

# livfun

Fairwinds - Brighton Court

MAY 2012 • ENJOY THE JOURNEY

## Good Quality of Life as You Age

When asked what they consider to be major factors in maintaining a good quality of life as they grow older, most people rank living independently and remaining active right at the top. But it is important to GET active so that you can STAY active.

It's no secret that our bodies change as we age. Some changes are obvious, while others are more subtle. Many people age comfortably and remain active, alert and vibrant throughout their lives. Their physiologic age may be quite younger than their chronological age. Others may experience the effects of osteoporosis and osteoarthritis, which can gradually diminish their abilities to participate fully in activities. Knowing what to expect and taking steps to counterbalance the effects of aging can help you maintain a young spirit and an independent life. A healthy diet, regular exercise program and positive attitude can help delay the onset and slow the progression of many age-related changes.

As muscles age, they begin to shrink and lose mass. This is a natural process, but a sedentary lifestyle can accelerate it.

The number and size of muscle fibers also decreases. Thus, it takes our muscles longer to respond in our 50s than it did in our 20s.

The water content of tendons, the cord-like tissues that attach muscles to bones, decreases as we age. This makes the tissues stiffer and less able to tolerate stress.

Hand grip strength decreases, making it more difficult to accomplish routine activities such as opening jars or turning keys.

The heart muscle becomes less able to propel large quantities of blood quickly to the body. We tire more quickly and take longer to recover.

The body's metabolic rate (how quickly the body converts food into energy) slows. This can lead to obesity and an increase in "bad" cholesterol levels.

Throughout life, bones constantly change through a process of absorption and formation called "remodeling." As we age, the balance between bone absorption and bone formation changes, resulting in a loss of bone tissue.

The mineral content of bones decreases, so that bones become less dense and more fragile.

As bones lose mass, osteoporosis develops, affecting both women and men. In the spine, osteoporosis can lead to crush fractures of the vertebrae, resulting in a "dowager's hump." Osteoporosis is also responsible for almost all hip fractures in older men and women.

The chemistry of cartilage, which provides cushioning between bones, changes. With less water content, the cartilage becomes more susceptible to stress. As cartilage degenerates, arthritis can develop.

Ligaments, the connective tissues between bones, become less elastic, reducing flexibility.

Joint motion becomes more restricted and flexibility decreases with age because of changes in tendons and ligaments.

As the cushioning cartilage begins to break down from a lifetime of use, joints become inflamed and arthritic.

Many of the changes in our musculoskeletal system result more from disuse than from simple aging. Less than 10 percent of Americans participate in regular exercise, and the most sedentary group is older than 50 years of age.

Stretching is an excellent way to help maintain joint flexibility. Weight training can increase muscle mass and strength, enabling people to continue their daily routine activities without maximal exertion. Even moderate amounts of physical activity can reduce your risk of developing high blood pressure, heart disease and some forms of cancer.



*(Continued on back)*

WEEKLY SCHEDULE

SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
10:00 Sunday Forum Followed by Discussion, LR 10:00 Sunday Forum, LR 11:00 Sudoku Challenge, AR 12:30 Skip-Bo, GAR 1:30 Sunday Sundaes, BIS 3:00 Apples to Apples, AR 7:00 Church Service With Trinity, LR	12:30 Bingo for Fruit, AR 1:00 Scenic Drive 1:30 Wii Bowling, LR 3:00 Wheel of Fortune, AR 6:15 Bridge and Pinochle, LR	10:00 PrimeFit Exercise Class, LR 10:00 Craft Class, AR 10:00 Communion, LIB 1:00 Putt-Putt Challenge, LR 3:00 Crosswords, AR 6:15 BINGO FOR BUCKS, AR <b>PF</b>	10:00 Beadin' Babes, AR 12:00 Walking Grand Prix, 2N 2:45 Bible Study, AR 3:00 Stretch and Flex, LR 5:30 Poker, AR 6:15 Bridge, LR 6:30 Boggle, LR <b>PF</b>	10:00 Tai Chi, LR 12:45 Knitting Group, AR 1:15 Bean Bag Baseball, LR 3:00 HAPPY HOUR, BIS 5:30 Dominoes, AR 6:30 Transitions Support Group, GAR <b>PF</b>	9:30 Healthy Steps Exercise, LR 9:30 Good Morning Coffee Social, BIS 10:00 Art With Jason, LR 12:00 Walking Grand Prix, 2N 12:30 Bingo for Fruit, AR 1:00 Pinochle, BAL 1:45 Scrabble, AR 3:00 Wii Bowling, LR <b>PF</b>	11:00 Yoga, AR 1:00 Pinochle, BAL 1:00 Crosswords, AR 1:30 Float Social, BIS 3:00 Scattergories, AR 5:30 Poker, AR <b>PF</b>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Locations</b> 2nd Floor North, 2N Activity Room, AR Balcony, BAL Bistro, BIS Brain Fitness Gym, BFG Conference Room, CR Garden Floor Activity Room, GAR Hobby Shop, HS Library, LIB Living Room, LR PrimeFit Gym, PF Private Dining Room, PDR Restaurant, RES Salon, SAL Therapy Services, TS	<b>Birthdays</b> Helen Witte, 1st Midge Angers, 1st Toots Cobb, 5th Ardith Simonson, 6th Jean Thesman, 8th Chrissa Bennett, 8th Ron Skoda, 10th Pat Crum, 14th Bob Hudson, 14th Aileen Thomas, 16th Shirley Hudson, 17th Tina Costle, 27th LaVerne Hayter, 29th Mary Lou McCormick, 29th Irene Peterson, 29th	1 <b>10:00 ADVANCED HEARING</b> 12:30 Massage Therapy With Angela, LR <b>2:30 ORIGINS COOKING CLASS, BIS</b>	2 <b>9:15 BEAN BAG BASEBALL TOURNAMENT AT REDMOND</b> 8:00 Classic Television: "Dick Cavett," LR	3 <b>9:00 Massage Therapy With Angela, TS</b> <b>10:15 Bookmobile</b> <b>2:00 Gardening Group, HS</b> <b>6:45 Thursday Theatre: "Deer Hunter," LR</b>	4 <b>10:00 Natural Nails With Susan, TS</b> <b>2:00 SCRAPBOOKING WITH LORI, AR</b> <b>6:45 Friday Flick: "Hugo," LR</b>	5 <b>CINCO DE MAYO</b> <b>2:30 CINCO DE MAYO HAPPY HOUR WITH MIHO AND DIEGO, LR</b> <b>6:30 SOUTH OF THE BORDER DANCING WITH KATARINA AND COMPANY, LR</b> <b>7:30 Saturday Cinema "On Golden Pond," LR</b>
6 <b>1:00 Scenic Drive to the Ballard Locks</b> <b>2:00 ENTERTAINMENT WITH RICHARD DEAN, LR</b>	7 10:00 Reflexology, TS <b>10:00 Adjustments With Advanced Hearing, CR</b> 12:00 Pizza Party Benefiting Lynnwood Food Bank, BIS 7:00 ENTERTAINMENT WITH THE EVERETT EAGLES, LR	8 <b>12:00 TEA TIME, PDR</b> <b>1:00 LFD BLOOD PRESSURE CHECKS, CR</b>	9 <b>11:00 TOUR OF FREEMONT AND LUNCH AT DICK'S DRIVE IN</b> 8:00 Classic Television: "Dick Cavett," LR	10 9:00 Podiatrist, TS <b>6:45 Thursday Theatre: "Sleepless in Seattle," LR</b>	11 <b>9:30 Facials With Sandra, TS</b> <b>12:30 RED HAT SOCIETY OUTING</b> <b>6:45 Friday Flick: "In the Land of Blood and Honey," LR</b>	12 <b>10:00 PINOCHLE TOURNAMENT, LR</b> <b>6:45 Saturday Cinema: "The Lion in Winter," LR</b>
13 <b>MOTHER'S DAY</b> <b>10:00 MOTHER'S DAY BRUNCH, RES</b> <b>2:00 MOTHER'S DAY ENTERTAINMENT WITH LENA HOU, LR</b>	14 <b>10:00 SHOPPING WITH CLOTHING CONNECTION, LR</b> <b>10:30 Trinity Time, AR</b>	15 12:30 Massage Therapy With Angela, LR	16 <b>11:00 TRIP TO THE WOODLAND PARK ZOO</b> 12:00 FOOD COUNCIL, PDR 8:00 Classic Television: "Dick Cavett," LR	17 9:00 Massage Therapy With Angela, TS 12:30 RESIDENT COUNCIL, PDR 2:00 Gardening Group, HS <b>6:45 Thursday Theatre: "We Bought a Zoo," LR</b> 7:15 DISCUSSION GROUP WITH ANDREW, LR	18 <b>10:00 Natural Nails With Susan, TS</b> <b>6:45 Friday Flick "The Battle in Seattle," LR</b>	19 <b>ARMED FORCES DAY</b> <b>9:30 MEN OF LEISURE, RES</b> <b>2:00 ENTERTAINMENT WITH UPTOWN LOWDOWN SWING, LR</b> <b>6:45 Saturday Cinema: "Pat and Mike," LR</b>
20 <b>12:00 WINE 101 AT CHATEAU STE MICHELLE</b> <b>2:00 ENTERTAINMENT WITH AMERICAN SONGBOOK, LR</b>	21 <b>10:00 Eyeglass Man, TS</b> 7:00 Classic Television: "Columbo," LR 7:00 Classic Television: "Columbo," LR	22 12:30 Massage Therapy With Angela, LR	23 <b>10:30 PIKE PLACE MARKET OUTING</b> 8:00 Classic Television: "Dick Cavett," LR	24 <b>6:45 Thursday Theatre: "North Country," LR</b>	25 <b>2:00 ARMCHAIR TRAVEL: "OVER WASHINGTON," LR</b> <b>6:45 Friday Flick: "It Happened at the World's Fair," LR</b>	26 9:30 Facials With Sandra, TS <b>2:00 ENTERTAINMENT WITH JOHN PRESSMAN, LR</b> <b>6:45 Saturday Cinema: "The Philadelphia Story," LR</b>
27 <b>1:00 MARINERS GAME AT SAFECO FIELD</b> <b>2:00 ENTERTAINMENT WITH RON HERRING, LR</b>	28 <b>MEMORIAL DAY</b> <b>3:00 BIRTHDAY CELEBRATION WITH BILL MOYER, LR</b>	29 2:00 People Helping People Meeting, AR <b>2:30 ORIGINS COOKING CLASS, BIS</b> 8:00 BLACKJACK AND BREWS, BIS	30 <b>10:00 TRIP TO PARADISE LODGE ON MT. RAINIER</b>	31 <b>6:30 ENTERTAINMENT WITH THE NEBELS, LR</b>	<b>Transportation</b> Monday & Friday 9 and 10:30 a.m. Monday 9:45 a.m. Safeway/JoAnn Fabrics/Albertsons/QFC/Rite Aid Bartells/Alderwood Mall/Library and Pool/ Fred Meyer Monday, Friday, Saturday 1 p.m. Scenic Drive Monday, Friday 3 p.m. Banks Tuesday & Thursday 8:30 a.m.-4:30 p.m. Dr. Appointments Within 5-Mile Radius (24-Hour Notice Required) Saturday 10 a.m.-12 p.m. Open Transportation Sunday 8:30 a.m.-12:30 p.m. Church Transportation	

# Good Quality of Life as You Age (Continued)

Long-term regular exercises may slow the loss of muscle mass and prevent age-associated increases in body fat. Exercise also helps maintain the body's response time as well as its ability to deliver and use oxygen efficiently. Just 30 minutes of moderate activity incorporated into your daily routine can provide health benefits.

An exercise program doesn't have to be strenuous to be effective. The 30 minutes of moderate activity can be broken up into shorter periods.

Physical activity is very important for seniors to keep as active as possible. Inactivity weakens your muscles. Exercise helps maintain (or improve) your gait, balance, agility and posture. Thirty minutes of physical activity a day will improve your health and quality of life. Studies show that seniors who practice the Chinese martial art Tai Chi have fewer falls and less fear of falling. Researchers found that Tai Chi boosts self-confidence and enhances body balance. Tai Chi classes for seniors are one of the many complimentary classes offered here through Prime Fit.

As you age, you lose muscle and bone mass and may develop problems in your muscles, joints and bones, such as back pain, osteoarthritis or osteoporosis. Regular exercise slows the loss of muscle mass, strengthens bones and reduces joint and muscle pain. In addition, mobility and balance are improved, which reduces the risk of falling and suffering a serious injury, such as a hip fracture.

Scientists used to think that strenuous exercise was the only way to improve your health. However, new research suggests that just 30 minutes of moderate physical activity provides most of the health benefits from exercise. The activity doesn't have to be too vigorous. In fact, moderate intensity is best, but even low-intensity activity is better than nothing. While some people may enjoy participating in a regularly scheduled exercise class, others may find it easier to just increase their daily activities.

It's never too late to start. Physical activity is especially important for older adults, and can help them live independently for as long as possible. A study of frail, wheelchair-bound nursing home residents in their 80s and 90s who participated in a weight lifting program showed marked improvement in their strength and overall functional ability. Staying active also lowers your risk of heart disease or heart attack, lowers blood pressure, controls diabetes and helps you maintain a healthy weight level.

If you have a chronic condition affecting your muscles, joints, or bones, lack of physical activity can make the condition worse, or at least make it more difficult to live with. Medical research shows that physical activity is both safe and beneficial for people with arthritis, osteoporosis and other chronic bone and joint conditions.

You shouldn't exercise during an acute bout of back pain, but by strengthening the muscles of your stomach, hips and thighs, you can relieve chronic back pain and prevent your condition from getting worse. A balanced fitness program of regular physical activity and specific strengthening exercises is ideal.

During times of acute back pain, hold off on strenuous exercise, but get up and move around. Prolonged bed rest and inactivity will delay your recovery.

Start with short, frequent sessions of physical activity. Remember, exercise also can help control other conditions such as high blood pressure and diabetes.

Osteoporosis is a major contributor to bone fractures in older people, particularly postmenopausal women. It is a major public health problem, affecting more than 28 million Americans.

Weight-bearing exercises, such as walking, jogging and weight lifting can stimulate bone growth and make your bones healthier. Regular exercise also will help you maintain good balance so that you are less likely to fall and suffer a disabling bone fracture. About 368,000 people were hospitalized in 2006 with hip fractures.

Stimulating bone growth and preventing bone loss through exercise should be part of your lifestyle because, once you stop, the benefits begin to diminish in two weeks and disappear in two to eight months.

Normal, healthy levels of activity will not damage prosthesis or joint replacement. In fact, to take full advantage of such surgery, you must stay active for the rest of your life. If you aren't active, your muscles will weaken, which will increase your risk of falling. Falls are a leading cause of repeat surgeries.

Exercise makes you feel good. Regular exercise can reduce stress and give you a more positive outlook on life. The reason people exercise regularly is that "it makes you feel good."

Many people with problems of swelling and stiffness of the bones, joints, tendons and other unspecified aches and pains avoid physical activity because they fear pain.

You can expect to experience some muscle soreness when you start exercising, but it will disappear as you exercise regularly. Start out slowly. If one activity hurts too much, switch to something else. Of course, stop what you're doing if you experience severe pain or swelling.

## BRIGHTON COURT

*It's More Than Retirement. It's Five-Star Fun.*

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