

A publication brought to you by The Fitness & Wellness Center (FWC)

Staying Healthy through the flu season



Lori Maglieri, R.N.

Lori Maglieri from the Seabury Wellness Clinic has highlighted some facts from the Centers for Disease Control (CDC) regarding the flu and the flu vaccine. She states adults 65 years of age and older, who contract seasonal influenza, are much more likely to have serious

complications from this illness, which can affect their health and independence.

A person can have influenza more than once because there are different strains of the virus, each of which can lead to a new infection. Influenza A strains tend to cause more severe illness than



B strains. Both are responsible for the seasonal influenza outbreaks that occur each fall and winter. Influenza C strains cause only mild respiratory illness and do not cause community outbreaks.

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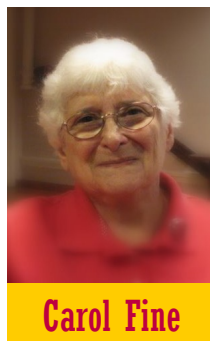
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Aging Successfully

Carol Fine is just one of the many Fitness & Wellness Center members who is aging successfully. Carol moved to Seabury in 2006, and joined the FWC soon after. She completed

her first assessment in November of 2006 and exercised sporadically for the first few years. But this past year she turned over a new leaf and decided to really commit to her

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Carol Fine

CAROL'S IMPROVEMENTS:
 UPPER BODY STRENGTH: 17%
 LOWER BODY STRENGTH: 9%
 ENDURANCE: 61%

New Technologies/Services

Introducing **My Halo** and **Mobile Alert**. These new technologies will offer a greater sense of security for residents and their families. *My Halo* offers automatic fall detection using sensors with advanced motion signal processing methods. It can also track vital signs such as heart rate and temperature, and can track activity levels. Caregivers and family members can access the information through a private and secure website. *Mobile Alert* is a wearable

mobile communication and safety device. It has a GPS system and is fitted with a dedicated safety call button that can activate a warning signal or initiate a voice call in case of need (think of a cell phone that you can wear.) This enables wearers to get immediate care and assistance.

Both the *My Halo* and *Mobile Alert* systems are the latest in home safety technology, and Seabury is proud to once again be a leader in best safety practices for older adults.

Look who's using the latest in technology!



At Seabury's request, Doris Armstrong and Kathy Carle are testing out the My Halo and Mobile Alert Safety Systems. To learn more, contact 860-243-6091 or academies@csaseabury.com

Volunteer at Seabury

The Fitness & Wellness Center at Seabury is pleased to introduce Brenda Gagliardi. Brenda will be volunteering at the FWC for the next few weeks, instructing members with equipment orientation. Brenda is very interested in the fitness and wellness industry and thought that volunteering her time here would be a great way to learn more about the field. She will be at the FWC on Mondays

and Fridays, from 9am until 1pm. Stop in during this time for some one-on-one service at no charge!

"Brenda plays an important role that enhances the safety and effectiveness of our member's programs."

*~Arkadiusz Kosiorek
FWC Coordinator*



Brenda Gagliardi

There are many other volunteer opportunities at Seabury. If you would like to donate your time, contact Kaila Chianciola at 860-243-6041.

Staying Healthy, cont'd.

To protect yourself, you should always get a vaccine. Influenza shots are covered by Medicare and other health insurance programs.

Most people experience little or no reaction to the flu shot. The most common side effect is soreness at the site of the vaccination. This affects 10 to 64 percent of adult patients and lasts less than two days.

The best period to receive either of the seasonal influenza vaccines is soon after the vaccine becomes available in the fall of each year.

After receiving the flu

shot, it takes about two weeks for the body to develop immunity to influenza. It is not too late to get the vaccine in February or March since influenza activity may not peak until this time. Novel H1N1 is a subtype of the A strain. The novel H1N1 influenza virus that emerged in April 2009 is a mix of swine, human, and avian influenza virus genes. H1N1 vaccine will be included in the influenza vaccine being administered beginning this Fall, 2010.



Common Flu Symptoms:

- Fever
- Dry cough
- Sore throat
- Headache
- Extreme tiredness
- Runny or stuffy nose
- Muscle aches

Successful, cont'd.

exercise program.

Before moving to Seabury Carol spent a couple of years at the YMCA, and then joined Cornerstone in West Hartford for their pool facilities. Now she has the best of both worlds at Seabury-land classes and water classes-and she takes advantage of both. Carol is proof that at Seabury, we are not just aging, we are aging *successfully!*

“I enjoy the fitness classes here. They always provide the perfect blend of balance, strength and flexibility.”

~Carol Fine



	3 Fall Back 9:30 Hope Circle Anne Sullivan Faith/Ken Largin	4	5 Circle of Prayer 7:00 Chorus 7:30 - 2:00 Holiday Beth A	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22		
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Calendar of Events

October-December 2010*

*Please note that some events are reserved for Seabury residents only. Events with the  symbol indicate the outside community is welcome.



Caregiver Support Group:

For those taking care of loved ones suffering from Alzheimer's or other dementias

Dates: Second Tuesday of every month, first meeting 10/12

Time: 3:00-4:30pm **Location:** CSA (Seabury)

Fee: FREE

R.S.V.P. bethlomasky@seaburyretirement.com or 860-243-6024



Seminar: "Foot Care, Foot Wear, and Fall Prevention"

Dr. Scott W. Lindsay, Podiatrist

Date: Thursday 10/28

Time: 6:00pm **Location:** Heritage Hall (Seabury)

Fee: FREE

R.S.V.P. bethlomasky@seaburyretirement.com or 860-243-6024



Seminar: "How to Structure the Day for Person's with Alzheimer's"

Patty O'Brian, Central Regional Director with the Connecticut Chapter of the Alzheimer's Association

Date: Thursday 11/4

Time: 6:00-7:30pm **Location:** Heritage Hall (Seabury)

Fee: FREE

R.S.V.P. bethlomasky@seaburyretirement.com or 860-243-6024



Seminar: "Flu Season and the Common Cold"

Dr. Patrick Coll, M.D.

Date: Friday 11/5

Time: 11:00am **Location:** Heritage Hall (Seabury)

Fee: FREE

R.S.V.P. bethlomasky@seaburyretirement.com or 860-243-6024





Rehab Seminar: “Mobility and Stability: Get to Where You’re Going Safely with Your Walker or Cane”

Sylvia Dibiasi, M.S., P.T., will help you determine the most effective way to use an assistive device

Date: Thursday 11/11

Time: 1:30pm **Location:** Heritage Hall (Seabury)

Fee: FREE

R.S.V.P. brandypage@seaburyretirement.com or 860-243-6078



Seabury At Home Information Sessions: *Learn about the benefits of choosing Life Care, so you can age in place in the comfort of your own home.*

Dates: Thursday 10/7, 11/4, or 12/2

OR **Time:** 1:30pm

Location: Seabury

Dates: Wednesday 10/20, 11/1, or 12/15

Time: 10:30am

Fee: FREE

R.S.V.P. 860-243-6023 or 800-340-4709



Interfaith Thanksgiving Celebration: *Join Pastor Gail as well as a Rabbi, an Imam, and clergy from Protestant and Catholic churches for an interfaith Thanksgiving service and forum.*

Date: Monday 11/22

Time: 7:00pm **Location:** Heritage Hall (Seabury)

Fee: FREE

R.S.V.P. gailkeeney-mulligan@seaburyretirement.com or 860-243-6085

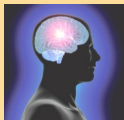


Bishop’s Christmas Service: *The Rev. Dr. Ian T. Douglas, newly elected Bishop of Connecticut, will celebrate the Holy Eucharist.*

Date: Tuesday 12/21

Time: 10:00am **Location:** Heritage Hall (Seabury)

Mind Vitality Academy:



*Initial cognitive assessment and lifestyle review to evaluate one’s program level, followed by an 8-week, 3 days/week, 1-hour Mind Aerobics program **OR** an 8-week 3 days/week, 4-hour full-course Mind Vitality program. This would include Mind Aerobics, Fitness, Nutrition and Enrichment sessions.*

Location: CSA (Seabury)

Fee: 1-hour session, \$500; 4-hour program, \$1500

Contact: robinglanzrock@seaburyretirement.com or 860-243-4262



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Calendar of Events cont'd

October-December 2010

Better Fit Academy:



Baseline functional fitness and balance assessment to develop a personalized 10-week exercise program. Exercise programs will be developed to maintain or improve strength, flexibility, agility and endurance based on individual need. FWC amenities such as group programming, equipment and the pool will be used to meet individual preferences. Completed by a reassessment of results that includes a comprehensive functional fitness and Biodex balance report for future recommendations.

Location: Pilates or Dance Studio (Seabury)

Fee: \$300

Contact: brandypage@seaburyretirement.com or 860-243-6078



Core Essentials:



Mat work to improve core strength, flexibility, agility, and overall fitness.

Date: 10/4-12/17 (M-W-F)

Time: 8:00am

Location: Pilates Studio (Seabury)

Power Yoga:



Strength and endurance training along with elements from the Yoga tradition to improve balance and flexibility.

Date: 10/4-12/17 (M-W-F)

Time: 8:15am

Location: Dance Studio (Seabury)

Power Pilates:



Strength training combined with Pilates combinations so the participant maintains the ability to carry out activities of daily living with ease.

Date: 10/4-12/17 (M-W-F)

Time: 9:15am

Location: Dance Studio (Seabury)

Yoqua:



Ease joint pain with gentle strengthening and range of motion exercises as prescribed by the American Arthritis Association

Date: 10/4-12/17 (M & F)

Time: 10:00am

Location: Natatorium (Seabury)

Beautiful Bones:



A seated exercise class geared towards those with Osteoporosis or other limiting conditions. Emphasis is placed on strengthening the hips, spine and lower body.

Date: 10/4-12/17 (M & F)

Time: 10:00am

Location: Pilates Studio (Seabury)



Yogalates:

A seated exercise class designed to increase range of motion and decrease muscle atrophy

Date: 10/4-12/17 (M & F)

Time: 11:00am **Location:** CAS (Seabury)



Step:

Step up, on, over and around a platform. Challenge your agility and balance while reaping the benefits of an aerobic workout.

Date: 10/-12/16 (T & Th)

Time: 9:00am **Location:** Pilates Studio (Seabury)

Aqualibrium:



Train in 5 critical areas of balance: posture, gait enhancement, multisensory control, center of gravity control and basic fitness, all in the forgiving medium of the water.

Date: 10/-12/16 (T & Th)

Time: 9:00am **Location:** Natatorium (Seabury)



Seated Balance:

Safely learn fall prevention techniques.

Date: 10/-12/16 (T & Th)

Time: 10:00am **Location:** CAS (Seabury)

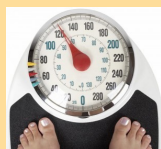


Equilibrium:

Train in 5 critical areas of balance: posture, gait enhancement, multisensory control, center of gravity control and basic fitness.

Date: 10/-12/16 (T & Th)

Time: 11:00am **Location:** Dance Studio (Seabury)



Weight Winners:

Drop in anytime to discuss effective weight control strategies with your peers in a friendly, non-judgmental environment.

Date: 1st & 3rd Mondays

Time: 1:00pm **Location:** Atrium (Seabury)

Fee: \$25 to join, \$15 yearly renewal

Additional Services



Personal Fitness Training
Conducted by a

Nationally Certified Trainer
(\$60/hr.)

Biodex Fall Risk
Assessments and Training
Sessions **(\$75/hr.)**

Nutritional Counseling
Conducted by a Registered
*Dietician***(\$60/hr.)**

Rehabilitation, Occupational
and Physical Therapy
(Price varies with
insurance policies)

Massage Therapy
Conducted by a Licensed
*Massage Therapist***(\$60/hr.)**

Home Safety Assessment
Conducted by a
Certified Aging-in-Place
Specialist **(\$125)**

On-Line Wellness Profile &
Resource Library
Subscription **\$25/annual**

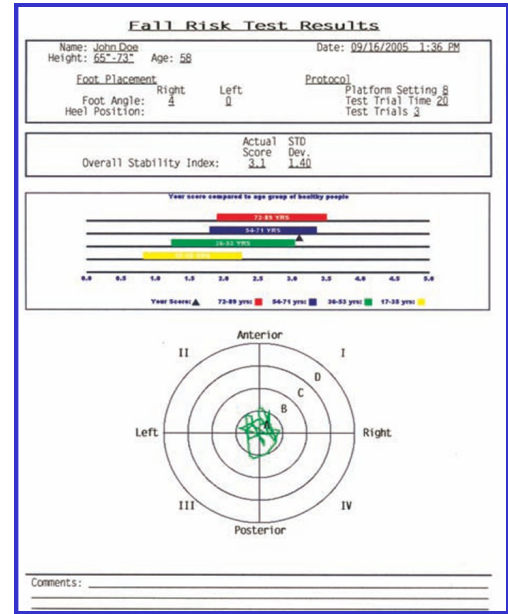
To register for any of these
services call 860-243-6078,
or email
brandypage@
seaburyretirement.com

From the FWC Staff Desk

The FWC staff is very excited to now be using the latest technology in fall prevention.

Thanks to the generosity of the Seabury Auxiliary and the Seabury Charitable Foundation, Seabury remains on the cutting edge of balance assessment technology and programming.

The Biodex Balance machine can assess and treat balance concerns. Through a series of tests, this technology helps the fitness specialists and rehab therapists to determine if someone is at risk for falls. The machine recognizes which of the three body systems responsible for balance control is contributing to the patient's balance issues. The three body systems are: vestibular, visual and somatosensory. Once the specialist/therapist can objectively determine what the contributing factors are to the impaired balance, they can



use the Biodex Balance machine to translate this into an effective training program. There are even several levels of training modules within the Biodex machine that can be applied to improve one's balance and stability. Especially nice about the Biodex is that not only is it effective, it is also very engaging and fun because the program is interactive. At the close of each session progress reports can be printed out so that the participant can track and trend specific progress from each session.



The Seabury Fitness & Wellness and Rehabilitation Staff have already begun using this machine as part of the annual screenings and assessments, and have found it to be very effective in diagnosing/ treating balance problems.

If you would like more information about this new machine, or to schedule an appointment to have your balance assessed, you may contact Brandy Page at brandypage@seaburyretirement.com or 860-243-6078.



Wellness Tips

Nutritional Nugget

In the book *Cancer: 101 Solutions to a Preventable Epidemic* (New Society Publishers, 2007) the authors Liz Armstrong, Guy Dauncey and Anne Wordsworth consider the importance of eating specific foods and drinks for cancer protection.

Here's what they suggest:

1. Cruciferous vegetables
2. Globe artichoke
3. Dark greens, such as spinach and romaine lettuce
4. Grapes and red wine
5. Legumes
6. Berries
7. Flaxseed
8. Garlic, onions, scallions, leeks and chives
9. Green tea
10. Tomatoes

Nurturing your Spirit

Pastor Gail Keeney-Mulligan offers this inspirational quote from one of the world's great spiritual influences...

"The secret of health for both mind and body is not to mourn for the past, not to worry about the future, or not to anticipate troubles, but to live in the present moment wisely and earnestly."

~Buddah



If you have questions about your spiritual wellness, Pastor Gail invites you to contact her at 860-243-6085 or gailkeeney-muligan@seaburyretirement.com

Brain Game



Twain's Thoughts

The following is a *cryptography* brain teaser. In this type of teaser, a phrase or expression has been encoded in some way (frequently by replacing letters with other letters). You need to figure out the encoding method and then decode the message to find the answer.

The two following quotes are from Mark Twain.

Both quotes use the same code.*

"YX WIN ASOO AZS ACNAZ WIN RIK'A ZTBS AI
CSPSPESC TKWAZYKL."

"AZS PTK UZI RISDK'A CSTR LIIR EIIGD ZTD KI
TRBTKATLS IBSC AZS PTK UZI FTK'A CSTR AZSP."



*Find the answer in the next edition of this publication, or visit www.braingle.com and search the cryptography teasers.



Visit our website for links to these sites and for lots more information on successful aging!

www.seaburyretirement.com

FWC Philosophy:

The Fitness & Wellness Center at Seabury uses professionals, resources and programs that provide the information, coordination, access and motivation people need to age successfully.

We can change the way we age by staying active within all the dimensions of wellness: physical, spiritual, emotional, vocational, social, intellectual, and environmental. These dimensions keep us engaged, motivated and enjoying a productive life.



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Go Green! To receive this publication electronically (instead of a paper copy), send your email address to courtenayknox@seaburyretirement.com.

