



# WOODLANDS WELLNESS JOURNAL

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## The Wellness Office and You!

With so many new residents moving in, I wanted to take a few minutes to share with you my position here at The Woodlands. As your Wellness Coordinator, I have the amazing opportunity to help all of you live and stay as independent as possible and to share my knowledge of healthcare with you. I am available to answer questions regarding your health, medicines or to review any symptoms you may be having.

Feel free to stop by the Wellness Office so I can help you coordinate future care or help with a temporary health set back. My goal is to help you stay safe and independent as long as possible.

Here are a few of the tasks I can help you with:

- Consultative Services regarding new, current and long standing medical conditions
- Coordination of Care between all your doctors
- Assistance calling doctors to schedule appointments
- Answer questions regarding medications that may be new to you
- Help with calling in prescription refills
- Blood pressure check
- Assist you with selecting a private care giver if needed

Last month, Kim had each of you review and update the emergency contact form. The next area I will be focusing on will be Advance Care Directives. Advance Care Directives are directions you put in writing should you become unable to make your own medical decisions. In the Advance Care Directives, you would name a Power Of Attorney for Healthcare and express your desire for end of life care. This document is extremely important for any adult regardless of your age. If your chart does not have a copy of your Advance Directives, I will notify you and request a copy for your files.

*Michelle Champagne, LPN Wellness Coordinator*

## **NEW** Fitness Class Schedule as of April 1<sup>st</sup>

### 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 1<sup>st</sup> 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.

### Wednesday

#### **9:30-10:15am – Chair Yoga 1<sup>st</sup> Floor Activity Room**

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.

### 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 1<sup>st</sup> 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.

#### **11:45-12:30 - Moving for Better Balance - 2<sup>nd</sup> Friday of every month**

#### **In the Activity Room on the 1<sup>st</sup> floor**

Joanna will be here once a month to have a follow up Tai ji Quan - Moving for Better Balance class.

# Wellness Wednesday on April 24, 2019

## 2pm in the Activity Room on the 1<sup>st</sup> Floor

This month we will be doing something a little different for our monthly Wellness Wednesday.

### Drum Circles

#### Empowering, connective & fun!

A drum circle offers in-the-moment music making in an inviting and inclusive atmosphere. No prior experience required. The focus is not on creating perfect sounds or rhythms. Instead, folks are encouraged to play, sing along and dance, or just enjoy the music. We use hand drums, shakers, and wood & metal percussion instruments to play rhythmical games, create hypnotic grooves and drum to familiar songs.

#### Benefits

Drumming is emotionally and physically beneficial.

It's gentle and supports memory function.

Drumming builds community spirit and personal empowerment.

#### About Rob Zollman

A professional set and hand drummer and percussionist for over 40 years, Rob regularly performs jazz, blues, rock, classical, and Brazilian and other ethnic music. Rob teaches at his Hands-On Music studio and Otter Valley Union High School in Brandon, Vermont. He facilitates music making events throughout New England.

Rob has a Bachelor of Music from the University of the Arts, and studied with noted music theorists Dr's. Edwin Gordon and Christopher Azzara.

Rob has worked with drum circle facilitators Arthur Hull and Christine Stevens.

**Hands-On Music drummerrob@WholeMusicLearning.com**

**802 247-2700 [www.HandsOnMusicVT.com](http://www.HandsOnMusicVT.com)**





## WHAT IS DEHYDRATION?

### Overview

Dehydration occurs when you use or lose more fluid than you take in, and your body doesn't have enough water and other fluids to carry out its normal functions. If you don't replace lost fluids, you will get dehydrated.

Anyone may become dehydrated, but the condition is especially dangerous for young children and older adults.

The most common cause of dehydration in young children is severe diarrhea and vomiting. Older adults naturally have a lower volume of water in their bodies, and may have conditions or take medications that increase the risk of dehydration.

This means that even minor illnesses, such as infections affecting the lungs or bladder, can result in dehydration in older adults.

Dehydration also can occur in any age group if you don't drink enough water during hot weather — especially if you are exercising vigorously.

You can usually reverse mild to moderate dehydration by drinking more fluids, but severe dehydration needs immediate medical treatment.

### Symptoms

Thirst isn't always a reliable early indicator of the body's need for water. Many people, particularly older adults, don't feel thirsty until they're already dehydrated. That's why it's important to increase water intake during hot weather or when you're ill.

The signs and symptoms of dehydration also may differ by age.

### Adult

- Extreme thirst
- Less frequent urination
- Dark-colored urine
- Fatigue
- Dizziness

- Confusion

## Complications

Dehydration can lead to serious complications, including:

- **Heat injury.** If you don't drink enough fluids when you're exercising vigorously and perspiring heavily, you may end up with a heat injury, ranging in severity from mild heat cramps to heat exhaustion or potentially life-threatening heatstroke.
- **Urinary and kidney problems.** Prolonged or repeated bouts of dehydration can cause urinary tract infections, kidney stones and even kidney failure.
- **Seizures.** Electrolytes — such as potassium and sodium — help carry electrical signals from cell to cell. If your electrolytes are out of balance, the normal electrical messages can become mixed up, which can lead to involuntary muscle contractions and sometimes to a loss of consciousness.
- **Low blood volume shock (hypovolemic shock).** This is one of the most serious, and sometimes life-threatening, complications of dehydration. It occurs when low blood volume causes a drop in blood pressure and a drop in the amount of oxygen in your body.

## Prevention

To prevent dehydration, drink plenty of fluids and eat foods high in water such as fruits and vegetables. Letting thirst be your guide is an adequate daily guideline for most healthy people. People may need to take in more fluids if they are experiencing conditions such as:

- **Vomiting or diarrhea.** If your child is vomiting or has diarrhea, start giving extra water or an oral rehydration solution at the first signs of illness. Don't wait until dehydration occurs.
- **Strenuous exercise.** In general, it's best to start hydrating the day before strenuous exercise. Producing lots of clear, dilute urine is a good indication that you're well-hydrated. During the activity, replenish fluids at regular intervals and continue drinking water or other fluids after you're finished.
- **Hot or cold weather.** You need to drink additional water in hot or humid weather to help lower your body temperature and to replace what you lose through sweating. You may also need extra water in cold weather to combat moisture loss from dry air, particularly at higher altitudes
- **Illness.** Older adults most commonly become dehydrated during minor illnesses — such as influenza, bronchitis or bladder infections. Make sure to drink extra fluids when you're not feeling well.

By Mayo Clinic Staff

<https://www.mayoclinic.org/diseases-conditions/dehydration/symptoms-causes/syc-20354086>

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