

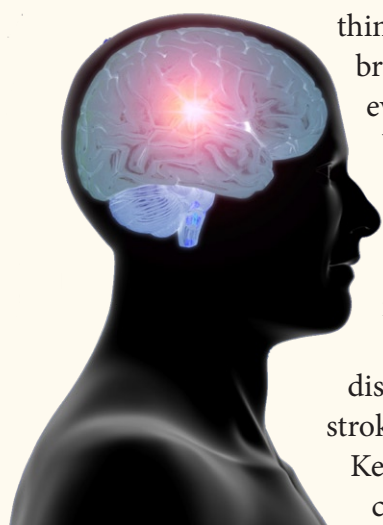
active lifestyles



Felician Village
Spring 2008

The importance of brain health:

How to maintain an aging brain



When we think about staying fit, we generally think about the body from the neck down. But brain health plays a critical role in almost everything we do: thinking, feeling, remembering, working, playing ... even sleeping. The good news is there are things you can do to keep your brain healthier as you age; and these steps may also reduce the risk of Alzheimer's.

Take brain health to heart – Heart disease, high blood pressure, diabetes and stroke can increase your risk of Alzheimer's. Keep your body weight, blood pressure, cholesterol and blood sugar levels within recommended ranges.

Feed your brain – Eat a low-fat, low-cholesterol diet that features dark-skinned vegetables and fruits; foods rich in antioxidants; vitamins E, C, and B-12; folate; and omega-3 fatty acids.

Work your body – Physical exercise keeps the blood flowing and encourages new brain cells. It doesn't have to be a strenuous activity.

Connect with others – Leisure activities that combine physical,

mental and social elements are most likely to prevent dementia. Be social, converse, volunteer, join.

Use your head – Avoid unhealthy habits. Do not smoke, drink excessive alcohol or use street drugs.

Jog your mind – Keeping your brain active and engaged increases its vitality and builds reserves of brain cells and connections. Keep your mind active every day:

- Read, write, work crosswords or other puzzles.
- Attend lectures and plays.
- Enroll in courses at your local adult education center, community college or other community group.
- Play games.
- Garden.
- Try memory exercises.

(From the Alzheimer's Association and retirement-living.com)

Felician Village using Wii technology for fun and therapy

With the installation of Wii equipment at three locations on the Felician Village campus, residents will be able to enjoy games like tennis, bowling and baseball. These can be fun activities and they increase the opportunities for socialization among residents. What makes the availability of the Wii technology special is that residents in physical therapy will be using the games and other technologies provided by the Wii system under the guidance of their physical therapist. These activities are used as a part of the resident's program as needed for range of motion, balance, muscle strengthening and other therapeutic applications.



Active Lifestyles is a publication of Felician Village, a senior community celebrating active lifestyles.

The “eyes” have it!

Tips on taking care of your eyes as you age

As you get older, managing eye disease is essential for people to maintain healthy, happy and productive lives. According to the American Optometric Association, age-related macular degeneration (AMD) is the leading cause of severe vision loss in people over age 50. The Centers for Disease Control and prevention estimate that 1.8 million people have the disease and another 7.3 million are at risk for vision loss from AMD.

AMD occurs when the central area of the retina responsible for clear vision, the macula, is damaged. This results in a loss of central vision in the eye that is needed for reading and close work. Color and distance vision are also affected.

The exact cause of macular degeneration is unknown but it may be related to aging, hereditary factors, obesity, smoking and exposure to high levels of ultraviolet radiation and blue light, both found in sunlight. Your lifestyle can play a role in reducing your risk of developing AMD and other eye diseases. The American Optometric Association recommends that you:

- Eat a low-fat balanced diet rich in green, leafy vegetables, or ask your optometrist about dietary supplements.
- Watch your weight and exercise.
- Wear sunglasses that block 99 to 100 percent of ultraviolet radiation.
- Avoid smoking.
- Keep blood pressure under control.

Seek professional help immediately if your notice:

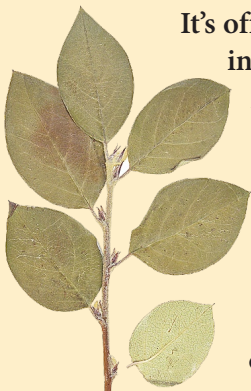
- A sudden loss of the ability to see clearly,
- A gradual change in color vision,
- Distorted vision, such as wavy lines that should be straight,
- A dark or empty area appearing in the center of vision.

The key to treatment and management of AMD is early detection; see your optometrist regularly to protect your vision.

(Courtesy of ARA content.)



Repositioning project underway at Felician



It's official! The April 4th groundbreaking ceremony officially kicked off the major campus building project at Felician Village. Two garages, driveways, sidewalks, trees and shrubs have been removed from the construction area. All the trees and shrubs were mulched and will be used in new and existing landscaping across campus. This is not only a “green” project but a cost-saving measure, too.

Work has begun on the foundations for the Villa and the Village Square. The Village Square, which will serve as the main entrance, will also hold the Chapel, coffee shop, therapy services, beauty parlor and massage suite. The lower level will be used for the kitchen, education rooms, and receiving and storage. This phase of the construction project is scheduled for completion in January 2009.

Guard your identity

Avoiding fraud and identify theft



Identity theft occurs when someone uses your personal identity, such as your name, social security number or credit card number, without your permission to commit fraud or other crimes.

There are many scam artists out there who do this. But if you understand their tactics, you can protect yourself:

- **Don't give your bank account, Social Security or credit card number, or ANY confidential information, to anyone who calls you.** Purchases over the phone are safest when YOU do the dialing.
- **Beware of anyone who asks for cash** or who wants you to wire money or use a courier service. These are the hallmarks of companies trying to evade authorities. These tactics make it easier for them to take your money and run.
- **Don't be pressured by contractors** who come to your door with one-day offers. Compare written bids, and take at least a day to make up your mind about work that needs to be done to your house.
- **Be wary of driving accident scams.** These occur when a person claims that you have hit his or her car and tries to bully

you into paying for damage you never caused to a vehicle. Call the police instead.

- **Internet fraud** is also on the rise. Don't be tempted by the Nigerian letter, lottery scam or other emails that offer to share a fortune if you'll help set up a bank account in the US. You are asked to make a good faith deposit in the account, which promptly vanishes.

- **Don't give out confidential information via email, including the confirmation of personal or financial information.** This is requested either by return email or by going to a supposedly legitimate web site and updating records there.

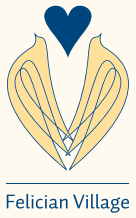
Often the web site will look almost identical to that of a legitimate company. Even if you receive an email that appears to be from a bank or other company you normally deal with, call them to find out if the email really came from them.

(Taken from ahealthyme.com)

Felician Village plans open houses

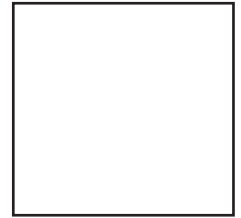
Are you interested in learning more about independent living options for people 55 or better? The Gardens at Felician Village will be holding an open house on **WEDNESDAY, MAY 14 AND THURSDAY, MAY 15 FROM 3-6 P.M.** You are invited to come to The Gardens at Felician Village, 1700 S. 18th St., Manitowoc, for a tour, information, refreshments and to register for door prizes.

The Gardens, which includes 1-, 2-, and 3-bedroom garden homes and apartments, is the independent living option at Felician Village. Included at The Gardens are dining services, exercise program, library with computers and Internet access, storage locker, underground heated parking and other amenities that make living at The Gardens an enjoyable experience. **FOR MORE INFORMATION, PLEASE CALL 684-7171, EXT. 361.**



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www.felicianvillage.org
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For more information or a tour of Felician Village, call (920) 684-7171, ext. 361.

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May is National Stroke Awareness Month ...

Act in time and know the signs!

May is National Stroke Month and a good time to become familiar with the signs of a stroke. According to the National Institute of Neurological Disorders and Stroke, the symptoms of a stroke are distinct because they happen quickly:

- Sudden numbness or weakness of the face, arm, or leg (especially on one side of the body).
- Sudden confusion, trouble speaking or understanding speech.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden severe headache with no known cause.

If you believe someone is having a stroke – if he or she suddenly loses the ability to speak or move an arm or leg on one side, or experiences facial paralysis on one side – call 9-1-1 immediately.

Every minute counts when someone is having a stroke. The longer blood flow is cut off to the brain, the greater the damage. Immediate treatment can save lives and enhance the chance for a successful recovery!

