



POOL NEWS

Recently, questions about pool use have come to our attention. The Resident User Guide for the Wellness Center states that **lap swimming and whirlpool use will not be allowed during Aquatics classes or Aquatic Therapy**. Many residents have asked why the pool and spa must remain closed during these times. The following should help you understand the reasons why.

- During a class, participants are focused on their instructor so that they can implement exercises correctly. Many participants have hearing challenges. When non-class swimmers enter the pool, they may cause distractions, such as talking, making it even more difficult for the class members to hear or stay focused. A single person can create a large distraction.
- Instructors and therapists need to remain focused. Their formats are designed with a specific purpose requiring full concentration. People entering and exiting the pool area can break concentration and flow.
- Turbulence and splashing caused by swimmers can be hazardous to those who are unsteady in the water. Exercise in the water is strongly encouraged for rehab patients and people who are afflicted with arthritis. If they do not feel safe in the water, they will not return to a class.

The pool is open from 5:30 am until 9:30 pm daily for a total of 112* hours of availability per week. Of those 112 hours, Aquatic Therapy and Aquatic Classes take up 15 hours, leaving 97 hours per week for open swim time. Please see a member of the Wellness Team if you require further clarification.

**The pool may need to be closed occasionally for special cleaning. We will try to schedule cleaning during non-peak times so that the fewest number of residents are inconvenienced. We will do our best to alert residents beforehand when the pool is scheduled to be closed.*

Elim Park Already Knows.....

Researchers recently concluded that many older adults enjoy participating in activities with other individuals who have similar abilities and attitudes. Social support is critical to physical activity and may provide an opportunity to build friendships. Group activities may improve life satisfaction, decrease loneliness and provide a sense of belonging and support.

LOST and FOUND

We have a lost and found at the Wellness Center. If you are missing articles of clothing, towels, jewelry, hair accessories, keys, etc. feel free to check with a Wellness Staff member. Items will be discarded if they are not claimed within a reasonable amount of time .

Fitness and Fatness

Have you heard that if you exercise it will cancel out the health hazards of being overweight? While it is better to be active rather than sedentary, carrying extra pounds is not a good idea.

Body fat is an active tissue that secretes fatty acids, hormones, growth factors and chemicals that cause inflammation. The by-products of fat can hasten the development of many diseases, regardless of exercise or physical fitness.

Although exercise is the best thing you can do to prevent or control heart disease, diabetes, depression, and a host of other health problems, aiming for a healthy weight in addition to being physically active is the key to good health.

August in Cataract Awareness Month

Did you know that 20.5 million Americans age 40 and older have cataracts? Cataracts are one of the most curable causes of vision loss. See your eye doctor regularly and check out the Wellness Board for more information.

What is a Beta Blocker?

Millions of Americans take a beta blocker. They are life-prolonging drugs for heart attack survivors and those with high blood pressure, angina or heart failure. But what are they?

Beta blockers block the beta adrenergic receptor, a protein on cell surfaces which responds to adrenaline. Adrenaline makes the heart beat faster and harder, in turn increasing blood pressure.

Beta blockers slow the heart rate and prevent the heart from contracting as hard. Some of the newer beta blockers make blood vessels relax so that blood flows more easily. The result is decreased blood pressure, which is good for the heart!



SAVE THE DATE

The Alexander Technique Demonstration

Thursday, August 21 at 2:30pm
Aerobics Room, Wellness Center
Sign-ups in the Activity Room

The Alexander Technique is a mind-body approach to movement re-education. It benefits people with a variety of neurological and musculo-skeletal problems including neck, back and hip disorders, chronic pain and arthritis, breathing and coordination disorders, depression and anxiety. This learning process explores the physical and mental habits we bring to our daily activities. The technique has been found to relieve pain, prevent injury, reduce stress and enhance your exercise routine or relaxation program. Students play an active and mindful role in this process of learning how to move with greater coordination, balance and self-awareness. Join us for a free introduction. Sign up in the Activity Room. Space is limited.

Lighter Side

Thinking you need a wellness program? You may want to think again. It's just possible you get enough exercise already if you:

- Jump to conclusions
- Fly off the handle
- Go around in circles
- Drag your feet
- Dodge responsibility
- Pass the buck
- Climb the ladder
- Wade through paperwork
- Throw their weight around
- Stretch the truth
- Bend the rules
- Push your luck
- Shuffle papers
- Play hide and seek from the wellness staff when you haven't been to class in a while!