



Serving Seniors for Christ

SENIOR HEALTH & WELLNESS

Fall 2023



Watch for more information in the bulletin. **Sign up for events on the Kiosk at Guest Services or church website - www.fairwaycc.org**



FRIDAY—SEPTEMBER 15th—10:30am to 12noon

“Preparing for the Inevitable: Comprehensive Guide to Estate & Funeral Planning”

Baldwin Brothers Funeral & Cremation Society along with Dean & Dean Attorney will discuss: ESTATE PLANNING.....Wills & Trusts; Probate and how to avoid; and checklist of things for loved ones to do after death. FUNERAL PLANNING.....Benefits of pre-planning funeral/cremation; reviewing pre-paid plans from other states; procedure after declaration of death; and Baldwin Brother services.

THURSDAY—OCTOBER 5th—2pm to 3:30pm

“Challenges & Solutions for Aging in Place: Understanding Home Care Services”

Do you want to stay in your home as you age? Come learn how to address the various challenges of aging at home with potential solutions in addition to learning how to find the best Home Care agency.

WEDNESDAYS—OCTOBER 11th to NOVEMBER 1st— 10am to 12noon

Free 4-week “Coping with Caregiving” Class provided by ElderOptions

Course is designed to help caregivers learn how to destress and better manage daily life.

This course is for caregivers of a person with memory loss or dementia.

Sign up early—class size limited to 20!



WEDNESDAY—DECEMBER 6TH—2:00pm to 4:00pm

SAFETY FAIR with Sumter County Sheriff’s Office & The Villages Public Safety Dept.

Learn about various programs and services provided in our community to keep you safe and provide assistance for you and loved ones. Lake & Marion County services & materials will also be provided!

Registration for this event will not start until November!

SAVE THESE DATES in 2024!

* **LIVING WELL EXPO/Health Fair: January 22nd 1:00—3:00pm**

* **ELDERLAW Panel/Seminar: February 19th 2:00—4:00pm**

Additional Events/Programs Outside of Fairway Christian Church*

The Senior Health & Wellness ministry wants to share various community events and programs available to you.

***PLEASE NOTE.....You cannot register or get more information about these events from the church.**

For more information, please use phone numbers, websites, links or emails listed below.



The Senior Health and Wellness Ministry (SH&W) of Fairway Christian Church (FCC) invites topic experts in areas of health and wellness to share their expertise. It is not the intention of SH&W or FCC to endorse or promote any outside business or agency and FCC has no financial gain or interest.



10 WARNING SIGNS OF ALZHEIMER'S

AN EDUCATION PROGRAM PRESENTED BY THE ALZHEIMER'S ASSOCIATION

OCTOBER 3RD, 2023
10:30AM - 12 PM EST

THE VILLAGES LIBRARY, ROOM 102
PINELLAS PLAZA
7375 POWELL ROAD, WILDWOOD, FL 34785

TOPIC AREAS:

- INTERFERENCE WITH DAILY LIVING
- RECOGNIZE COMMON SIGNS
- APPROACHING SOMEONE ABOUT MEMORY CONCERNS
- EARLY DETECTION AND BENEFITS OF A DIAGNOSIS
- POSSIBLE TESTS AND ASSESSMENTS
- ALZHEIMER'S ASSOCIATION RESOURCES

FOR MORE INFO & TO REGISTER, VISIT:
AMACFOUNDATION.ORG/EVENTS



ADDITIONAL "Sudden Death Seminar Series"

If you missed the August *Sudden Death/Making A Survivor Notebook Seminar Series*, put on by the AMAC Foundation, you have an opportunity to attend a seminar at another location in September or October. Please check your calendar before signing up because it's important that you attend all three sessions of the seminar series.

For more information, please click on the links below (or copy & paste link into your browser). You can only register for these events through AMAC or the links below!

Both events are being held at the
Lady Lake Library from 10am to 12noon
225 W. Guava Street, Lady Lake, FL 32159

Tuesdays, September 12th /19th /26th 10am-12pm
<https://amacfoundation.org/event/sudden-death-seminar-series-fall-1-sep/>

Tuesdays, October 17th /24th / 31st 10am-12pm
<https://amacfoundation.org/event/sudden-death-seminar-series-fall-2-oct/>



Call 888-750-2622 for more information!

PREVENTING FRAUD

"Protecting Yourself from Latest Senior Scams"

Please join Private Wealth Advisor, **Dale Cebert**, for an informational presentation with topics including:

- Identity Theft
- Tech Support Scams
- Robocall Scams
- IRS Scams
- Romance Scams
- Jury Duty Scams
- Sweepstakes
- Lottery Scams

CHECK OUT COMPLIMENTARY SCAM PREVENTION SEMINARS:

- Sept. 19th—2:00pm
- Sept. 21st—2:00pm
- Sept. 27th—10:00am
- Sept. 28th—2:00pm
- Oct 3rd—2:00pm
- Oct. 5th—2:00pm
- Oct. 11th—10:00am
- Oct. 12th—2:00pm

Brownwood Paddock Square

TO REGISTER,
PLEASE CALL CEBERT WEALTH AMERIPRISE
352-674-4200

THESE FLOWERS HAVE A LOT OF FIGHT IN THEM.



The Alzheimer's Association Walk to End Alzheimer's® is full of flowers — each carried by someone committed to raising funds and awareness to help end this disease. It's time to add your flower to the fight!

JOIN THE WALK AND/OR MAKE A DONATION!



Walk Manager: Katie Rizer | ktrizer@alz.org | 321.343.6498

WALK TO END ALZHEIMER'S
ALZHEIMER'S ASSOCIATION

Walk to End Alzheimer's - The Villages
Saturday, 10/7/23 | 8:00am
The Villages Polo Club
Visit our website for more details at:
alz.org/TheVillages

Did You Know?

It's never too late to start exercising!

Have you given up on exercise? A lot of older people do -- just one out of four people between the ages of 65 and 74 exercises regularly. Many people assume that they're too out-of-shape, or sick, or tired, or just plain old to exercise. They're wrong. "Exercise is almost always good for people of any age," says Chhanda Dutta, PhD, chief of the Clinical Gerontology Branch at the National Institute on Aging. Exercise can help make you stronger, prevent bone loss, improve balance and coordination, lift your mood, boost your memory, and ease the symptoms of many chronic conditions. Here are some common myths that stop older people from exercising -- along with some expert advice to get you started working out.

Exercise Myth: Trying to exercise and get healthy is pointless -- decline in old age is inevitable.

"There's a powerful myth that getting older means getting decrepit," says Dutta. "It's not true. Some people in their 70s, 80s, and 90s are out there running marathons and becoming body-builders." A lot of the symptoms that we associate with old age -- such as weakness and loss of balance -- are actually symptoms of inactivity, not age, says Alicia I. Arbaje, MD, MPH, assistant professor of Geriatrics and Gerontology at Johns Hopkins University School of Medicine in Baltimore.

Exercise improves more than your physical health. It can also boost memory and help prevent dementia. And it can help you maintain your independence and your way of life. If you stay strong and agile as you age, you'll be more able to keep doing the things you enjoy and less likely to need help.

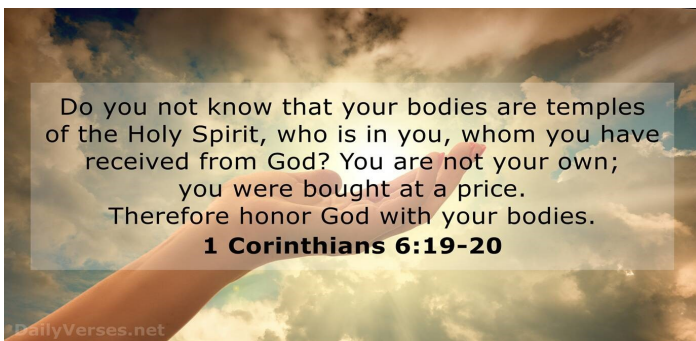
Exercise Myth: Exercise isn't safe for someone my age -- I don't want to fall and break a hip. In fact, studies show that exercise can *reduce* your chances of a fall, says Dutta. Exercise builds strength, balance, and agility. Worried about osteoporosis and weak bones? One of the best ways to strengthen them is with regular exercise.

Exercise Myth: I never really exercised before -- it's too late to make a difference in my health.

It may seem too late to atone for a lifetime of not exercising. "That's absolutely not true," says Dutta. Studies have found that even in people in their nineties living in nursing homes, starting an exercise routine can boost muscle strength. Other research shows that starting exercise late in life can still cut the risk of health problems -- such as diabetes --and improve symptoms. "It really is never too late to start exercising and reaping the benefits," Dutta tells WebMD.

Our bodies were divinely designed by God and He made our incredible bodies to MOVE! The stronger and healthier we make our bodies, the better able we are to fulfill God's purpose for our lives and serve others to glorify His kingdom! Start with 10-15 minutes at a time several times a day and **honor God with your body!**

Taken from WebMD Archives & adapted by Jenny Sweat, M.Ed.



Weight Loss Benefits for Arthritis

A key study published in the journal of Arthritis & Rheumatism of overweight and obese adults with knee osteoarthritis (OA) found that **losing one pound of weight resulted in four pounds of pressure being removed from the knees.** In other words, losing just 10 pounds would relieve 40 pounds of pressure from your knees while losing 50 pounds would relieve 200 pounds of pressure from your knees. If you have an artificial knee joint, the same principal applies and you wear out your new knee prosthesis more quickly.

Weight loss can ease joint pain & inflammation!

A Note from Lynn Canale, Ministry Coordinator

Jenny, Heidie and I are thrilled with the outstanding attendance in all of our ministry programs and events this past spring/summer. We hope you have found the programs both enjoyable and helpful. The mission of this ministry is to provide education and information about reputable resources for senior members and attenders of Fairway Christian Church to minimize or eliminate an avoidable crisis. We also want to educate seniors on how to stay active, healthy and keep their home safe to maintain their independence. This ministry will assist in identifying health, financial & social needs; planning & obtaining services/resources in preparing for immediate or future care needs, while also providing for seniors' spiritual needs.

We are excited about the upcoming programs and events and hope you will be able to attend. The three of us are passionate about serving you, our seniors, and sharing the love of Jesus. If you have a more pressing need, please call the church office (352) 259-9305 and leave a message for Senior Health & Wellness Ministry.

Blessings & Giving God all the glory & praise!

Lynn

MINISTRY COORDINATOR:

Lynn Canale, RN
lynncanaleshw.fcc@gmail.com

COMMUNICATION & EDUCATION LEADER

Jenny Sweat, M.Ed.
jsweat.msweat9587@gmail.com

ASSESSMENT & RESOURCES LEADER

Heidie Vasko, PA
heidielynn@aol.com



May the **WILL** of **GOD** ☀️
take you, where the
GRACE of **GOD**
will keep you, where the arms
☀️ of God will support you,
where the **WISDOM** of **GOD**
will teach you, and may the
POWER of **GOD** protect
you
today and all of your tomorrows.