



## Injury Prevention Tips for Healthy Active Living



By *Nicole Spellman, LATC*  
& *Ben Lunt, LATC*



In case you missed the presentation on May 20, 2021, certified Athletic Trainers from South Shore Orthopedics discussed ways to avoid injury through active, healthy living. In their experience, maintaining ones health and staying physically active can help to reduce the risk of injury.

The benefits of being active are many:

- Fitness improves senior health
- Exercise helps with managing body weight
- Exercise increases bone strength
- Staying active promotes heart and cardiovascular health
- Exercise builds positive mental health
- Building strength prevents falls
- Staying active promotes a regular sleep schedule

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### **Myth About Activity & Aging:**

*“There’s no point to exercising. I’m going to get old anyway.”*

**Fact:** Regular physical activity helps you look and feel younger and stay independent longer. It also lowers your risk for a variety of conditions, including dementia, heart disease, diabetes, certain cancers, high blood pressure, and obesity. And the mood benefits of exercise can be just as great at 70 or 80 as they were at 20 or 30.

### **Tip for Better Living:**



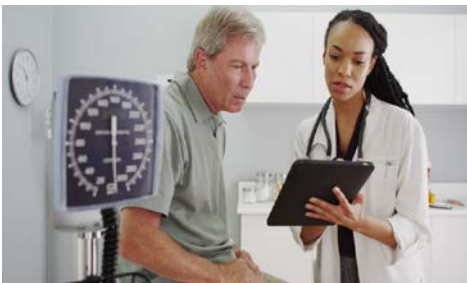
### **How to stay motivated:**

- Focus on short term goals
- Reward yourself
- Keep an exercise log
- Find support

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## Understanding your health and medications:

- Get an annual eye examination, and a physical that includes an evaluation for cardiac and blood pressure problems.
- Maintain a diet with adequate dietary calcium and Vitamin D.
- Do not smoke.
- Avoid excessive alcohol intake.
- Keep an up-to-date list of all medications and frequently provide it to all doctors with whom you consult.
- Check with your doctor(s) about any side effects of your medications and over-the-counter drugs, as fatigue or confusion increases your risk of falling.
- Make sure all medications are clearly labeled and stored in a well-lit area.
- Take medications on schedule with a full glass of water, unless otherwise instructed.



## Getting Started safely

- Talk with your PCP and get medical clearance before you begin an exercise program
- Consider Health Concerns
- Start slow and build up steadily
- Prevent injury and discomfort by warming up and cooling down
- Commit to an exercise schedule-make it a habit

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### **Myth About Activity & Aging**

*"Exercise puts me at risk of falling down."*

Fact: Regular exercise, by building strength and stamina, prevents loss of bone mass and improves balance, actually reducing your risk of falling.

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## Household Safety

- Make sure all hallways, stairs, and paths are well lit and clear of objects such as books or shoes.
- Use rails and banisters when going up and down the stairs. Never place scatter rugs at the bottom or top of stairs.
- Tape all area rugs to the floor so they do not move when you walk on them.
- Clean up any clutter around the house
- Avoid stretching extension cords across the floor
- Wear non-slip footwear



## Outdoor Exercise Safety

- Carry your ID with emergency contact information and bring a small amount of cash and a cell phone with you, especially if walking alone. Stay alert by not talking on the phone as you walk.
- Let others know where you're going and when you plan to be back.
- Stick to well-lit places with other people around.
- Be seen to be safe. Wear light or brightly colored clothing during the day. Wear reflective material on your clothing and carry a flashlight at night.
- Wear sturdy, appropriate shoes for your activity that give you proper footing.



If you were not physically active before, please consult with your PCP prior to exercise. To view some examples of balance and strength exercises from the experts at South Shore Orthopedics, click [HERE](#)





**aunt  
bertha**



**South Shore Health**

## Intro to South Shore Health's Community Resource Directory: A Virtual Event for Councils on Aging

▶ RSVP Here: <https://go.auntbertha.com/ssh-2021-06-29>

Join your fellow nonprofit professionals from Councils on Aging across the South Shore of Massachusetts who are using South Shore Health's Community Resource Directory, powered by Aunt Bertha, to connect people to social services throughout the commonwealth.

### Event Details

**Thursday, June 29, 2021**

**2:00 PM – 3:15 AM, Eastern Daylight Time**

\*Please be sure to have reliable Internet access to join the virtual community event.

#### Questions?

Please feel free to email:  
[mdwyer@auntbertha.com](mailto:mdwyer@auntbertha.com)  
or [AGillis2@southshorehealth.org](mailto:AGillis2@southshorehealth.org)

### What You'll Learn

- ▶ How an open social care network best serves the interests of people seeking help;
- ▶ How to find and connect directly with resources; and
- ▶ How to optimize your referrals to Community-Based Organizations and receive status updates through the process.

### Speaker



**Mikaela Dwyer** is a native New Englander and lifelong advocate for helping those in need. With a Masters in Human Rights and Sustainability, she spent several years working alongside NGOs both internationally and domestically. She has worked for various nonprofits focused on family services, healthcare accessibility, and disability rights. Mikaela is excited to spread the word about Aunt Bertha and to build a community around serving and protecting people.



### About Aunt Bertha

At Aunt Bertha, we connect people with local nonprofits offering social services, and we support organizations with tools that help them provide the best service.

▶ RSVP Here: <https://go.auntbertha.com/ssh-2021-06-29>



## Centers for Disease Control and Prevention HEALTHY AGING

### What is a Healthy Brain? New Research Explores Perceptions of Cognitive Health Among Diverse Older Adults

Cognitive health is a major factor in ensuring the quality of life of older adults and preserving their independence. To explore how diverse older adults think about “cognitive health and cognitive decline,” the Healthy Aging Research Network, a group of nine universities supported by the Centers for Disease Prevention and Control (CDC) Healthy Aging Program, conducted a series of group interviews across the United States.

This research, identified in *The Healthy Brain Initiative: A National Public Health Road Map to Maintaining Cognitive Health* ([www.cdc.gov/aging](http://www.cdc.gov/aging)) as a priority area, was designed to gain insights into how people view cognitive health and how to maintain it. The findings will be used to further the development of effective public health messages to promote cognitive health in older adults across the nation.

Between 2005 and 2007, researchers conducted 55 focus groups with over 450 participants from nine states. The diverse participants included older adults (some of whom were experiencing cognitive impairment), individuals caring for family or friends experiencing cognitive impairment, healthcare providers, residents of rural and urban areas, speakers of English, Spanish, Mandarin, Cantonese, and Vietnamese, African Americans, American Indians, Asian Americans, Hispanics, and non-Hispanic whites.



#### *What is cognitive health?*

A healthy brain is one that can perform all the mental processes that are collectively known as cognition, including the ability to learn new things, intuition, judgment, language, and remembering.

## Several key themes emerged from the focus groups

- **Race and ethnicity can influence how we define a healthy brain**
- **Older adults believe that physical activity can protect cognitive health but are often less clear on the role nutrition can play.**
- **Findings can guide development of better messages**
- **Media messages are rare and often conflicting**

Overall, the findings suggest that messages about cognitive health should be tailored to specific communities and cultural subgroups, and that existing media messages are often conflicting. Researchers will continue to examine these issues to better inform the public about the evolving science of maintaining cognitive health and preventing cognitive impairment.

*This work was supported in part by the Healthy Aging Program at the Centers*

To read the full article, Click [HERE](#)

*“First in staying sharp is exercising, the second is diet, and the third is being active in society. Go often, participate often ...”*  
~by a participant



Community Benefits is proud to offer the  
**South Shore Home Care Education Series**



**Tuesday, June 8 at 2 PM**

**Diabetes Care:** Kerry Ovalle, Certified Diabetes Educator and Exercise Physiologist, will show ways to take control of your health and manage your diabetes through simple nutrition habits. <https://www.southshorehealth.org/about-us/events-and-programs/2021/06/08/diabetes-care>

**Tuesday, June 22 at 2 PM**

**Managing Joint Pain:** Jon Sunkin, MD will share his knowledge about bone and joint health. He will also discuss ways to manage chronic pain from arthritis and other musculoskeletal concerns. <https://www.southshorehealth.org/about-us/events-and-programs/2021/06/22/managing-joint-pain>

**Wednesday, June 23 at 4 PM**

**How to Improve Bladder Control:** Bladder control issues impact women throughout their lifetime. Reasons for lack of control vary according to age group and it changes as one ages. Gerry Campos, MD will provide a broad overview of the problem and make some suggestions for improvement.

<https://www.southshorehealth.org/about-us/events-and-programs/2021/06/23/how-improve-bladder-control>

*These presentations are complimentary*

**To register, please click link above or contact Karen Curran:**

Phone: 781-624-7423

Email: [kcurran2@southshorehealth.org](mailto:kcurran2@southshorehealth.org)

Once you have registered, the Zoom link will be sent to you 24 hours prior to the presentation.

South Shore Home Care includes South Shore VNA and Hospice of the South Shore.



## The Hidden Gifts of Aging with Ken Dychtwald

Growing older has been cast in a negative light in our society and this has led to many negative effects that aren't only felt by older adults. This is one of the issues that Ken Dychtwald tackles in his memoir, *Radical Curiosity: One Man's Search for Cosmic Magic and a Purposeful Life*.

In this book, Ken compiles some of the most impactful life lessons he has learned from his greatest teachers, and today he joins us to share just a few of them.

Colin Milner, ICAA founder and CEO discusses these topics and more in his podcast interview with top-selling author, Ken Dychtwald.

Click [HERE](#) to access the full podcast

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**The Healthy Aging Connection** exists to promote positive health outcomes through knowledge, prevention, collaboration, respect, and connectedness between seniors and their communities. This connection is dedicated to fostering positive mental health and physical well-being for the older adult population it serves.

**The Healthy Aging Connection** will build and sustain a collaborative network of seniors, community leaders, Councils on Aging, Elder Services, senior centers, health care providers, and organizations that are focused on optimizing senior health and wellness.

### Connect with South Shore Health:

