



DYK

DID YOU KNOW? – QUARTERLY NEWSLETTER JULY – SEPT. 2022 | ISSUE 2 | VOL 1

A QUARTERLY PUBLICATION OF YOUR RAC HEALTH CARE COMMITTEE

Loose As A Goose *By Janet Warren, PhD*



Most of us know regular exercise is good for our health and well-being. With aging, our joints and muscles start screaming at us and it becomes more of an effort to move.

But we must continue to move even when we don't feel like it! Exercise comes in many

beneficial forms: cardiovascular that increases your heart and breathing rates (aerobics, dancing, sports), yoga or Pilates stretching type movements that improve flexibility and improve balance, and strength training known as resistance or weight training. But “did you know” the benefits of strength training are enormous! A recent meta-analysis (synthesis of findings) of many research studies described in the British medical journal found that “strength training lowers the risk of premature death, inversely associated with the risk of developing cardiovascular disease, diabetes, lung cancer, total cancer and ‘all-cause mortality’ independent of aerobic activities among adults greater than 18 without any severe health issues”. Now that is a mouthful, but food for thought and action! Whether weight resistance exercises are facilitated by strength training machines and dumb bells or by body weight resistance exercises, there is no better way to increase bone density!! The process of doing weight resistance exercises activates your bones to lay down more bone structure, just like muscles are strengthened by use. The pay-off is great, because for an investment of at least 30 to 60 minutes twice a week you get the benefits of muscle building, higher bone density, and endurance which lowers your risk of deadly falls by improving mobility and flexibility and recovery. With strength training, you burn calories more efficiently and muscles get toned and stronger. Beyond that, exercise produces “happy hormones” or endorphins which make you feel great! Well, a big hug from someone you like can do that also, but we won't go there! Bottom line: Opportunities for all forms of exercise are here at Freedom Plaza. If you would like assistance from the Fitness Center instructors, fill out a form and we will assign a person to help you achieve your health and body goals.



Home Health Services at Freedom Plaza

*By Lisa Frank,
Director of Resident Services*

Did you know you can get Home Health Services in your apartment? Home Health provides Skilled Nursing, Physical Therapy, Occupational Therapy, and Speech Therapy in your apartment with orders from your physician.

Your physician could order Home Health after a hospital stay, rehab stay at PW, after a procedure in MD office, or for wound care.

Bon Secours is our home health care partner, and they can deliver in-home care that helps you enjoy a better and healthier life. They want you to have the best medical care possible in a caring, safe, and nurturing environment – your home.

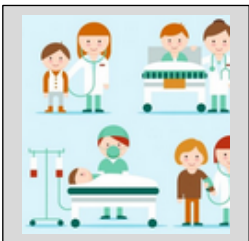
Nurses, home health aides, and therapists offer advanced services so you can recover in the comfort of your home. They assist in providing all the tools you need to heal, including oxygen, wheelchairs, walkers, and lift chairs.

They work directly with your doctor to develop a care plan and the therapist are our own staff from Plaza West.

If you have a planned surgery, medical procedure or feel you need services please contact me at 813-642-1236 and I can reach out to your physician.

DYK: *Drinking water before bedtime helps to keep your blood pressure stable throughout the night and early hours of the morning, reducing the risk of a heart attack.*

Drink a glass of water first thing in the morning...



July 12, 2022 – 2:00 pm in the Auditorium "WHERE TO GO FOR HELP"

Do you have health care concerns or wonder where to go for help in the future? This critically important seminar will answer your questions. Present will be representatives from Innovative Health Services, Plaza West, Assisted Living and Memory Care, Home Health and Therapy Services to answer your questions.

IMPLANTS By *Chelsea M Farrell, DMD*

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The average lifespan of a United States resident in 2019 was 78.8 years, according to a study conducted by the Organization for Economic Co-operation and Development. As the population

continues to live longer, more Americans will be faced with the problem of outliving their natural dentition.

The American Academy of Implant Dentistry estimates that two out of every three Americans are missing a tooth or multiple teeth. Adults with missing teeth often find difficulty in eating properly and can develop digestive issues from an inadequate diet. There are also social issues that develop as missing teeth can have a negative effect on self-esteem.

Traditionally, dental bridges or dentures were the only solutions to replace missing dentition. While we continue to provide these treatment options, dental implants have become the gold standard for tooth replacement if there is sufficient bone support available. Dental implants are titanium screws surgically placed into the jaw to replace a missing tooth or multiple missing teeth. The implants fuse with the bone over a period of 4-6 months, at which point, a fixed or removable prostheses can be fabricated to match the patient's dental needs. Single implant crowns, bridges, fixed dentures and removable dentures all utilize this technology to provide dental replacements that are more comfortable and esthetic to the patient than what was previously available.

Dental implants have actually been around for roughly 50 years. In general, implants have a 98% success rate, making them a safe and effective option for tooth replacement. Additionally, advances in dentistry have helped increase the possibilities for patients who had previously been turned away from implant placement due to inadequate bone height or width. Someone who was previously turned away for implants to help secure their denture may now have more opportunities to establish proper speech, gain confidence in their appearance, and efficiently chew their food. The best way to maintain proper dental health is to have an annual examination with a dentist who can guide you to establishing proper oral hygiene and help to diagnose any issues with your teeth.



PATIENTS

VS

PATIENCE By
Carl Bohnenkamp

Or maybe the other way around. Hold that thought. We started DYK because many people don't know. Be the new residents or long term residents it's hard to keep up with it all. Along with the printed/emailed updates I learn a lot by networking - talking to people who are on various committees that are involved with steering Freedom Plaza.

I joined the RAC Health & Wellness Committee. I worked as an EMT in a busy district and felt that I could contribute. I feel that I've found my niche.

Now, back to that original thought. We've all seen signs on elevators advising us that they're locked down and not to be used. Sometimes the walls have been padded to prevent damage by the movers. Sometimes they're locked down to hold them ready for medical reasons. Consider that almost any time an ambulance arrives an elevator will be locked down for a potential medical emergency. Seeing a padded elevator locked down doesn't mean that it's *JUST* the movers. Now here's the patients vs. patience part. Some residents know how to override a locked down elevator. Hijacking an elevator doesn't mean inconveniencing the movers. Worst case it can mean the difference between saving a life or not. I know this from personal experience. Any EMS worker would tell you the same. So.....for the patients' sake please have patience.

DYK: That Physicians of Internal Medicine, Podiatry, Dermatology and Hearing visit Freedom Plaza monthly. Contact the Wellness Office for more info.

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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