

Town of Niagara Senior Journal



Volume 19, Issue 53

Winter 2023

Fatigue: More Than Being Tired

Everyone feels tired now and then. But, after a good night's sleep most people feel refreshed and ready to face a new day. If you continue to feel tired for weeks, it's time to see your doctor. He or she may be able to help you find out what's causing your fatigue. In fact, your doctor may even suggest you become more active, as exercise may reduce fatigue and improve quality of life.

Some Illnesses Cause Fatigue

Sometimes, fatigue can be the first sign that something is wrong in your body. For example, people with rheumatoid arthritis, a painful condition that affects your joints, often complain of fatigue. People with cancer may feel fatigued from the disease, treatments, or both.

Many medical problems and treatments can add to fatigue. These include:

- Taking certain medications, such as antidepressants, antihistamines, and medicines for nausea and pain.
- Having medical treatments, like chemotherapy and radiation or recovery from major surgery.
- Infections
- Chronic diseases like diabetes, heart disease, kidney disease, liver disease, thyroid disease, and chronic obstructive pulmonary disease (COPD). (continued pg. 2)

Senior Yoga/Exercise

Tuesday, Wednesday &
Thursday

9:30-10:30 am

BINGO

Tuesday, Wednesday &
Thursday 11 am-12 noon

Kim's Senior Transport

Kim's Senior Transport provides Transportation for: Doctor's appointments; Grocery Shopping, Etc.; Drop off and Pick up : Service or Full Campion Care Service; Use only as needed, call for appointment

Call 716-405-7317 for rates and availability

Bocce

There will be a Bocce Informational Meeting on March 30th at 6:30 pm at the Community Center, Veterans Memorial Park. There will be refreshments

(continued from page 1)

- Untreated pain and disease like fibromyalgia.
- Anemia
- Sleep apnea and other sleep disorders

Managing a health problem may make the fatigue go away. Your doctor can help.

Can Emotions Cause Fatigue

Are you fearful about the future? Do you worry about your health and who will take care of you

What Else Causes Fatigue?

Some life style habits can make you feel tried. Here are some things that may be draining your energy:

- **Staying up too late.** A good nights sleep is important to feeling refreshed and energetic. Try going to bed and waking up at the same time every day.
- **Having too much caffeine.** Drinking caffeinated drinks, like soda, tea, or coffee late in the day can keep you from having a good night's sleep. Limit the amount of caffeine you have during the day and avoid it during the evening.
- **Drinking too much alcohol.** Alcohol changes the way you think and act. It may also interact with your medicines.
- **Eating junk food.** Say "no thanks" to food with empty calories, like fried foods and sweets, which have few nutrients and are high in fat and sugar. Choose nutritious foods to get the energy you need to do the things you enjoy.
- **Getting too little or too much exercise.** Regular exercise can boost your energy levels, but don't over do it

Five Daily Reminders

1. You can not change.
2. Other' opinions do not define your reality.
3. Positive thoughts cultivate positive actions.
4. Overthinking a problem will not solve the problem.
5. You cannot make everyone happy.



"SAVE THE DATES" 2023

Safe Driver Course March 3, 9am-3 pm, at the Calvin K Richards Activity Senior/Youth Center (sign up by March 1st)

Easter Luncheon March 30th, 11am-1pm, at the Active Hose Fire Hall (must sign up no later than Monday, March 27th)

Senior Picnic July 27th, 11am-1pm, 1pm, at the Calvin K Richards Activity Senior/Youth (sign up by Thursday July 20th)

Senior Concert July 25th, 1-3pm, at the Calvin K Richards Activity Senior/Youth Center

Holiday Luncheon December 7th, 11am-1pm, at the Active Hose Fire Hall (must sign up no later than Monday December 4th)

Veterans Luncheon (veterans and their guests only)

November 9th, 11am—1pm, at the Calvin K Richards Activity Senior/Youth Center (must sign up no later than Monday, November 6th)

Town Board

Supervisor Lee Wallace

Deputy Supervisor . . . Charles Teixeria

Councilman Marc Carpenter

Councilman Samuel Gatto

Councilman Richard Sirianni

Town Clerk Sylvia Virtuoso

Contact Information

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**IT'S BETTER TO
GROW OLD WITH
A SENSE OF
HUMOR THAN
TO GROW OLD
WITH NO SENSE
AT ALL**

POLISH RECORDS

Town of Niagara historian, Pete Ames wants to know if you or someone you know is of Polish descent. Housed in the Marsh/Rolling Local History Room at the Community Center are records from the International Institute in Niagara Falls. The institute was created in 1919 as a branch of the YWCA to help women immigrants assimilate. The institute assisted persons of many different ethnic backgrounds from about 1919-1959. At some point, the institute morphed in to the Girls Club on Portage Road in the city. In the 1980s, someone took out records for those with Polish surnames and disposed of the rest. Prior Town of Niagara historian, Dorothy Rolling rescued the Polish records from the curb. Pete put them in alphabetical order in binders, and has been able to help many people by sharing records with them. The case files contain information on where the people came from in Poland along with dates of their birth, marriage, childrens birth dates and location, what boat they came on, etc. The records are a wealth of information for those interested in where their ancestors came from. If you or someone you know is of Polish heritage, please reach out to Pete and he will look through the records to see what he may have. You can contact him through email at pames@townofniagara.com or call him at 716-297-4429.



5 Things You Should Know About Yoga

[Yoga](#) typically combines physical postures, breathing exercises, and meditation or relaxation. Researchers are studying how yoga may be used to help improve health and to learn more about its safe use. If you're thinking about practicing yoga, here are 5 things you should know:

Studies suggest that yoga may be beneficial for a number of conditions, including pain. Recent studies in people with chronic [low-back pain](#) suggest that a carefully adapted set of yoga poses can help reduce pain and improve function. Other studies also suggest that practicing yoga (as well as other forms of regular exercise) might have other health benefits such as reducing heart rate and blood pressure, and may also help relieve anxiety and depression.

Studies show that certain other health conditions may not benefit from yoga. Research suggests that yoga is not helpful for asthma, and studies looking at yoga and arthritis have had mixed results.

Yoga is generally considered to be safe in healthy people when practiced appropriately. However, people with high blood pressure, glaucoma, or sciatica, and women who are pregnant should modify or avoid some yoga poses.

Practice safely and mindfully. Everyone's body is different, and yoga postures should be modified based on individual abilities. Carefully selecting an instructor who is experienced and is attentive to your needs is an important step toward helping you practice yoga safely. Inform your instructor about any medical issues you have, and ask about the physical demands of yoga.

Talk to your health care providers about any complementary health practices you use, including yoga. If you're thinking about practicing yoga, also be sure to talk to your health care providers. Give them a full picture of what you do to manage your health. This will help ensure coordinated and safe care.



Come and our join or Yoga class, Tuesday, Wednesday, and Thursday from 9:30 to 10:30 am. It is free and it's fun