



April—June 2019  
Volume 3, Issue 2



***“No winter lasts forever; no spring skips its turn.”*** Hal Borland

Dear SAIL Leaders and Participants:

I am thankful that no matter what is going on in my world, your world or our world *spring will come*. The rains have been plenty this year and the seeds of the earth are sprouting green. The budding of the trees and flowers are bringing beauty to our earth and erasing the harshness of winter. I noticed that the birds seemed to be chirping louder as the sun warms the earth. The tulips in my yard are springing up and I can't help but smile and be thankful.

Spring always makes me think of hope and a chance to renew what seems dormant. I think SAIL has been a great “spring board” for many. When I visit your classes I see the positive effects of SAIL and how it is bringing hope to those who may have thought they couldn't be active again. I know and you know that exercise does not fix everything. It does not “fix” a broken heart or spirit but there is science saying exercise is good for the brain, the heart and the soul! So, thank you for caring about SAIL and I want you to know you are appreciated more than words can convey. We may not be spring chickens anymore but “hope springs eternal” and we are so blessed to be in the family of SAIL!

Happy SAIL-ing!

Rachel, Cynthia, Terri and Sidney



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## Just Give Me a Pill, Doc... by Rachel Frazier

We live in a society where “popping” a pill for our aches and pains is commonplace. We go to the doctor with a symptom and come out with a prescription. We are blessed to have so many options of medications for many ailments in our society. The advance in the development of medications for chronic and acute illnesses have greatly increased the quality and length of life in much of the population. However, today we are facing a crisis of epic proportions called the opioid crisis. Opioids are strong pain medications, called narcotics intended to relieve moderate to severe pain. The medical community, public health and government to name a few are scrambling to find solutions and strategies to combat the alarming increase of deaths due to drug overdose and misuse. Below is an article published by US News in September 2017 and has been adapted for this newsletter.

Older adults aren't immune from the opioid epidemic sweeping the U.S. However, seniors have unique backgrounds, vulnerabilities and needs for addiction treatment. Many feel ashamed to seek help for problems with prescription painkillers like OxyContin or street drugs like heroin. But age-tailored treatment can save lives, salvage family relationships and restore meaning and purpose to existence. Below, experts lay out generational issues in opioid addiction.

**Years of chronic-pain treatment add up.** The medical community has awakened to the need for greater caution in prescribing opioid painkillers. According to new guidelines, for most patients, these drugs should be used for short periods only to ease acute pain, like after surgery, and as a last resort for hard-to-treat chronic pain.

**Other substances complicate opioid addiction.** Brenda Iliff, executive director of an addiction treatment center in Naples, Florida says. "Many, many times it (the addiction) comes with benzodiazepines for older adults – anxiety and sleeping drugs. Usually, there's alcohol, too. Sometimes pot – that's the No. 1 illicit drug older adults are using."

**Health stakes are higher.** Patients seeing multiple specialists for different medical conditions may inadvertently receive sedative and opioid drugs together which is a dangerous combination. Older adults, who are already more prone to falls, broken bones and cognitive impairment, increase all these risks with opioids.

**Drug-sharing is a problem.** "You got a bad hip? I do too – here, I've got some of these old pills left." That's what seniors may hear from well-intentioned friends, Iliff says. As addictions develop, some older adults begin to obtain prescriptions illegally. Even when used as ordered, these drugs are subject to another kind of shared use. When seniors don't store medication safely, drug diversion by visiting relatives or house-guests, including kids, poses an unfortunate but real threat.

**Shame prevents some seniors from seeking treatment.** Especially among "older, older" adults in their 70s, 80s and beyond, even the need to be in a treatment center causes "huge shame," Iliff says. They're often traditionalists, some from families with Prohibition-era attitudes. Addiction can feel like a major failure for someone who's led a long, successful life.

*Source: Adapted from 12 Ways Opioid Addiction and Treatment Differ in Older Adults by Lisa Espioto US NEWS September*

## Ask our Fitness Expert....



### My Aching Hands!

**Q. My arthritic hands hurt when I use weights. Are there alternatives?**

**A.** Dumbbells with rubberized or foam padded grips will be easier to hold. Some dumbbells are made with a handle which makes gripping easier. A great option is to use the ankle/wrist weights used in SAIL classes which require no gripping at all. A few other options are resistance bands with foam handles, weighted medicine balls or weight machines. If you exercise in the water, try using foam noodles instead of water dumbbells. Regardless of which resistance tool you use, do not squeeze weights tightly—just enough to securely hold the resistance tool.

### What You Can Do When Handshaking Hurts

You've been there: You're meeting someone new and he inevitably extends his hand with a well-meaning, "How do you do?" But if the joints in your hands are fragile and painful, your response may be a frantic, "What do I do?" If the thought of shaking hands makes you shriek, here are some polite alternatives and ways to decline:

**Offer an explanation.** "I think the best defense is a good offense," says Patricia Napier-Fitzpatrick, founder and president of The Etiquette School of New York in Manhattan. She suggests saying something like, "I would love to shake your hand, but let's make it a light one, my hands are a bit sensitive (or delicate) and firm handshakes can be painful."

**Take the lead.** Before someone

has the chance to grasp your hand, Napier-Fitzpatrick recommends grasping theirs – gently with both of yours. Alternatively, you could offer a few fingers or reach beyond their hand to grasp their wrist. Any of these will put less stress on your hand.

**Bump it.** With certain people and in casual situations, a gentle fist bump may suffice. With everyone else, Napier-Fitzpatrick urges caution. The same goes for high fives. Let your personality – and that of the person you are greeting – be the guide.

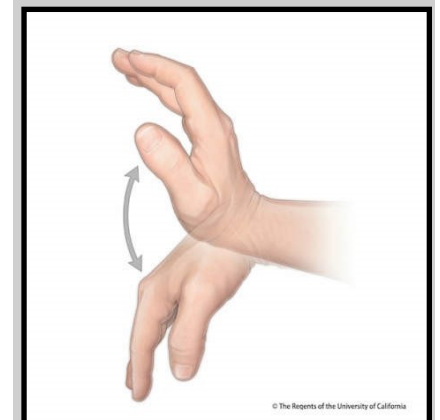
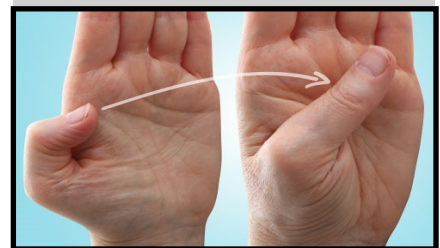
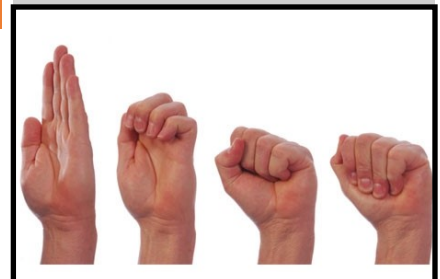
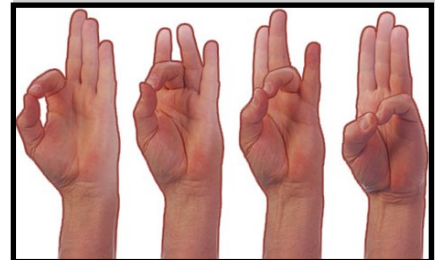
**Avoid it.** If you anticipate a situation where you will be expected to shake hands, make your hand unavailable. Hold something in your right hand – a drink, phone or a tissue. It will help protect your hand.

*Source: Adapted from The Arthritis Foundation*

### Hand and Wrist Exercises

#### To Improve Mobility

Try these exercises daily to help joint mobility in the hands. These are perfect to do while watching TV or waiting for your tea to brew. These should be performed gently.





## For the Funny Bone



## Featured SAIL Class: Cora Veal Senior Center—Monroe County



### Food Funnies

Percy: "I won't criticize the chef, but you'll notice three shakers on every table...salt, pepper, and Alka-Seltzer."

Customer: "Waitress, why is my doughnut all smashed?"

Waitress: "You said you wanted a cup of coffee and a doughnut, and step on it."

Cook: "Do you want me to cut this pizza into six or eight pieces?"

Man: "You'd better make it six...I don't think I can eat eight pieces!"



### Stir Fried Asparagus

Serves 2

#### Ingredients:

- 2 tablespoons water
- 1 tablespoon soy sauce
- 1 tablespoon dry sherry
- 2 teaspoons packed brown sugar
- 2 teaspoons grated fresh ginger
- 1 teaspoon toasted sesame oil
- 1 tablespoon vegetable oil
- 1 pound asparagus, trimmed and cut on bias into 2 inch lengths
- 2 scallions, green parts only, slice thin

#### Instructions:

Combine water, soy sauce, sherry, sugar, and sesame oil in bowl

Heat vegetable oil in 12-inch nonstick skillet over high heat until smoking. Add asparagus and cook, stirring occasionally, until asparagus is spotty brown, 3-4 minutes.

Add soy sauce mixture and cook, stirring once or twice, until pan is almost dry and asparagus is crisp tender, 1-2 minutes.

Transfer to serving platter, sprinkle with scallion greens and serve.

*Contributed by SAIL instructor and cooking instructor Terri Geiser. Check out other recipes on her blog site at [www.cookingwiser.com](http://www.cookingwiser.com)*

### Tasty Tips Corner



## Tip for Better Sleep

1. Keep a regular schedule—go to bed and wake at the same time everyday. Limit daytime naps.
2. Turn electronic devices off—cell phones, tv's, computers, iPad, etc.
3. Avoid caffeine and alcohol—especially in the afternoon
4. Address stress. Incorporate breathing exercises and meditation to reduce stress. Talk to a counselor, pastor or doctor if needed.
5. Keep a sleep diary. Look for patterns.
6. Discuss with your doctor to see if you need a sleep study or other recommendations to improve sleep.



Switch off electronic appliances on hour before you sleep.

# Move More, Sleep Better

Is arthritis pain keeping you from getting a good night's sleep? Is daytime fatigue bringing you down? Exercise can help. It's been proven that even light exercise can help you get the rest you need.



In a 2013 National Sleep Foundation poll, people who described themselves as light exercisers were 17 percent more likely to say "I had a good night's sleep" every night or almost every night on work nights than non-exercisers. Vigorous exercisers were almost 30 percent more likely to say they slept well.

A 2014 study published in the *Journal of Rheumatology* separated a group of people with rheumatoid arthritis (RA) into two segments. Half participated in a 12-week at-home exercise program and half did not. The exercise group had "significant improvement in sleep quality and fatigue" compared to before the program started; the non-exercise group did not see that improvement.

### When and What Type of Exercise Is Best?

Don't worry too much about when to get going. Exercising at any time, even in the evening, seems to be better for sleep than not exercising at all.

If you've been sedentary a while, start by exercising in a warm pool, says orthopedic surgeon Vonda Wright, MD. "Get in chest-high water and walk forward and back for as long as you can tolerate. Then, turn to the side and walk right and then left." Water walking is a great way to work your entire body without putting undue stress on your joints, thanks to the buoyancy of the water, says Dr. Wright. Look for a heated pool at your local YMCA. Some physical therapy centers also have pools that permit public access.

If a pool isn't an option, go for a walk. Just sitting less will get you started on the path to a restful night. Dr. Wright recommends standing up to talk on the phone and walking more while you're at work.

If exercise doesn't help your sleep right away, keep at it. In people with insomnia, exercise appears to take longer – as much as 16 weeks – to work its magic, according to one study published in the *Journal of Clinical Sleep Medicine* in 2013.

*Source: The Arthritis Foundation*

## SAIL Grant Update

SAIL Leaders participation in the grant has really intensified! We have 10 SAIL classes currently reporting data that is being entered into the National Falls Database to study the effectiveness of SAIL across the country. 237 participants have attended 5,155 hours of SAIL classes since July 1, 2018 and data is still continuing to come in. I cannot express my gratitude to the Leaders enough for adjusting to new paperwork and taking the time to work with class participants to get the grant requirements met.

We are excited to announce that SAIL will be represented at the National Age+Action Conference in Washington, D.C. the week of June 17-20. Tennessee will be on a panel with Washington state and Virginia to discuss how SAIL is implemented in hopes to expand the program across the country.

If you are interested in becoming a SAIL leader, have ideas about expanding the program or have any questions, please do not hesitate to contact me at [Sidney.Schuttrow@tn.gov](mailto:Sidney.Schuttrow@tn.gov) or 615-741-1585.

### Upcoming Trainings

#### SAIL Leader Training

April 10<sup>th</sup> and 11<sup>th</sup>  
St. Clair Senior Center  
325 St. Clair Street  
Murfreesboro, TN 37130  
8:30a – 4:00p CST

#### SAIL Leader Orientation Webinar

June 13<sup>th</sup> – 10:00a – 11:00a CST  
Please contact [Sidney.Schuttrow@tn.gov](mailto:Sidney.Schuttrow@tn.gov) to register

#### SAIL Leader Training

June 26<sup>th</sup> and 27<sup>th</sup>  
Knox County Health Department  
140 Dameron Avenue  
Knoxville, TN 37917  
8:30a – 4:00p EST

#### SAIL Leader Orientation Webinar

September 17<sup>th</sup> – 10:00a – 11:00a CST  
Please contact [Sidney.Schuttrow@tn.gov](mailto:Sidney.Schuttrow@tn.gov) to register

#### SAIL Leader Training

October 8<sup>th</sup> and 9<sup>th</sup>  
Henderson County Senior Center  
145 S Main Street  
Lexington, TN 38351  
8:30a – 4:00p CST



## Instructors Corner:

### Spotlight on Jennifer Waller



Jennifer Waller is the SAIL instructor at Cora Veal Senior Center in Monroe County. Jennifer is originally from Oak Ridge, Tennessee and studied at the University of Tennessee and Middle Tennessee State University. She is a linguist by profession and has taught English as a Second Language. Her career and interests have led her to many foreign countries. She has traveled extensively in Japan, England, Laos, Thailand, Korea, Malta, Spain, France, Puerto Rico and Mexico. She has dedicated the last many years to the enrichment of others, specifically senior citizens. She has worked tirelessly on grant projects to bring programming to those who are disenfranchised and often alone. She is sensitive to the needs and requirements of diverse environments and individuals and she is committed to motivating and encouraging individuals to strive for and achieve personal goals. She is a volunteer vice-chair of the Cora Veal Senior Center Board, has been secretary of Ft. Loudon State Historical Site for the last 13 years and secretary for the Sweetwater tree Board. She is a proud grandmother and mom who devotes time to her family as well as to others. She is unwavering and unfading in her great passion to help others.

#### DATES TO REMEMBER:

APRIL 19—Good Friday

APRIL 21—Easter

MAY 12—Mother's Day

MAY 27—Memorial Day

JUNE 16—Father's Day