

October 2018



Tips and Tools to Help Seniors Regain Their Flexibility

Of all possible exercises, stretching tends to be the most overlooked and neglected among seniors, yet nothing is more vital to keeping an aging body limber and injury free. Here's what you should know along with some tips and resources to help you regain some flexibility.

As we age, our muscles naturally lose their elasticity if you're not active, which can make common day-to-day activities like reaching down to tie your shoes or looking over your shoulder to back your car out of the driveway difficult.

But the good news is, by incorporating some simple stretching exercises into your routine (at least three times a week) you can greatly improve your flexibility, as well as enhance your balance, posture and circulation, relieve pain and stress, and prevent injuries. In addition, stretching is also important as a warm-up and cool-down for more vigorous activities. Leg stretching is an excellent way to prevent nighttime leg cramps too.

Stretching Basics

Stretching exercises should focus on the muscles in your calves, front and back thighs, hips, lower and upper back, chest, shoulders and neck. If you've had hip or back surgery, you should talk to your doctor before doing lower-back flexibility exercises.

While stretching, it's very important to listen to your body. You want to stretch each muscle group to the point where the muscle feels tight. If it hurts, you've gone too far. Back off to the point where you don't feel any pain, then hold the stretch for 10 to 20 seconds. Relax, then repeat it three to five times, trying to stretch a little farther, but don't bounce. Bouncing greatly increases your chance of injury.

It's also a good idea to warm up a little before you start stretching by walking in place and pumping your arms. And remember to breathe when you stretch. Also keep in mind that muscles that have not been stretched in a while take time to regain their flexibility. So be patient and go slow.

Eastern Options

Another popular way to improve your flexibility is through gentle yoga or chair yoga. In chair yoga you replace the yoga mat with a chair where most poses can be duplicated. This is much easier on tight, inflexible muscles.

Tai chi is another good exercise option for improving flexibility and balance. To learn it, it's best to work with an instructor who can teach you the correct movements and breathing techniques. To locate a class in your area, call your local senior center, health club or wellness center.

Consultant of the Month Leona Byrd



Leona has been in the hearing aid business since 1999. She wanted to be able to help people with the same hearing issues that she has. Leona has had a severe hearing loss all of her life since she was young. "I have been wearing hearing aids for 40 years now." Her favorite part of her job is seeing the look on patients' faces when they can understand their loved ones better and hear how much their lives are better with hearing aids.

PCC of the Month Adele Leverich



Adele has worked in long-term care for over 25 years. She wanted a change where she could still help people. When she joined Miracle-Ear she knew Leona professionally and wanted to work alongside her. "To be a small part of assisting someone with the gift of hearing is beyond rewarding to me. I love our customers!" Adele has a wonderful husband Denis, and they have 9 children, 14 grandchildren and 4 great grandchildren (and one on the way).

Pumpkin Chip Cookies

PREP TIME: 20 MINS

COOK TIME: 11 MINS

TOTAL TIME: 31 MINS

YIELD: 3 dozen

Ingredients:

- 1 cup pure pumpkin puree
- 1 cup granulated sugar
- 1/2 cup oil (vegetable, canola oil or coconut oil melted)
- 1 tsp vanilla
- 1 large egg
- 2 cups all-purpose flour
- 2 tsp baking powder
- 1 tsp ground cinnamon
- 1/2 tsp salt
- 1 tsp baking soda dissolved in 1 tsp milk
- 1 cup semi-sweet chocolate chips
- 1 cup chopped walnuts (optional, but highly recommended)



Directions:

1. Preheat oven to 375 degrees. Line a cookie sheet with parchment paper or lightly grease the sheet if you don't have parchment paper.
2. In the bowl of a stand mixer, combine pumpkin puree, sugar, oil, vanilla and egg. Mix well until combined.
3. In separate bowl, stir together the flour, baking powder, cinnamon and salt. In a small bowl, dissolve the baking soda with the milk. Add both the dry flour mixture and the wet baking soda mixture to the pumpkin mixture. Mix well.
4. Add in chocolate chips. Stir until evenly combined.
5. Using a medium cookie scoop (medium scoop is equal to 1 1/2 tablespoons), drop mounds of the cookie dough on the prepared cookie sheets.
6. Bake for 10-12 mins. Allow the cookies to cool slightly before moving to a wire rack to cool completely.

<https://www.afamilyfeast.com/soft-pumpkin-chocolate-chip-cookies> (Last Accessed 9/6/2018)

Riddle of Month

I'm light as a feather, yet the strongest man can't hold me for more than 5 minutes. What am I?

Answer: _____

STAY TUNED! Answer will be in our November's Newsletter

Answer to August's Riddle: Twelve-January 2nd,
February 2nd, March 2nd.....



It was a mistake for Eric to wear a t-shirt to his job interview, and it was a bigger mistake to wear that particular t-shirt.