

livfun

Fairwinds - Rio Rancho



AUGUST 2020 · TOP OF THE CLASS

Senior Fitness Tips

Note: Before starting a fitness/workout routine, always contact your doctor!

We took the top 10 questions people have about senior fitness and asked an expert. Here are the answers:

Do seniors really need to work out?

Yes, seniors need to be working out. Inactivity can lead to a range of physical and emotional problems, so it's important to keep physically active. Physical activity can help seniors boost their quality of life. It can also help combat common age-specific issues like osteoporosis and arthritis.

The first senior fitness tip is that you should start slowly, especially if you haven't been very active for a while. And be sure to talk to your doctor before beginning anything new.

If a senior isn't comfortable going to a gym, what are their options for working out?

Seniors who are not comfortable going to a gym can use at-home workout tapes or go for a walk. Those are just examples. There are many ways to incorporate fitness into daily life that don't involve a gym membership!

If a senior is at risk of falling, what kinds of exercises can they do to lower that risk?

A major senior exercise recommendation is to talk with your doctor about what they believe is best. If you are truly at risk of falling, start with walking around the house more, then progress from that.

Possibly start with standing and sitting multiple times in a row, using the chair to steady yourself while strengthening your muscles. Important — try yoga. Many times people feel uneasy because their muscles are not strong or stretched enough. Engaging in yoga stretches/poses can greatly benefit seniors.

What are the signs of heart problems that seniors should be aware of when they work out?

Another vital exercise tip for seniors is to always listen to your body. If something doesn't feel right, then stop and seek medical attention. Also, always talk to your doctor and make sure they are aware of your physical activity. Most heart problems are diagnosed, or at least existing, prior to the start of physical activity. Engaging in physical activity can help the heart and it can help improve overall health problems, too.

What fitness tips can you give seniors who are tired of their gym routine?

Try something new — get a personal trainer or take a new class. If you normally work out indoors, try going outside. Work out with a friend or take a class so that you are accountable. It can also be more fun that way! And remember, you can achieve physical fitness in just half an hour a day of exercising.

Should seniors focus on aerobic activity or strength training?

Ideally, it should be a combination of both. Keep in mind that strength training requires 48 hours in between to recover. On those off days, you can focus on aerobic activities like walking or swimming.

Plus, don't forget about flexibility and balance. Balance is especially important because it helps prevent falls. Injuries from falls are a major reason for emergency room visits: According to the NCOA, falls are the top cause of fatal injuries in older adults. Strength training is one good way to improve your balance, especially if you focus on strengthening those core muscles.



Residents and staff being active together for February Fitness Frenzy

(Continued on back.)

A Message From Leisure Care

As you know, due to the continuing situation brought on by COVID-19, we have modified our schedule of activities in order to keep our residents and staff safe and healthy. Instead of the monthly calendar, we are using this space to provide additional activities you can do at your leisure. Again, we thank you for your support and cooperation as we settle into new routines.

For updates, visit www.leisurecare.com/communication-plan. Please contact your management team if you have any questions.

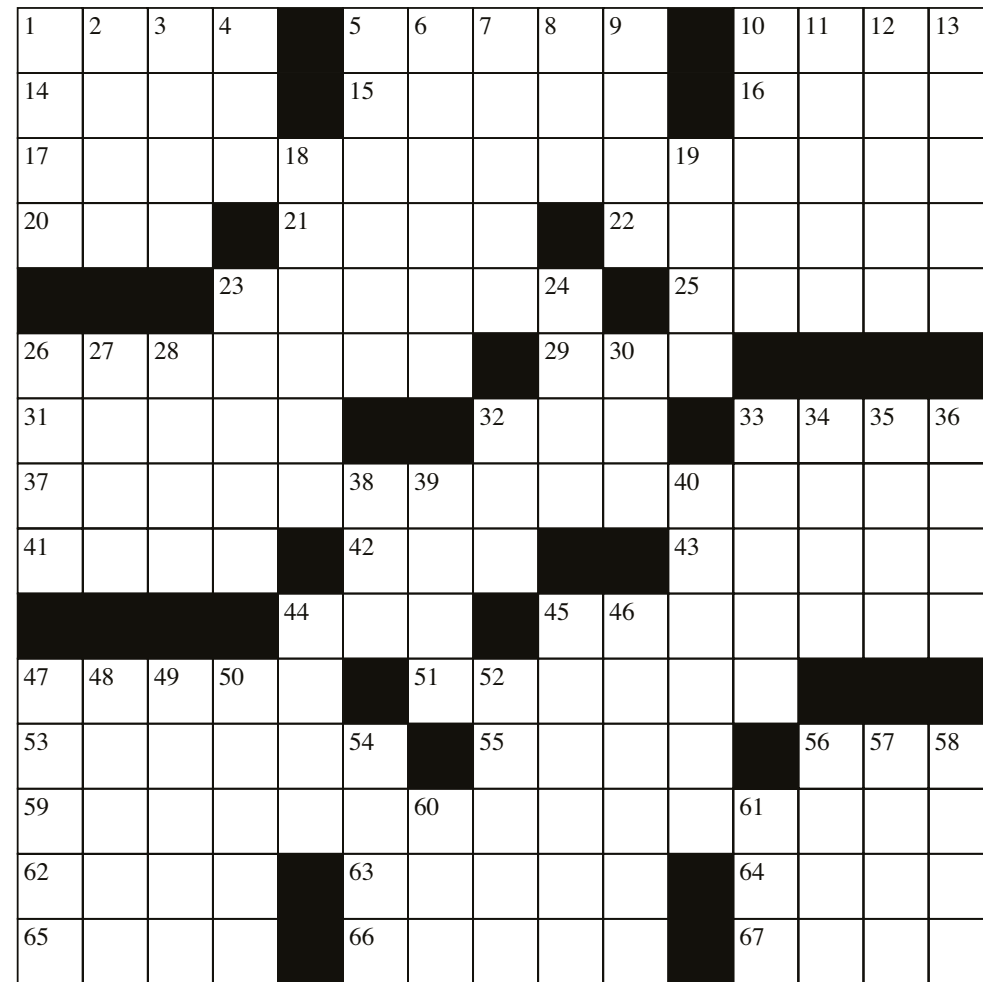
Brain Bender: At the Beach

Leo, Sabrina and Vicky went to the beach. Each of them saw a sea creature—starfish, crab and jellyfish—and enjoyed a treat from the concession stand—ice cream, snow cone and hot dog. They also met new friends by joining in an activity—Frisbee, volleyball and flying a kite.

Using the clues, can you figure out how each person spent the day?

- Sabrina did not play volleyball, see a crab, or eat a snow cone.
- The person who flew a kite also saw a jellyfish.
- Leo did not fly a kite, but he did eat a hot dog.
- Vicky either saw a jellyfish or ate ice cream.

Crossword Puzzle



ACROSS

- Airport-to-hotel transports
- Wash
- Incline
- Make ___; sit
- Misshapen folklore man
- Hip sections
- Welterweight champ, once
- Morns, for short
- "I'm so hungry, I could ___ horse!"
- Northern part of Ireland
- In a risk-free manner
- Waterbirds
- Job applicant papers
- Tumor's suffix
- Love, in Livorno
- Representative: abbr.
- Word with horn or drum
- First Englishman to sail around the world
- Elected official: abbr.
- Kennel boarder
- Eagle's home
- "___ got the whole world in His..."
- Items for baby
- Dwelling
- i.e.
- Warp
- Years in Mexico
- Prefix for center or gram
- Pat Nixon's predecessor
- Late coming back?
- Foot support
- Dill herb
- Comedienne Martha
- Grammar book chapter
- Rule out

DOWN

- Hombre's home
- Former student, for short
- Works in a market
- Seated bath
- Attack with gunfire
- Boxes
- Flush type
- Univ. of Louisiana at Lafayette, for short
- ___ cheese dressing
- Hair solution
- Like a bird
- Muddy spots
- Man of the cloth
- Hole-enlarging tool
- Olympian Korbut
- Enjoys a water sport
- Name for a cartoon bear
- Scrape
- Muslim leader
- Teed off
- Rainier & McKinley: abbr.
- ___ up: misbehave
- British machine guns
- River in Switzerland
- Short theatrical sketch
- Uses one of the senses
- Gorilla
- Fit snugly together
- Breakfast request
- Thyme or basil
- Musical instruments
- Peter ___
- Philosopher/educator Mortimer
- Blessed: Lat.
- See the light ___; come into existence
- Author whose monogram was ACD
- Wore
- Water vapor
- One in bondage
- Verse composer
- One ___ one is one
- Traveler's way: abbr.
- Of a branch of the mil.

Paws-itively Famous

Match the famous canine character to their movie role.

Dog Character

- Copper
- Fly
- Pongo
- Old Dan
- Buck
- Slinky
- Petey
- Dug

Movie

- "Up"
- "The Call of the Wild"
- "Toy Story"
- "The Little Rascals"
- "The Fox and the Hound"
- "Babe"
- "Where the Red Fern Grows"
- "101 Dalmatians"

Tongue-Tied

Try these tongue-twisting combinations without getting tripped up!

- She sees cheese.
- He threw three free throws.
- How can a clam cram in a clean cream can?
- Imagine an imaginary menagerie manager managing an imaginary menagerie.
- Thirty-three thirsty, thundering thoroughbreds thumped Mr. Thurber on Thursday.
- If you must cross a coarse cross cow across a crowded cow crossing, cross the cross coarse cow across the crowded cow crossing carefully.
- Researchers say this phrase is the world's most difficult tongue twister: Pad kid poured curd pulled cord.

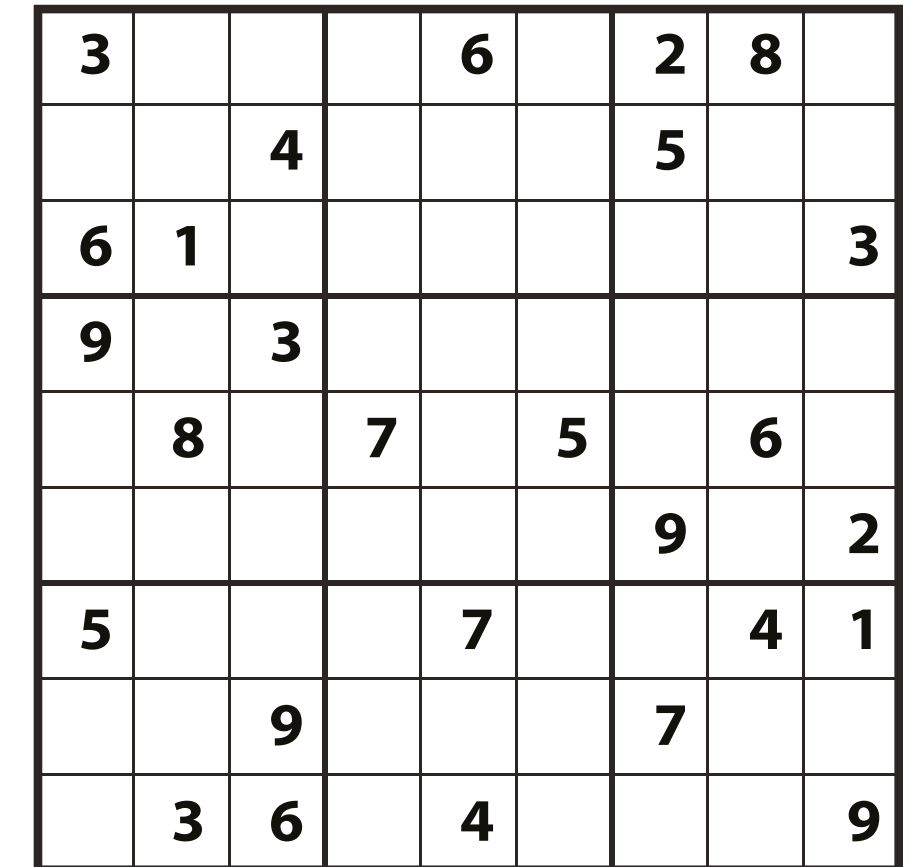
Word Challenge

Create three different words using the letters A, E, I, M, N and R. You must use all the letters for each word.

Sudoku

The object of the game is to fill all the blank squares with the correct numbers.

- Each row of 9 numbers must include all digits 1 through 9 in any order.
- Each column of 9 numbers must include all digits 1 through 9 in any order.
- Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.



Just for Laughs

Q: How do you fix a broken tomato?

A: With tomato paste!

Puzzle Solutions

Brain Bender: At the Beach

Leo saw a crab, ate a hot dog, and played volleyball. Sabrina saw a starfish, ate ice cream, and played Frisbee. Vicky saw a jellyfish, ate a snow cone, and flew a kite.

Paws-itively Famous

1. E; 2. F; 3. H; 4. G; 5. B; 6. C; 7. D; 8. A

Word Challenge

airmen, marine, remain



Senior Fitness Tips (Continued)

How much muscle-strengthening activity should seniors aim for each week?

Seniors should try to exercise five days a week for 30 minutes a day, with a combination of aerobic and strength training. Of course, everyone starts at their own pace, so another senior exercise tip is to gradually work up to those levels.

How do you tell the difference between moderate and vigorous activity?

A good way to tell the difference is to see if you can recite something simple from memory out loud: For example, the ABCs. If you are exercising and you can recite them aloud with zero effort, then you are not exercising vigorously enough.

If you are exercising and you are unable to recite them due to lack of breath/demanding concentration, then you are exercising too vigorously. You should aim to be able to recite your ABCs or a poem while engaging in a little amount of heavy breathing and moderate effort.

If a senior is frail, is exercise going to be effective?

Seniors should take note and remember that frailty doesn't have to be a symptom of growing older. It's actually a medical condition and there are ways to intervene to prevent it. One thing seniors can do is exercise. Walking, in particular, is a good way to build your muscles, improve your balance, and increase your mobility ... all things that can help prevent frailty.

Can exercise help control diabetes?

Yes – it can help prevent as well as control diabetes. That's true for all ages. Exercise helps regulate blood sugar levels because muscles that are engaged in regular activity are using up that glucose, more so than when they're at rest. Staying active is definitely a part of a sound diabetes management plan but as always, consult with your doctor first, before beginning any new physical activities.

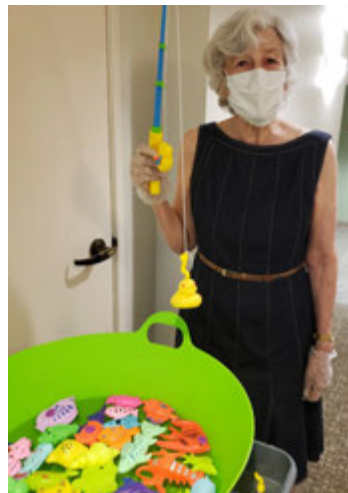
Fitness Is an Important Part of Daily Living

Senior communities promote physical health and wellness for residents in countless ways each week. From classes and clubs, to fitness centers and helpful caregivers, residents find everything they need to live a healthy, active lifestyle.

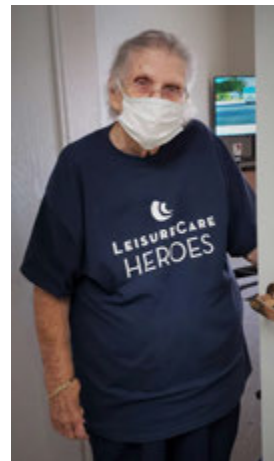
Photo Gallery



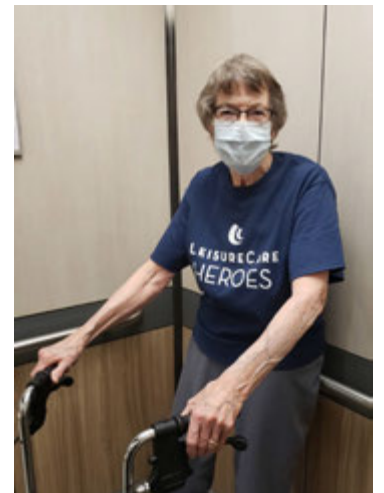
Angel ready for Hawaiian Rolling Happy Hour



Jacqueline is a winner on National Fishing Day!



Elizabeth (Betty) supporting our Leisure Care Heroes



Carley showing off her Heroes shirt

August Birthdays

Marie Heid, 3rd

Gary Davis, 13th

James Middleton, 19th

Barbara Hein, 19th

Luz Onsurez, 24th

Charles Bednarski, 10th

Dannye Bristow, 17th

Frank Smith, 19th

Gilberto Salazar, 22nd

Lou Dancho, 25th

Bob Benson, 11th

Linda Roberts, 18th

Carol Polotowsky, 19th

Betty Sharp, 23rd

Melba Clark, 28th



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