



Empowering Yourself to Wellness

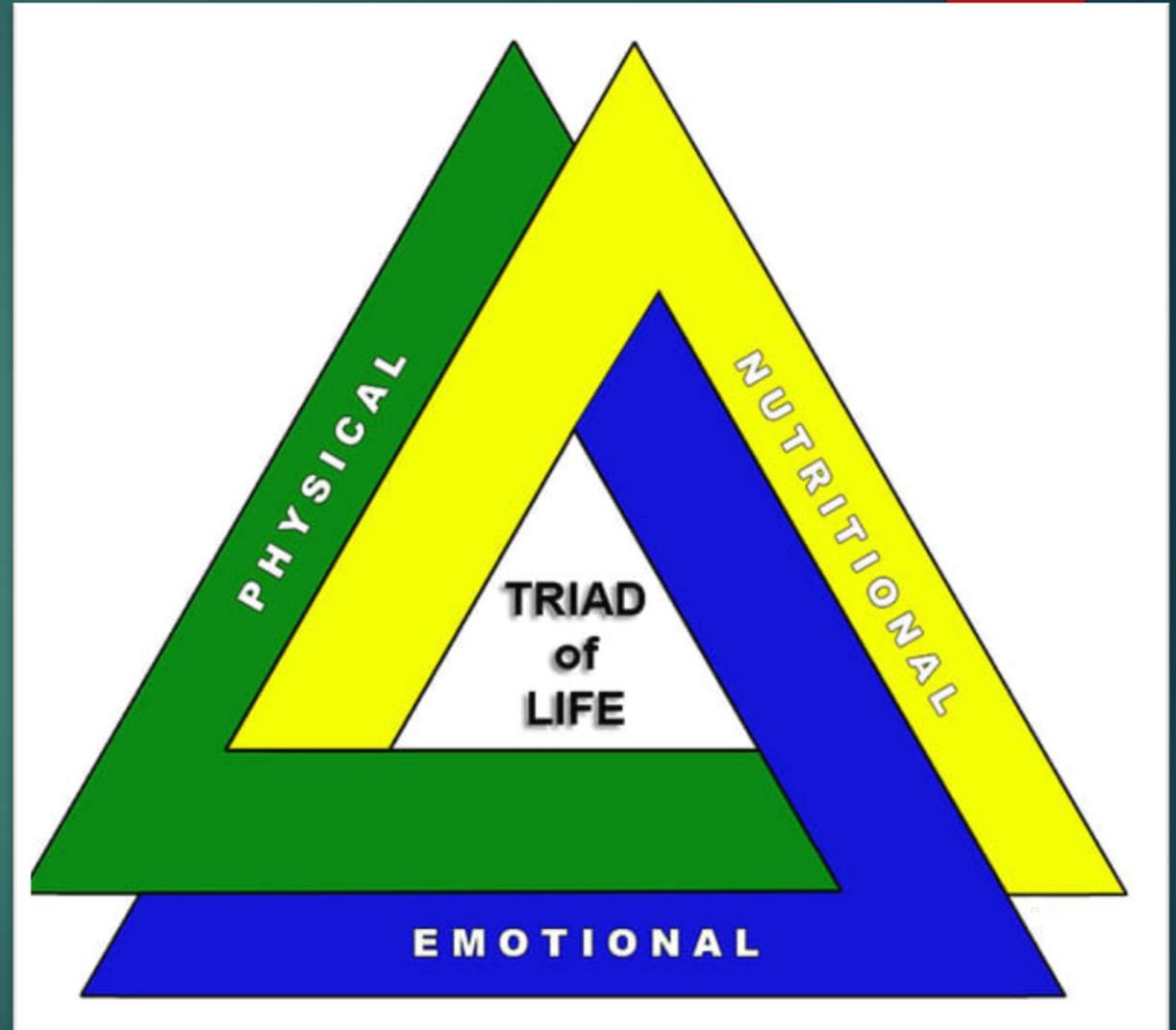
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Body Balance



Triad of Life ²



The Role of Cleanliness

- ▶ The old saying by Benjamin Franklin, "Cleanliness is next to Godliness" gets truer as the years go by. ¹
- ▶ When suffering, sickness, and mental deterioration come upon older people it is more difficult for them to keep clean. But, it is a necessity, even if we must hire someone to help.
- ▶ To be unkempt is the surest way to hasten the problems of old age.

The Role of Exercise

- ▶ A body at rest tends to stay at rest, a body in motion...commercial.
- ▶ How many folks have arthritis as we age?
- ▶ What do we know about Arthritis and exercise and motion?
- ▶ Weight Lifting for seniors?
- ▶ Discuss types of exercise

The Role of Food

- ▶ Eat a little less, eat balanced, eat reasonably.
- ▶ Give yourself an eating vacation one day per week.
- ▶ Weight gain and illness
- ▶ The controversy of the BMI (Body Mass Index)
- ▶ Gradual weight loss is the key.



The Role of Food (cont.)

- ▶ Why do we eat- To feel better!
- ▶ Give the example of Poppy's diet.
- ▶ Use the funeral examples of reminiscence and food.
- ▶ Unfortunately, many times weight loss is based on depression or some other serious condition. Talk about depression and weight loss and gain

Get Rid of those bad habits

- ▶ Smoking
- ▶ Drinking
- ▶ Other Addictions- can you give exmples?
- ▶ When common sense goes out the window
- ▶ Give the example of the 90 year old in the emergency rom with the resident telling him that smoking will shorten his life.

Fight back at sickness and disease

- ▶ In our day of Social Security and Medicare there is little excuse for older people to let health conditions slip up on them.
- ▶ Regular Checkups and Prevention
- ▶ Immunizations
- ▶ If you have a medical problem find out as much as you can about it.
- ▶ Can the internet be helpful?
- ▶ It can't be on the internet if it is not true commercial.

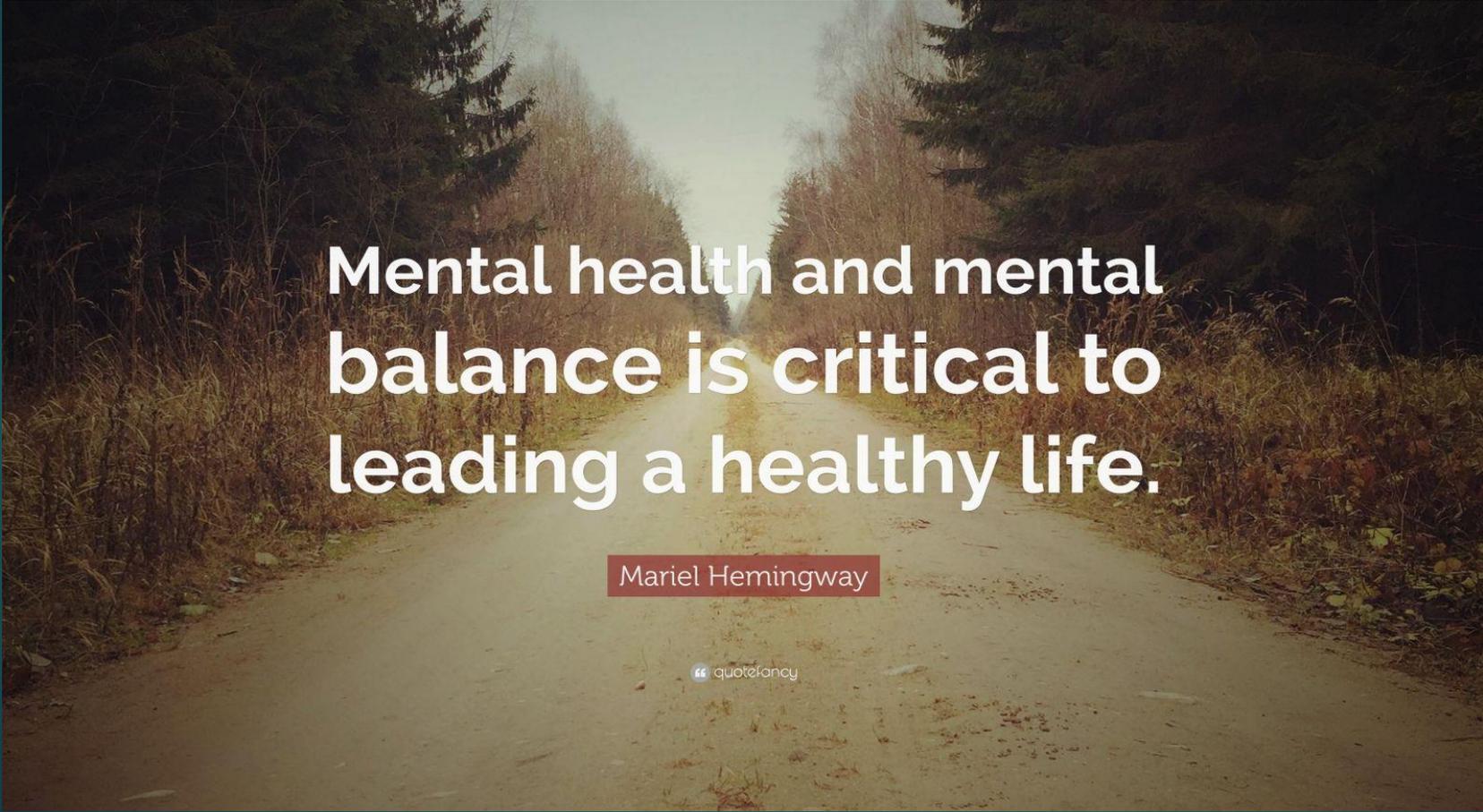


Talk to your Health Care
Professional



**A major rule in
coping with old age
consists of taking
care of our machine
– our body.**

The Mental Balance



Mental health and mental balance is critical to leading a healthy life.

Mariel Hemingway

quote fancy

Balancing the mind and body

- ▶ Good Stress..bad stress
- ▶ Memory problems and balance.
- ▶ Depression and Balance. The role of animals – use the patient example when drugs did not help and getting her a dog did.
 - ▶ **Maintaining a Positive Outlook/ Focus on the positive:**
What has happened good to me today?
 - ▶ Now that I moved around my arthritis is better.

Keeping Busy

- ▶ **Senior Trips and Senior Centers**
- ▶ **The role of the Community Center and Senior Centers.**
- ▶ **Have the group give examples of activities that they engage in.**
- ▶ **Write letters to relatives and friends.**
- ▶ **Maintain your hobbies and get some new ones.** Hobbies are fun things to do. What are you interested in?
- ▶ **Read good books.** The role of ebooks now.
- ▶ **Play games and enjoy sports.** Why not. Give the example of Dad and shuffleboard...humor on how serious they take it.

Keeping Busy with purposeful activities

- ▶ **The** role of volunteer work.
- ▶ Don't let yourself sit around and stare into space.
- ▶ Get occupied.
- ▶ Be careful for people who can and will take advantage of you; but, usually we have friends, family, or church that can advise and keep us from being hurt.

Keeping Busy

- ▶ **Avoid negative daydreaming about the past the role of reminiscence.** Who has not made a mistake? remember the pleasant and good times, but don't even dwell on them. Provide for yourself some new pleasant good times.
- ▶ **Go back to school and take some courses/Monitor college courses;**
- ▶ **The cranky old man or woman;**
- ▶ Avoid crankiness and bad temper.
- ▶ Avoid seeing only the negative side of things by counting your blessings

THE ROLE OF HUMOR

- ▶ Why Humor?
- ▶ defense mechanism that allows someone to cope with difficult situations (use death and dying examples)
- ▶
 - Most recently, health care professionals have studied humor as a therapeutic intervention.
 - Norman Cousins attributed humor as responsible for curing his collagen disease in 1977 (The healing heart).

Humor to break the ice

The Role of Humor (cont.)

▶ COMMUNICATION

discharges tensions associated with fear anger and grief

Humor to establish the bond in therapeutic relationships
humor to cope with stressful situations

A DEFENSE MECHANISM

You will worry yourself sick

Quotes

"Age is strictly a case of mind over matter. If you don't mind, it doesn't matter." *Jack Benny* "You don't stop laughing when you grow old; you grow old when you stop laughing." *Unknown*

"Do not regret growing older. It is a privilege denied to many." *Unknown*

"Youth is wasted on the young" *Unknown*

Resources

1. McKay, K. (2017, November 23). Ben Franklin on Being Virtuous: The Virtue of Cleanliness. Retrieved October 22, 2018, from <https://www.artofmanliness.com/articles/the-virtuous-life-cleanliness/>
2. What is The Triad of Life™. (n.d.). Retrieved October 22, 2018, from <https://www.onlineholistichealth.com/3-components-of-health.html>