

INFORMATION & CAREGIVER RESOURCE CORNER

Tips to stay active all winter, indoors and outdoors

by Laurie Deskavich, Information & Caregiver Resource Center Program Director, LifePath

Winter is here and so is the cold weather. Staying motivated about your fitness can be a challenge when it's cold outside!! Exercise has benefits all year, even during the winter. Winter brings cold weather and, for some, sickness, the "blues," and isolation. So don't put your exercise gear away – instead, stay active!

Q: How do I stay fit in the winter months?

A: Stay active! Choose an activity that you already do, or now might be the time to try something new. There are types of exercise that can be done outside or inside. Choose one or more that you might enjoy.

For outside activities:

If you want to walk, ski, ice skate, shovel snow, or do other outdoor activities when it's cold outside:

- Check the weather forecast. If it's very windy or cold, exercise inside with a fitness video and go out another time.
- Also watch out for snow and icy sidewalks.
- Warm up your muscles first. Try walking or light arm pumping before you go out.
- Wear several layers of loose clothing. The layers will trap warm



When the weather permits, walking is a good outdoor fitness activity for the winter, either on its own or as a warm-up for more intense activities. (Photo by Annie Spratt on Unsplash.com.)

air between them.

- Avoid tight clothing, which can keep your blood from flowing freely and lead to loss of body heat.
- Wear a waterproof coat or jacket if it's snowy or rainy.
- Wear a hat, scarf, and gloves.

For inside activities:

- If you enjoy walking, go to the local mall and walk around inside or use a treadmill at home or at a gym.
- You can take a tai chi class as tai chi helps to reduce stress; improve posture, balance and general mobility; and increase muscle strength in the legs.
- There is also yoga. Regular yoga practice benefits people with high blood pressure, heart disease, aches and pains – including lower back pain – depression and stress.
- You can also join the local

YMCA or fitness club to do activities such as swimming or rock climbing.

- If home is where you want to be, you could use a workout video, do routine exercises, or use at-home equipment (weights, an exercise bike, jump rope, etc.).

Exercising daily can help prolong your life and improve the quality of it. It's important to include aerobic activity, strength training, balance exercises, and stretching in your routine. Start slowly and

build your endurance, strength, balance, and flexibility gradually.

Almost anyone, at any age, can exercise safely and get meaningful benefits. Staying safe while you exercise is always important, whether you're just starting a new activity or haven't been active for a long time.

You can find more information from Go4Life, a fitness campaign of the National Institutes of Health's National Institute on Aging, at www.nia.nih.gov/Go4Life.

The Healthy Living Program at LifePath can help you exercise more and develop healthy habits. For more information, call us at 413-773-5555 or 978-544-2259 or visit LifePathMA.org/events/healthy-living-workshops.

Remember, keep moving!!!

LIFEPATH'S MEALS ON WHEELS WALKATHON SEASON STEPS OFF WITH A CALL FOR SPONSORS



By Carol Foote, Development Director, LifePath

With the turn of the calendar, I'm happy to be a part of the Meals on Wheels Walkathon season for a second time. The morning event scheduled for

Saturday, April 27, 2019, outside LifePath's office at 101 Munson Street in Greenfield, represents what is so wonderful about our area - community supporting community.

We're again looking for generosity from local businesses to offer support to Meals on Wheels through this event in its 27th year. Its longevity can be attributed to our community's commitment to ensuring that local elders receive a noontime meal and wellness check.

People, organizations, and businesses from across our community come out in support because Meals on Wheels serves more than 1100 elders each year in 30 area towns, with about 550 meals being delivered each weekday

“Want to become a sponsor? As the momentum builds for our largest fundraiser of the year, please join in the commitment to local elders by sponsoring the 2019 Meals on Wheels Walkathon.”

by 52 volunteer drivers who clock a whopping 267,372 miles annually to offer that nutrition and wellness check.

The funds raised specifically for Meals on Wheels address the funding gap that would otherwise create a waiting list for elders in

need. Can you imagine - because of a lack of mobility or following an illness or surgery - not being able to access the balanced meal and wellness check seniors need to stay healthy?



Want to become a sponsor? As the momentum builds for our largest fundraiser of the year, please join in the commitment to local elders by sponsoring the 2019 Meals on Wheels Walkathon. Additionally, employees or other groups can make a difference by forming a fundraising/walk team, collecting gifts in support of the Meals on Wheels program and showing their spirit at the Walkathon.

Opportunities and forms may be found at lifepathma.org, or contact me for more information: cfoote@lifepathma.org, 413-773-5555 x2225, or 978-544-2259 x2225.

Here's to a great Walkathon season ahead!

OPTIONS COUNSELING HELPS YOU PLAN AND FIND SOLUTIONS FOR YOUR UNIQUE NEEDS

When someone comes home from a stay in the hospital or nursing facility, the last thing they want is to be readmitted. Options Counseling helps people obtain the resources they need to stay at home.

Programs and services abound to support older adults' choice to live at home for as long as possible – so many, in fact, that the maze of guidelines and applications can become overwhelming. How can you find what's available, and how do you know which services are right for you?

"There's no cookie cutter solution for everyone," says, Chris Chagnon, community options resource specialist at LifePath. Chris assists elders age 60 and older, people with disabilities of any age, and caregivers with Options Counseling, a free service that provides information and support to consumers, family members, or caregivers who make decisions about service options. "I sit down with that individual and find out their needs and their goals, and we go from there. It all goes back to providing individuals with information: how to access resources to provide either themselves or their loved one with the best care."

"It really reduces a lot of fear and anxiety for people to realize they can remain in their home, which is huge to them. That's typically the most important thing - to remain in their home - and the services we provide can do that for them."

LifePath has two community options resource specialists, who can meet with you in the setting of your choice. "They're welcome to come to the office, or we can meet in a public area somewhere - wherever it's convenient for them," says Chris, and he can also meet in a hospital, rehab, or nursing facility. Whenever possible, Chris encourages meeting at home "because I get to assess their environment as well as their situation and may be able to make a recommendation regarding their home setting."

Some questions that options counselors may review with an individual include:

- Is their home safe? Are they safe in their home?

- What are their activities of daily living, and how do they perform these activities? Are they safe with these or do they need assistance?
- How do they do their housekeeping, their shopping, their meal prep, their laundry?
- If they don't have a car, who provides transportation?
- If they don't have the ability to perform some of these tasks, who does it for them?

"If we find out they have immediate needs," says Chris, "we can set them up with services if they would like them. It really reduces a lot of fear and anxiety for people to realize they can remain in their home, which is huge to them. That's typically the most important thing - to remain in their home - and the services we provide can do that for them."

For more information, contact LifePath at 413-773-5555 or 978-544-2259 or info@LifePathMA.org. Read more at LifePathMA.org.

RSVP: YOU'RE INVITED TO VOLUNTEER

"Experience On Call" might be the right fit for you

by Ginger Elliott, Volunteer Coordinator, RSVP of the Pioneer Valley

RSVP of the Pioneer Valley has over 600 volunteers who serve at more than 65 nonprofit agencies throughout Franklin, Hampden, and Hampshire Counties. Our volunteers represent a wide variety of skills, interests, and lifestyles. One placement option that works for many is "Experience On Call."

Experience On Call is not a regular weekly or monthly commitment. It provides the opportunity to volunteer for specific, time-limited events and projects. RSVP Experience On Call volunteers have helped artists to set up for fairs, provided consultation for information technology projects, cleared hiking paths, served on building project planning boards, and decorated historic homes for the holidays, among many other things. The possibilities are as varied as our volunteers are.



The annual Meals on Wheels Walkathon at LifePath is an great example of an "Experience On Call" opportunity. At the annual event, volunteers help with setting up, registration, passing out t-shirts and water, guiding guests, driving the golf cart, face painting, and breaking down.

Experience On Call volunteers may have registered for service in response to something they've seen in the "Upcoming Events" section of our monthly newsletter. Alternatively, they may have been contacted directly by an RSVP volunteer coordinator because of a specific skill set that was included in their volunteer

profile upon registration. Either way, they are experiencing the benefits of volunteering, such as meeting new people, gaining confidence, and experiencing a continued sense of purpose, without making a long-term commitment.

Are you at least 55 years old? Are you interested in volunteering but too busy for a regular time commitment? Do you thrive on newness and variety? Do you enjoy the challenge of a concrete project? Would you like the chance to try out a specific volunteer activity in a limited way to see if you like it? All of these are excellent reasons why our Experience On Call program might be the right fit for you.

To get started, contact your volunteer connectors, Ginger Elliot at gelliott@hcg-ma.org (Hampden County) or Pat Sicard at psicard@hcg-ma.org (Hampshire & Franklin Counties), or call (413) 387-4558.

Correction to The Good Life article from January 12, 2019, "Local educational opportunities for older people to consider in 2019"
 "All Senior Symposia will take place at the John Zon Community Center, 35 Pleasant Street, Greenfield, MA 01301, not at the Greenfield Community College Downtown Center, as previously reported."

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- Healthy Eating for Successful Living in Older Adults

Workshops are free and are open to people with one or more chronic health conditions as well as their caregivers and loved ones. Stay tuned for next season's offerings!



For more information or to register for a workshop, call 413-773-5555 x2297 or 978-544-2259 x2297, or email awaisman@lifepathma.org. For a complete list and more details about upcoming workshops, visit LifePathMA.org.

  