



WALES SENIOR NEWS

VOLUME 1 ISSUE 2

FEBRUARY 2012

SENIOR NUTRITION PROGRAM

We have received many calls and inquiries from seniors who are concerned about our Senior Lunch Program after hearing the news coverage about State cuts to such programs and hearing about the issues at the Belchertown Senior Center. People have even stopped us on the street to ask about it. The good news is that there is no need for concern over our lunches.

In 2006 when we began our program we set it up a bit differently than most other lunch programs. We decided not to take any Federal or State monies and rely solely on donations from participants. Thereby, giving us more flexibility to purchase our own food from providers of our choosing and we also decided to become a member agency of

The Food Bank of Western Mass. so that we could avail ourselves of their nutrition services. So as long as our participants continue to support the program, we will be here for you. ☼



FREE HOME REPAIRS

If your home is in need of minor repairs such as painting, porch repairs, or handicap ramps, we have just learned of a program that might suit your needs.

Nomads of Hope, a Christian youth service group will be holding a Summer Work Camp in our area to conduct home repairs for senior and

low income persons. Contact us at the Senior Center for more info or to get an application. ☼

WALES SENIOR CENTER

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FEBRUARY HIGHLIGHTS

Pitch League

Cribbage League

Yoga

Strength Training

Arthritis Exercise

Mardi Gras
Celebration

EXERCISE AND ILLNESS

Cold and flu season is upon us. "Should I exercise when I am sick?" is a question I hear often this time of year.

Here are a few guidelines for illness and exercise:

- ◆ Generally it is not advisable to exercise or engage in other strenuous activity during an acute illness. An acute illness is one that comes on suddenly and lasts a few days to a few weeks.

- ◆ As we grow older we become more susceptible to both acute (short term) and chronic (continuing) illness. The unexpected onset of illness or injury may interfere with regular physical activity. Chronic

illnesses that affect the heart, lungs, joints, bones, or neurological system may make certain activities more difficult. THE MOST COMMON TYPE OF ACUTE ILLNESS ARE INFECTION. These can range from a simple common cold to more serious infections such as pneumonia or kidney infection that require antibiotic treatment.

- ◆ Avoid strenuous activity during an acute illness so that your body can direct it's energy to fighting the illness and repair itself. Rest is an essential part of the healing process. Once the illness is over you may need to resume physical activity at a slower pace. For example, let's say that you take a 45 minute walk everyday. If you developed pneumonia and were hospitalized for 5 days your strength

and stamina probably would not return to normal for 4-6 weeks.

- ◆ To adapt your exercise program you could begin by walking 10-15 minutes per day at a slower pace. Gradually increase the length of your walk over the next 4-6 weeks until you are back up to 45 minutes at your previous pace.

- ◆ And remember, always talk to your doctor about the type and level of activity possible after an acute illness or surgery

Certain activities may interfere with healing. ☼

ALZHEIMER INFORMATION

If you are a caregiver for a loved one with Alzheimer's it can be a very difficult and stressful situation. It is important that you get as much information about the disease as you possibly can and learn about all aspects of the disease, not just caregiving options but also the financial and legal ramifications .

The best resource for this information is the **Alzheimer Association**. Their local office is on Cottage Street in Springfield and they hold monthly support groups and seminars there to help you

Their seminars on "Getting Started: What To Do When Your Family Member Has

Memory Loss" and "Legal and Financial Issues and Answers" are particularly informative. Both of these programs will be offered in March in Springfield.

For more information you can call them at **1-800-272-3900** or go to their website:

www.alz.org. ☼

FEBRUARY 2012

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WALES SENIOR NEWS

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BILL DARNLEY	Volunteer Van Driver
JOHN MARSHALL	Volunteer Van Driver
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**VETERANS
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Or by appointment.

413-267-4140
