X D I E T E L C T  
H D B N M K P L T B R V S Z C O P E V X I P Z M G E  
S E E Q U J G Y J R I I N X G W H E A L T H Y M S G  
D P O W S K O I B S F R T Y I B U W J B R Q L W J Y  
T E E Z C U V I O X J E X I A D A P T I V E O M E I  
Z N V H L A X H N H H O U V S P L N P I H V G V A D  
Y D D Z E O C O E T K I A U J V S W H A M W N U Q T  
S E W A E E X E R C I S E S P C F T J A D D F J K B  
A N E X I B H R E F B H E A T W S Y R I N D W Y H U  
F T I K A L T R E A T M E N T T Z Q U E M D I E N R  
E K G A T P Y K X F Z H D T C D R H V R N B S N S K  
H Q H U L O C C U P A T I O N A L Z D L K G U H G K  
W T T A K N E E M O D I F I C A T I O N S U T E H G  
I B P H Y S I C A L D X U T E N S I L S R D B H I W

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An occupational therapist might suggest adaptive equipment. Make custom splints to support your joints during activities and sleeping, or teach you to do everyday tasks differently to help you stay safe and independent and better protect your joints.

Before and after performing activities, heat or cold therapy can help relieve pain by either increasing or decreasing blood flow to affected areas. According to the Arthritis Foundation, hot baths, heating wraps, heat pads, and ice packs are easy treatments to relax your muscles. Contrast baths, during which you alternate from hot to cold water every few minutes, effectively reduce swelling and pain. For more specialized strategies to cope with your arthritis pain, talk to your doctor and consider calling WV Home Care or Outpatient Clinic.

# Waterman Village Home and Community-Upcoming Events



If you missed the Poker Run, make sure you join us next year. What a fun event.

11/ 26 - Coffee Social (Oaks MPR) by Home Health on Diabetes and will discuss Diabetes support group coming in 2025.

## Wellness for mind, body, and harmony

### Flexibility & Relaxation

Unwind through tailored stretches, from upper body energizers to lower body soothers and basic yoga flows, fostering tranquility.

### Strength & Toning

Energize with targeted exercises for core, upper body, and lower body strength, sculpting muscles and enhancing fitness.

### Mindful Movement & Wellness

Embrace balance with chair yoga, seated Tai Chi, and memory-enhancing exercises for mental clarity and physical harmony.

### Exercise Ball

Dynamic exercise ball workout to engage your core, improve balance, and boost coordination.

### Energetic Cardio Workouts

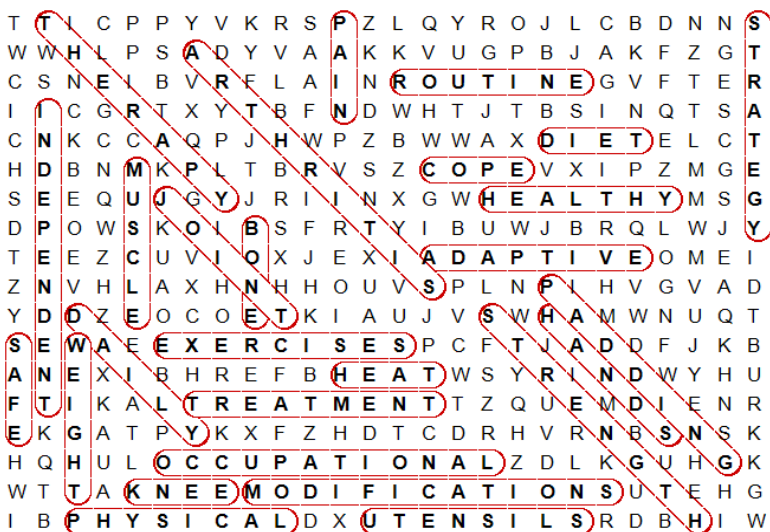
Revitalize routines with Cardio Fun, high-energy exercises for an invigorated heart and sustained motivation.

### Kindness Resources:

- [16 Easy Random Acts of Kindness to Practice - Psychology Today](#)
- [The King Blod - Random Acts of Kindness Foundation](#)



### Word Search Key



### Crossword Puzzle Key

