



# Balanced Life Bulletin

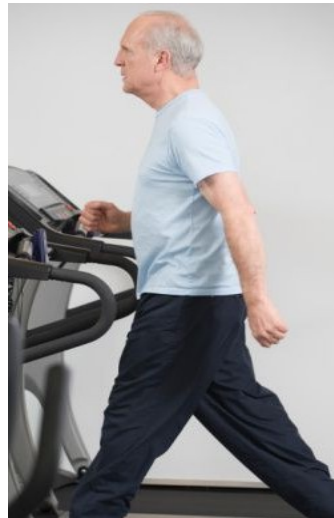
A publication brought to you by The Fitness & Wellness Center (FWC)

## Improving Heart Health in the New Year



The American Heart Association offers the following guidelines for physical activity:

The AHA suggests at least 150 minutes per week of moderate exercise or 75 minutes per week of vigorous exercise (or a combination of moderate and vigorous activity). 30 minutes a day, five times a week is an easy goal to remember, however you will also experience benefits even if you divide your time into two or three segments of 10 -15 minutes per day.



The AHA recommends getting at least 30 minutes of physical activity on most days of the week.

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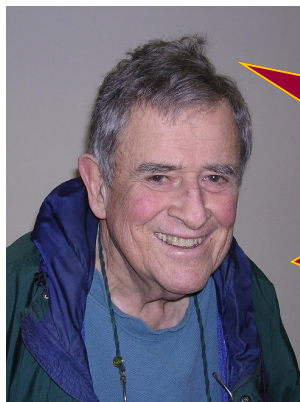
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## Aging Successfully

Tom is no stranger to physical fitness. For many years he and his wife Janis were avid hikers. In addition to their regular hiking expeditions all over Europe, while stateside they maintained several miles of the Appalachian Trail in Northwestern Connecticut. When Tom and Janis weren't hiking, they were still active because of their other passion: Tennis.



Tom Montgomery

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**TOM'S IMPROVEMENTS:**

- UPPER BODY STRENGTH: 21%
- LOWER BODY FLEXIBILITY: 150%
- ENDURANCE: 63%
- AGILITY: 28%

## New Technologies/Services

Seabury is pleased to announce its latest wellness option—a full service spa complete with facials, body scrubs and more! Come see the full selection of Seabury's wellness offerings at our inaugural **SPA-tacular Exposition** on January 26th. There you will have the opportunity to meet the entire wellness crew—our Rehabilitation Therapists, Personal Trainers, Massage Therapists, Fitness Staff, our Chaplain, and the newest member of the team, Melissa Lammers. Melissa



**Melissa Lammers**

brings a wealth of natural beauty experience to our new Spa. She specializes in completely natural products, and does not use any harsh chemicals or fragrances, but relies on pure ingredients to put in her materials. She will be demonstrating some of her services at the Expo.

### New Spa Services

- Pear & Green Apple Sugar Scrub
- Yam & Pumpkin Enzyme Peel
  - Brow Tint
  - Massages
- Classic Facial
- Brow Wax

## Personal Training at Seabury

The FWC welcomes Deb Filiault to the team! Deb is a personal trainer with many years experience in working with older adults. She is Level II certified with the World Instructor Training Schools and was a Therapeutic Recreation Director at the Enfield Senior Center. She has also taught seated exercise classes at Suffield by the River Assisted Living Community. Please join us in welcoming Deb to the Seabury Community.

*“Deb is doing an amazing job working with my husband, Jack. He is starting to move better and concentrate more. It's wonderful to see him doing so much.”*

*~Betsy Rich,*

*(Jack is a resident at Seabury Meadows, our Memory Support Center)*



**Deb Filiault**

**Deb is accepting new clients at this time. To schedule a free consultation, please call Deb at 860-559-4278.**

## Improving Health, cont'd.

Physical activity is anything that makes you move your body and burn calories, such as climbing stairs or playing sports.

Aerobic exercises benefit your heart, such as walking, jogging, swimming or biking. Strength and stretching exercises are best for overall stamina and flexibility.

The simplest, positive change you can make to effectively improve your heart health is to start walking. It's enjoyable, free, easy, social and great exercise. A walking program is flexible and boasts high success rates

because people can stick with it. It's easy for walking to become a regular and satisfying part of life.

If you are worried you won't be able to make it for 30 minutes, don't worry—something is always better than nothing! And everyone has to start somewhere. Even if you've been sedentary for years, today is the day you can begin to make healthy changes in your life. If you don't think you'll make it for thirty minutes, set a reachable goal for today. You can work up toward your overall goal of thirty minutes by increasing your

time as you get stronger. Don't let all-or-nothing thinking rob you of doing what you can every day.

*“Something is always better than nothing! Even if you've been sedentary for years, today is the day you can begin to make healthy changes in your life. If you don't think you'll make it for thirty minutes, set a reachable goal for today.”*

*~American Heart Association*

## Successful, cont'd.

Both Tom and Janis played most days of the week, and they were quite competitive. (Tom, however, does modestly maintain that all the tennis trophies in their apartment belong to Janis.)

Since Tom was already so active when he moved to Seabury, it was a given that he would immediately enroll in the FWC assessment and exercise program. He attends class three times per week and has his own callisthenic routine he does on the alternate days.

He remains steadfast in his exercise

*“Dr. Coll has said over and over again that exercising is the single most important thing you can do for fall prevention, and that's why I stick with my exercise program.”*

*~Tom Montgomery*

regime because he knows his balance has declined and that he is at risk for falls. Tom says “Dr. Coll has said over and over again that exercising is the single most important thing you can do for fall prevention, and that's why I stick with my exercise program.” Tom also continues to practice his love of hiking by sitting on the Trails Committee. He is a strong advocate for the increased usage of the Seabury Trails system, and urges you to “hit the trails” if you have not done so already.

	3	4	5	6	7	8	9	10	11	12	13	14	15
	10	11	12	13	14	15	16	17	18	19	20	21	22

# Calendar of Events

*January-March 2011\**

*\*Please note that some events are reserved for Seabury residents only. Events with the  symbol indicate the outside community is welcome.*



### Caregiver Support Group:

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

**Dates:** Second Tuesday of every month

**Time:** 3:00-4:30pm      **Location:** CSA (Seabury)

**Fee:** FREE

**R.S.V.P.** [bethlomasky@seaburyretirement.com](mailto:bethlomasky@seaburyretirement.com) or 860-243-6024



### Seabury At Home Information Sessions:

*Learn about the benefits of choosing Life Care, so you can age in place at home*

**Dates:** Thursday 1/6, 2/3, or 3/3

**OR** **Time:** 1:30pm

**Location:** Seabury

**Dates:** Wednesday 1/19, 2/16, or 3/16

**Time:** 10:30am

**Fee:** FREE

**R.S.V.P.** 860-243-6023 or 800-340-4709



### Registration: "GO! Green! Moving Outdoors towards 26.2"

*Learn all about our latest walking program highlighting environmental wellness. Designed to keep you healthy all winter long, participants will be celebrated on June 4th during our 3rd Annual Trails Day. Prizes! T-Shirts! And more!*

**Date:** Tuesday 1/13

**Time:** 1:30pm      **Location:** Heritage Hall (Seabury)

**Fee:** FREE



### A Service Honoring Martin Luther King, Jr:

*Join in a celebration of his life and service to our country*

**Date:** Monday 1/17

**Time:** 7:00pm      **Location:** United Methodist Church, Bloomfield

**Fee:** FREE

**R.S.V.P.** [gailkeeney-mulligan@seaburyretirement.com](mailto:gailkeeney-mulligan@seaburyretirement.com) or 860-243-6085



**SPA-tacular Wellness Exposition:**

*Learn how you can indulge yourself in our new Spa services! There will be demos of facials, massage, and our newest piece of exercise equipment—an underwater treadmill. Join us for all this and some delicious healthy snacks.*

**Date:** Wednesday 1/26

**Time:** 10:30-3:30pm

**Location:** HH (Seabury)

**Fee:** FREE

**R.S.V.P.** brandypage@seaburyretirement.com or 860-243-6078

**Seminar: “Heart Smarts”**

*Dr. Patrick Coll, M.D.*

**Date:** Friday 2/4

**Time:** 11:00am

**Location:** Heritage Hall (Seabury)

**Fee:** FREE

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

**Getting to Know Your Wellness Team**

*Meet our Rehabilitation Staff, Personal Trainers, and Fitness Specialists. Light refreshments will be served.*

**Date:** Thursday 3/10

**Time:** 1:30pm

**Location:** Center for Successful Aging (Seabury)

**Fee:** FREE

**R.S.V.P.** brandypage@seaburyretirement.com or 860-243-6078

**Seminar: “Who Do You Want on Your Care Team?”**

*Patty O’Brian, Central Regional Director with the Connecticut Chapter of the Alzheimer’s Association*

**Date:** Thursday 3/24

**Time:** 6:00-7:30pm

**Location:** Heritage Hall (Seabury)

**Fee:** FREE

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

**Mind Vitality Academy:**

*Initial cognitive assessment and lifestyle review to evaluate one’s program level, followed by an 8-week, 3 days/week, 1-hour Mind Aerobics program **OR** an 8-week 3 days/week, 4-hour full-course Mind Vitality program. This would include Mind Aerobics, Fitness, Nutrition and Enrichment sessions.*

**Location:** CSA (Seabury)

**Fee:** 1-hour session, \$500; 4-hour program, \$1500

**Contact:** robinglanzrock@seaburyretirement.com or 860-243-4262



## Calendar of Events cont'd



### Tai Chi Health Academy:

*Comprehensive Biodex balance/fitness assessment with a 10-week Tai Chi group exercise program that will teach mind/body connection techniques to improve balance*

**Date:** 1/4-3/17 (T & Th)      **Fee:** \$300



**Time:** 8:30am      **Location:** Dance Studio (Seabury)

**Contact:** brandypage@seaburyretirement.com or 860-243-6078



### Weight Winners:

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

**Date:** 1st & 3rd Mondays

**Time:** 1:00pm      **Location:** Atrium (Seabury)

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



### Better Fit Academy:

*Comprehensive functional fitness assessment with an exercise prescription for one of our evidenced-based group exercise classes to improve strength and endurance*

**Fee:** \$300

**Location:** Pilates or Dance Studio (Seabury)

**Contact:** brandypage@seaburyretirement.com or 860-243-6078



### Core Essentials:

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

**Date:** 1/3-3/18 (M-W-F)

**Time:** 8:00am      **Location:** Pilates Studio (Seabury)



### Power Yoga:

*Strength training combined with Yoga movements to improve overall fitness*

**Date:** 1/3-3/18 (M-W-F)

**Time:** 8:15am      **Location:** Dance Studio (Seabury)



### Power Pilates:

*Strength training combined with Pilates movements to improve overall fitness*

**Date:** 1/3-3/18 (M-W-F)

**Time:** 9:15am      **Location:** Dance Studio (Seabury)

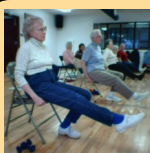


### Beautiful Bones:

*A seated strength, flexibility, endurance and overall fitness program*

**Date:** 10/4-12/17 (M & F)

**Time:** 10:15am      **Location:** Pilates Studio (Seabury)

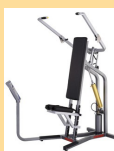


### Yogalates with Conductorcise:

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

**Date:** 1/3-3/18(M & F)

**Time:** 11:00am      **Location:** CAS (Seabury)

**Keiser Strength Training Circuit:**

*An instructor will lead the group through a series of strength exercises*

**Date:** 1/4-3/17 (T & Th)

**Time:** 10:00am      **Location:** FWC (Seabury)

**Yoqua:**

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

**Date:** 1/3-3/18 (M & F)

**Time:** 10:15am      **Location:** Natatorium (Seabury)

**Better Balance Academy:**

*Comprehensive Biodex balance/fitness assessment with an exercise prescription for one of our evidence-based group exercise programs to improve posture/gait*

**Fee:** \$300

**Location:** Pilates or Dance Studio (Seabury)

**Contact:** brandypage@seaburyretirement.com or 860-243-6078

**Seated Balance:**

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

**Date:** 10/-12/16 (T & Th)

**Time:** 10:00am      **Location:** CAS (Seabury)

**Equilibrium:**

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

**Date:** 10/-12/16 (T & Th)

**Time:** 11:00am      **Location:** Dance Studio (Seabury)

**Aqualibrium:**

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

**Date:** 1/4-3/17 (T & Th)

**Time:** 9:00am      **Location:** Natatorium (Seabury)

**DanceFit Academy:**

*Comprehensive Biodex balance/fitness assessment with an exercise prescription for one of our evidence-based group exercise classes to improve agility/coordination*

**Fee:** \$300

**Location:** Pilates or Dance Studio (Seabury)

**Contact:** brandypage@seaburyretirement.com or 860-243-6078

**Dancercise:**

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

**Date:** 1/3-3/18 (M-W-F)

**Time:** 9:15am      **Location:** Dance Studio (Seabury)

**Step:**

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

**Date:** 1/4-3/17 (T & Th)

**Time:** 8:00am      **Location:** Pilates Studio (Seabury)

## From the FWC Staff Desk

### Getting Enough Cardiovascular Exercise is Crucial in Maintaining Heart Health

When most people think of cardiovascular exercise, they think about endless hours of running on a treadmill. But there are many other ways to increase your heart rate. Even walking at a brisk pace most days of the week will provide you with the proper amount of aerobic activity. To ensure you are working hard enough during your walk to reap the heart-healthy benefits, take the “talk test” as you are walking. To do this try talking while walking—you should find it difficult (but not impossible) to engage in conversation.

#### Still need inspiration?

⇒ *Contact one of our Personal Trainers.*

They can set you up with an easy to follow program and will help you keep track of your progress. Call Arkadiusz Kosiorek at 860-243-6054 to schedule an appointment.

⇒ *Set a goal:*

Seabury residents and staff will be participating in the **Bishops’ 5k for Kids** on May 14th in West Hartford—why not join them? For more information call Courtenay Knox at 860-243-6007.



*Exercising with others is great way to stay motivated.*



## Additional Services

Personal Fitness Training  
(\$60/hr.)

Biodex Fall Risk Assessments and Training Sessions  
(\$75/hr.)

Nutritional Counseling  
(\$60/hr.)

Physical, Occupational and Speech Therapy  
(Price varies with insurance policies)

Massage Therapy  
(\$60/hr.)

Home Safety Assessment  
*CAPS Certified*  
(\$125)

On-Line Wellness Profile & Resource Library Subscription  
\$25/annual

To register for any of these services call 860-243-6078, or email

[brandypage@seaburyretirement.com](mailto:brandypage@seaburyretirement.com)



*The Wellness Team, united*

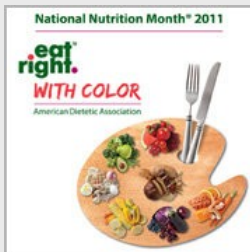
**Fitness and Rehab** become one as part of Seabury’s integrated approach to successful aging.

The continuum of a healthy lifestyle can now go from an injury, to rehabilitation, and then into a health and wellness program for a return to a healthy and active life. This is possible through the integration of the rehabilitation services and fitness modalities at Seabury. To learn more about Rehab at Seabury call Sylvia DiBiasi at 860-243-6082.

## Wellness Tips

### Nutritional Nugget

The **American Dietetic Association** celebrates *National Nutrition Month* in March. This year's theme is "Eat Right with Color".



To be sure you are eating heart healthy foods, choose from this colorful selection:

- Red Peppers**-a good source of fiber
- Persimmons**-very high in Vitamin A.
- Pineapple**-contains the enzyme Bromelain, which can aid digestion
- Brussels Sprouts**-a good source of Riboflavin, Iron, and Magnesium
- Blueberries**-high in Antioxidants
- Eggplant**-a good source of fiber, folate and potassium

### Nurturing your Spirit

Pastor Gail Keeney-Mulligan offers this inspirational quote from the King James version (1611) of the bible

"To every thing there is a season, and a time to every purpose under the heaven."

*Ecclesiastes 3:1*



If you have questions about your spiritual wellness, Pastor Gail invites you to contact her at 860-243-6085 or [gailkeeney-muligan@seaburyretirement.com](mailto:gailkeeney-muligan@seaburyretirement.com)

## Brain Game



A farmer challenges an *engineer*, a *physicist*, and a *mathematician* to fence off the largest amount of area using the least amount of fence.

- The engineer made his fence in a circle and said it was the most efficient.
- The physicist made a long line and said that the length was infinite. Then he said that fencing half of the Earth was the best.
- The mathematician laughed at the others and with his design, beat the others.

*What did the mathematician do?*

*Answers from the Autumn issue:* "If you tell the truth you don't have to remember anything", and "The man who doesn't read good books has no advantage over the man who can't read them".



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

[www.seaburyretirement.com](http://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](mailto:academies@csaseabury.com)



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