



National Assisted Living Week—September 21th-18th

Established by NCAL in 1995, National Assisted Living Week® provides a unique opportunity for residents, families, staff, volunteers, and the surrounding community to come together to share with our residents a variety of events and activities that show them how much we care for them. The 2010 theme, Living Life, will inspire creativity and participation of all.

Source: National Center for Assisted Living



Falls Prevention Awareness Day—September 23rd

National Falls Prevention Awareness Day is observed the first day of fall to promote and increase public awareness about how to prevent and reduce falls among older adults.

Active Aging Week—September 20th-26th

Active aging means living life as fully as possible. How well we age has much more to do with how well we function, and a lot less to do with the years. And we all function better when we take a walk, visit friends and family, work crosswords or work for money, and sing and dance. Celebrate this week by taking a walk or attending an exercise class.

Source: International Council of Active Aging

The seven foods listed below are loaded with antioxidants which protect against heart disease and cancers, they are also said to help reduce the aging process. Make sure these foods are included in your 5 servings of fruits and vegetables every day.

Prunes, Raisins, Blueberries, Blackberries, Kale, Strawberries, and Spinach.

"If you could do something that would make people happy, and it would cost you neither money nor time, would you do it? If that same thing made you happy, would you do it? What is this magical thing that will brighten your day and the days of people around you and yet cost you nothing? A smile."

David Niven

Wellness Spotlight

The Colony of Eden Prairie has been trying some new things the past couple of months when it comes to wellness and succeeding! Besides having a daily exercise class, a variety of outings and activities that have been greatly attended in the past, the activities assistant, Amber, has decided to add a few more things to the schedule.

- Balance class is held 2 times a day every other week. The attendance has been great and Amber is hoping in the future to add the class more often.
- The Biosway balance trainer will be coming to The Colony on Tuesdays starting in October. This will be a great tool in helping residents work on balance and increase their strength to help with fall prevention.
- Wellness Seminars. A monthly educational wellness seminar held for residents, in September the Arthritis Foundation will be speaking.
- Massage Therapy. Amber has started giving 10 minute chair massages to residents for free. She offers this 3 times a week and the residents love the relaxation!

Great job to the staff at The Colony! Continue to inspire others to live well!

Did you know?

- First official Labor Day was celebrated on Sept. 3rd, 1894
- California became the 31st state Sept 9th, 1850
- Francis Scott Key wrote the "Star Spangled Banner" during an attack on Fort McHenry on Sept 14th, 1814
- Queen Elizabeth I of England was born on Sept 7, 1533
- Russians launched the first rocket to the moon on Sept 12, 1959
- Constitution of the United States signed, Sept 17th, 1787
- Publick Occurances, the first American newspaper was published in Boston on Sept 25th, 1690

Meditation

Through meditation we can bring about greater peace of mind and powers of concentration. The length of time we meditate is not as important as the focus we give during our meditation. If we can meditate with a silent mind for just 5 minutes, we can bring to the fore our own divine qualities of inner peace and inner happiness.

The following suggestions will help a beginner to make real progress in his meditation.

1. **Quiet The Mind.** The Goal of meditation is to go beyond the mind. Meditation cannot be done by thinking. All the different paths of meditation share this common feature of cultivating a silent mind. When our mind is silent we can start to enter a new consciousness, a consciousness not limited by the intellectual mind.
2. **Concentration.** In whatever we do, we will be more successful if we can concentrate fully on the task in hand. This means being single pointed; when we meditate we need to switch off from everything else and put all our attention onto the meditation.
3. **Place to Meditate.** It is very helpful to find a quiet place to meditate every day. I have a small corner of my room specially set aside for meditation. You can use a picture of a saint or Teacher who inspires you, or just use flowers and a candle. If you meditate in the same place every day it builds up a meditative atmosphere.
4. **Aspiration.** If we are hungry, then we eat. If we aspire for inner peace, then we will meditate. This aspiration or inner cry is perhaps more important than learning many techniques of meditation.
5. **Perseverance and Patience.** In the beginning we cannot expect results overnight, each time we meditate we are adding to our capacity's; even if we don't have great experiences then we need to persevere. If we practise sincerely, we will progress.
6. **Use the Qualities of the Spiritual Heart.** The heart is the location of the soul. If we focus on the heart, immediately our thoughts have less power. By concentrating on our heart we can enter into the vastness of meditation.
7. **Cultivate Happiness.** It is important to bear in mind the goal of meditation is to uplift our consciousness and have a more positive outlook about life and about ourselves. When we meditate well we will have a positive outlook on life.

"True inner joy is self - created.

It does not depend on outer circumstances.

A river is flowing in and through you carrying the message of joy.

This divine joy is the sole purpose of life."

Keep your brain fit!

The kind of skills that tend to weaken with age are ones that at any age, must be used to maintain them. Your brain adds physical capacity, just as your other physical systems do. You can get your brain back in shape, but it won't stay there without your regular effort. Try a couple of these simple exercises to keep your mind sharp!

1. **Tune in to something new.** Tune into a radio station you never listen to. Don't be quick to reject or judge what you hear, whether it's a music station a very local public broadcasting station or a talk station with a host you completely disagree with. Listening to someone you disagree with will give you the opportunity to formulate counter-arguments in your mind.
2. **Find a tennis ball.** Pick a task like solving a crossword puzzle. Put the tennis ball in your right hand and squeeze rapidly. Why does this work? Your brains circuits go to sleep when you don't use them so you need to wake them up. The left side of your brain handles simple word tasks. When it picks up activity on the opposite side of your body it wakes up!
3. **Play charades.** Inability to play a pantomime game is one symptom of dementia. So play a game! The workout that charades can give to cognitive skills and can also serve as social interaction, and can even provide a little physical exercise. All those factors—mental, social and physical stimulation—help the brain stay fit and healthy.
4. **Work your math smarts.** One easy way to be the person who can come up with the math answer fast is to practice with everyday figuring. Try doing these in your head: how much to leave for a tip; how much change a cashier should give back to you after you pay for something; how much faster could you get to your destination if you drove 5 mph faster.
5. **The best 20-minute brain maintenance exercise.** Walk briskly for 20 minutes at least every other day. A fit body pumps more blood to energize brain cells.

Source: International Council on Active Aging

