



Happy "FIT" Year 2020



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Happy New Year Friends and Welcome to 2020!

As many of you may remember at the onset of the new millennium, we were approaching the year afraid of the Y2K bug or Y2K glitch and how our computers would respond! Would they blow up and go kaput when the clock stroked midnight? There was a lot of fear mongering going on, which now we know was unfounded, but although that was 20 years ago, the world is still shackled with fear mongers. What we've realized is that there seems always something to stress about! Whether challenging or exciting times, rest assured things will never stay the same, they will always change. It is how we manage or adapt to change that can affect health. In addition to the uncertainty of our world, a lot of folks, especially the elderly can experience sadness and loneliness along with fear this time of year. Let us be mindful of family, friends and acquaintances who may be facing 2020 with uncertainty. 2019 may have brought about health changes and an indeterminate future. New research studies on loneliness and isolation may be key indicators for health changes. These conditions are not the same or interchangeable but are unique as research is indicating. We know SAIL classes address these issues from participant feedback and now the research is validating the importance of connections with others.

In thinking about the coming New Year please be encouraged to stay focused on becoming all that you were designed to be. Everyday there is new research emerging that suggests that age is not as big of a factor as previously believed. It does not have to determine our physical, mental or emotional health. Now we know that as age increases, chances of falling or developing chronic diseases can increase but what we have in our arsenal is the body's amazing ability to adapt and change with the "right stuff" like movement throughout the day, counting your blessings, seeing the glass half full, volunteering and connecting with others, challenging the brain with new hobbies or experiences and the list can go on and on. So often this is accomplished by just changing how much we move or stay active and I am not even talking "exercise". There have been studies to suggest that moving more, i.e. getting up at tv commercial breaks and washing the dishes or wearing a Fitbit that prompts you to get up and move can have a positive impact on our health.

Now that we have 10 years of SAIL under our belt, we have heard many stories from folks who regularly participate in SAIL and know that these things can make a BIG difference in your mental outlook and physical health. This is an amazing milestone but we want to invite you to join us as we continue to set new goals and face new challenges.

This year has been extremely busy for our SAIL team and, with Sidney at the helm, SAIL is taking Tennessee by storm! We are hearing so many positive comments from SAIL leaders as they have started new classes and are seeing the results right before their eyes!

Happy New Year and Happy SAIL-ing !
Sidney, Cynthia, Terri and Rachel



What Should I Do If I Fall

Whether you are at home or somewhere else, a sudden fall can be startling and upsetting. If you do fall, stay as calm as possible and follow these steps:

- * Take several deep breaths to try to relax. Remain still on the floor or ground for a few moments. This will help you get over the shock of falling.
- * Decide if you are hurt before getting up. Getting up too quickly or in the wrong way could make an injury worse.
- * If you think you can get up safely without help, roll over onto your side. Rest again while your body and blood pressure adjust. Slowly get up on your hands and knees, and crawl to a sturdy chair.
- * Put your hands on the chair seat and slide one foot forward so that it is flat on the floor. Keep the other leg bent so the knee is on the floor. From this kneeling position, slowly rise and turn your body to sit in the chair.
- * If you are hurt or cannot get up on your own, ask someone for help or call 911. If you are alone, try to get into a comfortable position and wait for help to arrive.
- * Carrying a mobile or portable phone with you as you move about your house could make it easier to call someone if you need assistance. An emergency response system, which lets you push a button on a special necklace or bracelet to call for help, is another option.

Source : NIH



Have You Checked Your Inside and Outside STAIRS and STEPS for Safety?

- Check for loose or uneven steps. Repair if needed.
- Make sure carpet is firmly attached to every step, or remove carpet and attach non-slip rubber treads.
- Check for loose or broken handrails. Repair if needed.
- Consider installing handrails on both sides of the stairs.
- Use bright overhead lighting at the top and bottom of the stairs.

Source: www.CDC.gov

MyMobility Tip from the CDC:

Falls are more likely when wearing inappropriate footwear, such as flip flops that don't cover the heel. Wear safe shoes that fit well, have a firm heel to provide stability, and have a textured sole to prevent slipping.



You're going to want to stand up as you read this. As you may have heard, sitting is pretty bad for us. What you might not know is how mounting research now shows that doing less of it — even if you have a regular workout routine — is an important factor in everything from keeping weight off to adding years to your life. You might also be surprised to hear just how much the average person today takes a load off: nine to 10 hours a day, according to the National Institutes of Health. And while no one is mistaking sitting for a calorie burner, long periods of inactivity can cause more problems than just weight gain. “Metabolic syndrome, poor blood sugar management, and type 2 diabetes are all related to large amounts of seated time, independent of how much someone exercises,” says Kelsey Graham, a professor at San Diego Mesa College. Researchers are seeing higher levels of triglycerides, blood sugar and something called C-reactive protein, a marker for inflammation, in the blood of people who sit for long periods of time. Also alarming? How quickly the damage starts happening. A study published in *Diabetes*, the journal of the American Diabetes Association, reveals that after just one day of inactivity, the cellular processes that break down dangerous fats in the blood start to slow down, therefore lowering HDL, the “good” cholesterol. And your workouts alone aren't enough to counteract it. As commuting, computer and TV time have increased over the years, another type of movement, known as NEAT (non-exercise activity thermogenesis) has decreased.

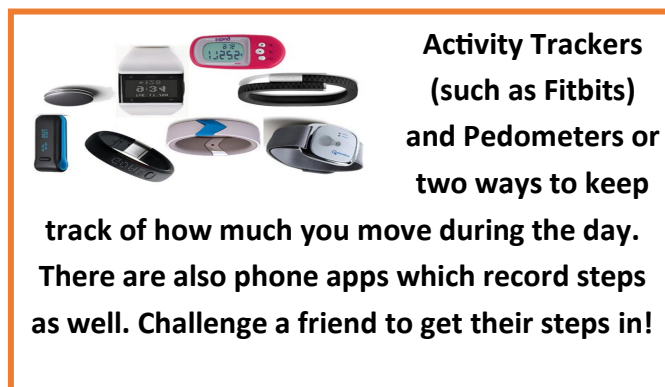
NEAT is defined as everything we do that is not sleeping, eating or sports-like activities. And it plays an

important role in our health. According to research by endocrinologist James Levine, formerly of the Mayo Clinic, NEAT makes up the vast majority of our non-resting energy use, and the decline in NEAT may help to explain the obesity epidemic. Research with real-world populations bears this out. “People living in Blue Zones, which are areas of the world with the highest concentration of centenarians, have high levels of NEAT but engage in low levels of structured exercise. This suggests regular light movement is just as important for health as regimented exercise,” says Graham.

Experts also recommend the following strategies to boost NEAT:

- For every 30 minutes sitting, get up and move for 5 minutes
- Engage in active TV time. Consider stretching while watching your favorite show, or use the commercial breaks to march in place or do body-weight movements such as air squats or incline push-ups with your hands on the arm of your couch or the wall.
- Consider getting a sit-to-stand desk or desk attachment. This may help reduce low back pain.
- Walk after meals. Doing so can help lower post-prandial (post-meal) blood glucose levels.
- Set an alarm to stand and stretch or take a lap at regular intervals throughout the day.
- Enlist your friends or family members to join you in moving more. Social support goes a long way in helping you stick to new habits.
- Park further away when going to stores or church if in safe area

Source: AARP article adapted by Terri Stewart



Featured SAIL Class:

Senior Center at Ashland City



The Ashland City SAIL class meets T/Th mornings at 9am. Their average attendance is 35-40 friends of all levels of fitness. Lindy has a couple of wonderful helpers who she is encouraging to attend a training in 2020!

Instructors Corner:

Lindy Murff



I was born and raised in Nashville, TN. I have also lived in Minnesota and Oregon before moving back to Cheatham County. I started teaching group exercise about 10 years ago and currently teach SAIL, yoga, Tai Chi for arthritis, QiGong and dance at Ashland City. I have also managed ticket sales for public events in the Southeast for 27 years. My hobbies include travel, reading, gardening, camping, fishing dance, music and sunshine—in no particular order! I have two grown (sort of) children—Emma, 26 and Mason, 24 and my wonderful husband Al. I am also a grandmother to 1 year old Kayson.

Turkey Sandwich with Apples and Apple Butter

Serves 4

Prep Time: 10 minutes

Total Time: 10 minutes

Ingredients:

- 8 slices Rye bread
- 4 thick slices Swiss cheese
- 1 large apple, cored and thinly sliced
- 8 slices turkey- or as much as you want to add
- 1/2 cup apple butter

Tasty Tips Corner



Instructions:

Spread the apple butter on one side of each slice of bread. Top 4 slices with apples, Swiss cheese and turkey. Top with remaining bread slices and serve.

Contributed by SAIL instructor and cooking instructor Terri Geiser. Check out other recipes on her blog site at www.cookingwiser.com

Congratulations to SAIL Instructor Laura Clark for securing a grant to purchase ankle weights for the SAIL class in Anderson County!



Hand Range of Motion Exercises

These exercises move your wrist and fingers through their normal ranges of motion and require all the hand's tendons to perform their specific functions. Hold each position for 5–10 seconds. Do one set of 10 repetitions, three times a day.

1. Wrist extension and flexion

- Place your forearm on a table on a rolled-up towel for padding with your hand hanging off the edge of the table, palm down.
- Move the hand upward until you feel a gentle stretch
- Return to the starting position.
- Repeat the same motions with the elbow bent at your side, palm facing up.

2. Wrist supination/pronation

- Stand or sit with your arm at your side with the elbow bent to 90 degrees, palm facing down.
- Rotate your forearm, so that your palm faces up and then down.

3. Wrist ulnar/radial deviation

- Support your forearm on a table on a rolled-up towel for padding or on your knee, thumb upward.
- Move the wrist up and down through its full range of motion.

4. Thumb flexion/extension

- Begin with your thumb positioned outward.
- Move the thumb across the palm and back to the starting position.

5. Hand/finger tendon glide

- Start with the fingers extended straight out.
- Make a hook fist; return to a straight hand.
- Source: Harvard Medical School Newsletter
- Make a full fist; return to a straight hand.
- Make a straight fist; return to a straight hand.



Source: Harvard Medical School Newsletter

For the Funny Bone



Ask our Fitness Expert....



Stiff Mid Back

Q. My mid-back stays stiff. Is there something I can do to make it feel better?

A. Poor posture can strain the back so be conscious of sitting or standing up using good posture. Good posture will also improve breathing as the lungs will have more room to expand. SAIL classes have mandatory stretches to help with mid-back stiffness and you may incorporate them daily. Try this stretch to see if it relieves your stiffness.

- Sit or stand tall
- Clasp your hands together and extend them straight out forward from your chest. The shoulders will round forward and open the shoulder blades.
- You may drop your chin down slightly if comfortable
- Hold stretch for 20-30 seconds. Repeat if needed.



90+ Shining Stars

Here are two more 90+ Shining Stars not included in our last SAIL newsletter. These ladies attend class in Ashland City.

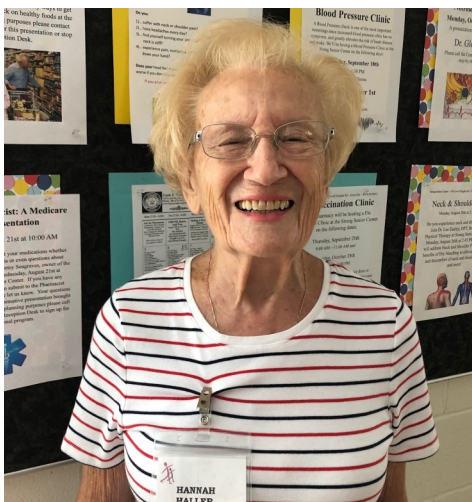


Mattie Hudgens



Harriett Krieke

95 Years "Young" SAIL Crafter



Please let us know if you have class special events or participants you would like to have in the newsletter. We will include as space permits. Email information to Terri Stewart terricstewart@icloud.com

SAIL Grant Update

It is really exciting that we have been able to introduce you to new leaders in 3 of the 4 quarterly newsletters in 2019. We are starting 2020 strong with being able to introduce you to the 11 new SAIL leaders who were certified in October 2019. Through this training we anticipate at least 6 new SAIL locations to start by February 2020 in Fayette, Gibson, Henderson, Jackson and Shelby counties



Please join us in welcoming (back row) Telenia Melson, Tammie Martin, Judy Herron, Keith Davis, Becky Clay, Marj Brown, Sheila Butler, (front row) Rachel Royer, Bianca Simmons, Almeteria Turner, and Cassandra Holmes

It is hard to believe a year and a half has already gone by for the federal grant we received to expand SAIL across Tennessee. We have made incredible strides in expanding to more sites and certifying 36 new leaders in all areas of the state. SAIL participants recently completed a survey about the program and we are thrilled with the responses we received. Some of the highlights include: 74% of participants said they feel stronger, 70% reported they felt fitter, have better balance, and have improved their flexibility! 100% of participants responded that they would recommend SAIL to their family, friends, and peers. These are just the numbers; many participants also took time to praise and thank the hard work and dedication of their amazing leaders and expressed gratitude to their classmates for keeping the classes fun and enjoyable. We could not agree more with these results and give full credit to our wonder group of leaders that are working extremely hard to prevent falls in their community!

Upcoming 2020 SAIL Trainings



March 10th & 11th
8:30a-4:30p
Dyer County Office on Aging
1400 Hornbrook Street
Dyersburg, TN 38024
Applications due March 6, 2020



June 4th & 5th
8:30a-4:30p
Knox County Health Department
140 Dameron Avenue
Knoxville, TN 37917
Applications due June 1, 2020



August 4th & 5th
8:30a-4:30p
Upper Cumberland Development
District
1104 England Drive
Cookeville, TN 38501
Applications due July 31, 2020



October 20th & 21st
Jonesborough Senior Center
307 E. Main Street
Jonesborough, TN 37659
Applications due October 16, 2020

Please find information on upcoming trainings and contact Sidney Schuttrow at Sidney.Schuttrow@tn.gov if you have any questions or would like to become a SAIL Leader!

