



WOODLANDS WELLNESS JOURNAL

PHYSICAL - A DIMENSION OF WELLNESS

Physical: Maintaining a sound substantial body through regular exercise, proper nutrition and sleeping well.

October is a great time of year to get outside and exercise. Below is great information from WebMD to consider when exercising outside this fall.

Dress in layers. When exercising outside, layer your clothing. Before your body warms up, you may feel chilled, but once the blood gets pumping, you'll feel overdressed.

These days, there's no lack of great weather gear. Freytag and Price recommend clothing with wicking, often called "DriFit." This fabric wicks moisture away from your skin so you're not exercising with wet fabric hanging on you.

Freytag suggests three layers: "The inner layer should be a moisture-wicking fabric, so it wicks away sweat and you're not chilled. The second layer should be a warmth layer, and the third layer should be a protective layer (like a windbreaker or rain slicker, depending on the weather)."

"And don't forget the sunglasses," she warns. UV protection is important year round. Fall sun can be blinding at certain times of the day.



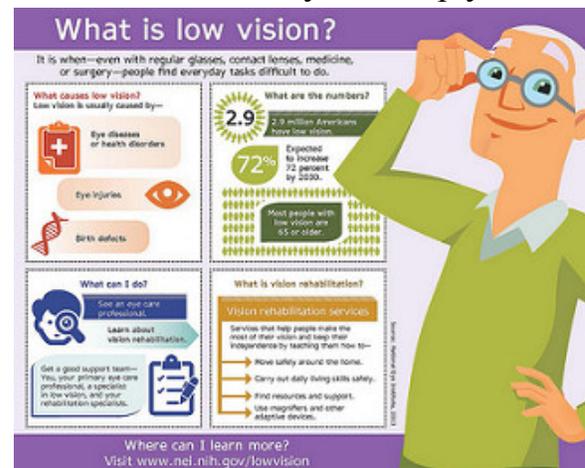
October Wellness Seminars The Wellness Office is sponsoring 2 seminars in October.

"What is Palliative Care?"

Lake Sunapee VNA and Hospice will be at The Woodlands on **Friday October 19th at 9:30 am** to educate us on "What is Palliative Care". Come join us to learn the differences between Visiting Nurses, Palliative Care and Hospice Care.

Healthy Eyes and Low vision

NH Association for the Blind will be here to discuss eye health and low vision on **Wednesday, October 24th 1:30-3:00pm**. The NH Association for the Blind will bring a number of aids and devices for everyone to try and answer any question you may have about how they can help you!



What is low vision?

It is when—even with regular glasses, contact lenses, medicine, or surgery—people find everyday tasks difficult to do.

What causes low vision?
Low vision is usually caused by—

- Eye diseases or health disorders
- Eye injuries
- Birth defects

What are the numbers?

- 2.9 million Americans have low vision.
- Expected to increase 72 percent by 2050.
- Most people with low vision are 65 or older.

What can I do?

- Get an eye care professional.
- Learn about vision rehabilitation.
- Get a good support team—this, your primary eye care professional, a specialist in low vision, and your rehabilitation specialist.

What is vision rehabilitation?

Services that help people make the most of their vision and keep their independence by teaching them how to—

- Move safely around the home.
- Carry out daily living skills safely.
- Find resources and support.
- Use magnifiers and other adaptive devices.

Where can I learn more?
Visit www.nel.nih.gov/lowvision

October is Breast Cancer Awareness Month

A cancer that develops in the breast cells and progresses in stages.

Common (More than 200,000 cases per year in US)

Diagnosis often requires lab test or imaging

Treatment from medical professional advised

Can last several months or years

Cancer develops in the tissues of breasts, affecting both men and women due to different reasons like family history or changes in genes and progress through stages. Symptoms would be lump in the breast and change in the appearance of the breast. Breast cancer is treated based on the stage of the cancer using medication radiation therapy or surgery.

Symptoms

- A lump or mass in the breast that feels different from the surrounding tissue
- Change in the shape, size, or appearance of the breast
- Changes in the skin over the breast, for example, dimpling
- Inverted or pulling-in of the nipple
- Scaling, peeling, or flaking skin over the breast, particularly the dark area around the nipple
- Redness and/or pitting of the breast skin, resembling the skin of orange
- Discharge from the nipple

Treatments

Treatment is primarily based on the type and stage of cancer.

Medication

- **Chemotherapy:** Drugs may be recommended before or after the surgery to reduce the mass size and prevent spread or recurrence.
Capecitabine · Carboplatin · Doxorubicin · Vinorelbine
- **Hormone therapy:** Drugs used in hormone therapy help in regulating the proliferation of

hormone sensitive cancer cells and prevent the production of hormones or reduce their action.

Raloxifene · Tamoxifen · Fulvestrant · Leuprolide

Self care

- Eat healthy and nutritious food
- Avoid alcohol
- Practice gentle exercises upon doctor's advice
- Visit doctor for regular examination

Medical procedures: Lumpectomy · Mastectomy · Breast reconstruction

Therapies: Radiation therapy

Causes

The exact cause is not known, but may include:

- Family history
- Hormonal changes
- Growing age
- Ethnicity: Hispanic, Black, and Asian and Pacific Islander women are at increased risk
- Personal history of breast cancer: A cancer in one breast increases the chances of having cancer in the other breast
- Lifestyle, including alcohol consumption
- Environmental factors, including exposure to radiations
- Obesity and over weight
- Menarche: Having periods at younger age and menopause at an older age
- Pregnancy: Becoming pregnant at an older age or never being pregnant
- Hormone use, including long-term contraceptive use or postmenopausal hormone therapy



CALENDAR OF WELLNESS EVENTS

MONDAY

9AM-9:45 AQUA FITNESS IN THE
POOL

10:30-11:15 CHAIR FITNESS
CLASS 1ST FLOOR ACTIVITY ROOM

TUESDAY

9:15-10 FITNESS CLASS IN THE
GYM

10:30-11:15 TAI CHI THE GREAT
ROOM

3PM-4PM GAMES DAY 1ST FLOOR
ACTIVITY ROOM

WEDNESDAY

9:30-10:15 YOGA CHAIR CLASS
1ST FLOOR ACTIVITY ROOM

10:30-11:30 TAI JI QUAN 1ST
FLOOR ACTIVITY ROOM

THURSDAY

9AM-9:45 AQUA FITNESS IN THE
POOL

10:15-11:00 FITNESS CLASS IN
THE GYM

2PM-3PM DANCING 1ST FLOOR
ACTIVITY ROOM

FRIDAY

12:00-1:00PM TAI JI QUAN 1ST
FLOOR ACTIVITY ROOM

FRIDAY, OCTOBER 19TH @ 10AM IN
THE GREAT ROOM. "WHAT IS
PALLIATIVE CARE?"

**WEDNESDAY, OCTOBER 24TH 1:30 –
3:00PM** IN THE GREAT ROOM
HEALTHY EYES AND LOW VISION.
PRESENTED BY NH ASSOCIATION FOR
THE BLIND

OCTOBER TRIVIA FACTS

10/1/1908 FORD FIRST INTRODUCES THE
GROUNDBREAKING MODEL T CAR,

10/6/1889 THOMAS EDISON SHOWS THE
FIRST MOTION PICTURE

10/11/1939 FRANKLIN D. ROOSEVELT
RECEIVES A LETTER FROM ALBERT
EINSTEIN DISCUSSING THE ATOM BOMB

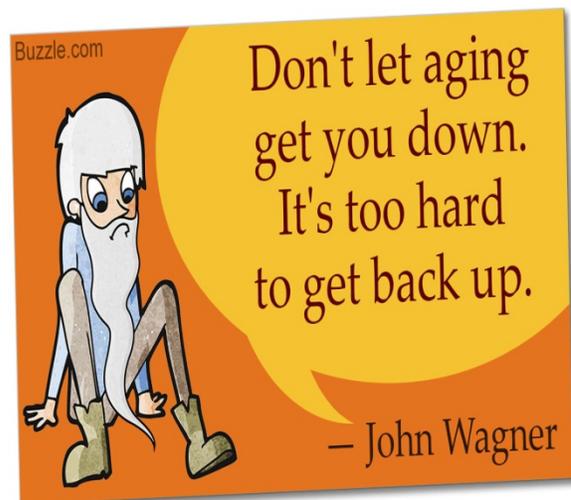
10/11/1984 THE FIRST SPACEWALK BY AN
AMERICAN WOMAN.

10/17/1937 DONALD DUCK'S THREE
NEPHEWS, HUEY, DEWEY AND LOUIE, FIRST
APPEAR IN A COMIC STRIP

10/30/1938 THE WAR OF THE WORLDS IS
BROADCAST, BUT PEOPLE THINK IT'S REAL,
CREATING A NATIONWIDE PANIC

10/31/1926 MAGICIAN HARRY HOUDINI
DIES AFTER HIS APPENDIX RUPTURED

Laughter is the best Medicine



**"Two peanuts were walking down the
street. One was a salted."**



Regular or High Dose Flu Vaccine

*October 9th
and 16th 2018

10:00am-1:00pm

Appointment Required

Sign-up sheet is at the
concierge desk for your
convenience.

Tips from the CDC on How to Prevent the Flu

1. **Avoid close contact.**
Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
2. **Stay home when you are sick.**
If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.
3. **Cover your mouth and nose.**
Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Flu and other serious respiratory illnesses, like respiratory syncytial virus (RSV), whooping cough, and severe acute respiratory syndrome (SARS), are spread by cough, sneezing, or unclean hands.
4. **Clean your hands.**
Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.