

Active Aging

March 2025

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Don't let your allergies keep you from springing right into March

Many of us are familiar with that feeling right around the beginning of March. Flowers are beginning to bloom and leaves are starting to return to the trees. You're starting to spend more time outside to enjoy the beautiful weather, but you're also bothered by itchy eyes and a runny nose. For many of us, springtime also means the return of seasonal allergies. While these allergies can be a downer, there are many ways to manage them.

Lower your exposure to allergens.

If your allergy triggers include pollen, grass and weeds, limit the time that you spend outdoors, especially on dry and windy days. If your allergy triggers come from the indoors—including pet dander, dust and mold—make sure to keep your home clean. Vacuum your home with a HEPA filter, and use a damp cloth when dusting to minimize the number of allergy particles you stir up while cleaning.

Find allergy medication that works for you. Your pharmacist or healthcare provider may be able



to help you find an allergy relief medicine that works well for your specific symptoms. Make sure they check for any drug interactions with other medications you may currently take.

Use saline solution or salt water.

Some people find relief by clearing out their nasal passages with saline solution as a simple yet effective fix to allergy-induced congestion. Many drugstores sell ready-made saline solutions. Similarly, gargling using salt water can help relieve your sore throat.

Keep your home pollen-free.

Despite the beautiful weather that comes along with spring, one easy way to keep your home pollen-free

is to keep your windows closed, opting for air conditioning instead. If you've spent time outdoors, make sure to shower before bed to wash the allergens off of your exposed skin and hair. Other methods include putting your clothes in the hamper right when you get home, changing your bedsheets weekly, using a dehumidifier, and dusting and vacuuming often.

There's no need to let allergies get you down during what is possibly the most cheerful season of the year. Visit your physician for more information about how to best handle your seasonal allergies in preparation for the beautiful spring weather.

Getting your best sleep

According to the National Institutes of Health (NIH) sleep plays a vital role in one's health and well-being. Although we are physically still, our brains are actively restoring our bodies during sleep. Brain function and overall physical health (including how well you think, your memory, reactions to others, as well as heart, circulatory, respiratory, and immune systems) are all affected by the amount of sleep you get. If you find it hard to get enough sleep or are waking tired on a regular basis, consult a health professional.

Tips for getting better sleep:

- Set up a regular sleep schedule.
- If needed, take a short power nap in the afternoon for 30 minutes. Set a timer for your afternoon nap.
- Avoid eating large meals before bedtime.
- Avoid caffeinated beverages in the afternoon and evening.
- Avoid alcoholic beverages late in the evening as it may cause sleep fragmentation or poor quality of sleep.
- Establish a regular exercise schedule each day and finish it at least 3 hours before bedtime. Consult a physical therapist for an individualized exercise program or a Physical Therapy Annual Evaluation.
- Reduce the use of electronic devices and tv at least 1-2 hours before bedtime to decrease the impact on your sleep cycle.
- Keep your sleep environment at a cool temperature and dark.
- If your environment is noisy, consider using earplugs.
- Develop a bedtime routine such as relaxing, reading a book, or listening to soothing music.
- Use a sleep diary to help you manage your routine and determine where you can make improvements.

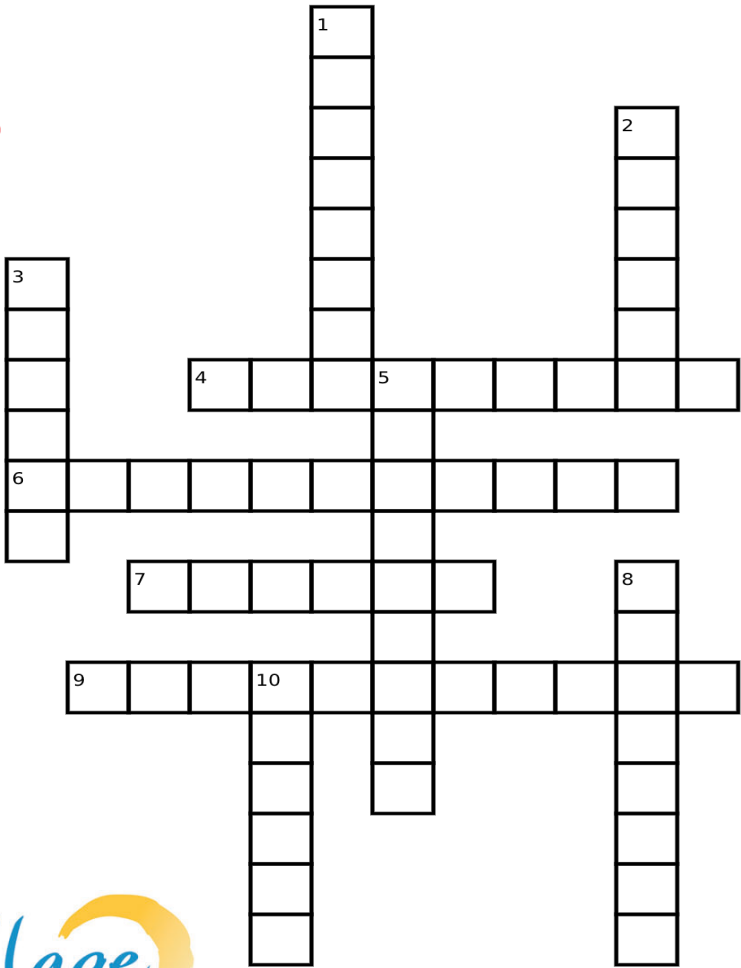
Crossword puzzle: Sleep

Down:

- 1. performance of activity
- 2. intellectual endowment
- 3. forceful contact
- 5. response to stimulus
- 8. professional or official position
- 10. not susceptible

Across:

- 4. practices psychotherapy
- 6. relating to circulation
- 7. condition of body
- 9. one's surroundings



March Word Search: Seasonal Allergies

ALLERGIES
BLOOM
CLEAN
CONGESTION
DAMP
EYES
FILTER

GRASS
ITCHY
LEAVES
MARCH
MEDICINE
NASAL
NOSE

OUTDOORS
PARTICLES
POLLEN
RELIEF
RUNNY
SALINE
SALT

SEASONAL
SORE
SPRING
THROAT
TREES
WEEDS

O G Q G N V P O Y Q B A F C N Y N T R E E S V Y Q W
S E K T I K E A G H S M I S R V H E B K O A K E G S
M H P U A P E U R F Z E M N J E W W Y E D Q H Q Y S
H K S U I X D H Y T G D S B L L L X M S Y P D R D X
C T I A U V E N Q W I I W T L W Q I U T Z E F A R R
T B N H L S U C X E Z C K G O O M Q E N A Q S O B A
H F N S P I R B S E N I L V V R O D R F N M O M Z B
R I K U A O N R A D X N F E C J I M G U G C U D K D
O L A E Y L W E L S F E F Y S G G S C V N X N O S E
A T T Z A R M P T V O N I P N N H E O T G N P S W A
T E C J M A R C H O H A P D A M P A N O S O Y P U P
L R R G R A S S J F Q I F O Q E H S G U O L W Q R P
L Y P O L L E N O M Z J N J S V U O E T R E K L S Q
W B G T X X X D H R K A I A P C R N S D E A S C F T
W S P R Z D V G X H O K T G R X M A T O X V U L D B
D S U R H Q X N A S A L C B I Y I L I O L E S E C O
R O A A L L E R G I E S H B N E B D O R X S R A Z Q
P X K N O D I O R C A B Y B G H A C N S B X Y N L P

Safety Tip!

Are the medicines in your cabinet safe?

As part of National Poison Prevention Week—March 16–22, 2025—the US Department of Health and Human Services has 4 tips to help older adults avoid unintentional poisoning: check all your medications to ensure they are clearly labeled and not expired; review all medications and supplements with your healthcare provider at least once a year; always take your medication in a well-lit area so you can properly read the label and dosage; and never take another individual's prescription medication.



Like us on Facebook...



Outpatient Therapy has their own Facebook page. We are going to post 2x/week moving forward. They will share a variety of information on health, wellness, strength, safety, etc.

<https://www.facebook.com/watermanvillage.com/outpatient-therapy>

Upcoming Events!

Parkinson's Support Group

March 18th at 2:30pm

Lakeside Grand Card Room

Heart Disease Support Group

March 11th at 10:30am

Lakeside Multi-purpose room

Diabetes Support Group

March 25th at 11am

Lakeside Multi-purpose Room

Waterman Village Health Fair:

This Thursday March 6th, 2pm-4pm at Lakeside Grand. Vendors will be scattered through all areas.

We have 44 off-campus vendors who will be on campus. See email for detailed list of vendors who will be here. Several raffle baskets will be raffled off. You don't want to miss this event!

Wellness resources

- [A Good Night Sleep from the National Institute on Aging](#)
- [How Electronics Affect Sleep](#)
- [Healthy Sleeping Habits](#)
- [Sleep Diary](#)
- [Sleep Calculator](#)

Word search key

OGQGNVP OYQBAFCNYN TREES VYQW
SEKTIKEAGHS MISRVHEBKOAKEGS
MHPUAPEURFZEMNJEWWEHQHQS
HKSUIXDHYTGDSBLLLXMSYPDRDX
CTIAUVENQWILWTLWQIUTZEFARR
TBNHLSUCXEZCKGOOMQENASOBA
HFNSPIRBS ENILVVRORDRENOMZB
RIKUAONRADXNFE CJIMGUGCUDKD
OLAEYLWELSF EFYSGGSCVNXNOSE
ATTZARMP TVONI PNNHEOTGNPSWA
TECJ MARCH OHAP D AMP ANOS OY PUP
LRR GRASS JFQIF OQEHSGUOLWQRP
LY POLLEN OMZJNJ SVUOETREKLSQ
WBGTXXXDHRKA IAPCRNSDEASCF T
WSPRZDVGXHOK TGRXMATOXVULDB
DSURHQX NASALCBIYILIOLESECO
ROA ALLERGIES HBNEBDORXSRAZQ
PXKNODIORCABYBGHACNSBXYNLP

Crossword puzzle key

1 F
2 B
3 I
4 THERAPIST
5 CIRCULATORY
6 H
7 HEALTH
8 E
9 ENVI
10 R
11 M
12 U
13 N
14 E
15 S
16 T
17 I
18 O
19 N
20 M
21 E
22 N
23 T
24 C
25 T
26 I
27 O
28 N