



# INSPIRE U WELLNESS

## HEALTH AND WELLNESS NEWS FOR U!

MAY 2010

May is a busy month for many of us. Not only are we looking forward to the warm summer months ahead but there are many things that our communities will be celebrating! This is a great month to celebrate the health and wellness of all our residents and employees.



**May 9th-15th:** Nursing Home Week with the theme of “Enriching Every Day”

**May 19th:** National Employee Health and Fitness Day

**May 26th :** National Senior Health and Fitness Day

The month of May is **National Arthritis Awareness Month**. With the celebration of this topic, we are pleased to announce the partnership with The National Arthritis Foundation. This partnership allows communities to have access to many educational resources, including seminars with health care professionals or rheumatologists and exercise classes that will soon be offered at many of your communities. If you would like more information on how you can benefit from the Arthritis Foundation, please contact Angela at [angela.wall@tealwoodcc.com](mailto:angela.wall@tealwoodcc.com) or 612-760-4803.

### *Upcoming Community Wellness Activities*

**Tealwood Wellness Training:** Community Life Coordinators throughout Minnesota attended an Arthritis Foundation training at the Woodbury Estates on April 29th. Look for new exercise classes in your community to be starting soon!

**The Colony**—will be having a Wellness Fair on May 13th for residents and outside community members.

**Birchwood**—currently planning a Wellness Fair for residents, employees, and the outside community on June 24th. The fair will take place from 2:00pm-6:00pm outside at the Health Care Center parking lot. Plan on attending and enjoying food, fun and games!

\*\*If there are Wellness events that you would like to post or if you would like more information on planning an event, please contact Angela at [angela.wall@tealwoodcc.com](mailto:angela.wall@tealwoodcc.com) or 612-760-4803.

## Skillet Chicken and Vegetables Parmesan

### Ingredients:

1/4 cup Kraft Light Zesty Italian Dressing  
2 cloves garlic, minced  
4 small boneless, skinless chicken breasts  
1 tsp dried basil leaves  
1/4 tsp black pepper  
1 pkg (10 oz) frozen mixed veggies, thawed  
2 Tbsp Grated Parmesan

### Directions:

1. Mix dressing and garlic in large skillet. Cook on medium heat 1 minute. Add chicken; season with 3/4 tsp of the basil and the pepper. Cook 4-5 minutes on each side or until chicken is cooked through.
2. Add vegetables to skillet; sprinkle with remaining 1/4 tsp basil. Cook 2-3 minutes or until vegetables are heated through, stirring occasionally.
3. Sprinkle with cheese.



Calories: 200      Fat: 4.5g  
Sodium: 380 mg      Protein: 28g

## The Power Of Music

It is a scientific fact that music is one of our most persistent memories and indeed can enhance and help in the recall of people, places and events. The music we listen to in our teens and 20s are the musical styles that will remain our favorites throughout our lives and will be most closely linked to our memories. The power of a musical memory can often help a person with a failing memory remember a loved one or an event tied to a tune—this could be a favorite hymn or a Christmas song they sang as a child.

This power of musical memory is so strong that for a brief moment a patient can leave their pain behind. A fact confirmed by The National Institute of Nursing Research who found music can reduce stress levels and pain levels.

From old memories, to less pain, or stress reduction, everyone can benefit from adding a little more music to our daily lives.

# PHYSICAL WELLNESS

The physical dimension of wellness encourages cardiovascular, flexibility and strength training regularly. Physical development encourages knowledge about food and nutrition and discourages the use of tobacco, drugs and excessive alcohol consumption. Physical Wellness encourages consumption and activities which contribute to high level wellness, including medical self-care and appropriate use of the medical system.

As you travel the physical wellness path, you'll strive to spend more time each week building endurance, flexibility and physical strength. You will be able to monitor your own vital signs and understand your body's warning signs. You'll

understand and appreciate the relationship between sound nutrition and how your body performs. The physical dimension of wellness provides almost immediate beneficial results-both physical and psychological. The physical benefits of looking good and feeling terrific most often lead to the psychological benefits of enhanced self-esteem, self control, determination and sense of direction.

Improve your Physical Wellness. A wise person once said "Those who think they have no time for exercise will sooner or later have to find time for illness." Physical wellness can be maintained by applying the knowledge and skills of sound nutrition, exercise, and safety into everyday life.

- Exercise 3 times a week for at least 20 minutes a session
- Walk whenever possible and if you are able
- Get consistent and adequate sleep
- Listen to your body
- Eat breakfast—the most important meal of the day
- Control your meal portions and try to eat smaller and



# Physical Wellness Assessment

The physical dimension of wellness involves encouraging regular activities that produce endurance, flexibility and strength. Read each statement carefully and respond honestly by using the following scoring.

Almost always: 2                      Sometimes/occasionally: 1                      Very seldom: 0

1. I exercise aerobically (walking, biking) continuously for 20 to 30 minutes at least 3 times per week. \_\_\_\_\_
  2. I eat fruits, vegetables, and whole grains every day. \_\_\_\_\_
  3. I avoid tobacco products. \_\_\_\_\_
  4. I wear a seat belt while riding or driving in a car. \_\_\_\_\_
  5. I deliberately minimize my intake of cholesterol, dietary fats, and oils. \_\_\_\_\_
  6. I avoid drinking alcoholic beverages or I consume no more than one drink per day. \_\_\_\_\_
  7. I get an adequate amount of sleep. \_\_\_\_\_
  8. I have adequate coping mechanisms for dealing with stress. \_\_\_\_\_
  9. I maintain a regular schedule of immunizations, physicals, dental checkups and self-exams. \_\_\_\_\_
  10. I maintain a reasonable weight, avoiding extremes of overweight and underweight. \_\_\_\_\_
- Total for Physical Wellness \_\_\_\_\_

**Score: 15-20 points:** Excellent strength in this dimension

**Score: 9 –14 points:** There is room for improvement. Look again at the items in which you scored 1 or 0. What changes can you make?

**Score: 0-8 points:** This dimension needs a lot of work. Look again at this dimension and challenge yourself to begin making small steps toward growth here. **Remember: the goal is balanced wellness.**

