

## Group Meeting

May 18, 2011

10:00 – 12:00

*It's All About YOU*

*May* is a time when Project GRANDD celebrates your grandparenthood. It is our opportunity to remind each of you how very important your health and well-being is to the health and well-being of those in your care. Come treat yourself to caring for **YOU!** This group meeting will teach you relaxation techniques, strength training and flexibility exercises.



Come dressed casual and ready to pamper yourself and learn how to improve your health condition.

### THE AFFECTS OF AGING

It's no secret that our bodies change as we age. Some changes are obvious, while others are not. Many age comfortably and remain active, alert, and vibrant throughout their lives. Their health age may be quite younger than their chronological age. Others may experience the effects of osteoporosis and osteoarthritis and stress which can gradually reduce the ability to participate fully in activities. Knowing what to expect and taking steps to correct the effects of aging can help you maintain a young spirit and an independent life. A **healthy diet, regular exercise program, and positive attitude** can help delay the onset and slow the progression of many age-related changes.

### Changes in MUSCLES as we age:

→As muscles age, they begin to shrink and lose mass. This is a natural process, but a sedentary lifestyle can accelerate it.

→The number and size of muscle fibers also decrease. It takes muscles longer to respond in our 50s than they did in our 20s.

→The water content of tendons, the cord-like tissues that attach muscles to bones, decreases as we age. This makes the tissues stiffer and less able to tolerate stress.

→Handgrip strength decreases, making it more difficult to accomplish routine activities such as opening a jar or turning a key.

→The heart muscle becomes less able to propel large quantities of blood quickly to the body. We tire more quickly and take longer to recover.

→The body's metabolic rate (how quickly the body converts food into energy) slows. This can lead to obesity and an increase in "bad" cholesterol levels.

### Changes in BONES as we age:

→The mineral content of bones decreases, so that bones become less dense and more fragile.

→As bones lose mass, osteoporosis develops, affecting both women and men. In the spine, osteoporosis can lead to crush fractures of the vertebrae, resulting in a hump. Osteoporosis is also responsible for almost all hip fractures in older men and women.

→The chemistry of cartilage, which provides cushioning between bones, changes. With less water content, the cartilage becomes more susceptible to stress. As cartilage degenerates, arthritis can develop.

→Ligaments, connective tissues between bones, become less elastic, reducing flexibility.

### Changes in JOINTS as we age:

→Joint motion becomes more restricted and flexibility decreases with age because of changes in tendons and

ligaments.

→As the cushioning cartilage begins to break down from a lifetime of use, joints become inflamed and arthritic.

### How Can I Change The Affects of Aging

Many of the changes in our musculo-skeletal system result more from disuse than from simple aging. Less than 10 percent of Americans participate in regular exercise, and the most sedentary group is older than 50 years of age.

**STRETCHING** is an excellent way to help maintain joint flexibility.

**WEIGHT TRAINING** can increase muscle mass and strength, enabling people to continue their daily routine activities without maximal exertion.

**PHYSICAL ACTIVITY** can reduce your risk of developing high blood pressure, heart disease, and some forms of cancer.

Regular exercises may slow the loss of muscle mass and prevent age-associated increases in body fat. Exercise also helps maintain the body's response time, as well as its ability to deliver and use oxygen efficiently. Just 30 minutes of moderate activity, added to your daily routine, can provide health benefits.

An exercise program doesn't have to be strenuous to be effective. Walking, square dancing, swimming, and bicycling are all recommended activities for maintaining fitness as we age.

The 30 minutes of moderate activity can be broken up into shorter periods. For example, you might spend 15 minutes working in the garden in the morning and 15 minutes walking in the afternoon. How far do you walk to the bus line? Your grandchildren's bus stop? Even the mail box? It all adds up. But if you have never attempted an exercise program before, be sure to see your doctor before starting one now.

*Taken from the Am. Academy of Orthopaedic Surgeons*



Each year we invite a couple of grandparents to volunteer at the ISDD golf tournament. This year's tournament is on May 17<sup>th</sup>. If you are interested in attending, please contact Janice or Susan soon.



## NO MORE PAPER CHECKS ISSUED

Social Security checks and other federal benefits won't be coming in the mail for anyone applying after May 1, 2011.

The U.S. Treasury no longer will issue paper checks and instead will deposit directly into accounts or provide a debit card for people without a bank account.

It's a move the department said will save the nation \$1 billion during 10 years.

Residents already receiving government checks have a grace period until March 1, 2013 to make the change to electronic payment by going online or calling the department.

Benefit recipients can visit [www.GoDirect.org](http://www.GoDirect.org) or call 1-800-333-1795. Current check recipients must make the switch to direct deposit or debit card by March 1, 2013.

People newly applying for federal benefits on or after Sunday must pick an electronic payment method. For those requesting direct deposit, they will need their routing transit number, account type (checking or savings) and account number.

People without an account at a financial institution can receive a Direct Express Debit MasterCard.

**JUNE** – no meeting

**JULY** – Annual Family Event ....

July 27th

Look for something NEW to

Project GRANDD in July!!!!

## Ten Tips to protect Children From Chemical and Lead Poisoning



1. Always **store pesticides** and other household chemicals, including chlorine bleach, **out of children's reach** -- preferably in a locked cabinet.



2. Read the Label **FIRST!** Pesticide products, household cleaning products, and pet products can be dangerous or ineffective if too much or too little is used.



3. Before applying pesticides or other household chemicals, remove children and their toys, as well as pets, from the area. **Keep children and pets away** until the pesticide has dried or as long as is recommended on the label.



4. If your use of a pesticide or other household chemical is interrupted (perhaps by a phone call), properly **reclose the container** and remove it from children's reach. Always use household products in child-resistant packaging.



5. Never transfer pesticides to other containers that children may associate with food or drink (like soda bottles), and never place rodent or insect baits where small children can get to them.



6. When applying insect repellents to children, read all directions first;

do not apply over cuts, wounds, or irritated skin; do not apply to eyes, mouth, hands, or directly on the face; and use just enough to cover exposed skin or clothing, but do not use under clothing.



7. Many homes built before 1978 have lead-based paint. If you plan to remodel or renovate, get your home tested. Don't try to remove lead paint yourself.



8. As about lead when buying or renting a home. Sellers and landlords must disclose known lead hazards in houses or apartments built before 1978.



9. Get your child tested for lead. There are no visible symptoms of lead poisoning, and children may suffer behavior or learning problems as a result of exposure to lead hazards.



10. Wash children's hands, toys, and bottles often. Regularly clean floors, window sills, and other surfaces to reduce possible exposure to lead and pesticide residues.

Ten things to do with your kids this summer:

1. Make a scrapbook of good memories
2. Have a picnic
3. Write letters to friends and relatives
4. Go to a ballgame
5. Let your grandchildren take photographs
6. Have your grandchildren make dinner
7. Write a poem
8. Bake some cookies
9. Visit a farm
10. Go outdoors and find 10 different flowers