

Healthy Living Newsletter

1st Quarter 2017

Each month there are many causes for us to become aware of. They are reminders that we can make a difference or become educated in different health topics. Highlighting a few for the upcoming months is our way of getting the word out.

Dates to Remember:

February is

Heart Awareness Month

Heart disease is the leading cause of death in the United States. Educate yourself on the dangers of heart disease and get on track to better heart health. Heart disease can be prevented when people make healthier choices.



March 28th is Diabetes Alert Day

This day is a one day “wake - up call” to inform the American public about the seriousness of Diabetes and to encourage all to take the Diabetes risk test.



www.Diabetes.org/are-you-at-risk/diabetes-risk-test

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Health for Good is a movement to inspire you to create lasting change in your Health and your Life, one step at a time.

Eat Smart. Add Color. Move More. Be Well.
(Source: American Heart Association)

We have the perfect program for you to start on this healthy path.

Our Living Healthy Workshop



is a 6 week workshop to help guide and inspire you to make lasting changes for your health. You will discover better nutrition and exercise choices, find practical ways to deal with pain and fatigue, understand new treatment choices and learn better ways to talk with your doctor and family about your health. If you have arthritis, high blood pressure, anxiety, diabetes or you are just ready to make a change then the Living Healthy Workshop can help you take charge of your life.

For more information call:
561-684-5885 Ext. 59237



What is Glaucoma?



Glaucoma is a group of diseases that damage the eye's optic nerve and can result in vision loss. At first there are not symptoms. Glaucoma causes no pain.

Glaucoma is detected through a comprehensive eye exam that includes the following:

Visual Field test. This eye chart test measures how well you see at various distances.

Visual field test. This test measures your peripheral (side vision).

Dilated eye exam. Drops are placed in your eyes to dilate the pupils which allows your eye care professional to examine your retina and optic nerve.

Tonometry measures the pressure inside the eye to detect glaucoma.

Pachymetry measures the thickness of your cornea.

There is no cure, but early detection can delay the progression of the disease. As glaucoma remains untreated, people may miss objects on their sides.

Normal
Vision



The same scene as
viewed by a person
with glaucoma.



(Source:
National Eye Institute)



Valentine's Day is a time for all kinds of love. Spend time with those you care about, enjoy their company and stay "present" in the moment.

Here are a few fun movies to enjoy this holiday.

- Casablanca - Moonstruck - Love Story
- When Harry Met Sally - The Note Book
- Love Actually - You've Got Mail
- Sleepless in Seattle - Letters to Juliet

Easy and Yummy Treat

Valentine
M & Ms and
Sprinkles

Melted
Chocolate

Lollipop Sticks

Marshmallows



Happy Valentine's Day!!!

Help us bring our workshops to your community

We are so excited to share our programs with you and the people who would most benefit from them.

If you live in a community, go to a senior center, belong to a club, have tea with friends or know of someone who would like to learn more about our evidence based workshops, please tell them about us.

We come to you!

Our workshops educate and give you the tools you need for:

Better Balance (Fall Prevention)
Exercise tips - Peace of Mind - Anxiety
- Better Heart Health -
Better Communication - Better Nutrition
and more!

A Matter of Balance

reduces the fear of falling and increases activity levels. This program provides practical strategies to reduce the risk of falling as well as introduce an exercise regimen.

Living Healthy or

Diabetes Self-Management

provides the support you need to find ways to deal with pain and fatigue and to discover better nutrition and exercise choices.
Regain control of your health.

Powerful Tools for Caregivers

will help you care for YOU while you are caring for your loved one.

Tai Chi

is a gentle form of physical activity ideal for seniors who have uncertain balance and a fear of falling.

1st Quarter 2017 UPDATE

We will be involved in a number of Community Outreach events in the upcoming months.

Jupiter Jubilee Civic Fair

Saturday 2/4/17 11am—5pm
Jupiter Community Center
200 Military Trail, Jupiter

Community Health Expo & Health Fair

Thursday 2/9/17 9am—12pm
Century Village
19140 Lyons Road, Boca Raton

Come out and learn more about us.

Bring your friends and sign up for a workshop.



www.youradrc.org/living-healthy

Or call Liliana at (561) 214-8622

VOLUNTEERS NEEDED!

Your Aging & Disability Resource Center's
Healthy Living Center of Excellence
is looking for enthusiastic, motivated and
passionate volunteers to join our family.

**Become a Facilitator/Coach for one of our
Evidence Based Programs:**

Upcoming Trainings

- **Matter of Balance (MOB):**
Wednesday, Feb. 15 and Thursday Feb. 16, 2017
- **Powerful Tools for Caregivers:**
Wednesday, April 5 and
Thursday April 6, 2017



Other Opportunities

- Office or administrative support
- We can give you information on becoming a Community Health Worker

If you are interested,

Visit the Website, go to Volunteer Page, fill out the Application or contact Maureen McCarthy at HealthyLiving@YourADRC.org, (561)684-5885. Ext.: 59239, Area Agency on Aging, 4400 North Congress Ave, West Palm Beach, FL.33407

What's Coming :

3 ~ Matter of Balance Workshops

2 ~ Powerful Tools for Caregivers

and

1 ~ Living Healthy Workshop

Thank you all for

everything and

have a lovely

Valentine's Day!!!

Enjoy those you

love!!!

