



THE PAGES OF PASSAGES

NOVEMBER 2009

Monthly Health and Wellness Newsletter

PASSAGES

...A Journey Toward Wellness

(Our challenge is to revive our life energy to make the next passage.)

Today there is not only life after youth, but life after empty nest.

There is life after layoff and retirement!

There is life in a brand new passage from survival to mastery!

There is aging and then there is successful aging to sageing!

The newest leg of the journey that matters is the passage toward wellness that speaks to the whole person. It is all about the well-being of body, mind and soul.

We may be accustomed to a background tone of well-being when a sense of stagnation or boredom begins to creep in signaling the start of a new passage. But experts in gerontology make a clear distinction between passive aging and successful aging.

It is time to make a choice. Do we want a resilient life filled with challenge and meaning? Do we want to revive body, mind, and soul? Do we want new adventure? Do we need to slough off old shells? How do we want to live?

We all live inside the house of our bodies with heat, light, and energy generated by the brain. If we don't constantly repair and rebuild the body, it will become rickety and weak. If we don't keep growing the brain by challenging it, life will become dull and draining. If we fail to listen to our souls we will miss the joy of spiritual growth.

This passage is an invitation to our residents, staff, families, and the communities we serve to come alive to the new life and new love this challenge offers all of us.

Our vision for *Passages* is:

A wisdom community of sages.

A vital community of physical activity, relaxation, and renewal.

A spiritual community in touch with the soul, rich in worship, meditation, study, and prayer.

Angela and I live on the edge of a new day and a wonderful dream. Please join us in the **PASSAGES** toward newness that make the journey matter even more.

Pastor Holm, Director of Spiritual Services

Angela Wall, Wellness Coordinator

Chicken Chili

Ingredients

- 1/2 lb. skinless, boneless chicken breasts
- 3/4 cup chopped onion
- 2 teaspoons chopped garlic
- 2 cans(15 oz each) kidney beans, drained and rinsed
- 1 can (14.5 oz) diced tomatoes, not drained
- 1 can (4 oz) diced green chiles
- 1 cup water
- 1 tablespoon dried cilantro
- 1/2 teaspoon ground cumin

Directions:

Cut chicken in bite-size pieces. Brown chicken in a saucepan that has been sprayed with non-stick cooking spray. Add remaining ingredients. Cover and simmer for 30 minutes or until chicken is tender.

Makes 6 servings



www.quickandhealthy.net

Nutrition Information

Serving size—1 1/4 cup

Calories: 236

Protein: 21 g

Total Fat: 2 g

Cholesterol: 28 mg

Brain Teasers

Take a few minutes to work your mind! Try these fun brain exercises to train your attention and working memory (the ability to keep information current for a short period while using this information). Give them a try! They are not as easy as they may sound...

1. Say the days of the week backwards, then in alphabetical order.
2. Say the months of the year in alphabetical order. Easy? well, why don't you try doing so backwards, in reverse alphabetical order.
3. Find the sum of your date of birth, mm/dd/yyyy. Want more exercise? Do the same with a friends' and relatives' date of birth.
4. Name two objects for every letter in your complete name. Work up to five objects, trying to use different items each time.
5. Wherever you are, look around and within two minutes, try to find 5 red things that will fit in your pocket, and 5 blue objects that are too big to fit.

By: [Alvaro Fernandez](#) [Age Smart-How to Age Well, Stay Fit and Be Happy](#),

Aging Gracefully: The Benefits of Exercise for Older Adults

Everyone Benefits from Exercise

Today, new information is emerging from research: people of **all** ages and physical conditions benefit from exercise and physical activity. Staying physically active and exercising regularly can help prevent or delay many diseases and disabilities, including **dementia**.

The National Institutes of Health (NIH) report that even moderate exercise and physical activity can improve the health of seniors who are frail, or who have diseases that accompany aging.

Don't Be Afraid to Exercise

Exercise and physical activity are among the healthiest things you can do for yourself, but some older adults are reluctant to exercise. They may be afraid that exercise will be too strenuous, or that physical activity will harm them. Research from the NIH shows that actually the opposite is true:

- Exercise is safe for people of all age groups.
- Older adults hurt their health far more by not exercising than by exercising.
- An inactive lifestyle can cause older adults to lose ground in four areas that are important for staying healthy and independent: strength, balance, flexibility, and endurance.

It's Never Too Late to Start Exercising

Even if you have had an inactive lifestyle, there is good news. It's never too late to improve your health. Research suggests that exercise and physical activity can help you maintain or partly restore your strength, balance, flexibility, and endurance.

Growing older doesn't mean you have to lose strength or your ability to do everyday tasks. Exercise can help older adults feel better and enjoy life more, even those who think they're too old or too out of shape.



A smile starts on the lips, A grin spreads to the eyes, A chuckle comes from the belly; But a good laugh bursts forth from the soul, overflows and bubbles all around.

-Carolyn Birmingham

- Established on November 26, 1789, the first national "Thanksgiving Day" was originally created by George Washington as a way of "giving thanks" for the Constitution.
- North Dakota became the 39th state and South Dakota became the 40th state on November 2, 1889.
- Veterans Day first celebrated in United states, November 11, 1954.
- Mark Twain, American author was born on November 30, 1935.
- Abraham Lincoln delivered Gettysburg Address, November 19, 1863.

November Facts



THANKSGIVING WORD SEARCH PUZZLE



AUTUM	CRANBERRIES	DINNER	PILGRIMS
FAMILY	FEAST	FRIENDS	POTATOES
GOURDS	HOLIDAY	NATIVES	PUMPKIN
PEACE	PECANS	PIE	STUFFING
THANKFUL	THANKSGIVING	TURKEY	

V G H S C G D I N N E R S I
G N N E Z P X A D V R M Z G
C I P I U O T Y A D I L O H
L K R R V I S U A R X U W W
L P N R V I P T G U R L A L
P M G E N A G L U D T V A S
O U S B V M I S S F O U D Q
T P M N S P B M K F F N M I
A T H A N K F U L N E I F N
T P R R A M Z Q M I A A N B
O E P C C Y E K R U T H S G
E A A P E T C F B D J Y T T
S C I Z P F A M I L Y H F N
B E Y E B H C F P Z K O F L