

SPRING 2011



Seabury's

Balanced Life Bulletin

A Publication brought to you by the Fitness & Wellness Center (FWC)

Administration on Aging
Celebrates Older Americans
Month in May

Complete listing of fitness classes inside 



welcome

Spring is upon us, and we have some exciting programs to celebrate the blossoming weather! Nordic Walking is back on the Fitness & Wellness schedule, so you can explore our beautiful trails (just in time for National Trails Day!). The Spa menu has been enhanced and offers many different services, from facials for skin care to “stress relief” massages. The Hydroworx aqua treadmill has been installed in our Natatorium, and both the Fitness and Rehab departments are developing special programs to enhance the functional well-being of participants. The Center for Successful Aging, in collaboration with the wellness clinic, is implementing the latest in technology for fall detection and medical monitoring. And on June 2nd, Seabury is having our 4th Annual Fitness & Wellness Day Exposition! This event promises to deliver the most up-to-date information in the field of active aging. These are just a few of many great events happening during this spring, so be sure to read the Balanced Life Bulletin in its entirety and sign-up early for the events. Finally, congratulations to Jim Ballard, who is “Aging Successfully” as a result of his dedication to his wellness programming—he tops the charts!

Happy spring!

Brandy Page

Director of Fitness, Rehabilitation
and Wellness Development

contents



The Administration on Aging Celebrates Older Americans Month

The theme for this year is *Older Americans—Connecting the Community.*

3	Older Americans
3	Aging Successfully
4-7	Class/Event Calendar
8-9	Latest Technology
10-11	Wellness Tips
11	Seabury News
12	FWC Philosophy

Older Americans Month

OAM 2011



Older Americans:
connecting the community

Every May since 1963, people in towns and cities across the country have come together to celebrate the enormous contributions of older Americans—borne of wisdom, experience, and the will to realize their dreams and speak their minds. Older Americans Month is our chance to show our appreciation and support our seniors, as they continue to enrich and strengthen our communities.

The theme of this year's celebration—Older Americans: Connecting the Community—pays homage to the many ways in which older adults bring inspiration and continuity to the fabric of our communities. Their shared histories, diverse experiences, and wealth of knowledge have made our culture, economy, and local character what they are today. The theme also highlights the many ways technology is helping older Americans live longer, healthier, and more engaged lives (See pages 8 & 9 for more on technology).

In fact, older Americans are more active in community life than ever before, thanks in part to advances in health care, education, technology, and financial stability over the last several decades that have greatly increased their vitality and standard of living. Older adults are out and about giving back and making a difference in their community.

Seabury is proud that many of our residents are mentoring the leaders of tomorrow, taking to heart the need for intergenerational learning to guide and inspire young minds. They offer a perspective on times gone by not discussed in any history class—a unique perspective that sheds new light on contemporary issues.

Many residents also step up to help one another as well. Across the campus, they connect with their neighbors by delivering meals, helping with transportation, assisting with shopping, and offering companionship, counseling, and care. Their efforts remind us that when older adults are active and engaged in their communities, everyone benefits.

~Seabury's Fitness, Rehab, & Wellness Team

Aging Successfully

When Jim moved to Seabury in July of 2008, he scored “above average” in just about every category in our fitness assessment, but he didn't rest on his laurels! He has continued to work hard at maintaining his fitness level, and has even improved to the “*well* above average category” in many areas. Jim is a great believer in the “use it or lose it” philosophy, and has therefore



BSDI Statistics

JIM'S IMPROVEMENTS:

UPPER BODY STRENGTH: 60%
LOWER BODY STRENGTH 50%
UPPER BODY FLEXIBILITY: 75%
ENDURANCE: 29%
AGILITY: 2%

always led an active life. For many years he jogged, played golf, and did his own lawn maintenance. Here at Seabury Jim regularly participates in our exercise classes, walks, plays horseshoes and bocce, and gardens—he is excited to have just turned over the soil in his 8' x 8' plot. He loves to be outdoors and to “work hard and then rest hard.” Inside, he eschews the elevator, always taking the stairs, just for the extra exercise. Thank you, Jim, for being an absolute role model for anyone who wants to age successfully!

Calendar of Events

	3 Fall 9:30 Hope Circle Anne Sullivan Faith/Ken Largin	4 Circle of Prayer 7:00 Choir Jack Heffner	5 Circle of Prayer 7:00 Choir Jack Heffner	6 Circle of Prayer 7:00 Choir Jack Heffner	7 Circle of Prayer 7:00 Choir Jack Heffner	8 7:30 Holiday Bea A						
10 9:00 CME Breakfast 9:00 Board Meeting 6:00 Serendipity	11 10:00 Circle 1 Jack Heffner	12 6:30 Circle of Prayer 7:00 Choir Jack Heffner	13	14 Circle 1 Rita Hoff	15 6:30 Circle of Prayer 7:00 Choir Jack Heffner	16 6:30 Circle of Prayer 7:00 Choir Jack Heffner	17 6:30 Circle of Prayer 7:00 Choir Jack Heffner	18 6:30 Circle of Prayer 7:00 Choir Jack Heffner	19 6:30 Circle of Prayer 7:00 Choir Jack Heffner	20 6:30 Circle of Prayer 7:00 Choir Jack Heffner	21 6:30 Circle of Prayer 7:00 Choir Jack Heffner	22 6:30 Circle of Prayer 7:00 Choir Jack Heffner
6 Ken Largin	17 Ken Largin	18 Martha Hocutt LouJack Brown	19 Cynthia Joe Duncan Brenda Ron Montgomery	20	21 SOUP & MATCHES 9:00-2:00 Megan Smalley	22 SOUP & MATCHES 9:00-2:00 Megan Smalley	23 SOUP & MATCHES 9:00-2:00 Megan Smalley	24 SOUP & MATCHES 9:00-2:00 Megan Smalley	25 SOUP & MATCHES 9:00-2:00 Megan Smalley	26 SOUP & MATCHES 9:00-2:00 Megan Smalley	27 SOUP & MATCHES 9:00-2:00 Megan Smalley	28 SOUP & MATCHES 9:00-2:00 Megan Smalley

April-June 2011

Academies

Mind Vitality Academy:
Initial cognitive assessment and lifestyle review to evaluate one's program level, followed by an 8-week, 3 days/week, 2-hour Mind Vitality program. This would include Mind Aerobics & Fitness sessions.

Fee: 2-hour program, \$750
Contact:
robinglanzrock@seaburyretirement.com or 860-243-4262

Tai Chi Health Academy:
Comprehensive Biodex balance/fitness assessment with an 11-week Tai Chi group exercise program 2 days per week that will teach mind/body connection techniques to improve balance.

Fee: \$300
Contact:
arkadiuszkosiroek@seaburyretirement.com or 860-243-6054

Better Fit Academy:
Initial full-body functional fitness assessment and lifestyle review with an exercise prescription for one of our 11-week, 3 days per week evidence-based group exercise classes to improve fitness level.

Fee: \$300
Contact:
arkadiuszkosiorek@seaburyretirement.com or 860-243-6054

Better Balance Academy:
Comprehensive Biodex balance/fitness assessment with an exercise prescription for one of our 11-week, two days per week, evidence-based balance classes.

Fee: \$300
Contact:
arkadiuszkosiroek@seaburyretirement.com or 860-243-6054

Dance Fit Academy:
Comprehensive Biodex balance /fitness assessment with lifestyle review with an exercise prescription for one of our dance style exercise classes to improve agility, coordination, and balance.

Fee: \$300
Contact:
arkadiuszkosiorek@seaburyretirement.com or 860-243-6054



Some academies allow members to participate in the Fitness & Wellness Center's group programming. Your initial assessment and lifestyle review will help to determine the appropriate class.

Fitness Classes

Core Essentials:

Mat work to improve core strength, flexibility, agility, and overall fitness

Date: 4/4-6/17 (M-W-F)

Time: 8:00 am

Location: Pilates Studio

Power Yoga:

Strength training combined with Yoga movements to improve overall fitness

Date: 4/4-6/17 (M-W-F)

Time: 8:15 am

Location: Dance Studio

Power Pilates:

Strength training combined with Pilates movements to improve overall fitness

Date: 4/4-6/17 (M-W-F)

Time: 9:15 am

Location: Dance Studio

Beautiful Bones:

A seated strength, flexibility, endurance and overall fitness program

Date: 4/4-6/17 (M & F)

Time: 10:15 am

Location: Pilates Studio

Yoqua:

Gentle strengthening and Yoga exercises as prescribed by the American Arthritis Association

Date: 4/4-6/17 (M & F)

Time: 10:15 am

Location: Natatorium



Conductorcise Yoyalates:

A seated toning class combined with Yoga/Pilates set to classical music

Date: 4/4-6/17 (M & F)

Time: 11:00 am

Location: Creative Arts Studio

Step:

Challenge your agility and coordination while reaping the benefits of aerobics and improving strength and endurance

Date: 4/5-6/16 (T & Th)

Time: 8:00 am

Location: Pilates Studio

Dancercise:

Easy dance combinations set to your favorite music to enhance overall fitness

Date: 4/4-6/17 (T & Th)

Time: 9:15 am

Location: Pilates Studio

Equilibrium:

Train in posture, gait enhancement, multisensory control & center of gravity control

Date: 4/5-6/16 (T & Th)

Time: 9:30 am

Location: Dance Studio

Nordic Walking:

Gain the benefits of a full body workout while improving gait, posture and balance, all in the beautiful environment of Seabury's well groomed hiking trails. Walking poles are recommended.

Date: 4/5-6/16 (T & Th)

Time: 10:00 am

Location: Fitness Center

Seated Balance:

Strength and fitness program with functional balance exercises to learn fall prevention safety techniques

Date: 4/5-6/16 (T & Th)

Time: 11:00 am

Location: Creative Arts Studio

Aqualibrium:

Train your visual, vestibular, and somatosensory balance systems, all in the forgiving medium of water

Date: 4/5-6/16 (T & Th)

Time: 9:15 am

Location: Natatorium

Seabury At Home Information Sessions



your life. your future. your choice.

Dates: Thursday, 4/7, 5/5, or 6/2
Time: 1:30 pm
OR

Dates: Wednesday 4/21, 5/18, or 6/15
Time: 10:30 am
Location: Seabury
Fee: FREE
R.S.V.P. 860-243-6023 or 800-340-4709

Learn about the benefits of choosing a life care plan that allows you to age in place, safely and securely, in the comfort of the place you've called home for years

Bishop's 5k for Kids

Join "Team Seabury" for a 3-mile walk through beautiful West Hartford. All proceeds go to the Bishop's Fund for Children.

Date: Saturday, 5/14
Time: 9:30 am

Location: Webster Hill School, West Hartford

Fee: \$20 registration (deadline is May 11th)

For more info or to register:
courtenayknox@seaburyretirement.com or 860-243-6007



Bishop's 5K
for Kids
& Kids' Field Day

Fitness & Wellness Expo

Seabury will be hosting a day of fitness and wellness programming for the outside community.

Date: Thursday, 6/2

Time: All day

Location: Seabury

Fee: FREE

For more info: bethlomasky@seaburyretirement.com or 860-243-6024



National Trails Day

Seabury's Trails Committee, along with Resident Services, will join with the American Hiking Society in celebrating the environment by hosting its 3rd Annual National Trails Day. It's a day to get outside and experience, appreciate, and celebrate Seabury's trails, where you can find a spread of scenery, a plateful of peace, and a heap of happiness and health.

Date: Saturday, 6/4

Time: 10:00 am

Location: Seabury's Hilltop Pavilion

Fee: FREE

For more info: courtenayknox@seaburyretirement.com or 860-243-6007

Lectures/Seminars

Seminar: "Health Benefits of Tai Chi"

Roger Godin, HPA

Date: Thursday, 4/21

Time: 10:00 am

Location: Center for Successful Aging

Fee: FREE

R.S.V.P. rensinger@seaburyretirement.com or 860-243-6070

Lecture: "The Aging Digestive System"

Patrick Coll, M.D.

Date: Friday, 5/6

Time: 11:00 am

Location: Heritage Hall

Fee: FREE

R.S.V.P. rensinger@seaburyretirement.com or 860-243-6070

Seminar: "Massage Therapy for Daily Activities"

Evan William &

Tria Anderson, LMT's

Date: Thursday, 5/19

Time: 1:30 pm

Location: Center for Successful Aging

Fee: FREE

R.S.V.P. rensinger@seaburyretirement.com or 860-243-6070



Seminar: "Building Blocks to Better Balance"

Sylvia DiBiasi, P.T., &

Arkadiusz Kosiorek, NASM

Date: Thursday, 5/26

Time: 1:30 pm

Location: Center for Successful Aging

Fee: FREE

R.S.V.P. rensinger@seaburyretirement.com or 860-243-6070

Seminar: "Latest in Fall Prevention Technology"

Lori Maglieri

Date: Thursday, 6/9

Time: 2:00 pm

Location: Center for Successful Aging

Fee: FREE

R.S.V.P. lorimaglieri@seaburyretirement.com or 860-243-6074

Support Groups

Weight Winners:

Drop in anytime to discuss effective weight control strategies with your peers

Date: 1st & 3rd Mondays

Time: 1:00 pm

Location: Atrium

Fee: \$25 to join, \$15 yearly renewal

For more info: Marye Gail Harrison 860-242-4716



Care Giver Support Group:

For those taking care of loved ones suffering from Alzheimer's or other forms of dementia

Date: 2nd Tuesday of every month

Time: 3:00-4:30 pm

Location: CSA

Fee: FREE

R.S.V.P. bethlomasky@seaburyretirement.com or 860-243-6024



Latest Technology

Introducing the new

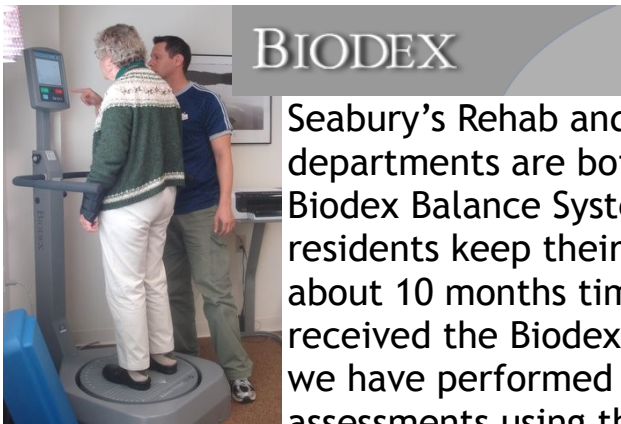


X80 Aquatic
Treadmill

Gravity free. Impact free. Barrier free.
Introducing the new HydroWorx X80 Underwater Treadmill with integrated resistance jet technology. It turns a static pool into a highly functional rehab and fitness experience that empowers the user.

Use the Hydroworx for:

- Gait training
- Balance enhancement
- Low-impact cardio and deep tissue massage
- Ideal for rehabilitation from injury/illness



Seabury's Rehab and Fitness departments are both using the Biodex Balance System to help residents keep their balance. "In about 10 months time, since we received the Biodex Balance System, we have performed well over 500 assessments using the Biodex," says

Fitness & Wellness Coordinator, Arkadiusz Kosiorek. "It is very user-friendly and can score a person's visual, vestibular, and somatosensory systems related to balance. We are able to track clients' progressions by comparing their before and after scores to make sure we are on the right track with our programming." At Seabury we have a Fall Prevention team which includes our physicians, nurses, rehab therapists, fitness specialists, and safety/security that together work on a comprehensive approach to improve people's balance and reduce the risk of falls.

Additional Wellness Services

Personal Fitness Training

Biodex Fall Risk Assessments and Training Sessions

Nutritional Counseling

Physical, Occupational and Speech Therapy

Aquatic Therapy with Hydroworx Aqua Treadmill

Massage Therapy

Home Safety Assessment
CAPS Certified

On-Line Wellness Profile & Resource Library Subscription

To register for any of these services call 860-243-6078, or email brandypage@seaburyretirement.com

Technology (continued)

The Benefits of a *Mobile Personal Response System*

Traditional Personal Emergency Response Systems (PERS) have ranges of less than 600 feet, but older adults (like the rest of our society) have become mobile consumers. The profile of older adults perpetually staying in one or two rooms of their home is not a lifestyle that is frequently encountered. Many are more active than ever, despite having increased healthcare needs.



Seabury wants to become a leader in providing the most advanced technologies to our residents and future members who participate in programs provided through our **Center for Successful Aging (CSA)**, which is why we have created a partnership with Mobile Health Technologies, LLC - a leader in US distribution of mobile health products - and has recently introduced a new technology which addresses the needs of today's increasingly mobile seniors: *SKeeper*,™ *the Mobile Personal Response System (MPRS)*. The *SKeeper* (as

well as the Personal S 911 and The 911-HC, two other highly advanced mobile alert devices Seabury offers), enable older adults to have the freedom to go anywhere. Whether at their home, the grocery store, or on vacation with their loved ones, they know that help is only a button-press away.



The CSA continues to investigate all available technologies that empower older adults, and help them to live life on their own terms.

Wellness Tips

Nutritional Nugget

Advice from Seabury's Registered Dietician



Tracey
Luciani, R.D.

Omega-3 fatty acids-the good fats found in salmon, tuna and some nuts- are good for just about every part of your body. Think of Omega 3's as a can of WD-40 for the body. Omega 3's have been shown to decrease inflammation in inflamed joints and are helpful for your brain because they keep your arteries clear. Walnuts have the highest quantity of Omega-3 fatty acids of all the nuts, so treat yourself to 1 ounce (12 walnuts) per day.

Info from YOU-The Owner's Manual, by Michael F. Roizen M.D. and Mehmet Oz, M.D.



Let Tracey guide you with a personalization of the food pyramid

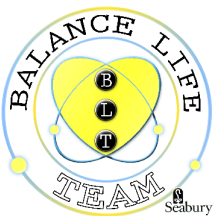
Tracey is available for appointments at Seabury, or in your own home. You may contact her at traceyluciani@seaburyretirement.com or 860-243-6078.

Nurturing your Spirit

Seabury's Balance Life Team Helps to Enhance your Spiritual Wellness

The team worked with Seabury residents', Marye Gail Harrison and Kathy Carle, to compile a small booklet with nature inspired quotations and scripture, as well as original artwork, photography, and poetry, all submitted by residents and staff.

The project was created as an offshoot of the BLT's **GO! green** environmental wellness initiative. The Trails Meditation Guide has an illustration along with a narrative piece



for each bench along the Seabury trails system. It will be available to borrow from the Seabury front desk, or for purchase at Seabury's Village store.



Wellness Tips, Cont'd.

Challenge your Brain



Brain Exercises for the Weekend, by Alvaro Fernandez

Harriet Vines, Ph.D., an experienced author and retired college professor, sends us a few fun brain exercises to train our 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. Find the sum of your date of birth, mm/dd/yyyy. Want more exercise? Do the same with friends' and relatives' dates of birth.
3. Name two objects for every letter in your complete name. Work up to five objects, trying to use different items each time.
4. 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.

Source: www.sharpbrains.com

Answer from the Winter issue: The mathematician made a fence around himself and declared himself to be on the outside.

Seabury News



Congratulations to Robin L. Glanzrock, Director of Operations at Seabury Meadows. She was elected to the *Board of Directors for the NECC* (New England Cognitive Center). The New England Cognitive Center, a non-profit organization, is “a national leader in the development of innovative cognitive fitness programs that enhance brain health, independence, quality of life, and is in partnership with the Mind Vitality Academy.”

Seabury is proud to introduce its newest service, *Seabury Care Now*.

Seabury Care Now is a non-medical, homemaker companion agency. The agency provides private duty home care services, including personal care, homemaker, companion, and transportation services. Private nursing services, such as case management and medication management, will also be available. To learn more contact Pamela Klapproth at 860-286-4021.



Seabury is Social!



Follow us on Twitter:
www.twitter.com/seaburylife



Become a fan on Facebook:
www.facebook.com/SeaburyActiveLife



And for a continuing stream of information on successful aging visit Seabury's website:
www.seaburyretirement.com

FWC Philosophy:

The Fitness & Wellness Center at Seabury uses professionals, resources, and programs that provide the information, coordination, access, and motivation people need to age successfully.

We can change the way we age by staying active within all the dimensions of wellness: physical, spiritual, emotional, vocational, social, intellectual, and environmental. These dimensions keep us engaged, motivated, and enjoying a productive life.



200 Seabury Drive
Bloomfield CT 06002
Phone: 860-243-6091
Fax: 860-243-6072
E-mail: academies@csaseabury.com

Help your environment: Elect to receive this publication electronically (instead of a paper copy). Please send your email address to courtenayknox@seaburyretirement.com.

