

Active Aging

September 2024

Rejuvenate yourself during Healthy Aging Month



In literature, autumn often represents balance, change, and preservation. It is no coincidence, then, that September marks Healthy Aging Month. This month celebrates the people we are, helps us focus on the people we want to become, and encourages us to grow in a healthy manner.

Aging is what you make of it. By facing the prospect of aging with a mature and positive attitude, you can do wonders for yourself, both physically and mentally.

Here are a few tips that you can incorporate into your every day routine in honor of Healthy Aging Month.

1. Don't act your age. Instead, think about your favorite age, and channel yourself from that time. This change in mindset can put you in a more positive frame of mind.

2. Walk with confidence. Stand up tall and take big strides. But if you notice that you shuffle when you walk, you feel unbalanced, or you've slowed down and don't feel as strong, make sure to talk to your healthcare practitioner. You may be able to take advantage of physical therapy services to help you with your gait and balance.

3. Focus on activities that you enjoy. Whether you're looking to find new hobbies or want to rediscover old ones, see what activities your community offers. From walking clubs and book clubs to community choirs, art classes, and museum outings, there's apt to be something for you right under your nose. As an added bonus, many of these activities provide social components. If, however, you're struggling to perform some of these activities independently, check with your healthcare provider to see if occupational therapy could be right for you.

4. Maintain contact with your healthcare professionals. Don't let too much time slide between visits with your healthcare providers. From preventive visits to condition and disease management, your providers are there to help you achieve optimal health. Before your visits, make a list of questions and concerns so that you can make the most of your time.

A focus on falls this Fall

Falls occur when we least expect it; however, there are opportunities to decrease the risk of falls. Completion of a home safety check with a family member or caregiver will increase your awareness of potential risks and allow you the opportunity to address areas of concern.

How can I decrease falls?

- Arrange furniture to allow for a clear pathway
- Place a phone near your bed
- Add a night light to illuminate pathways
- Keep eclectic cords out of the

walkway (but do not place them under rugs)

- Place a rubber non-slip mat in the bathtub or shower
- Place commonly used items and clothing where you can reach them without bending or stretching
- Increase the overhead lighting or highest wattage allowed for your lamps
- Begin an exercise program to improve your leg strength and balance
- Ask your Doctor or pharmacist to review your medications and possible side effects that may impact balance

- Schedule an annual eye check-up and update your eyeglasses if needed
- Use comfortable/appropriate fitting footwear
- The Centers for Disease Control (CDC) states that almost 80% of falls occur in the bathroom. One of the most important additions you can make are professionally installed grab bars.

Call Waterman Village Home Care or Outpatient therapy for a screen to see if you would benefit from Physical Therapy to decrease risk of falls and increase your balance/strength.

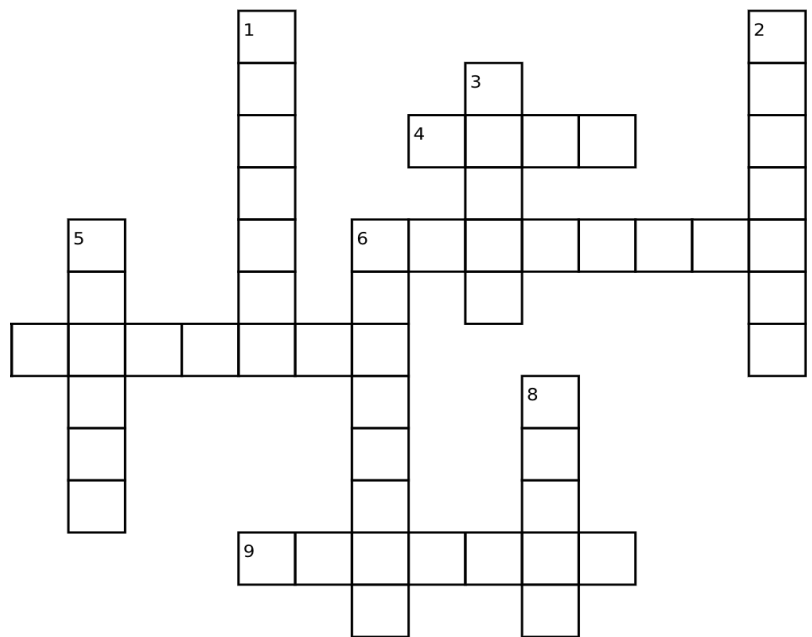
Crossword puzzle: Falls

Down:

1. physical equilibrium
2. of interest or importance
3. makes vision possible
5. brief fall of rain
6. power to resist force
8. free from mist, haze, or dust

Across:

4. hazard or chance of loss
6. a procedural plan
7. apparel for the feet
9. course or route



Word Search: Healthy Aging Month

ACTIVITIES
AGE
AGING
ART
AUTUMN
BALANCE
BOOK

CELEBRATES
CHANGE
CHOIRS
COMMUNITY
CONFIDENCE
DISCOVER
ENCOURAGE

LITERATURE
MINDSET
MUSEUM
OUTINGS
POSITIVE
PREVENTIVE
REJUVENATE

SLIDE
SOCIAL
STAND
STRONG
VISITS
WALK

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

Spotlight

Celebrate National Grandparents' Day this month

The first Sunday after Labor Day marks National Grandparents' Day. If you have grandchildren, this is a wonderful occasion to get together for some special bonding. If you don't have grandchildren, worry not. According to the National Grandparents' Day Council, the holiday celebrates intergenerational relationships. Spend your day visiting your kids, golfing with friends of all ages, or attending a community-wide event. National Grandparents' Day can be a great opportunity to get out and enjoy new experiences!



Waterman Village Therapy



On Campus here at Waterman Village we offer many opportunities to decrease your risk for falls and increase your balance and strength. Home Care can provide nursing and therapy services in your home to work on real scenarios inside your home where you spend most of your time.

Outpatient Therapy can provide therapy services at that next level of care really challenging your balance and strength.

Call either to get a free screening to see how we can help.

Highlights: Classes 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.

Word search key



Crossword puzzle key

