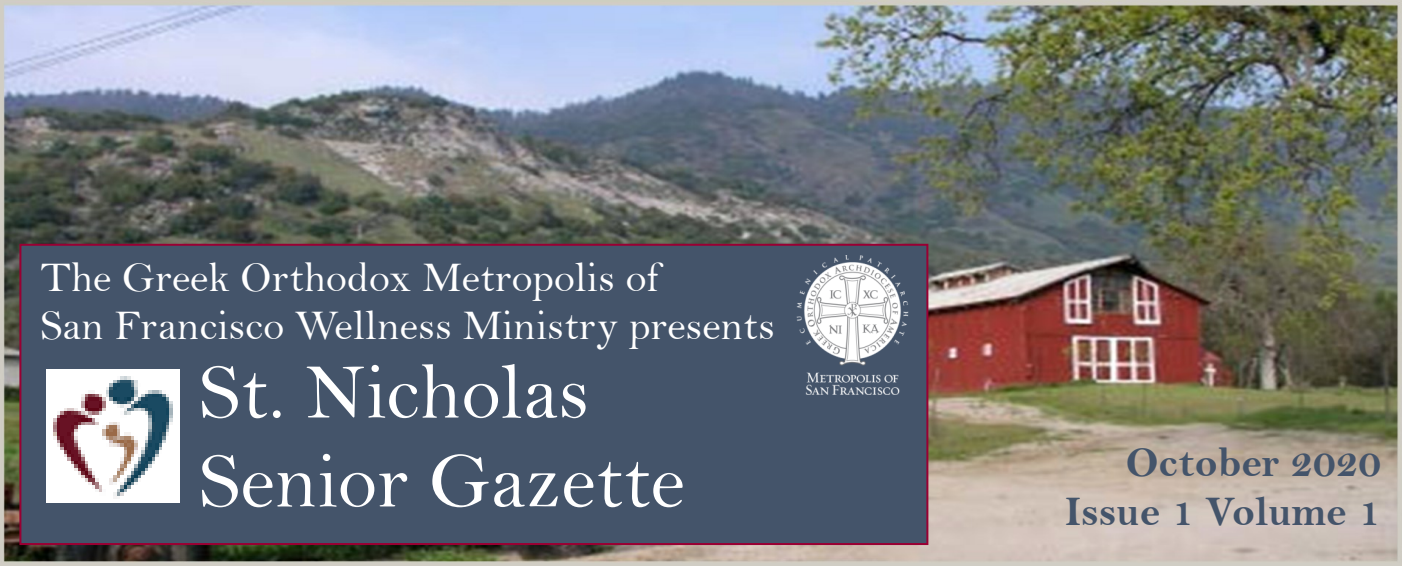

The Greek Orthodox Metropolis of San Francisco Wellness Ministry presents

St. Nicholas Senior Gazette

October 2020
Issue 1 Volume 1

On the Lighter Side

* Three sisters, ages 92, 94, and 96, live in a house together. One night the 96-year-old draws a bath. She puts one foot in and pauses. She yells down the stairs, "Was I getting in or out of the bath?"

The 94-year-old yells back, "I don't know. I'll come up and see." She starts up the stairs and pauses. Then she yells out, "Was I going up the stairs or down?"

The 92-year-old is sitting at the kitchen table having tea and listening to her sisters. She shakes her head and says, "I sure hope I never get that forgetful." She knocks on wood for good measure. She then replies, "I'll come up and help both of you as soon as I see who's at the door."

Editor's Note

It's that time of year again for Senior Resort at St. Nicholas Ranch….. wait put on the brakes!!! There is no Senior Resort in 2020? COVID-19 has struck. COVID-19, beware!

Nothing can keep our seniors from celebrating this year, even if we are not all together in the flesh. Where the flesh is weak, the spirit is strong in us! Seniors will prevail. In the first issue of the St. Nicholas Senior Gazette, we will fondly remember the past and poke fun at the future. Pandemic, shmamdemic. Seniors unite, albeit with a mask on.

Issue Dedication

KAY CONSTANTINIDES

Our beloved Kay, maven of all things camp, fell asleep in the Lord this past Spring. Kay was our secretary par excellence, Monastery store order queen, the smile that could light up the room, and the glue that held us together. Without her continuous mailing list updates and organizational skills, our camp would not have been the success it is. We will miss this gem who blessed us throughout our resort years. We love you Kay.

An Important Footnote: Not to be outdone, her husband John helped us organize our retreats and put on some rousing and enjoyable talent shows.

We remember fondly two powerhouses who gave their life and talent to seniors. May their memories be eternal!

5 Gardening Tips for Seniors

Gardening is one of the best hobbies for retired adults, offering sunlight, fresh air, and a healthy dose of physical activity. Whether you've got a lifelong green thumb or you're picking up the pruning shears for the first time, spending time in the garden is a great way to stay fit and feel great..

Like almost any other activity, gardening can become more difficult as we age. But with the right precautions, gardening can be a safe and rewarding pastime for older adults. Worried that age might get between you and your begonias this year? Here are five ways you can make gardening a more senior-friendly activity.

1. Plant Smarter

A lot of seniors become first-time gardeners in retirement. Meanwhile, others in their 70s and 80s find that gardening gets harder with each passing year. In either case, it's a good idea for seniors to plant easy-to-care-for plants. Look for plants that are resistant to weeds, that don't require too much pruning, and that can withstand a little neglect.

2. Grow Up Already!

The biggest reasons most older adults give up gardening is the amount of kneeling and bending involved. If you have joint pain or back pain, gardening can quickly become an unpleasant activity. Here's a solution: grow vertically. Many senior gardeners switch to raised planters and trellis-based plants so that they put less strain on their knees and spine.

3. Choose Equipment Wisely

Another common issue when gardening is hand pain. This is typically caused by arthritis-related discomfort. It can also be caused by uncomfortable gloves that chafe or irritate sensitive skin. To avoid these issues, pick your equipment carefully. Make sure to use ergonomic pruners and hand tools, and pick comfortable gloves that offer adequate skin protection.

4. Beat the Heat

Seniors are vulnerable to dehydration, sunburn, and heat stroke. Given these risks, you should always take precautions when partaking in outdoor activities during warm months. If you're gardening, do it during the morning, before it gets too hot. When you go out, wear lightweight, light-colored, long-sleeved clothes, plenty of sunscreen, and a shady hat. Always drink plenty of water before, during, and after gardening, and take breaks in the shade if you're gardening for longer than 15 minutes at a time.

5. Pick a Partner

Gardening is safer and easier if you can do it with a partner. Many couples garden together, while other seniors enjoy spending time in the garden with a friend. Seniors who find gardening difficult or somewhat unsafe may wish to partner with someone who can lend a helping hand. This could be a family member, such as a son, daughter, or grandchild.

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n.p./n.d.
"5 Gardening Tips for Seniors" Published online at: *https://seniornews.com/5-gardening-tips-seniors/*

Blast From The Past

Who ever heard of Mexican Train?

Many of us hadn't, until our aficionados of this Dominoes games got us hooked! It's become one of our resort camp traditions!.

More Fun and Games

Stay Active, Healthy, and Strong in 50s, 60s, 70s, and Beyond

We all know that exercise is a key component of good health. But some people think that the older we get the more we should slow down to prevent injury and accidents.
Nothing could be further from the truth. According to the Centers for Disease Control and Prevention (CDC), physical activity offers older men and women significant benefits, including helping to control arthritis and maintain healthy bones, stamina, and muscle strength, all of which help prevent falls. It also reduces the risk of dying from heart disease, colon cancer, and type 2 diabetes.

Physical activity may even improve your memory. One study of 120 older adults without dementia, funded by the National Institute on Aging (NIA), found that moderate aerobic exercise increased the size of the hippocampus (a part of the brain that plays a role in memory) and improved spatial memory, which allows you to recall where things are located on both a short- and long-term basis.

You may wonder, though, if you can really manage a fitness routine at your age. You may think that you're too out of shape, too sick, or simply too tired to give it a go. Sure, your body may have changed over the years, but there's no question that you can become stronger, more agile, and healthier than you are today. If you have a chronic condition or haven't had a physical in years, check with your doctor first. They can tell you if you are able to do any activity you want or if you need to stick to certain activities that are safe for you. In any case, keeping fit comes down to you and what you're comfortable with, says

Carol Ewing Garber, PhD, a professor of movement sciences at Columbia University's Teacher's College in New York City and a registered clinical exercise physiologist who researches the role of exercise in senior health.

"In general, seniors should continue to do what they've always enjoyed doing," Dr. Ewing Garber says. "Really, the caveat

is that there may need to be some modifications. If it feels comfortable to you, there's no reason to change. But if you start to feel insecure, it might be time for a change."

3 Keys to Fitness Success
For maximum benefit, the NIA recommends fitting in these types of exercise weekly:

1. Flexibility
"The very easiest exercises are stretching and flexing, and they tend to become more important as people get older," Ewing Garber says. "[Seniors] tend to have range of motion problems in their joints. These exercises maintain the ability to get around and enjoy your life." Practices such as yoga or Pilates can improve flexibility; many gyms also offer stretching exercise programs designed for seniors. Try to do some simple stretches, such as these recommended by the NIA, every day. American Council on Exercise Medical Exercise Specialist Chris Gagliardi also advises doing easy exercises that help maintain and improve your balance. These can be as simple walking backwards and then sideways, and,

Continued from page 3:
with your feet together, lifting your heels off the floor and balancing on your toes. "The reality is that we all normally lose some balance and agility as we age," he explains. "Exercises that promote good balance help maintain your mobility and reduce the risk of falls."

2. Strength
"Strong muscles are very important to daily living, whether you're getting out of a chair or carrying groceries," Ewing Garber says. "Strength training can reduce the rate at which your bones become weaker. If you have a little more muscle around the bone and you fall, it could help prevent a fracture."

A long-term study of more than 3,600 seniors published in June 2014 in *The American Journal of Medicine* also suggests that maintaining muscle mass can lengthen life. The study subjects with the most muscle mass were less likely to have died from any cause during a 10- to 16-year follow-up period than other study subjects. In addition, muscle mass was a more important predictor of longevity than body mass index, which is an estimate of how much body fat a person has.

Try to perform strength exercises on your major muscle groups at least twice a week for 30-minute sessions, focusing on your upper body one day and your lower body on another day. Begin with simple exercises that use your body as a weight, such as squats, which strengthen your legs, and wall push-ups, which strengthen your upper body. A good place to start is with the free

3. Endurance
Getting your heart rate up can benefit your entire body and make it easier for you to strength-training program Growing Stronger, perform just about any everyday activity. You should try to engage in moderate developed for older adults by Tufts University and CDC experts.

intensity endurance or aerobic exercise for at least 30 minutes nearly every day. If 30 minutes at a time seems difficult, start with 10 minutes and build up to three times a day. Brisk walking, swimming, biking, wheelchair rolling, sweeping, skating, and dancing all count as aerobic exercise.

Adapting Your Fitness Activities
Still concerned that you may not be up to it? These tips can help you fit physical fitness into each day without worry:

Listen to your body. Start slowly and build up gradually. "Exercise at a level where you feel like you're working a bit, but it shouldn't feel extremely hard," Ewing Garber advises. According to the CDC, "Physical activity need not be strenuous to achieve health benefits." One study published in *The Lancet* found that people who exercised by walking just 15 minutes a day, or 92 minutes per week, were 14 percent less likely to die from all causes and lived three years longer compared to people who reported engaging in exercise for less than one hour a week.

- **Stay focused.** "The hard part as people are getting older is they don't notice that they don't see as well, react as quickly, or have the same balance," says Ewing Garber.

Drink plenty of fluids. Sipping water — even if you may not feel thirsty — helps older people (average age 55) reap the full benefits of exercise, according to research presented in April 2018 at the American Physiological Society's annual meeting. Staying hydrated is always important, but middle-aged and older adults tend to have a blunted thirst

Continued from page 4:
perception, which increases the risk of dehydration.

Keep an eye on the weather. Seniors may be more vulnerable than others to extreme changes in temperature. Older people can lose heat faster in cold weather than they did when they were younger, putting them at risk for hypothermia, according to the NIA. Similarly, spending too much time outdoors on hot days can put them at risk for hyperthermia, or heat stroke. Be sure to dress appropriately and move inside to exercise when the weather isn't cooperating.

- **Use the proper equipment.** Wear a helmet when bicycling and comfortable shoes when running, for example. The right equipment can help prevent injury.

- **Be prepared to adapt.** Runners may develop knee problems, for example, and have to switch to walking, says Ewing Garber, adding "that can be pretty traumatic for some people." Fortunately, if you quickly find something else you like, you won't lose your fitness level.

"Stay Active, Healthy, and Strong in 50s, 60s, 70s, and Beyond" By Dennis Thompson Jr ;Medically Reviewed by Pat F. Bass III, MD, MPH; Last Updated: June 10, 2019; Published online at: *https://www.everydayhealth.com/senior-health/stay-fit.aspx*

Our seniors attend a production of *Annie*

Senior Camp Over the Years

"If life were predictable it would cease to be life, and be without flavor." – Eleanor Roosevelt

Two Priests "Hamming it Up".
Fr. Tom Paris and Fr. Jim Pappas

Celebrating *The Golden Olympics*

Making Apple Dumplings

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St. Nicholas Senior Gazette

Family Wellness Ministry

"Connecting individuals, couples, families and clergy through the heart toward healthy Christ-centered relationships."
~Family Wellness Ministry Mission Statement

We have been created by God to connect with others face-to-face and heart-to-heart. We are called by our Lord to love, to listen, to care for and comfort. The Family Wellness Ministry of the Metropolis of San Francisco is established to bring families and loved ones together, to connect through the heart for deeper Christ-centered relationships.

https://www.facebook.com/familywellnessministry

http://www.familywellnessministry.org/