

Improving Your Balance



Improving Your Balance... One Step at a Time

By Randy Cogburn, Wellness Director

Regardless of age, most people want to remain as independent as they can for as long as possible. A big part of that means being able to move about without losing your balance and being afraid of falling. If, with every step we take, we are unsteady and we move as though we are walking on egg shells, we begin to lose our confidence and ultimately become less active.

Unfortunately, this is a problem that affects a lot of people. In fact, over a third of the population over the age of 65 reports some difficulty with their balance and have experienced falls. This percentage also increases in frequency and severity after age 75.

The most common causes of falls include environmental hazards (such as slippery floors and loose rugs). Weak muscles and even poor posture, dizziness, vision problems, and medication side effects can also be a big factor. The good news is that many of the things that cause loss of balance and falls can be treated successfully.

One of the first steps in getting help is to talk with your doctor. It's very important to rule out any health conditions or medication issues that could be a source of the problem. Especially if you are becoming more unsteady, dizzy, light headed, or have fallen. Your doctor may refer you to a Physical Therapist for balance training. Or, they may suggest a regular exercise program. This is the next step that I would like to cover.

Not all exercise is created equal. Many folks think that if they are walking regularly and are on a consistent strength training program, that's enough, right? That may be true to a point. But, that in itself is not necessarily enough when it comes to improving balance. You see, it's not just about making our muscles stronger. More importantly, it's about building



control, so that we are steadier as we take our body through a particular motion. You see, our body responds to how we train it. For example, I may be able to pick up a 50 pound package and set it back down. But, can I pick it up and carry it around without being off balance? Or, can I pick it up and steady it without spilling what's inside while putting it up on a shelf in the closet? Simply put, that's the difference between strength and control.

I am finding more and more that folks who participate in Tai Chi and Yoga have better balance. I think it's because of the type of movement that both emphasize each in a slightly different way. Tai Chi focuses on very slow, gentle movements which are very helpful to increase strength and control in the muscles of the lower legs, while improving coordination of the upper and lower body. Yoga is a series of sustained poses and gentle stretches that improve muscle strength and stability, especially the deep core muscles that stabilize the spine, and increase

flexibility. Both forms of exercise emphasize good posture during the movements, which is another added benefit.

Other forms of exercise can also be appropriate, as long as they are specific in training the body in the way I have mentioned. For this reason, it's always good to start with a good assessment and the advice of a Physical Therapist or Personal Trainer to get you headed in the right direction.

No one wants to give up their independence. There is a good chance that there are a number of things that can be done to improve balance before it becomes a serious enough problem to result in falls that can result in injury and even hospitalization. It is most important to keep in mind that becoming unsteady is NOT simply a part of getting older. Loss of balance and falls can affect people of any age.

So, be proactive and not reactive! Be patient, and take it one step at a time.



HEALTHCARE CONNECTION

What is a CCRC (Continuum of Care Retirement Center)?

By Mathew Snyder, Healthcare Administrator

One of the most frequent questions I am asked when I mention I am the Healthcare Administrator at Zarrow Pointe, a continuum of care retirement center community, is "What does continuum of care mean?" A CCRC community is a type of transitional life and care model, usually offering 3 or 4 different levels of care. Some of the larger CCRCs offer independent housing, assisted living, assisted living memory care and then skilled nursing care (healthcare) at the far end of the spectrum.

At Zarrow Pointe, we offer luxury independent living in our Villaswhere a resident can reside in a beautiful two bedroom/two bath home in a secure, gated community with amenities such as lawn care, housekeeping, maintenance, meal services, etc. When a resident needs a little more help, perhaps with their medications and light personal care,

then they would move into one of our spacious assisted living apartments. The next level of care would be in the healthcare center, where residents can either stay for long-term care if they need significant help, or they could come on a short-term "skilled nursing/therapy stay" with the goal to return to their previous place of living and prior level of functioning.

Of the 280+ licensed nursing facilities in Oklahoma, only a small percentage (under 1%) are licensed as CCRCs. Most CCRCs are usually found in the larger metro areas, such as Tulsa and OKC.

Within the CCRC model, there are for-profit (corporate) and not-forprofit models. The main difference between the two is how profits are utilized. In a for-profit, privately owned or corporate community, a percentage of profits usually goes

back to the ownership group in some form to use as they please. In the notfor-profit model (Zarrow Pointe is a not-for-profit), all profits usually go back into community operations and/ or capital improvements.

This is the longer version of how I usually answer this question. I think the CCRC model is an excellent model as it allows one to age in place as long as possible with the expanded services offered. And when aging in place isn't possible, one can simply move to a new area of the campus that meets their care needs and not move to an entirely new community and lose the friendships they have made.

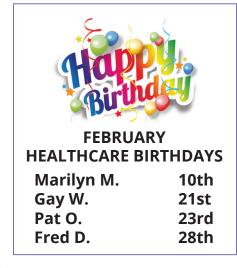
If you would like more info on our beautiful CCRC, please call 918-496-8333 and ask for Admissions and we will be happy to answer your questions!

Tu B'Shevat

By Aubrey Kistler, HC Activities Director

Tu B'Shevat will be celebrated this year on the February 10th – or the 15th day of the season of Shevat. Formally called Rosh Hashanah L'llanot, it is known as "The New Year of Trees." This holiday celebrates the first blossoming of trees in Israel and is traditionally celebrated by eating the first tree fruits of the year such as dates, figs and pomegranates. A traditional blessing of praise is sometimes said over the new fruit: Baruch atah A-donoy, Elo-heinu Melech Ha'Olam borei pri ha-aitz- "Blessed are You, L-rd our Gd, King of the universe, who creates the fruit of the tree." People from around the world also donate trees to be planted in Israel. Remember to eat some delicious fruit this year and have a happy Tu B'Shevat! Reference: Chabad.org









Healthcare Gweethearts



Ed and Anita Ulrich



Hank and Maxine Lieber



Ed and Betty Roseborough



Maggie and Roy Gilliland



Betty and Merv Aptak



Marilou and Bill Poore



Rita and Roger Rosburg



Paul and Pat O'Neill



Donna and Fred Droege



Esther and Len Morton



Norm and Shirley Levin



SPRING 2020 CLASSES STARTING IN FEBRUARY

Beginning February 19, Zarrow Pointe will once again be a host site for two OLLI courses. Each course runs six weeks in length and is held weekly on Wednesday. All residents interested in attending should contact Carol Stanley for registration information. Call Carol at 918-496-8333, extension 241. Tuition assistance is available for anyone in need.

OSHER LIFELONG LEARNING INSTITUTE OKLAHOMA STATE UNIVERSITY

The Jefferson Highway in Oklahoma Wednesdays, 1-3p ~ 2/19-3/25

Instructor: Jonita Mullins, Historian, educator

With its roots in one of the oldest trails in Oklahoma, this road plays a major role in the development of the state. Originally

an Osage hunting trail, today a major trucking route called by a dozen different names, Highway 69 has more history than any other road in the state.



CALL RANDY COGBURN

918-496-8333, x 225

Stories behind the Songs Wednesdays, $1-3p \sim 2/19-3/25$

Instructor: John Hamill, Musician, historian, educator

Enjoy live performances of jazz and pop standards along with the stories about their origins during the first hour of class. The second hour will be a continuation of the series, "The History of Jazz" covering The Jazz Guitar: From Strumming to Soloist. Renowned local musicians will receive particular attention.

Institute of Adult Jewish Studies



Do not say: When I find time I will study; time is never ound, only made. Pirke Avot 2:4

Winter 2020 January 27 - March 2

All classes will be held at 7 p.m. at the Charles Schusterman JCC 2021 E. 71 St.

Co-sponsored by: Jewish Federation of Tulsa, Congregation B'nai Emunah, and Temple Israel

Sweetheart Dance

Wednesday, February 12 ~ 3:30pm

Burnstein Auditorium

Dress up a little 4 trip the light fantastic with your sweetheart

cocktails • fancy dress • photos

