Objectives

- Participants will be able to:
  - describe the major evidence based wellness topics for seniors.
  - describe key messages for each senior wellness topic and resources for this material.

- Interactive discussion
  - Share your ideas and experiences. Helpful products.

- Experience some wellness activities
  - tai chi qigong

Health and Wellness

- Health is the freedom of the mind and body from disease or ailment. Vigor or vitality.

- Wellness is an active process of becoming aware of and making choices toward a more successful existence.

- Body - Mind - Emotion - Spirit
8 Dimensions of Wellness

Wellness is a conscious, deliberate process that requires being aware of and making choices for a more satisfying lifestyle.

A wellness lifestyle includes a self-defined balance of health habits such as adequate sleep and rest, productivity, exercise, participation in meaningful activity, nutrition, social contact, and supportive relationships.

Why Wellness?

**Wellness Programs and Centers** are becoming more prevalent in senior living communities across the country.

- Current information clearly indicates that wellness programming improves function and promotes successful living among older adults.
- Wellness initiatives benefit both residents and staff.
- The next generation of residents will demand wellness as a way of life. Communities that do not have wellness programs may very well be thought of as being “behind the times”.

[www.seniorfitness.net](http://www.seniorfitness.net)

Benefits of Senior Wellness

- Guiding behaviors, habits and lifestyle
- Enhances quality of life for many seniors, and
- Offers ideas and tips on how to live longer, healthier lives.

- The focus of senior health or wellness programs is to educate adults and most especially seniors on how best to manage their health and activity levels for optimal function and performance

[www.livestrong.com](http://www.livestrong.com)
NIH Senior Healthy Aging
• how to stay healthy,
• get good health care, and
• manage lifestyle changes as we age.

Senior Wellness Topics
- How to Stay Healthy
  1. Eating Well
  2. Exercise and Physical Activity
  3. Sleep and Rest
  4. Coping and Stress
  5. Fall Prevention
- How to Manage Lifestyle Changes
  • Balance Problems
  • Changes in senses (smell, taste, vision, hearing)

Wellness Resources
- Local Resources
  • Dieticians
  • Nurses
  • PT and OTs
  • Social workers
  • Hospice educators
  • Diabetes educators
  • Hospital, health clinics, wellness center
  • State and county health dept.
  • Cooperative extensions, colleges and universities,
  • Other agencies, organizations, and businesses that relate to a specific disease, service, and/or product.

- National Resources
  • NIH Senior Health
  • NCOA
  • Harvard University’s Healthy Eating Plate
  • National Center on Physical Activity and Disability (NCPAD)
  • National Resource Center on Nutrition, Physical Activity, and Aging (FIU)
  • Federal and state public health agencies

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Healthy Eating Messages

- Benefits of healthy eating – make a difference in how we look and feel
- Choose nutrient rich foods
- Know how much to eat
  - Portion sizes: balance intake and activity
- Limit some foods
  - Avoiding empty calories; cut back on unhealthy fats, sodium.
- Enjoy your meals.

Resources – Healthy Eating

- NIH Senior Health  http://nihseniorhealth.gov/
- Eating Well As You Get Older. Eating Safely
- Healthy Eating to Lose Weight by David Bock C.Ac.,Dipl.OM.,FABORM www.davidbocktcm.com
- Relaxed and Alert Senior and Adult Wellness Activity Programs

Exercise Key Messages

- Benefits of Exercise:
  - improve health, reduce disease, weight control
  - Stay strong so can do things you want to do. Enjoy life.
- Types of Exercises:
  - Flexibility (stretching)
  - Strength (resistance training)
  - Endurance (cardio)
  - Balance
- Staying active and engaged.
- Examples include tai chi qigong, sitting fitness, reclined bikes, resistance bands, chair yoga, walking clubs.
Resources - Exercise

- Benefits of Exercise,
- Exercises to Try (sample exercises)
- How to Get Started, How to Stay Active
- National Center on Physical Activity and Disability (NCPAD) www.ncpad.org
- American Senior Fitness Association
  - http://www.seniorfitness.net/sfahist.htm
- Relaxed and Alert Senior and Adult Wellness Activity Programs

Tai Chi Qigong

- The Benefits of Tai Chi. Harvard Women’s Health Watch May 2009
  - https://www.health.harvard.edu/newsletters/Harvard_Womens_Health_Watch/May
  - Muscle strength, flexibility, balance, and some aerobic conditioning
  - Numerous chronic medical conditions including arthritis, high blood pressure / hypertension, breast cancer, low bone density, heart disease, heart failure, Parkinson’s Disease, sleep problems, and stroke.
- Anti-Aging Benefits of Qigong by Ken Sancier PhD.
  - www.qigonginstitute.org
  - Helps reduce pain and improve mobility in osteoarthritis.
  - Prevents falls in seniors. Reduces medications needed.
  - Promotes ease, and reduces stress and immobility issues.

Sitting Tai Chi Qigong

- Move it or Lose it!
  - Repetitive, so easier to learn and do
Tai Chi Resources
• Plethora of tai chi qigong and senior exercise videos. www.amazon.com
• Senior Wellness Activity Program (7 DVDs)
  • Sitting or standing exercises
  • Preventing immobility issues focus
  • 20 lessons – 15 minutes movements, 5 min. relaxation.
  • Healthy lifestyle discussion guide
  • www.RelaxedAndAlert.com

Resources – Learn to Lead Tai Chi
• Sitting Tai Chi Training (repetitive movements)
  • Online training (12 hours); 1 Day Workshops
    www.RelaxedAndAlert.com
Other Tai Chi Training Programs
  (sequential movements)
  • Chair Chi by Pat Griffith (tai chi - sitting) (1 day)
  • Tai Chi Easy by Dr Roger Jahnke (3 days)
  • Tai Chi for Arthritis by Dr Paul Lamm (yang tai chi)(2 days)

Sleep and Rest
• Importance of getting enough sleep (7-9 hrs/night)
  • Healing occurs at night (mental and physical)
  • Process the days activities. Unpack our Day.
  • Need more sleep or rest when stressed or sick
Sleep and Rest

- Sleep problems like insomnia and how to treat them.

- Sleep Hygiene
  - Wind down at night.
  - Consistent bedtime and wake up.
  - Keep bedroom for sleep. Cues for sleep. No work.
  - Not look at clock if wake up at night. Not get upset.

- Strategies to get back to sleep like tai chi qigong.

Resources: Sleep

- The American Geriatrics Society
  - Ask the Gerontologist at
  - www.healthinaging.org/resources/resource:sleep-problems-ask-the-experts/
- NIH Senior Topics – Sleep and Aging
  - http://nihseniorhealth.gov
- Relaxed and Alert Senior Wellness Activity Program

Balance and Fall Prevention

- Balance is the ability to maintain equilibrium against the force of gravity.
- Need for everyday activities.
- Importance of good balance to keep choices. QOL.
Balance and Fall Prevention

- Ways to improve balance
  - Physical activity and exercise. Strong leg muscles.
  - Practice balance. Stand on one leg. Tai chi qigong.
  - Inner ear health – drink enough fluids.
  - Pay attention to how we walk (gait training). Not shuffle.

- Discuss fear of falling and how to get up from a fall.

- Review risk factors for falls and fall proof home.

Resources: Balance & Fall Prevention

- NIH Senior Health http://nihseniorhealth.gov
  - Balance Problems
  - Falls and Older Adults
    - Fall proof home check list.
    - Exercises to Try – Balance exercises.
    - Age Page Falls and Fractures

- Hendrich II Fall Risk Tool

- A Matter of Balance Programs

Resources: Fall Prevention

- NCOA. Fall Prevention Checklists.
  - http://www.healthyagingprograms.org/content.asp?sectionid=69

- Fall Prevention Center of Excellence.
  - http://www.stopfalls.org/

- The National Institute on Aging also offers Exercise: A Guide from the National Institute on Aging and a companion video,
  - http://www.niapublications.org/shopdisplayproducts.asp?id=30&cat=Healthy+Aging

- Relaxed and Alert Senior Wellness Activity Program
Resources: Fall Prevention

- US Dept of Veterans Affairs Fall Prevention tools http://www.patientsafety.gov/CogAids/FallPrevention/index.html#page=page-1

Changes in Senses

- Vision Problems
  - Keep corrective prescription accurate.
  - Good lighting.
  - Prevent and manage low vision, cataracts, glaucoma, macular degeneration, diabetic retinopathy
- Hearing Loss
  - can be misdiagnosed as confused/dementia
  - Get help. Hearing aids.

Changes in Senses

- Smell - significant decrease as age over time
  - Affects how food tastes.
  - Concern re food safety.
  - Unable to smell smoke or gas leak.
- Taste – temporary due to meds or disease.
  - Affects eating/weight.
  - Use Spices.
  - No iced beverages.
  - Treat medical condition.
Resources: Changes in senses

- NIH Senior Health http://nihseniorhealth.gov
  - Problems with Smell
  - Problems with Taste
  - Low Vision,
  - Age-related Macular Degeneration,
  - Cataract, Diabetic Retinopathy, Glaucoma
  - Hearing Loss
- Relaxed and Alert Senior Wellness Activity Program

Memory Loss

- Age related decline in memory
  - Decrease in # brain cells
  - Increase in connections
  - Slower reflexes, longer to learn new things
  - Forgetfulness
- Preventing memory loss
  - Neurogenesis (grow new brain cells / neurons)
  - Brain Plasticity (keep mind flexible – connections)
  - Treatable health conditions (vit. B12)
  - Side effects of medications

Memory Retention

- Physical Activity and Exercise
  - Tai chi qigong and relaxation techniques
  - Reducing stress and anxiety.
  - Limit alcohol.
  - Healthy diet (nutrients).
  - Social activities.
  - Memory aids (e.g. lists)
- Brain Plasticity (keep mind flexible – connections)
  - Keep the mind active (games and puzzles).
  - Hobbies.
  - Keep learning new things.
  - Make connections to remember things.
  - Do not set rigid and stuck – stay flexible in body and mind.
Resources: Memory

- Brain Fitness: How Brain Games may preserve memory by Chris Illiades, MD
- NIH National Institute on Aging: Forgetfulness: Knowing when to ask for help
- NIH Senior Health Topics on depression, anxiety disorders, Alzheimer’s Disease and how to care for someone with it.
- Ageless Grace www.agelessgrace.com
- Relaxed and Alert Senior Wellness Activity Program

Relaxation Techniques

- Breathing Exercises
  - Belly Breathing, Deep Breathing
  - Counting the breaths, Focusing exercises
- Acupressure and Self Massage,
  - Rub all over and go back and rub the sore spots
- Meditation and Mindfulness
  - Gather the Senses
  - Follow the breath

Self Massage

- Pat the body
- Rub hands, feet and ears.
- Rub neck and shoulders.
Laughter

- Laughter lowers the level of stress hormones (epinephrine, cortisol, etc) in the blood.
- It fosters a positive and hopeful attitude.
- It is less likely for a person to succumb to stress and feelings of depression and helplessness, if one is able to laugh away the troubles.
- Boosts the immune system.
- Relaxes tight shoulders
- Releases trapped emotions from chest and belly

Laughter Yoga

- Laughter Yoga is Unconditional Laughter!
  - Anyone can Laugh for No Reason, without relying on humor, jokes or comedy.
  - Laughter is simulated as a body exercise in a group; with eye contact and childlike playfulness, it soon turns into real and contagious laughter.
  - The concept of Laughter Yoga is based on a scientific fact that the body cannot differentiate between fake and real laughter. One gets the same physiological and psychological benefits.
  - Laughter clubs Dr. Madan Kataria, a Physician from Mumbai, India, in 1995

Pirate Laugh
Resources: relaxation

- The Healer Within: Using traditional Chinese techniques to release your body's own medicine by Roger Jahnke (1997)
- Mindfulness Meditation (CDs) by Jon Kabot-Zinn
- Conscious Breathing: Breathwork for Health, Stress Release and Personal Mastery (audiobook) by Gay Hendricks PhD
- Laughter Yoga International www.laughteryoga.org
- Relaxed and Alert Senior and Adult Wellness Activity Programs

The Coping Ladder

4. Eliminate the Problem at the Source
3. Change your Appraisal of the Problem
2. Manage the Stress
1. Counter Productive Strategies

Stress Management

- Coping Strategies
  - Develop health coping strategies
  - Let go of unhealthy coping strategies
    - Overeating, TV watching, shopping,
    - Alcohol, drugs, smoking, caffeine
    - Avoidance, social withdrawal, self criticism
Solve the Problem

- Communication Skills
  - Active Listening
  - I Messages, Assertive communication

- Problem Solving Skills
  - Plan, Do, Check, Act
  - 8 Step Problem Solving Method
    - Id problem, select desired outcome,
    - generate alternatives, weigh consequences, decide,
    - plan, implement, evaluate

Negotiation Skills

- Influencing
  - Persuading
    - Build a logical argument
    - Present a clear and consistent message
  - Rights
    - Clearly state your rights
    - Be assertive

- Negotiating
  - Balancing interests of both parties
  - Establishing mutually acceptable agreements
  - Establishing clear and explicit agreements

Resources: Stress Management

- Snow, D, Zimmerman, S. Coping with Work and Family Stress : A workplace preventive intervention. The Consultation Center, Yale University School of Medicine. www.theconsultationcenter.org


- Relaxed and Alert Wellness Senior and Adult Activity Programs
Avoiding Compassion Fatigue

Taking care of others can be done with two very different motivations.

- With one, we care for others in an unhealthy way, seemingly sacrificing ourselves, but really acting out of fear or attachment. People who are attached to praise, reputation, relationships, and so forth and who fear losing those may seemingly neglect their own needs to take care of others. But in fact, they are protecting themselves in an unproductive way. Their care comes not from genuine love, but from a self-centered attempt to be happy that is actually making them more unhappy.

- The other way of taking care of others is motivated by genuine affection... This kind of affection and respect for others doesn't seek or expect something in return. It is rooted in the knowledge that all other beings want to be happy and to avoid pain just as much as we do.

Excerpted from Buddhism for Beginners by Thubten Chodron, page 32

Anger and Worry

“Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned.” - Buddha

“It makes no sense to worry about things you have no control over because there's nothing you can do about them, and why worry about things you do control? The activity of worrying keeps you immobilized.” - Wayne Dyer

Mind Training

- Correct Discrimination on a Behavior - Is it Useful or Not?
  - Step 1. Look at Drawbacks of the Behavior
  - Step 2. Look at Benefit of the behavior
  - Step 3. Make an firm Decision - to use or not use it
  - Step 4. Reject this wrong view when it arises
  - Step 5. Now when you catch yourself thinking about using the negative behavior, substitute a more positive behavior or thought.

When we can maintain a calm mind and not fall into the poor strategy in stressful situations, then we are trained.

- [Note: affirmations to program the subconscious mind, actually training the mind to think in a new way)
Progressive Behavioral Change

- Gradually stop the unwanted behavior earlier in the process.
- When we can maintain a calm mind and not fall into the poor strategy in stressful situations, then we are trained.

Resources: Anger and Worry

- Domo Geshe Rinpoche www.white-conch.org
  - Semiprofessional Worrier
  - Freeing the Energy of Anger
  - Releasing Guilt
  - Purifying Negative Thoughts
  - Removing the Obstacles to Happiness
- Relaxed And Alert Senior and Adult Wellness Activity Programs

Resources – Smoking Cessation

- Your state's Quit Line 1-800-QUITNOW (1-800-784-8669)
- National Cancer Institute at 1-877-44U-QUIT (1-877-448-7848)
- Smokefree Online Quit Guide at www.smokefree.gov
  - Smokefree.gov provides free, accurate, evidence-based information and professional assistance to help support the immediate and long-term needs of people trying to quit smoking.
- Clear Horizons for smokers over age 50. www.myclearhorizons.com
- Relaxed And Alert Senior and Adult Wellness Activity Programs
Overeating for Comfort

- Stress eating. Comfort food.
- Weight Loss / management is easier when emotional eating is no longer used as a coping strategy.
- Use healthier coping strategies instead and mind training to unlearn the behavior/habit.

Resources:
- Relaxed and Alert Senior and Adult Wellness Activity Programs
  www.relaxedandalert.com
- Nutritional Programs
  http://nutritionandaging.fiu.edu/creative_solutions/wellness_programs.asp

Anti-Aging Strategies

- Healthy diet – nutrients, anti-oxidants
- Healthy weight
- Exercise
- Tai chi qigong
- Relaxation exercises to manage stress

Living with Arthritis

- Getting enough rest and eating a healthy, well-balanced diet.
- Learning the right way to use and protect your joints
- Daily exercise, such as walking or swimming, helps keep joints moving, lessens pain, and makes muscles around the joints stronger.
- The right shoes and a cane can help with pain in the feet, knees, and hips when walking.
- Gadgets to help open jars and bottles or to turn doorknobs in our house.
- Some medicines can help with pain and swelling.
- Tai chi qigong movements can help with arthritis by reducing inflammation and improving blood flow to the joint. They are a good low impact exercise for our joints.
Disease Prevention

• Diabetes
  • Manage weight. Control Blood Sugars.
• High Blood Pressure
  • Reduce stress. Healthy weight and exercise. Limit salt.
• Heart Disease
  • Stress, cholesterol, risk factors
• Stroke and Heart Attack
  • Know warning signs. Seek help early!
• Medications. Talk with doctor about healthy aging!

Preparing for Death

• The Death rate is 100%
• Our Western society avoids death
  • Medical community fights it.
  • Funeral looks like sleeping.

“People die how they lived. Those that lived a joyful and happy life pass peacefully. Those that hold regrets and resentments do not pass as easily.”
---Betty Kramer PhD, MSW Univ. of Wisconsin

Die Well

• "There is a lot of talk about what it means to die well and the vast majority of people will say that they want to die in peace.
  • But what most people do not understand or give a lot of thought to, is that in order to truly die in peace, one must live in peace.
  • We can’t go through our lives holding grudges, speaking harshly to others, or causing harm, and expect to get to the end of our lives feeling a great deal of peace and ease.
  • So I encourage people to make amends, be kind, apologize for wrong doings, ask forgiveness...and do all of that now, each day and not wait until we are on our death bed to figure out that we have a lot of work to do to.
  • Bring peace and closure to the things that will disturb our minds when we are lying on our death beds." --- Dr Betty Kramer
Preparing for Death

- Main work of seniors is to prepare for their passing.
  - Forgive themselves and others for mistakes (regret, promise)
  - Reduce or remove the fear of death
  - Practice BEing
  - Preparations based on religious tradition or spiritual beliefs

Preparing for Death

- Advanced Directives (POA for Healthcare)
  - Who do they want to make decisions for them if they can not?
  - What do they want done?
    - IV hydration and tube feedings (not recommended)

- Role of Hospice and Palliative Care
  - Facilitate a peaceful, pain free passing

Resources: Preparing for Death

- *The Tibetan Book of Living and Dying* by Sogyal Rinpoche
- *On Death and Dying* by Elisabeth Kubler-Ross
- *Getting your Affairs in Order* NIH Senior Health Age Page –
- Free Advanced Directives by state
  - www.caringinfo.org
- Hospice Social Worker or Nurse Educator
Wellness Activity Programs for Seniors

- **Relaxed And Alert Wellness Activity Programs**
  - Senior Wellness Activity Program $97
  - Sitting or Standing exercises, Preventing Immobility
  - 20 Wellness Lessons (ebook), 7 DVDs or online training.
  - [www.RelaxedAndAlert.com](http://www.RelaxedAndAlert.com)

- **Ageless Grace.** Timeless fitness for mind and body.
  - [www.agelessgrace.com](http://www.agelessgrace.com) (memory fitness and body fitness exercises)

- **National Resource Center on Nutrition, Physical Activity, and Aging (FIU)**
  - [http://nutritionandaging.fiu.edu](http://nutritionandaging.fiu.edu)
  - [http://nutritionandaging.fiu.edu/creative_solutions/wellness_programs.asp](http://nutritionandaging.fiu.edu/creative_solutions/wellness_programs.asp)

Summary

**Key Areas of Wellness Education for Seniors**
1. Healthy eating
2. Exercise and activity
3. Sleep and rest
4. Changes in senses
5. Balance and Fall Prevention
6. Coping and Stress
   - Coping strategies, communication, problem solving, negotiation
   - Poor coping strategies: Worry, anger, smoking, comfort eating
7. Memory concerns
8. Anti Aging
9. Disease Prevention
10. Preparing for Death

**Key Resources:**
- NIH Senior Health website
- Relaxed and Alert Senior Wellness Activity Program
- [www.RelaxedAndAlert.com](http://www.RelaxedAndAlert.com)

Celebrate Success

- **Daily**
  - Clap for the group
  - Recognize individuals for improvements

- **Monthly**
  - Recognize achievement of group goals
  - Recognize improvements over time of the group and of individuals
  - Certificate or other reward

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Goals by Belt Level

- White Belt
  - Reduce stress and immobility.
- Yellow Belt
  - Strengthen and energize the body.
- Orange Belt
  - Relax the body (especially shoulders, belly and hips)
- Green Belt
  - Let go of mistakes and calm the mind
- Blue Belt
  - Release tension and worry
- Brown Belt
  - Stay calm in difficult situations
- Black Belt
  - Ongoing practice.

Lesson Plan Elements

- Overall Goal and Objectives
- Lesson Objectives
- Intro Summary - what will cover
- Content Elements – cover it
  - Movement, Relaxation, Discussion
- Summarize lesson – what covered
- Evaluate Learning (questions) & Celebrate!
- Homework – put into practice what learned
- Handouts

Wellness Activity Programs

Senior
- Healthy Eating
- Activity and Exercise
- Sleep and Reducing Problems Sleeping
- Changes in Senses
- Balance and Fall Prevention
- Release Tension and Worry
- Stay Calm in Difficult Times
- Prevent Memory Loss
- Ongoing Practice
- Additional Modules
  - Stop Smoking
  - Stop Overeating
Relaxed and Alert

Thank you!
• Questions?

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