

A Health and Wellness Newsletter from LifeSpan Resources, Inc. January 2012

In order to change we must be sick and tired of being sick and tired. ~Author Unknown



Living a Healthy Life With Chronic Conditions

- ✓ Are you coping with an ongoing health condition?
- ✓ Are you anxious, frustrated, depressed, or lonely?
- ✓ Are you looking for better ways to manage your health and your life?

Life Span Resources is offering an innovative workshop for those living with ongoing health problems or those just looking to improve their health and lifestyle. The workshop is designed to give participants the knowledge, confidence, and skills to manage their health issues and have more control over their lives. The workshop includes information on nutrition, exercise, cognitive techniques, managing pain and fatigue, use of medications, dealing with emotions, positive thinking, and communication skills.

The workshop consists of 6 – 2 ½ hour sessions. Sessions are once per week for six weeks. Our next workshop is being offered at Bacala Senior Center in Scottsburg beginning Thursday, March 1, 2012 from 1:30-4:00 PM. The cost for the entire workshop, including textbook, is \$10.00. Scholarships are available. For more information and registration call Janet Manzo at 812-948-6061 or jmanzo@lsr14.org.

do because Medicare is covering more preventative health visits and screenings. Also improve your daily habits by being constantly mindful of whether the choices you make are helping or hurting your well being.

Your New Improved Resolutions

1. I will get myself a better sleep pillow.
2. I will designate someone in my cell phone as my ICE (In Case of Emergency) contact.
3. I will memorize my cholesterol and blood pressure numbers.
4. I will purge expired medicines from my medicine cabinet.
5. I will live as if my doctor were watching
6. I will make a list of the health screenings I should get and set up those appointments.
7. I will wear sunscreen.
8. I will change the batteriesw in my smoke detectors and flashlights every time I change the clocks.

GOLDEN RULE #2 – MOVE MORE



The world of TV, video, DVR's, and the internet has expanded our minds and sparked revolutions. It has also helped escalate an epidemic of sitting and inactivity that accelerates aging and health problems.

We can reverse that with one simple act. MOVE. Structured exercise is great, but so are leisure time activities including walking, gardening, and mindfully moving more throughout the day. Moving more will benefit your heart health, waistline, blood sugar, and self-image. If you have mobility issues there are many resources for chair exercises and other simple movement exercises that will be beneficial.

Healthy Living Plan for the New Year!!



Did you make New Year's resolutions? Have you given up on New Year's resolutions? This is an interesting approach courtesy of Humana. See if this approach can

give you some inspiration to try a Golden Rule or two or three or several!!

Keeping New Years resolutions will be easier when you follow these 4 Golden Rules with New, Improved New Year's resolutions!

GOLDEN RULE #1 – MEASURE UP



Pay attention to your health. It is essential to stay on top of regular doctor's visits, know your key numbers like your blood pressure, and cholesterol, and get the tests you need when you need them.

Improvements in Medicare coverage make this easier to

Your New Improved Resolutions

1. I will sit less.
2. I will take the stairs whenever I need to go up or down two or fewer flights.
3. I will stand when talking on the phone.
4. I will spend at least four hours a week outdoors, unless the weather is extreme.
5. I will get up and move during the commercials.
6. I will ask my favorite neighbor to walk with me.
7. I will walk the dog instead of just letting him out.
8. I will not complain when I must get up for something, but will look at it as an opportunity for more movement and better health.

GOLDEN RULE #3 – EAT WELL



Eating for great health does not mean depriving yourself of flavor and satisfaction. It means filling up on the most delicious and satisfying foods around. It means eating more foods from farms and less from factories. It means adding flavor, taste, and freshness. Take time to savor your food. Tiny resolutions can spin you into a big success!

Your New Improved Resolutions

1. I will eat at least one piece of fruit every day.
2. I will avoid eating after 9:00 PM.
3. I will try at least one new recipe a week.
4. I will only eat between meals if I include a fruit or vegetable in the snack.
5. I will have veggies take up more room on my plate than grains or proteins do – that is half the plate.
6. I will eat a salad every day.
7. I will eat dinners I would not be embarrassed to share on Facebook.
8. I will put my fork down between bits.

GOLDEN RULE #4 – ENJOY LIFE



This year do more of what you enjoy. Load up on everything you love. Having meaningful relationships and maintaining a positive outlook all give your health a huge boost. Not just your mental health, but your physical health too. Just as importantly, laughter, love, and doing things you find important or meaningful make life worth living.

Your New Improved Resolutions

1. I will start planning activities to get out more and be with people.
2. I will say “hello” at least 10 times a day.
3. I will clean and organize one drawer or cabinet each week.
4. I will make a binding date instead of saying, “We should get together sometime.”
5. I will read a book or two each month, not just read about them.
6. I will spend four hours a month volunteering.
7. I will listen to music at least once a week.
8. I will not have the same old fight with my significant other or other family members.

Southern Indiana AARP Tax Aide Times and Locations



The AARP Foundation Tax Aide program provides free tax assistance and tax form preparation to low and moderate income taxpayers with

special attention to those age 60 and over. They do not have an income maximum, but they have a list of types of income and deductions that are out of their scope, such as business returns. They also provide shut-in service upon request whenever possible.

Taxpayers need to bring last year’s return and all their tax documents for the current year including W-2’s and 1099’s. They emphasize training and each person certified to be a preparer must pass an open book test developed by the IRS. Returns are prepared on the computer and are electronically filed without charge to the taxpayer. There are a few types of returns which must be mailed in to the IRS.

Sites and hours are listed in the next column.

SITES WILL BE OPEN FEBRUARY 1 THROUGH April 17, 2012

Charlestown Library 51 Clark Road Charlestown, IN 47111	Monday 11:00 AM-4:00 PM
Clarksville Library 1312 Eastern Boulevard Clarksville, IN 47129	Monday 12:00-3:00 PM Thursday 12:00-3:00 PM Friday 12:00-3:00 PM
Hillview Apartments 1341 Hillview Drive Corydon, IN 47112	Wednesday 1:00-5:00 AM Friday 9:00 AM-12:00 PM
Henryville Library 214 East Main Street Henryville, IN 47126	Friday 12:-4:00 PM
Palmyra Branch Library 689 Haub Street Palmyra, IN 47164	Tuesday 12:00-3:00 PM
American Legion Post 28 1930 McDonald Lane New Albany, IN 47150	Monday 11:00 AM-5:00 PM Wednesday 11:00 AM-3:00 PM
Sellersburg Library 403 North Indiana Ave. Sellersburg, IN 47172	Wednesday 9:30 AM-12:30 PM Saturday 9:30 AM-12:30 PM



Sit and Be Fit is an award-winning exercise program for seniors and individuals with limited physical motion that is available on public television. The show was created in 1987 by Mary Ann Wilson, a registered nurse in the field of post-polio rehabilitation and geriatrics.

Sit and Be Fit is committed to improving the quality of life of older adults and physically limited individuals through safe, effective exercises. The show actively promotes functional fitness, healing, and independence.

The show is on KET2 on Thursdays at 10:00 AM. It is also available on video and the internet at You Tube. We highly recommend this to all our clients, especially those with limited mobility.

Check your cable provider for KET2 station number in your area.

Contact:
Janet Manzo
Wellness Projects Coordinator
(812) 948-6061
jmanzo@lsr14.org