

The Boulder Reminder



It's not how old you are, but how you are old. —Marie Dressier

Month at a Glance

- June 2** – Sing-a-long w/ Beth
- June 5** – Outing to Walnut Grove Mercantile Fudge Shop. 1pm
- June 7** – Birthday's w/ the Robinsons
- June 9** – Darlene-SW Tour & Travel
- June 16** – Jett Skrien-Magic
- June 20** – Jerry Buse Horse & Trolley Rides 2pm **(Pokeno will be Wed June 21st)**
- June 28** – Music w/ Terry Shaw
- June 30** – Lemonade & Lawn games

Summer Concert Series in the park. Every Wednesday at 7pm.



What's happening at Boulder Estates

- > House calls w/ Dr. Troy, CNP every Tues in a.m.
- > Wellness Clinic –Every Thurs @ 1230. Sign up w/ Georgette
- > \$ Stop hrs—Mon, Wed, Fri 9:00—1030.
- > Fixen Chiropractic visits in the 1st floor activity rm. See calendar in lobby.
- > Avera Eye wear clinic visits in the 1st floor activity rm. See calendar in the lobby
- > Town & Country Hearing Aid Clinic in the 1st floor activity rm. See calendar in lobby.

The Top 10 Reasons Exercise is Important for Senior Health

Over the years, it is easy to forget about exercise when it's not routine. Remaining sedentary over life can lead to metabolic disorders and other diseases associated with physical inactivity. A recent study suggested that about 67% of the older population is sedentary for at least 8.5 hrs a day, suggesting a need to improve activity levels for senior health. Exercise for the elderly should be something performed regularly, and making it fun and a routine can

help in the long term. Moreover, there are numerous health benefits the older adult can receive from long-term exercise. Here are 10 reasons Seniors should exercise. It helps prevent all of these things and much much more.

1. Arthritis
2. Heart Disease
3. Diabetes and Obesity
4. Cancer
5. Hypertension
6. Depression
7. Dementia
8. Quality of life
9. Insomnia

10. All-cause mortality
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The most important thing in the world is family and love.

the most romantic love story isn't Romeo and Juliet who died together..



but Grandpa and Grandma who grew old together.

Father's Day is About Making Memories...

About 40 years ago my Dad took me fishing. He wasn't my birth father but that didn't matter. He never treated me any different from the rest of the kids and made sure he made time with each of us. I was about 10. My Dad took me fishing on the Cannon River. My pole spent more time out of the water than in but my Dad patiently fixed it

every time I broke a line or got a snag. It was a cold rainy day but I was so excited. I craved this individual time we had together. Well in my rush to get riverside we forgot the net. It wasn't long before I got a bite. My pole was bending and my reel was creaking as I tried to reel it in. To both of our surprise a large fish was flopping angrily as I reeled.

My Dad started to pull the line because he was sure the fish was going to break loose. As it flopped around on the rocks my Dad looked frantically for the net which was still in the car. My line broke and my Dad jumped in shoes and all to save my fish. It was a carp. He was soaking wet on this cold windy day but he said it was worth it when he saw his

The Top 10 reasons exercise is important for senior health. Cont. from cover pg

Arthritis: Exercise is one of the most crucial options for arthritis management. Regular activity helps lubricate the joints and can help reduce overall pain and stiffness that is often present among individuals with arthritis. Moreover, obesity is a risk factor for the disease, and increasing physical activity levels can help better manage the debilitating symptoms of arthritis.

Heart Disease: Heart disease is one of the biggest causes of death in the US. The Centers for Disease Control and Prevention state that about one in every four deaths is attributed to heart disease. More people exercising later in life can help reduce the number of individuals with heart disease through the management of blood pressure and blood glucose, and decreasing LDL cholesterol.

Metabolic Dysfunction (type II diabetes and obesity): Type II diabetes and obesity are two closely related diseases in which the body is in metabolic dysfunction. Exercise can help maintain proper body weight and help regulate blood glucose and insulin levels to make the body more efficient.

Cancer: Exercise has been shown to help improve overall cancer risk among a variety of different forms of cancer. Studies have shown a 30 to 40 percent reduction in breast cancer risk among women who perform moderate exercise.

Hypertension: Exercise can help lower systolic blood pressure significantly through moderate-intensity physical activity. Try breaking up exercise into three bouts throughout the day lasting for at least 10 mins each to receive blood pressure-lowering effects.

Depression: Exercise can have a beneficial effect on personal mood. Studies suggest that group exercising classes among older adults can help reduce symptoms of depression by 30% or more in exercising older adults. The modest improvement in depressive symptoms can help maintain an overall greater vitality later in life and help prevent negative feelings or thoughts that are common with aging.

Dementia: Dementia is a disabling condition affecting many older adults. With a wide range of mental disorders categorized as dementia, there is a great need to understand how to prevent the condition. Exercise is one prevention strategy that can help slow the mental decline. A recent study showed a 37% reduced risk and a 66 % reduction is risk of dementia when older adults performed moderate-intensity exercise, suggesting every adult ought to exercise to help lower the risk of mental decline and to help prevent mental disability later in life.

Quality of Life: Maintaining functional independence is something many older adults want. A regular exercise inclusive of strength and balance training can help accomplish this. Aim to be physically active for 30 minutes every day and to strength train at least two non-consecutive days per week.

Insomnia: *Certain* medications and life events can prevent the body from proper sleep. Higher levels of physical activity can help exhaust the body enough to place it in a position for restful and lasting sleep. Avoid strenuous exercise two hours before bed to obtain these benefits, and aim to meet the daily activity recommendations.

All- Cause Mortality: Exercise is known to reduce death for all causes. In fact, a recent study showed a 30 to 80 % reduction in all-cause mortality when individuals exercised at an intensity level greater than 4 Mets, suggesting that exercise can help delay premature death from various causes.

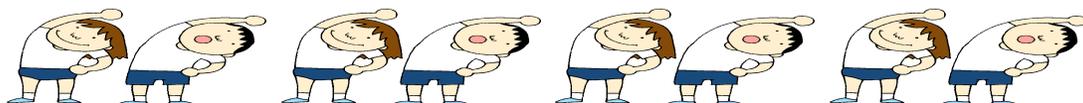
At Boulder we have several opportunities to participate in group exercise:

Fun Fitness every Monday and Wednesday at 10:30 am in the Quarry

Flex and Stretch every Tuesday @ 9:30 and Thursday @ 10:00 in the Red Baron Room.

Maintain Balance every Friday @ 11:00 in the first floor activity room.

The YMCA and Marshall Adult Community Center also have several opportunities available: Walking, Bone builders, and stretch and flex. For more information please check in with Georgette at the front desk. The YMCA bus comes to Boulder every Tue/Thur @8:25 to provide transportation to the YMCA. There is no cost for this service and you do not have to be a member. The bus will bring you back to Boulder at 10:00am.



Meet your new neighbors! We are so proud to have so many wonderful residents here at Boulder Estates! You get a special feeling when you see so many friendly faces. If you see one of our new residents, stop and say hello. Anyone can be a neighbor, but it takes a special person to be a friend.

It gives us great pleasure to introduce to you Phil and Sue Swanson in Apt. # 349, and Ardella Korsmo in Apt. #102.

June Birthday Celebrants- Count your life by smiles, not by tears. Remember to count your age by friends not by years. Happy Birthday to all of our tenants celebrating this month!



Evelyn Hively - June 2

Justine Wenger - June 14

Jim Pridal - June 13

Harriet Doom - June 19

Gene Zick-Gilb - June 13

A.N. Joshi - June 23

June 14th is Flag Day

Do you know why the American Flag is red, white, and blue?



White signifies purity and innocence. Red signifies hardiness and valor. Blue is the ground of the American uniform, and this color signifies vigilance, perseverance, and justice. In honor of Flag Day a special crossword puzzle will be in the lobby for your enjoyment. If you finish it and turn it into Tenant Services you will receive a patriotic treat. Good luck!

Relay for Life – June 16th at the Red Baron Arena. 5pm to midnight. Survivors picnic is at 4:30pm. If you are interested in purchasing a luminary in honor of someone who has cancer or has passed they are \$10. Ardys Hughes said she would be willing to decorate for you.



Friday June 23rd Nifty Fifties Trivia – Dress in your 50's best! Enjoy Delicious Root beer Floats!



Watch for information coming out about “Shades of the Past”.

Boulder's Finest

