



## Guest Policy Review

Guests of Elim Park Place residents are welcome to use the Wellness Center while they are visiting. A refresher of the guest policy is in order as there appears to be confusion. Please remember that it is the resident's responsibility to inform guests of the rules and regulations of the Wellness Center.

- ◆ Guests **must** be accompanied by a resident while using the Wellness Center.
- ◆ The code to the Center will not be given to guests.
- ◆ Guests must sign a Waiver of Liability and read an Orientation Information sheet prior to using the Wellness Center. Waivers **must** be initialed by Wellness Staff and on file prior to the guest using the Center.
- ◆ There are two Waiver of Liability forms. One for adults and one for children under 18 years of age.
- ◆ Children must have a Waiver signed by their **parent**. Grandparents may not sign for a grandchild.
- ◆ Children are not allowed to use the pool except for Family Swim Days. A life guard will be present on these days. Children between the ages of 8 and 17 years and at least 50 inches tall are eligible to use the pool on these days.
- ◆ Children under the age of 12 years may not use the strength and cardio equipment.

### Special Note on Guest Waivers

When guests sign the Waiver of Liability they are signing that they "currently participate in similar activities in places other than the Wellness Center without any limitations". Many people do not completely read paperwork prior to signing their name. Please be sure your guests understand what they are signing. Wellness Staff assumes that guests know how to use equipment. Don't forget that guests must sign the line that indicates they have read the Orientation Information Sheet.

## Key to Memory: Be Social!

Social networks and connectedness have been associated with maintaining cognitive health. Recognizing this connection, a research team was curious whether memory loss might also be associated with social connectedness.

People over 50 years of age who were participating in the Health and Retirement Study were tracked over six years. Their memory was assessed in 1998, 2000, 2002 and 2004 by asking them to recall as many words as possible immediately after and five minutes after listening to a list of 10 words. Social integration was assessed by marital status, volunteer activities, and contact with parents, children and neighbors.

Individuals with the highest social integration had the slowest rate of memory decline. The memory decline among people who were the most socially integrated was less than half the rate among the least integrated.

The authors concluded; "Social participation and integration have profound effects on health and well-being of people during their lifetimes. We know from previous studies that people with many social ties have lower mortality rates. We now have mounting evidence that strong social networks can help to prevent declines in memory. As our society ages and has older people, it will be important to promote their engagement in social and community life to maintain their well-being."

### Answer Key

- |       |        |
|-------|--------|
| 1 . C | 6 . B  |
| 2 . A | 7 . C  |
| 3 . D | 8 . D  |
| 4 . B | 9 . B  |
| 5 . A | 10 . C |





## NOSTALGIA TRIVIA

1. During WWII, what was a Victory Garden?
  - a. The top floor of Madison Square Garden
  - b. House plants you could win with S&H Green Stamps
  - c. A home garden to raise food for family and friends.
2. What would “A little dab ‘ll do ya” do?
  - a. A dab of Brylcreem would keep your hair in place like car grease
  - b. A little dab of Ovaltine in milk would turn you into Cpt. Midnight
  - c. Rumor was that a dab of Spanish fly would do it, but no one ever knew for sure
3. Sears used to be called \_\_\_\_\_, \_\_\_\_\_ and Co.?  
 \_\_\_\_\_
  - a. Girdles, Corsets, and Co.
  - b. Cheap, Cheaper and Co.
  - c. Montgomery Ward and Co.
  - d. Sears, Roebuck and Co.
4. What was duck and cover?
  - a. Hunting fowl during the Great Depression
  - b. A drill for school children, for use in case of atomic attack
  - c. A ducktail haircut toupee
5. The oldest man in the US died recently at 113. To what did he attribute his long life?
  - a. Giving up cigars at age 97
  - b. Never marrying
  - c. Brussels sprouts and chocolate
6. What was the “party line” with which many of us grew up?
  - a. “Your place or mine?”
  - b. Telephone lines shared by several homes, or parties.
  - c. “A chicken in every pot”
7. What postwar auto was said to not know whether it was coming or going?
  - a. ’48 Tucker
  - b. ’53 Henry J
  - c. ’51 Studebaker
8. What wasn’t delivered to homes in the US in the 1940’s?
  - a. Prescriptions
  - b. Ice
  - c. Milk
  - d. Pizza
9. What color were flash bulbs for use with color film?
  - a. Pink
  - b. Blue
  - c. Plaid
10. When you put your right foot out, and shake it all about, what are you doing?
  - a. Throwing out your back
  - b. Going for a Section 8
  - c. The Hokey-Pokey

**July 4<sup>th</sup>**

**NO LAND  
OR WATER  
CLASSES**

The Wellness Center will be open for use during normal operating hours.

**FREE**

Men’s size M (10/11)  
Crocks (shoes that can be worn to pool)  
New, black  
See Wellness Staff if interested

**Answer Key on page 1**

### The Dangers of Inactivity

One of the biggest health risks to Americans today is doing nothing at all. Think there are no consequences to being inactive? Think again!

**It increases your disease risk.** People who are even just moderately fit are less likely than those who are inactive to develop common medical conditions such as high blood pressure, high cholesterol, heart disease and diabetes.

**It leads to a lower quality of life.** Lack of exercise and low fitness are associated with reduced ability to do daily activities. This in turn, lowers peoples ability to live independently into their later years.

**It shortens life span.** Preliminary studies conducted at The Cooper Institute suggest that people who are moderately- to highly-fit live five to eight years longer, respectively, than people who are unfit.