



DYK

DID YOU KNOW? – QUARTERLY NEWSLETTER APRIL - JUNE 2022 | ISSUE 1 | VOL 1

A QUARTERLY PUBLICATION OF YOUR RAC HEALTH CARE COMMITTEE

FITNESS ANYONE? By Janet Warren, PhD



We are so fortunate to live at Freedom Plaza where we have a wide variety of opportunities to maintain and improve our health and to pursue the good life, the pleasant life, the meaningful life.

The beautiful grounds beg for walking; the pools invite swimming and gentle exercise for healing; sports activities bring joy and challenge; therapy sessions such as B-Fit and Freedom Breathers, and health seminars help us to find ways to regenerate our bodies; club and social activities keep us connected and actively pursuing personal interests as well as honing mental sharpness, and workouts in the well-equipped Fitness Center help us to maintain or regain the body strength we need to do all the things we still want to do. Health and fitness is the discipline of life. You have heard the saying, “Use it or lose it!” Some may say, “I have already lost it!” and give up, but I say it is never too late to take one small step toward improving your health then another and another until you are feeling better. Participating in one form of daily exercise and adopting habits of good nutrition is a major start. We do not stop exercising because we grow old—we grow old because we stop exercising. And every cell in your body is made from the food you eat. Your cells cry out for raw or slightly cooked vegetables that have the enzymes to fuel all the chemical reactions you need in your body that pills don’t always provide. If you consistently eat dead or junk food of no real nutritional value, you will have a “junk body” that manifests disease. Working out with fitness equipment or doing body weight exercises effectively provides the resistance your bones need in order to increase density and stay strong, something that pills cannot duplicate. Take care of your body. It is the place where you live until you no longer live—your temple—your friend. ~



WELLNESS

BY Lisa Frank,
Director of Resident Services

Did you know we have lab services at Freedom Plaza? American Health Laboratory comes to us. They are here every Wednesday and Thursday mornings from 7:00am to 8:00am. You must make an appointment with Sheri Womble. We receive your lab results usually by the end of the week. We send them to your MD and leave you a copy in your mailbox. Please call The Wellness Center to make an appointment 813-642-1271. You must have the laboratory orders from your MD.

We also have many other Physicians that come to Freedom Plaza. Drop by The Wellness Center if you would like a list. To make an appointment to see them you make it through their office. If you have any questions or concerns about anything Wellness, call me to make an appointment at 813-642-1236.

Coming in June!

"WHERE TO GO FOR HELP"

Presented by Lisa Frank, Director of Resident Services and guest speakers from other Freedom Plaza Departments and Agencies who work in support of the Wellness Center. Do you have health care concerns or wonder where to go for help in the future? This critically important seminar will answer your questions. Watch for time and place announcements.



SAFETY FIRST

BY *Carl Bohnenkamp, EMT*

Falls are the most common cause of injury. Vision problems and peripheral neuropathy and just not feeling well can be contributory factors. Even small things that catch the foot can cause a fall. Then there's that habit of leaving the dishwasher door open. Don't procrastinate getting fixed what can be fixed.

And consider your situation if you're down on the floor. Can you reach your emergency pull cord? Is it tied up because the cat was playing with it? Furniture in the way? Can you find it in the dark? An emergency pendant may be the answer for you. Consult with the Wellness Office if you need a solution.

ON THE CIRCLE Yogi Berra is credited with saying "You can observe a lot just by watching". My window looks out on the traffic circle. I like my view. I can't help but observe a lot. Not all of it is as uplifting as the floral arrangements. Some of what I see comes with a "cringe" factor. What I mean is that people are walking where only motor vehicles should be. The "shortcut". I see the young cutting across looking down at their phones, earbuds in oblivious to much around them.

Then there's "US", the residents. We'll take a stroll for our health, but we have to cut off those few extra steps by cutting across the pavement seemingly oblivious to the driver we're trusting with our future. Staying on the sidewalk will also contribute to your health. If the purposeful pedestrian meets with misfortune, there's not just one victim. The driver is also traumatized. Please help us keep our residency safe and don't walk in the Circle.



TAKE CHARGE OF YOUR HEALTH

Your family history, age, and lifestyle play a large role in your risk for certain medical conditions, but a large number of concerns can be prevented or slowed by knowing early warning signs, making healthy choices, and getting regular screening by your doctor.

Take charge of your health by being an active reader and researcher and by establishing a partnership with your doctor. You know yourself and your life choices better than anyone. Know the latest discoveries and the right questions to ask to get the right results. You are in charge of you. Take time to explore all your options.



HOW IS YOUR HEARING??

By *Don Guiley, A+ Hearing Center, Inc.*

- *Have you noticed that people mumble more often?*
- *Do you find yourself asking friends to repeat themselves?*
- *Have you been told you speak too loudly?*
- *Do you often hear, but do not understand?*
- *Do you find it hard to understand when your back is to the speaker?*
- *Have you noticed you are having more trouble understanding in a crowd?*
- *Does your family complain that you play the T.V. or radio too loudly?*
- *Have you noticed that you avoid some people or situations because you have difficulty understanding?*

Early detection is important. Most hearing loss is due to nerve deafness, which gradually worsens with time. Although nerve deafness cannot be cured, it can be helped with a hearing instrument. If you or your loved one suspect nerve deafness, have your hearing checked today. It is the first step toward better hearing and a more enjoyable life.

At Freedom Plaza two hearing specialists visit each month. Check the Wellness schedule for dates and times



RAC COMMITTEE FAIR

Attend the RAC Committee Fair on May 13, 2022, in the Auditorium at 10 a.m. to be fully informed and sign up to be on one of the 12 RAC

Committees who work for the best interests of Freedom Plaza Residents including the RAC Health Care Committee.

The DYK Health Care Newsletter will be featuring articles from local doctors and contributors specializing in the "Top 10 Health Concerns of Seniors": Cognitive Decline, Balance Issues, Oral Health Problems, Heart Disease, Osteoarthritis and Osteoporosis, Respiratory Disease, Flu and Pneumonia, Vision or Hearing Loss, and Cancer.

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