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JULY 2019

AN INSIDE LOOK AT.....

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A renovated facade only highlights the venerable Froio spirit that resides within!

AARP tax preparation
Are You OK? wake-up program
Art du Jure!
Berkshire Writers Room
Bingo
Breakfast Club
Brown Bag
Card Games, Bridge, Pitch
Ceramics
Chair Caning
Coffee Shop
Comedy Dungeon!
Community Outreach
Computer Workshop
Exercise Classes-Osteo
Foot Clinic
From Stage to Screen
Gift Shop
“Hand and Foot” card game
Health Education Workshops
Income Tax Preparation
Information/Referrals
Knitting and Crochet
“Legal Education”
Line Dancing
Lunch Served Daily
Mah Jongg
Meditation
Molari Blood Pressure Visits
Pinochle
Poetry
Pool Tables
Quality Time Club
Quilting
Seasonal Celebrations
Scrapbooking & Card Making
Scrabble
Shake Your Soul dance-exercise
SHINE Medicare Counseling
Supportive Day Program
Tai Chi, Tai Chi w/ weights
Transportation
Traveling Friends
TRIAD
Volunteer Opportunities
Woodcarving, Woodworking
Yoga
The Men on the Moon

This year marks the 50th anniversary of NASA's historic Apollo 11 mission. On July 20, 1969, Commander Neil Armstrong and pilot Edwin "Buzz" Aldrin became the first humans to land on the moon. Six hours after landing, they did something even more daring: they set foot on lunar soil and walked on the moon. Armstrong's words captured the enormity of the moment: "That's one small step for a man, one giant leap for mankind." The astronauts became worldwide heroes, and their achievement vaulted them into both the history and science books, making them household names in the process.

The moon landing marked the pinnacle of achievement for a mission born of the Cold War-era "space race" between the United States and the Soviet Union. The mission was broadcast on television, and its importance was not lost on the astronauts involved. Michael Collins manned the command module, while Armstrong and Aldrin descended to the lunar surface in a module dubbed Eagle. When the craft touched down on the moon's Sea of Tranquility, Armstrong famously announced, "The Eagle has landed." Typically, in these situations, the junior ranking officer would take responsibility for the spacewalk, while the commander stayed behind. Aldrin had vied for the opportunity to be the first man to walk on the moon, but he well understood the symbolism of the mission's commander being first to set foot on alien soil, even if it meant a change of NASA protocol. For this reason, Armstrong made the first famous small step. Aldrin was not far behind, however, and his poetic description of the lunar landscape's magnificent desolation has become just as memorable.

The two men spent over 21 hours on the moon. They collected samples of rock and dust, and planted an American flag. Aldrin even took Holy Communion. The entire Apollo 11 team safely returned to Earth to much fanfare, but not before they filled out a customs form declaring their place of departure as "Moon."

Activity Connection, July 2019

How You Can Fix Those Aching Feet

Next steps for dealing with chronic foot complaints

One of the most momentous sports injuries of all time wasn't a gruesome knee tear or a blown-out shoulder. It was Joe DiMaggio's heel spur, a painful bony protrusion said to have ended the New York Yankee's career in 1951. But DiMaggio's foot troubles didn't end there. In 1990, nearly 40 years after he hung up his cleats, the athlete sought treatment again: He couldn't play golf or even walk.

"Foot and ankle problems are not life-threatening, but they're lifestyle-threatening," explains podiatrist Rock Positano, director of the nonsurgical foot and ankle service at New York City's Hospital for Special Surgery. Foot pain often is the triggering event that leads to musculoskeletal problems like knee, hip and back pain and ultimately to falls, loss of mobility or worse.

About 24 percent of people over 45 suffer from foot pain. By 70, that number's more like 50 percent. But foot pain is not a normal part of aging, says New Jersey-based podiatrist Alan Bass. "I never say to my patients, 'You're getting older and these are just things that are happening.'"

DiMaggio's injury and a failed surgery during his playing career were the big impetuses for nonsurgical musculoskeletal foot and ankle interventions in this country, says Positano, who successfully treated the retired player with a specialized brace.

Today, thanks in part to Joltin' Joe, it's easier than ever to resolve foot pain, often with orthopedics rather than by going under the knife. Here are some common places it may strike, and how to strike back.

The Problems

1. Vascular
Blood flow to the feet diminishes with age, which can make any foot problem worse. For example, less blood flow to a tendon could contribute to issues like tendinitis, Positano says.

2. Orthopedics
Generally speaking, muscle or skeletal issues such as plantar fasciitis, heel spurs, bunions and arthritic changes in joints of the foot start to crop up after age 40, especially in active people. If you're a runner, you might notice tightness in your Achilles tendon all of a sudden.

Continued on insert page
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**How to Actually Take the Day Off**

If you’re fortunate enough to have the day off from work, the most important thing on your to-do list today is to actually take the day off. Taking time to let your brain rest and recover “literally makes us more creative, better at problem-solving, better at coming up with creative ideas.” So, great, we’re all out of work mode and ready to enjoy the day. But what to do? Here are a few suggestions on how best to spend your day off.

**Embrace Laziness.** Yes, yes, you’re busy, I’m busy we’re busy-ing ourselves to exhaustion. But if you have today off, take a conscious stand against all this busy-ness. Being busy, if we even are busy, is rarely the status indicator we’ve come to believe it is. Nonetheless, the impact is real, and instances of burnout, anxiety disorders and stress-related diseases are on the rise.

**Forgive someone.** What does holding onto grudges really get us, aside from amusing anecdotes at parties? And what could we gain from giving them up? As it turns out, quite a lot: A 2006 study suggested that “skills-based forgiveness training may prove effective in reducing anger as a coping style, reducing perceived stress and physical health symptoms, and thereby may help reduce” the stress we put on our immune and cardiovascular systems. So, you know, maybe it’s worth it.

**Have a family meal.** It can be tough to get the whole family together for a meal. Work, school, sports practices and other obligations all seem to get in the way. But studies show that families who dine at home together are happier and healthier.

**Do that one thing you’ve been putting off.** Yeah, yeah, you’ll get to it sometime, it’s the little fib we all tell ourselves to get out of doing the things on our to-do list that are hanging over our heads. But today is a great day just to get it done! Send that email, finish up that task at home, send that holiday thank-you note you still haven’t gotten around to. Whatever it is, just do it. You’ll feel so much better, I promise.

**Do absolutely nothing.** Not much more to say here! Give yourself permission to plant in front of the TV today, recharge your batteries and get a good night’s sleep. It might even make you more productive a week next week.

*By Tim Herrera, NYT “Here to Help” column, 5/31/19*

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**Housemate Wanted. Must Lift Heavy Objects**

To care for one another, many retirees are living together.

The first conflict came on the day that Deborah Knox moved in. It concerned a coffee table, or rather two.

Tired of living alone in a Tucson, Ariz., condo, Knox had sought to share a house. “I wanted some sort of relationship; I wanted intimacy,” says the 74-year-old.

A mutual friend introduced Knox to Sharon Kha, who had Parkinson’s disease and needed help to stay in her three-bedroom house. “I had reached a point where I knew that I couldn’t stay at home by myself anymore,” says Kha, 75. “I’d either have to do assisted living or find someone who would live with me.” Another thing Kha had: a beloved coffee table, made of a mission door that had weathered the heat for decades in Mexico.

But Knox came with her own sentimental table — a glass top on a base made of river driftwood from Verde Valley, Ariz., and carved by a friend who had recently died. Ultimately, Kha relented. “I thought I could win this argument — it’s my house, it’s my coffee table,” Kha says. “But if I win this argument, I can probably look at my coffee table at an assisted living place.”

**Making a match**

Knox and Kha are an example of a modern retirement dynamic — older Americans seeking companionship, mutual care and, in some cases, a less expensive living situation. By 2035, the number of households headed by renters 65 and older is estimated to swell by 80 percent, to 11.5 million, according to the Joint Center for Housing Studies of Harvard University.

From this, a cottage industry has emerged. Companies like Silvernest and Roommates4Boomers charge a fee to match older renters and homeowners and help with background checks. Nonprofits such as Home Share Now in Vermont pair older homeowners with housemates who may help with chores.

“There is a lot of discussion about the Golden Girls model,” says Wendi Burkhart, the CEO of Silvernest, referencing the popular TV show of the ’80s and ’90s in which older women lived together. The trend is more common among women, according to those who run matchmaking services. A couple of possible reasons are that women tend to live longer than men and may feel more comfortable living communally.

But living with a housemate isn’t without challenges. Real life is not a sitcom. A homeowner may feel possessive of routines and belongings, while a renter may feel a loss of control.

*Continued on insert page*
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Chair Caning Rides Again!
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Thurs @ 12:30

Foot Clinic
By Appointment 499-9346
Thurs July 11th 9:00

Pittsfield Tree Watch
Nurture the roots of your tree interests.
Thurs July 11th 4:00 Coffee Shop

New Member Day
Find your way. Let us know you're coming.
Wed July 17th 10:00 a.m. 499-9346

July Card Party
Are you connected?
Thurs July 18th 1:00 p.m.
Four-somes are best. $2.00

Blood Pressure Clinic
By Appt. 499-9346
Tue July 23rd 9:00

Brown Bag Day
Fri July 26th 10:30 a.m.
How You Can Fix Those Aching Feet

Continued from page 2

3. Skin
Slower nail growth and a weakening immune system can lead to pesky nail fungus, athlete's foot, cracked skin or nail trauma — the last often a result of jamming your feet in and out of shoes. As you move into your late 60s and 70s, your skin thins out and the fat pads on the bottom of your feet and under the balls of your feet also thin, says Emily Spichal, a New York-based podiatrist. Walking with little padding can be painful, she notes. If you have mobility issues, simply reaching your feet can become difficult; a lack of foot hygiene can exacerbate other problems.

4. Nerves
Foot sensitivity declines as we age, making it more difficult for your body to determine how hard you're striking the ground or whether you're walking on an uneven surface, putting you at risk of falls. Researchers have found that by age 70 your feet need twice as much stimulation for your brain to sense it, Spichal says.

The Solutions

Weight gain in our middle years can trigger foot issues, and since problems in the knees, hips and shoulders can also pop up as foot pain (and vice versa), it's not worth playing a guessing game. Just as you'd go to the dentist for a toothache, seek out a podiatrist (DPM) if you're suffering foot pain. Look for someone who is affiliated with a podiatry or medical school and who specializes in nonsurgical interventions, says Positano.

Meanwhile, these five steps can help you build happy feet.

1. Be a shoe snob
Up to 72 percent of people wear shoes that don't fit. That's in part because your arches can drop as you age, lengthening your feet. In older people, wearing shoes that are too narrow has been linked with corns, bunions and pain; shorter shoes are linked with other deformities such as hammer toe and claw toe.

2. Get on your feet
The more you sit, the more you deactivate your glute muscles — and proper foot function requires strong glutes, hips and abs, Spichal says. Exercises like hip bridges and planks encourage not only tummy work and hip extension (counterposes for sitting), but also help you practice getting up and down from the floor — something research has correlated with longevity.

3. Fight fire with food
Inflammation can play a role in foot pain. For an anti-inflammatory effect, fill up on omega-3 and omega-6 fatty acids via nuts, seeds, legumes, vegetables, fruits, olive oil and fish. A happy consequence: Mediterranean-type diets have been linked with reduced body weight, which can reduce force on the foot, relieving pain.

4. Go barefoot
The nerves on the bottom of your feet are even more receptive than those on your hands — but stuffing your feet into shoes all day deprives them of the sensory stimulation they need to help your body move. Barefoot exercise such as yoga and Pilates, and walking around barefoot at home, can help.

5. Play ball
Rolling your foot on a lacrosse or golf ball for five minutes a day provides the stimulation your foot craves, improving stability and mobility by releasing tendons and fascial connections, says New York–based trainer Michael Ryan.


Insomnia Can Kill You

Continued from page 5

Reading before lights-out is fine, but the National Sleep Foundation cautions against exposure at bedtime to the blue light of e-readers (such as the Amazon Kindle), smartphones, tablets, computers and even televisions. Blue light can act as a stimulant, suppressing production of the natural sleep hormone melatonin and delaying sleep onset. Instead, read by lamplight or get a device like the Kindle Paperwhite that doesn't use blue light.

If errant thoughts pop into your head when you’re trying to fall asleep, or you’re afraid you might forget something important, keep a pad and pen next to the bed and write yourself a note, then shut down your brain until morning.

Perhaps the most common self-inflicted problem is worry. Catastrophizing, especially concern about the effects of not getting enough sleep, “creates further arousal that competes with relaxation and the ability to sleep,” Dr. Spira said. My strategy for dealing with an occasional short night is to tell myself that nothing terrible will happen; I tell myself I’ll get through the day ahead O.K. and probably sleep better the next night.

Fretting about something that already happened or what’s facing you in the days ahead is counterproductive to a good night’s sleep. Stress activates regions of the brain that cause arousal and sleeplessness. You might try the advice in the 1930s song to “leave your worries on the doorstep, just direct your feet on the sunny side of the street.” In other words, try to fill your brain with relaxing thoughts that can block out worrisome ones.

By Jane E. Brody, New York Times “Personal Health” column, 6/10/19
JULY SENIOR CENTER EVENTS

Everyday! 11:30 a.m. Meal Site
Renaissance painter Leonardo da Vinci said that "Just as food eaten without appetite is a tedious nourishment, so does study without zeal damage the memory by not assimilating what it absorbs." Ideally, the zestful appreciation that Froio folks express for daily Meal Site is transferred further into daily life. Enjoy, and reserve a day ahead.
1-800-981-5201.

Tuesdays! 12:00 p.m. SHINE (by appt.)
S.H.I.N.E. (Serving Health Insurance Needs of Everyone) counselors help you navigate the oft treacherous maze of health insurance programs. Call Froio at 499-9346, or Elder Services directly at 499-0524.

Thursday, July 4 Senior Center CLOSED Independence Day

Monday, July 8 10:00 a.m. The Councilman is In!
The Froio Center hosts councilman Kevin Morandi’s invaluable “open office” sessions. His informal Q & As take place a day before City Council meetings, maximizing the potential for a responsive “public-to-council” conduit.

Thursday, July 11 9:00 a.m. Foot Clinic …kickin’ it!
The Foot Clinic is alive and kickin’! Step by step, in the capable hands of Lisa Christman, R.N., you’ll find that all of your foot care needs are thoroughly managed. Her attentive ministrations are good for the sole, and the soul! Please call for appointment, 499-9346.

Thursday, July 11 4:00 p.m. Pittsfield Tree Watch
Tree Watch explores your deep-rooted tree interests. Keep counsel with a cabal of committed tree enthusiasts. 4:00 p.m. in the Coffee Shop

Wednesday, July 17 10:00 a.m. New Member Day Tour (Tour du Jour!)
Unearth the basic facts, and the nuances, of the Senior Center. There’s more than meets the eye and we relish the opportunity to convey the full essence de Froio. Let us know you’re coming. 499-9346.

Thursday, July 18 1:00 p.m. July Card Party
Sixteenth century Spanish writer Miguel de Cervantes, he of "Don Quixote" fame, realized that "Diligence is the mother of good fortune, and idleness, its opposite, never brought a man to the goal of any of his best wishes." For monthly Card Party denizens that can be translated as “focus sharply and deal!” Bottomless coffee, prizes and snacks. Unless otherwise arranged, foursomes are best.

Tuesday, July 23 8:45 a.m. Blood Pressure Clinic (by apt.)
MOLARI Health Care monitors your blood pressure. Call 499-9346 for an appointment.

Friday, July 26 10:30 a.m. Brown Bag
Be a part of this monthly nutritional grocery program. Inquire about Brown Bag and SNAP benefits.
**Housemate Wanted**

Continued from page 4

"Sharing housing is not the American dream," says Michele Fiasca, the founder of Let’s Share Housing, a housemate service in Portland, Ore.

**Choose wisely**

Four years ago, after her husband died, Margaret McMullan began looking for a tenant to share her three-bedroom home near Montpelier, Vt. McMullan, now 79, could not afford to pay her bills on her small state pension and Social Security income. Home Share Now paired her with a retired man who had relocated from Texas. The relationship soured fast.

"He was obviously used to being in charge," says McMullan, who likes to keep busy in her retirement with quilting groups and a wide circle of friends. By contrast, her new housemate rarely left the house. "He just was home all day, and was somebody with a lot of presence," she says.

He didn’t do the agreed-upon chores, like mow the lawn or lift heavy items. By the end of the two-week trial period, part of the Home Share Now process, McMullan suspected that the relationship might not work, but ignored her instincts. "I thought I could handle him." A month later, she told him to leave. But he refused. It took another two months, with help from Home Share Now staff, to get him out.

When McMullan was ready to try again, she found the right fit in Brian Remer, 60, who was commuting to a new job two hours away from home; he needed a place to stay in Montpelier just four nights a week. For $400 in monthly rent, Remer gets a bedroom, sitting room and private bath. But he also shovels light snow, mows the lawn, lifts heavy items, cooks twice a week and provides some companionship.

"We sometimes sit at the table chatting until 10 o’clock at night, talking about life," McMullan says.

**Extreme cohabitation**

Shared housing often means moving into someone else’s established home and agreeing to live by their rules. When Christine Bowdish, a real estate broker in Portland, Ore., bought an eight-bedroom house in a Portland suburb last year, she saw a way to change that equation. She wouldn’t live there herself, but instead rent the rooms to women like her — singles 55 and up. "We just want to survive and live out life to the fullest and be with our friends and our family," says Bowdish, 62. "How do we do that?"

She began filling the house last spring. By the beginning of this year, all but three rooms were rented. The tenants make house rules and decide collectively who gets to join the community.

Linda Simmons-Wilpert, 67, a retired bookkeeper, was the first to move in. She had met Bowdish at a Let’s Share Housing meetup. Bowdish invited her to see the house, and it was there, while sitting on the porch sipping tea, that Simmons-Wilpert had an epiphany. "She’s telling me what she sees and what she wants and her vision," Simmons-Wilpert says, recalling lilacs blooming in the garden. "And immediately I thought, This is absolutely my place. This is where I need to be.

"If you had asked me a year ago if I would ever live in a house with more than two women, I’d say, ‘Absolutely not! Are you nuts?’" she says. Instead, she’s discovered that she can live comfortably with a half dozen. "We get to explore what and who we are now at this stage in life."

At monthly meetings, they discuss problems and concerns. Rather than assign chores, the women do the ones they like best. So far, it works.

**Living in harmony**

For Knox and Kha, any initial conflicts have been overshadowed by a newfound friendship. The two women started their cohabitation by mostly living in separate parts of the house but now share the space harmoniously. In exchange for free rent, Knox prepares some meals and helps Kha get dressed. "I expected my last years to be struggle and loneliness," Kha says. "And it’s really turned out to be one of the happiest times in my life."

**Find the right roomie**

Living with another person who is not family isn’t always easy. Before you pack your boxes and move in, be sure you and the person you’ll be sharing the kitchen and living room with are compatible.

**Go deep**

When you have your initial meeting (or better yet, multiple meetings), explore potentially thorny issues like politics or religion, says Annamarie Pluhar of SharingHousing.com.

And discuss your living style: Do you like to spend hours quietly reading on the sofa, or do you prefer to have friends over for long chats?

**Sweat the details**

Decide how household costs will be divided. Does each person buy their own paper towels, or are such communal items paid for out of a common fund? How often is that fund replenished? Who is responsible for paying for home upkeep?

**Put it in writing**

Draw up an agreement for rent and utilities, explaining due dates, late fees and termination terms. Stephanie Heacox, founder of Senior Homeshares, an online housemate service, recommends drafting an agreement that addresses questions such as: How often do dishes need to be washed? How will household chores be divided? Are overnight guests permitted? Will decisions be made by consensus or by majority vote? Or does the homeowner have ultimate say?

**Try a test run**

Set a trial period, usually two weeks, giving both parties a painless way to bow out of an unpleasant situation, a method used by Home Share Now in Vermont.

**Hold house meetings**

Seasoned housemates suggest setting aside a regular day and time for monthly or weekly meetings to discuss conflicts, concerns and household business.

**But have fun, too!**

Foster a sense of community with housemate activities, like a meal together or an outing, so friendship can blossom.

By Ronda Kaysen, AARP, March 14, 2019.

Kaysen is a columnist for the New York Times, writing about homes and real estate.
Insomnia Can Kill You

Chronic insomnia is linked to an increased risk of developing hypertension, Type 2 diabetes, heart attack, depression, anxiety and premature death.

How did you sleep last night? If you’re over 65, I hope it was better than many others your age. In a study by the National Institute on Aging of over 9,000 Americans aged 65 and older, more than half said they had difficulty falling asleep or staying asleep. Many others who believe they spend an adequate number of hours asleep nonetheless complain of not feeling rested when they get up.

Chronic insomnia, which affects 5 percent to 10 percent of older adults, is more than just exhausting. It’s also linked to an increased risk of developing hypertension, Type 2 diabetes, heart attack, depression, anxiety and premature death.

It may also be a risk factor for dementia, especially Alzheimer’s disease.

Studies based on more than 1,700 men and women followed over many years by researchers at Pennsylvania State University College of Medicine found that the risk of developing hypertension was five times greater among those who slept less than five hours a night and three and a half times greater for those who slept between five and six hours. But there was no increased risk among those who regularly slept six or more hours. Likewise, the risk of developing diabetes was three times greater for the shortest sleepers and twice as great for those who slept between five and six hours.

People with insomnia often complain that they can’t concentrate or focus and have memory problems. While the evidence for this is inconsistent, the Penn State studies showed that people with insomnia are more likely to perform poorly on tests of processing speed, switching attention and visual memory. And most studies have shown that insomnia impairs cognitive performance, a possible risk factor for mild cognitive impairment and dementia.

The many reasons for the high rate of poor or interrupted sleep among the elderly include chronic medical problems that cause sleep-disrupting pain or emotional distress, a need to urinate several times a night, and caregiving responsibilities that do not respect the clock. Once awakened well before morning, many people have difficulty falling back to sleep.

Underlying many of these problems is how the body reacts to stress. Stress stimulates the release of substances like cortisol that are known to cause arousal and sleeplessness, and healthy middle-aged people are more vulnerable to the sleep-disturbing effects of these stimulating hormones. This may explain why older people are more likely to suffer from insomnia, Dr. Alexandros H. Vgontzas and Julio Fernandez-Mendoza wrote in Current Psychiatry Reports.

They added that all people with insomnia experience increased cortical arousal during sleep to some degree, which may explain why so many people complain their sleep is neither restful nor restorative, no matter how many hours of sleep they get.

However, sleep problems are not a normal part of aging, according to Dr. Nabil S. Kamel, a geriatrician in Springfield, Mo., and Dr. Julie K. Gammack, a geriatrician at the St. Louis University Health Sciences Center. The amount of sleep people need varies from person to person; there is no “gold standard” for how much sleep an older person needs. Rather, it’s based on how people feel and how well they function on the amount of sleep they get.

Among the factors that can affect nearly every older adult are biological changes in sleep patterns and circadian rhythms that accompany aging. Beginning in middle age, people naturally spend less time in deep sleep and REM sleep, during which dreaming occurs, and so-called sleep efficiency — the proportion of time spent in bed asleep — continues to decrease past age 60, Adam P. Spira, a sleep researcher at the Johns Hopkins Bloomberg School of Public Health, and colleagues reported.

A shift called a circadian phase advance naturally occurs with advancing years, causing you to feel sleepy and wake up earlier than you used to. You may be able to delay your bedtime by consuming caffeine or taking an afternoon nap, but don’t be surprised if you then have difficulty falling asleep at bedtime or staying asleep until it’s time to get up.

“A 20-minute nap helps a lot of people, but it may not be a good thing to do if you are having trouble sleeping at night,” Dr. Spira said.

Many of the factors that can cause poor sleep can be easily treated and often eliminated entirely by knowing how to adapt to age-related changes in sleep structure and by modifying sleep-disruptive behaviors.

Start by practicing good sleep hygiene. Avoid or minimize the use of caffeine, cigarettes, stimulants and especially alcohol. It’s true that a glass of wine may help you fall asleep more quickly, but it can — and often does — disrupt the quality and duration of sleep.

Exercise regularly, outdoors if possible, but not close to bedtime. Exposure to natural light during the day and early evening can help set your biological clock to foster sleepiness at bedtime. Avoid eating a heavy meal just before bed. If you’re hungry, have a light snack — a banana, a glass of warm milk or some whole-grain crackers can enhance the ability to fall asleep.

Continued on insert page
In Love Again

Now the April season has spring sitting up pretty in the crocuses and daffodils while bursts of forsythia are waving over my open windows.

Sweet birdsong insinuates its way inside pulling me from yoga practice on my blue mat.

I should be out walking along newly greened meadows inhaling molecules of moist soil teased by last night’s rain and crying out to be planted.

The sun embraces me as I press my nose against the dusty window and amazingly spring sprouts in the center of my heart waking a passion older than yoga and there I go again falling in love with life.
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**July**

**Meal Site Daily @ 11:30**
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