



FEATURED ARTICLES

A Choice for Aging Well

Older adults who need support to manage day-to-day activities, but do not yet need extensive medical or nursing care, often find that assisted living is the perfect choice. Residents of Eliza Jennings assisted living communities enjoy a safe, comfortable home that promotes independence and provides personal care services when they need them. Families experience peace of mind knowing that 24-hour assistance is available for dressing, bathing, meals, and incontinence management. Residents also have access to medical professionals and assistance with medications.

Located in a picturesque setting just minutes from Crocker Park in Westlake, Devon Oaks assisted living community offers 67 inviting apartments, including a secure 12-apartment wing designed specifically for older adults living with early to mid-stage Alzheimer's disease and related dementia. SAIDO Learning®, the breakthrough, non-pharmacological treatment shown to improve the symptoms of dementia, is available to residents of Devon Oaks at no additional cost. All staff members are specifically trained to provide individualized memory care and support.

Assisted living can improve an older adult's quality of life by providing flexible dining and nourishing meals, social and recreational programs, personalized fitness programs, transportation to community events and appointments, and laundry and housekeeping services. There is a salon onsite, and pets are welcome.

Devon Oaks is located at 2345 Crocker Road. To learn more about Devon Oaks, please call Kathy Bultema at 440.250.2300.

Keeping Your Memory Sharp

People experiencing some forgetfulness can use a variety of techniques that may help them stay healthy and maintain their memory and mental skills. Here are some tips that can help:

- Plan tasks, make "to do" lists, and use memory aids like notes and calendars. Some people find they remember things better if they mentally connect them to other meaningful things, such as a familiar name, song, book, or TV show.
- Develop interests or hobbies and stay involved in activities that can help both the mind and body.
- Engage in physical activity and exercise. Several studies have associated exercise (such as walking) with better brain function, although more research is needed to say for sure whether exercise can help to maintain brain function or prevent or delay symptoms of Alzheimer's.
- Limit alcohol use. Although some studies suggest that moderate alcohol use has health benefits, heavy or binge drinking over time can cause memory loss and permanent brain damage.
- Find activities, such as exercise or a hobby, to relieve feelings of stress, anxiety, or depression. If these feelings last for a long time, talk with your doctor.

Content source: National Institute on Aging



WELLNESS SPOTLIGHT

HEALTH

Indoor Activities: When It's Too Cold, Icy or Snowy Outside

It's true that older adults can be affected by heat and cold more than others, but bad weather is no excuse to cancel your exercise for the day! With a little creativity, you can be active indoors in a variety of ways:

- Walk on the treadmill, ride the stationary bike, or use the rowing machine that's gathering dust in your bedroom or basement. Or use one at a nearby gym or fitness center.
- Work out with an exercise DVD. You can get a free one from Go4Life.
- Go bowling with friends.
- Join a mall walking group.
- Walk around an art gallery or museum to catch a new exhibit.
- Check out an exercise class at your neighborhood Y or senior center.
- If you like dancing, take a Zumba® or salsa class.
- Try yoga or Tai Chi.
- Go to the gym and work on your strength, balance, and flexibility exercises or set up your own home gym. All you need is a sturdy chair, a towel, and some weights. Soup cans or water bottles will do if you don't have your own set of weights.
- Go to an indoor pool and swim laps or try water aerobics.
- How about an indoor game of tennis, hockey, basketball, or soccer?
- Go indoor ice skating or roller skating.
- Maybe it's time for some heavy duty cleaning. Vacuum, mop, sweep. Dust those hard-to-reach areas.
- Play ping pong with the grandkids.

Source: Everyday Fitness Ideas from www.nia.nih.gov/Go4Life



Exercising in Cold Weather

Exercise has benefits all year, even during winter. But before you brave the cold, take a few extra steps to stay safe. Exposure to cold can cause health problems such as hypothermia, a dangerous drop in body temperature. If you want to walk, ski, ice skate, shovel snow, or do other outdoor activities when it's cold outside:

- Check the weather forecast. If it's very windy or cold, exercise inside and go out another time.
- Watch out for snow and icy sidewalks.
- Warm up your muscles first. Try walking or light arm pumping before you go out.
- Wear several layers of loose clothing. The layers will trap warm air between them.
- Avoid tight clothing, which can keep your blood from flowing freely and lead to loss of body heat.
- Wear a waterproof coat or jacket if it's snowy or rainy.
- Wear a hat, scarf, and gloves.

Know the signs of hypothermia:

- Watch for signs of hypothermia: cold feet and hands, swollen face, pale skin, shivering, slurring words, acting sleepy, and being confused or angry.
- Be on the lookout for later signs of hypothermia: moving slowly, trouble walking, slow heartbeat, shallow breathing, and blacking out.
- Call 911 right away if you think someone might have hypothermia! Get the person inside and wrap him or her in a warm blanket.

Source: Everyday Fitness Ideas from www.nia.nih.gov/Go4Life