

Town of Niagara Senior Journal



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Exercising with....

Tips for helping a person with dementia stay active

- Take a walk together each day. Exercise is good for caregivers, too!
- Use exercise videos or check your local TV guide to see if there is a program to help older adults exercise.
- Dance to music.
- Be realistic about how much activity can be done at one time.
- Several short “mini-workouts” may be best.
- Make sure he or she wears comfortable clothes and shoes that fit well and are made for exercise.
- Make sure he or she drinks water or juice after exercise.
- Even if the person has trouble walking, they may be able to:
- Do simple tasks around the home, such as sweeping and dusting.
- Use a stationary bike.
- Use soft rubber exercise balls or balloons for stretching or throwing back and forth.
- Use stretching bands.
- Lift weights or household items such as soup cans.

Exercising with arthritis

For people with arthritis, exercise can reduce joint pain and stiffness. It can also help with losing weight, which reduces stress on the joints.

Flexibility exercises such as upper- and lower-body stretching and tai chi can help keep joints moving, relieve stiffness, and give you more freedom of movement for everyday activities.

Strengthening exercises, such as overhead arm raises, will help you maintain or add to your muscle strength to support and protect your joints.

Endurance exercises make the heart and arteries healthier and may lessen swelling in some joints. Try activities that don't require a lot of weight on your joints, such as swimming and biking.

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



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If you have arthritis, you may need to avoid some types of activity when joints are swollen or inflamed. If you have pain in a specific joint area, for example, you may need to focus on another area for a day or two.

Physical activity and COPD (Chronic Obstructive Pulmonary Disease)

If you have COPD, talk with your healthcare provider or a pulmonary therapist to learn what he or she recommends. You may be able to learn some exercises to help your arms and legs get stronger and/or breathing exercises that strengthen the muscles needed for breathing.

Pulmonary rehabilitation is a program that helps you learn to exercise and manage your disease with physical activity and counseling. It can help you stay active and carry out your day-to-day tasks.

Exercising with type 2 diabetes

For people with diabetes, exercise and physical activity can help manage the disease and help you stay healthy longer. Walking and other forms of daily exercise can help improve glucose levels in older people with diabetes. Set a goal to be more active most days of the week, and create a plan for being physically active that fits into your life and that you can follow. Your healthcare team can help.

A few easy steps to be more active:

- Stretch during TV commercial breaks.
- Walk around when you talk on the phone.

Take more steps by parking farther away from stores, movie theaters, or your office.

Exercising when you are overweight

If you are overweight, don't let that stop you from doing physical activities. If you have difficulty bending or moving easily or feel self-conscious, try different activities, like walking, water exercises, dancing, or weightlifting, to see what works best for you. Anything that gets you moving—even for only a few minutes a day in the beginning—is a healthy start.

Exercise and heart health

Your heart keeps your body running. As you grow older, some changes in the heart and blood vessels are normal, but others are caused by disease. Choices you might make every day, such as eating healthy, maintaining a healthy weight, and aiming to be more physically active, can contribute to heart health. Inactive people are nearly twice as likely to develop heart disease as those who are active. A lack of physical activity can worsen other heart disease risk factors as well, such as high blood cholesterol and triglyceride levels, high blood pressure, diabetes and prediabetes, and overweight and obesity. Being physically active is one of the most important things you can do to keep your heart healthy. Aim for at least 150 minutes of moderate-intensity aerobic activity a week.



"SAVE THE DATES" 2023

Senior Picnic July 27th, 11am-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 Teixeira

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**

What is dementia?

Dementia is a catch-all term for changes in the brain that cause a loss of functioning that interferes with daily life. It can diminish focus, attention, language skills, problem-solving and visual perception. Dementia can also make it difficult for a person to control his or her emotions and can even lead to personality changes.

10 warning signs of dementia

Here are some symptoms to watch for:

- 1. Difficulty with everyday tasks.** Everyone makes mistakes, but people with dementia may find it increasingly difficult to do things like keep track of monthly bills or follow a recipe while cooking, the Alzheimer's Association says. They may also find it hard to concentrate on tasks, take much longer to do them or have trouble finishing them.
- 2. Repetition.** Asking a question over and over or telling the same story about a recent event multiple times are common indicators of mild or moderate Alzheimer's, according to the Cleveland Clinic.
- 3. Communication problems.** Observe if a loved one has trouble joining in conversations or following along with them, stops abruptly in the middle of a thought, or struggles to think of words or the name of objects.
- 4. Getting lost.** People with dementia may have difficulty with visual and spatial abilities. That can manifest itself in problems like getting lost while driving, according to the Mayo Clinic.
- 5. Personality changes.** A loved one who begins acting unusually anxious, confused, fearful or suspicious, or who becomes upset easily and seems depressed is cause for concern.
- 6. Confusion about time and place.** If someone forgets where they are or can't remember how they got there, that's a red flag. Another worrisome sign is disorientation about time — for example, routinely forgetting what day of the week it is, says Jason Karlawish, M.D., a neurologist and professor of medicine at the University of Pennsylvania Perelman School of Medicine and codirector of the Penn Memory Center.
- 7. Misplacing things.** Someone with dementia may put things in unusual places and may have difficulty retracing their steps to find misplaced items, the Alzheimer's Association notes.
- 8. Troubling behavior.** If your family member seems to have increasingly poor judgment when handling money or neglects grooming and cleanliness, pay attention.
- 9. Loss of interest, or apathy.** Not feeling especially social from time to time is one thing, but a sudden and routine loss of interest in family, friends, work and social events is a warning sign of dementia. A new study published in the *Journal of Alzheimer's Disease* found that apathy may even be a sign that someone is progressing from mild cognitive impairment (MCI) — symptoms of memory loss or thinking problems that are not as severe as dementia — to Alzheimer's disease. People with MCI are at an increased risk of developing dementia.
- 10. Forgetting old memories.** Memory loss that becomes more persistent is often one of the first signs of dementia.