



A Grandparents Newsletter

will be mailed separately



Upcoming Wellness Programs

Diabetes Empowerment in LAWRENCE COUNTY

*Thursdays from July 11th - August 15th • 10:00 am - 12 Noon
Proctor's Landing, Proctorville*

Falls Management in JACKSON/VINTON COUNTY

*Mondays and Wednesdays from August 5th - August 28th • 9:30 am - 11:30 am
Wellston Church of the Nazarene, Wellston*

Chronic Pain Self-Management in ADAMS COUNTY

*Tuesdays from August 6th - September 10th • 10:00 am - 12:30 pm
Adams County Family Medicine, Seaman*

Chronic Disease Self-Management in SCIOTO COUNTY

*Fridays from August 23rd - September 27th • 10:00 am - 12:30 pm
Lucasville Library, Lucasville*

Tools for Caregivers in GALLIA COUNTY

*Tuesdays from September 3rd - October 8th • 10:00 am - 12 Noon
Arbors, Gallipolis*

Tools for Caregivers in JACKSON COUNTY

*Tuesdays from September 3rd - October 8th • 1:00 pm - 3:00 pm
Edgewood Manor, Wellston*

Chronic Pain Self-Management in SCIOTO COUNTY

*Thursdays from September 5th - October 10th • 1:00 pm - 3:30 pm
Kings Daughters, Portsmouth*

Falls Management in ADAMS COUNTY

*Tuesdays and Thursdays from September 10th - October 3rd • 9:30 am - 11:30 am
Adams County Senior Center, West Union*

Classes are free, but pre-registration is required. Call 1-800-582-7277 to register or to learn more information.

An exercise program needs to match the abilities and limitations of the individual. A physical therapist can design a well-balanced exercise program and with some changes, people at all levels of disability can enjoy the benefits of exercise. Answer True or False to the questions below.

- 1. Good physical fitness is made up of three types of exercise: stretching, strengthening, and aerobics. T F*
- 2. Physical activity burns calories, but it cannot also help the person in your care by helping maintain regular bowel and bladder functions. T F*
- 3. A person should always stretch before exercise because stretching warms the muscles, helps prevent stiffness, and improves flexibility. T F*
- 4. Floating in water allows easy movement and little strain on joints and muscles. T F*
- 5. Muscles often weaken as a result of not being used and weight training will not help restore weak muscles. T F*
- 6. Stretching increases range of motion of joints. T F*
- 7. Physical activity and good nutrition are perfect partners in good health. T F*
- 8. Due to changes in the brain that are caused by Alzheimer's disease, people with AD are at especially high risk of falling. T F*
- 9. People who take up the challenge presented by diet and exercise prescriptions make huge strides in their physical and emotional recovery. T F*
- 10. Aerobic exercise on land for older adults or people with disabilities can be problematic. T F*

KEY: 1. T 2. F 3. T 4. T 5. F 6. T 7. T 8. T 9. T 10. T