

# Elderfit NEWS

*Pooling Together for Good Health*



## ELDERFIT ON PARADE!

Wendy and Mike decorated 2 floats this summer for parades in Bridgewater and Western Shore! They were helped out by several other dedicated members. Despite the high heat and humidity, these adventurous people **MADE A BIG SPLASH!**

Thanks to Brenda, Wendy, Lynne, Mike, Susan, Fred and Debbie for parading; also to the members who helped decorate the float with donations of western gear, handmade decor - very original "noodle ponies", "smily cowgirls/guys" and a great new wooden Elderfit sign! Then the Western Theme turned into a Pool Scene for the 2nd parade with waves, swimmers, aquasize gear and lots of balloons!

**You made us all SO PROUD!**

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**What a wonderful picnic over 30 Elderfit enjoyed at Graves Island! Wendy organized games and led swimmers into the warm ocean water, while Mike manned the hot dog stand. It was perfect weather for an outdoor gathering. Many brought delicious treats to share. Best of all, we got to visit with members from different pools! Thanks to everyone who participated, making some very special memories!**

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# ELDERFIT NEWS

## News Heard Around the Pool

## Drips & Drops



### **Elderfit Pool Pass**

1 Pool Pass with 10 squares \$60

2 Pool Passes purchased together \$115

3 Pool Passes purchased together \$165

Pool passes can be used for any class at any pool, and do not expire. Passes are required to be marked by the instructor at each class. Passes will be available at each pool for purchase at any time, but **MUST** be presented for each class. Members who do not have their pass available will be required to pay the single class fee of \$7.

**Elderfit now has new contact info!**

**email:** [elderfitlunenburg@gmail.com](mailto:elderfitlunenburg@gmail.com)

**Phone:** 902 527-1887 (Sue Rushton)

**Mailing Address:** 21 Feindel St., Wileville, NS B4V 5K6

**[elderfitlunenburg.ca](http://elderfitlunenburg.ca)** (our website) is now updated!

**Facebook:** Elderfit Lunenburg County Nova Scotia

*Elderfit needs new instructors at each of our 3 pools! Even if you can help sub for our regular instructors - contact Wendy McKinnon ([barnmck1@gmail.com](mailto:barnmck1@gmail.com)) to take part in Elderfit's own training workshops; one coming up in October! One of the perks for volunteering to lead classes is that you don't need to pay pool fees!*

A funny thing happened at the LCLC... one of our beloved instructors was a little late arriving one morning, so the other instructors were making plans to cover the class. She came whirling in at the last minute and apologized! She said when she went to get dressed she discovered that her swim bag and all her swimsuits were at their cottage and she had nothing at home! Her husband told her to just go to Walmart and get a swimsuit! She did, but there were almost none left so late in the season! Of course, she showed up at the pool looking amazing in a trim new suit! Gave us all a good laugh to start the day and maybe a little envy that she could grab a suit so quickly and look so good!!!!

# ELDERFIT NEWS

## The Human Foot...Take care of a biomechanical engineering marvel

The human foot is a marvel of biomechanical engineering that most of us take for granted until the system fails or breaks down. The average person will walk the equivalent of twice around the world in a lifetime, which is a long time on your feet.

Podiatrists who are part of the UCLA Medical Group offer the following tips for helping maintain healthy feet and avoiding complications. The physicians are board-certified, provide comprehensive diagnosis and treatment of all foot and ankle conditions, and also have expertise in the management of diabetic foot problems and sports injuries.



### 10 Tips to Maintain Healthy Feet:

1. Inspect your feet regularly and pay attention to changes in color, texture or appearance.
2. Maintain good foot hygiene, including washing and drying between the toes. Our moist Maritime conditions invite a fungi to breed unless our feet are kept dry.
3. Hydrate the skin. Dry weather and open shoes can cause rapid loss of moisture from the skin and may result in cracking or the formation of fissures. It is helpful to replace the moisture content by using lotions or creams on a regular basis.
4. Put sun block on your feet while wearing sandals to avoid sunburn.
5. Buy proper-size shoes. You may not wear the same size in shoes made by different manufacturers. Purchase new shoes late in the day, when feet tend to be at their largest. Always buy the shoes that feel the best.
6. Don't ignore foot pain. Symptoms that increase or do not resolve within a reasonable period of time need to be evaluated by your podiatric physician.
7. Cut toenails straight across. Never cut into the corners — this could cause an ingrown toenail. Gently file away sharp corners or rough edges with an emery board.
8. Exercise. Walking is a great way to keep weight under control and is an excellent conditioner for the feet. Be sure to wear appropriate athletic shoes when exercising.
9. Alternate your shoes each day. Since the feet have sweat glands, your shoes will absorb moisture from your feet, so it is important to allow your shoes to dry out completely.
10. Avoid walking barefoot to help protect your feet from injury and infection. AND— Don't forget to wear your rubber soled Water Shoes during Aquacise. This not only helps prevent slips and falls in and around the pool, it can provide a significant barrier to those foot diseases such as Athlete's Foot that thrive in the moist, warm environment of a public locker room and shower.

From: *America's Seniors at [www.TodaysSeniorsNetwork.com](http://www.TodaysSeniorsNetwork.com)*



## MEMORIES FROM TWO LONGTIME MEMBERS, STILL ACTIVE!

**Helen Cameron** joined Elderfit in 1998, having moved from Halifax where she had attended an aquasize class. She had read about the trial program for Elderfit in the newspaper and was in the first group to participate. As part of the commitment for a grant from Veteran's Affairs, Helen's group was given a baseline physical assessment by Physiotherapist Darlene Stanford, which would be repeated at the end of the six week trial. This was to record physical improvements from participation in Elderfit. Helen laughs when she says she passed, and twenty years later, she is still getting to an Elderfit class whenever she can!

She recalls the friendly people in the groups at Jo's Dive Shop (emOcean). Each week the Elderfits did 3 classes in the pool as well as 2 classes of chair exercises at the Lunenburg Legion. Special speakers were invited regularly to address the Elderfit members on topics related to health and safety for seniors. Dr. Diane Wilson often consulted with the Elderfit directors to provide advice and information on dealing with arthritis.

Other fond memories for Helen were the social meetings: picnics, potlucks and Christmas Parties were annual events.

Helen credits a good recovery from 2 knee and 2 hip replacements to the Elderfit program. She says she likely wouldn't be walking today without the encouragement and gentle exercise provided at Elderfit classes.

Helen has attended Elderfit classes in all 5 pools that Elderfit used over 20 years! She still really misses the leadership and friendship of dear Martha, who was always so encouraging to all members.

**Mary Walmark** joined Elderfit in 1999 after settling in Nova Scotia with her husband for the second time. She was thrilled to find this program since water exercise was her choice for maintaining a fitness level. Jean McKiel was her first instructor in Lunenburg, followed shortly by Martha. Many changes took place at this pool facility which eventually drove the program from Lunenburg to Bridgewater with more pool openings and many more participants. Mary recalls the many friendships that were made at these pools and have remained in place to this day. Much laughter and chatting went on in the classes. In fact, Mary tells a story that occurred when Jean was at the helm and the time Jean chastised three of them for talking too much. She turned around quickly to say that Mary and the other two would be teaching the next class! At the next session two days later Marilyn stepped up to say she would be taking the class that day and that all were welcome to "talk as much as they liked!" At which point Jean really had to laugh, and she laughed harder than anyone else!

A happy and fit time is had by all who are enjoying Martha's legacy, which is now being kept in place by wonderful women whom Martha endorsed to carry on!

## How Much Sleep Do Seniors Need?

If you or your loved one is over age 65, it's likely that getting enough sleep has become an issue. Seniors typically take longer to fall asleep, and often wake up during the night numerous times. These are two main reasons many seniors don't get as much sleep as they need. In fact, studies of adults over 65 indicated 13% of men, and 36% of women need more than 30 minutes to fall asleep.

Several factors contribute to difficulty sleeping as one ages. Dr. Lim Li Ling, a consultant neurologist for the Singapore Neurology & Sleep Centers at Gleneagles Medical Centre, offered these as the most common reasons:

**The natural aging process.** As we age, our bodies make less of the chemicals and hormones that help us sleep well, such as Melatonin. Some seniors develop sensitivity to environmental factors affecting sleep such as noise.

**An increase in neurological and other medical conditions.** The parts of the brain that control sleep are affected by conditions such as Parkinson's disease or stroke. Arthritis can also play a role in sleep quality due to chronic pain. Additionally, Periodic Limb Movement Disorder (PLMD) causes one to kick involuntarily during sleep, and that contributes to daytime sleepiness.

**The effects of medication.** The medications that treat conditions associated with aging, and the fact that seniors are more likely to be on multiple medications, interfere with the duration and quality of sleep.

**A higher prevalence of sleep disorders.** In this case, Obstructive Sleep Apnea (OSA) is the most common. OSA causes blockage in the upper air passage during sleep. Two additional sleep conditions that contribute to seniors getting less sleep are Restless Leg Syndrome and Insomnia. For men, prostate conditions cause the need to urinate frequently throughout the night.

**Mood factors such as anxiety and depression.** Most seniors are affected to varying degrees by the loss of loved ones, spouses and close friends. Also, as seniors face retirement and other significant life changing events, they are more likely to have trouble sleeping.

### **The dangers of inadequate sleep:**

It's when we are sleeping that our bodies regenerate cells and clean our blood by circulating it through the liver. The need for sleep is as basic as that for water and food. Many people think it's OK to go without sleep--to 'power through' the day anyway. But doctors warn that, just because you've gone without enough sleep for a big part of your adult life, doesn't mean it won't impact you as you get older.

### **How much sleep do seniors need?**

There are differing theories in answer to this question. Much data, including information from the National Institutes on Health, suggests seniors can remain healthy with less sleep than the general population. For example while the average amount of required sleep is about seven to nine hours nightly, some sleep experts say a bit less than that--maybe about 7 and a half hours on average--is adequate for seniors. Other experts report that seniors need as much sleep as they always have to function at their best. Either way, experts typically agree on three things: first, most seniors are sleep deprived; second, the sleep cycles of aging adults change; and third, the best indicator of achieving enough sleep is how one feels during the day.

summary from [ComfortKeepers.com](http://ComfortKeepers.com), Info Centre



**All Elderfit members are encouraged to offer suggestions and/or ask questions from the 11 members on the Elderfit Board of Directors. The directors do their best to represent the interests of all of us, and appreciate all input! They work hard to ensure that Elderfit is a program we can all enjoy and be proud of! For a list of their names, see the bottom of Page 8. You can address questions or comments to the Elderfit email address ([elderfitlunenburg@gmail.com](mailto:elderfitlunenburg@gmail.com)), and it will be passed on to the directors at their regular meetings.**

## *OurInstructors~*

*Our Coordinator of Instructors, Wendy McKinnon, works along with these Elderfit Certified and dedicated volunteer instructors who, together, lead the classes that Elderfit offers. The instructors attend semiannual workshops to remain current in techniques and to improve the quality of their instructions. Anyone wishing to become an Elderfit Certified Instructor is invited to contact Wendy ([barnmck1@gmail.com](mailto:barnmck1@gmail.com)) for additional information on how to become an Elderfit Aquacize leader.*

### Instructors

Nancy Allin	Lynne McDormand
Sylvia Brown	Susan McDormand
Ellie Burt	Wendy McKinnon
Shirley Creaser	Barbara Proux
Brenda Fancey	Ella Rafuse
Michele Haddal	Susan Swallow
Liz Hubley	

#### Best Western Hotel, Bridgewater

Hwy.10, at Exit 12 off Hwy 103

Tuesdays and Thursdays

Classes begin at 9:00am



#### Oak Island Resort and Conference Centre

36 Treasure Drive, Western Shore

Mondays, Wednesdays and Fridays

Classes begin at 10:30am



#### Lunenburg County Lifestyle Centre, Bridgewater

135 North Park Street

All weekdays

Classes begin at 10:00am



#### Elderfit

21 Feindel Street

Wileville, NS B4V 5K6

902 527-1887

[elderfitlunenburg@gmail.com](mailto:elderfitlunenburg@gmail.com)



## Elderfit Fall Pool Schedule

**Best Western Hotel, Bridgewater: Tuesdays and Thursdays 9:00am**

**Oak Island Resort, Western Shore: Mondays, Wednesdays, Fridays 10:30am**

**Lunenburg County Lifestyle Center, Bridgewater: Mondays to Fridays 10:00am**

**Reminder that the annual Elderfit Christmas Luncheon will be on Thursday, Dec. 6th at the Lunenburg Firehall - as we round out the celebration of our 20th Anniversary!**

**Stay tuned for further details from the 20th Anniversary Committee!**

Members, please be aware that when we take Elderfit photos at events/pools they could be posted on our Website or on Facebook. If you do not want your image online, please inform the photographer! We have added this consent to our waiver forms.

Photos for our Newsletter and Display Boards are used for local Elderfit purposes, but it is always your choice to be included or not, so please let the photographer know your choice!

### Volunteer Board of Directors

**President**

*Sue Rushton*

**Vice President**

*Susan Swallow*

**Secretary/Treasurer**

*Nancy MacDonald*

*Sue Nichols*

*Marilyn Branson*

*Brenda Fancey*

*Wendy McKinnon*

*Eileen Ross*

*Shirley Creaser*

*Rosalie Studley*

*Susan McDormand*

**For More Information:**

Contact: Sue Rushton

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Web: [www.elderfitlunenburg.ca](http://www.elderfitlunenburg.ca)

Facebook: Elderfit Lunenburg

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