



February is Heart Health Awareness Month.

Here are some fun facts I have found about the Heart:

1. With every beat of your heart blood is sent flowing through 60,000 miles of blood vessels, delivering important nutrition and oxygen to all your organs and tissues. If you stretched the blood vessels in your body end-to-end, they'd circle the Earth almost 2.5 times! *[Cleveland Clinic]*
2. Laughing may, in fact, be good for your heart and overall health! Research suggests a good belly laugh can increase your blood flow by 20%. The positive effects of this chuckle can last for 24 hours. *[American Heart Association]*
3. An octopus has three hearts but a jellyfish doesn't have a heart at all? Two of the hearts in an octopus pump blood (it happens to be the color blue) to the gills, while the third circulates it throughout the rest of the body. *[NOAA]*
4. Before the invention of the stethoscope in 1816 a doctor would listen to his patient's heart by placing his ear to the patient's bare chest. A French doctor, who thought this approach was both awkward and of limited clinical value, used a rolled sheet of paper to create an aural tube that led soon thereafter led to the
5. stethoscope's invention. *[US National Library of Medicine]*
6. Heart attack sufferers do best when treated within an hour of symptoms starting. Sadly, many wait hours before seeking help. *[Wall Street Journal]*
7. Suspect a heart attack? Stay out of the car and call 911. An ambulance is the fastest, safest option for help. *[National Heart, Lung, and Blood Institute]*
8. An adult heart pumps more than a gallon of blood per minute - enough to fill 38,000 drinking glasses each day! *[Cleveland Clinic]*
9. Your heart pumps 1 million barrels of blood in an average lifetime. That's enough blood to fill more than 1,500 Olympic sized swimming pools! *[George Washington University Heart & Vascular Institute]*
10. Happy birthday, EKG! This vital medical instrument was invented 114 years ago and revolutionized the way in which heart problems are detected. *[Cleveland Clinic]*
11. Researchers think Beethoven had an irregular heartbeat and that the condition may have inspired his greatest music. What's your favorite Beethoven piece? *[A History of the Disorders of Cardiac Rhythms by Berndt Lüderitz]*



All these facts and more can be found online at:

<https://ubiquinol.org/blog/heart-health-month-2019>

NEW TAI CHI CLASS!

Paul Mahoney will be here offering an 8 week Tai Chi series. Classes will start Tuesday, February 5th and go until Tuesday March 29th.

Classes will be held every Tuesday from 10:30am – 11:15am in the Activity Room on the First Floor.

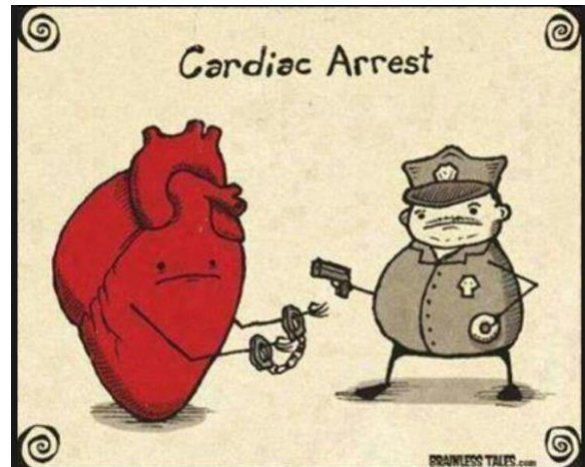
Paul Mahoney will teach Tai Chi For Health. This class includes instruction of the Yang style short form and will include qigong (Chee gong) practice.

This course is suitable for beginners who are interested in improving their health while learning this ancient art form. This course is also suitable as an intro to tai chi chuan for students who are interested in not only the health side but in learning the martial art of tai chi.

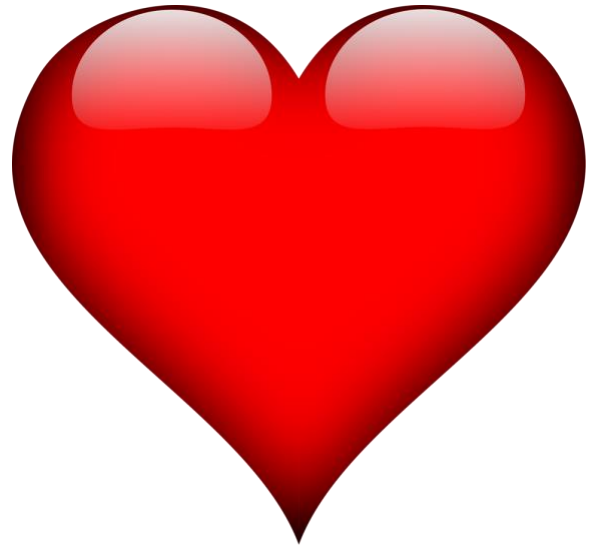
Paul Mahoney has over thirty years of tai chi experience. To learn more

about him please
visit: www.greatbaytaichi.com.

Laughter is good for the heart!



“My memory is gone Mildred,
so I changed my password
to “Incorrect.” That way when
I log in with the wrong
password,
the computer will tell me...
“Your password is incorrect.”



February's Wellness Wednesday.

"The ABCs of Heart Health:
Arteries, **B**lood pressure and
Cholesterol"

Wednesday,
February 27, 2019
3:00 – 4:00 p.m.

The Woodlands Great Room

Lauri Smerald, RN, MS,

CDE

Wellness Nurse

Lake Sunapee VNA

A Look Back at January

On January 31st, 2019 Dr. Santulli and Megan Bunnell from Geisel School of Medicine came to talk to the residents of The Woodlands about Dementia Advanced Directives. The event was a huge success with over 35 people in attendance. If you would like a copy of the handouts from Dr. Santulli, stop by the Wellness Office or leave me a message.

Spring ahead to March

In March we will have a special presentation by the Lebanon Fire Department. Duane Egner, Fire Inspector will explain to us what happens when we call 911.

**Have an idea for a Wellness
Topic?**

If there is a program or an idea you would like for Wellness Wednesday, please let me. You can reach out by email (champagnem@apdmh.org) or leave me a note and I will do my best to coordinate the event. Wellness Wednesday is not just about educational speakers, we can do anything that applies to the Wellness Wheel. The sky is the limit and I look forward to your ideas!

Yoga is an excellent way for older adults to loosen and stretch painful muscles, reduce stress, and improve circulation. It also reduces anxiety, helps lower blood pressure, protects joints, and builds strength and balance.

10:30-11:30 am – Tai ji Quan: Moving for Better Balance 1st Floor Activity Room

(9/19/18-3/27/19) Research based fall prevention program improves balance and function while decreasing falls and the fear of falling. Classes are twice a week and taught over a 24 week period.

Fitness Class Schedule



Monday

9:00-9:45 am – Aqua Fitness in the Pool

A combination of stretches, low impact aerobics in the water, building strength and mobility. Use of noodles and weights as well.

10:30-11:15am – Chair Fitness 1st floor activity room

The focus of this class is on increasing flexibility, coordination, muscle tone and balance as well as providing cardiovascular benefits. This class presents fluid, smooth movements using only body weight. All exercises are performed in a chair.

Tuesday

9:15-10:00 am – Fitness in the Exercise Room

This total body workout is suitable for seniors or those new to fitness. This class includes cardiovascular movements, strength, stretch and balance.

10:30-11:15 am – Tai Chi for Health 1st Floor Activity Room

This course is suitable for beginners who are interested in improving their health while learning this ancient art form.

Wednesday

9:30-10:15am – Chair Yoga 1st Floor Activity Room

Thursday

9:00-9:45 am - Aqua Fitness in the Pool

A combination of stretches, low impact aerobics in the water, building strength and mobility. Use of noodles and weights as well.

10:30-11:15am – Strength, Toning and Conditioning

This is a total body workout using body weight, light dumb-bells, weight exercise balls or bands in a variety of routines designed to maintain or increase muscle tone, bone density, and cardiovascular fitness. Participants are given options to use only body-weight or to perform some exercises seated or standing.

2:00-3:00pm – Line Dancing 1st Floor Activity Room

Fun routines to a wide variety of music including, Oldies, Big Band, Celtic, Country, Show Tunes and more. Balance, reflexes and memorization are among the skills that dancing develops. Laughter and a supportive atmosphere. No partner required.

Friday

10:00-10:45am – Balance and Exercise with Weights in the Exercise Room

Increase lean muscle mass, improve bone density, improve balance and decrease lower back pain. This work out can be done standing or sitting.

11:45-12:30pm - Tai ji Quan: Moving for Better Balance 1st Floor Activity Room

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