Active Aging

By: Kendra Criss
Waterman Village Home and Community Services

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Spring Cleaning is a Way to a Safer Home

Now that spring has sprung, it is the perfect time to begin your spring cleaning. This year, try a different approach by taking steps to make your home or apartment a healthier and safer place to live.

Clean up the clutter
According to the Centers for Disease Control and Prevention (CDC), one in every three older adults falls each year. In addition to having your vision checked, reviewing your medications with your healthcare provider, starting a regular exercise program, and making your home or apartment safer by removing clutter is a great way to reduce your fall risk.

Go through your home to sort through and throw away old items that cause clutter. Consider donating items you no longer need to charitable organizations such as the Salvation Army or Goodwill. Also, ensure all the walkways and stairs in your living space are clutter-free. Don't forget to check outdoor sidewalks or stairs for bushes, potted plants, or other obstructions that could become a tripping hazard.

Conquer your kitchen
Check the expiration dates on packaged goods and refrigerated condiments, and discard anything expired. Disinfect your cabinets, refrigerator, and any surfaces that need cleaning. The Partnership for Food Safety Education recommends using a mixture of 3/4 teaspoon liquid chlorine bleach per quart of water to protect against bacteria on surfaces.

Organize your living space
Within each room, keep your most frequently used items within easy reach. Reducing the amount of reaching can help prevent falls and injuries. You can use baskets to create extra storage in your easy-to-reach spots, and keep a long-handled reacher nearby for hard-to-reach storage spaces.

If you often find yourself looking for where you left the TV remote or keys, organize by designating a specific place to keep commonly–used items. It can be as simple as placing a key hook by the door or a small basket on your coffee table.

Using these spring cleaning tips, you'll be on your way to a healthier and safer home. After you have taken the time to spring clean, you may notice that you still have difficulty getting things done or moving safely around your home. If so, you may benefit from a referral to Home Health Services or Outpatient Therapy for a home evaluation.

Laughter is Priceless Medicine

When was the last time you had a good belly laugh? As children, we laugh hundreds of times a day. As adults, life tends to be more serious and laughter less frequent. By seeking out more opportunities for humor and laughter, you can improve your emotional health, strengthen your relationships, find greater happiness, and even add years to your life. Laughter is also good medicine for both your mental and physical health. It decreases your stress response and at the same time temporarily increases your endorphins resulting in a relaxed feeling.

Add more laughter to your day by:

- Spending time with pets
- Listening to funny podcasts
- Try practicing yoga in a group where laughter is forced at first and soon turns into spontaneous laughter
- Find ways to laugh at yourself and your own situations
- Find items that make you smile or laugh and put them in your environment
- Make it a habit to spend time with those who make you laugh by hosting game nights
- Search for YouTube Videos that make you smile or laugh

Physical Health Benefits of laughter:

- Stimulates your organs
- Relaxes your muscles
- Improves cardiac health
- Boosts immune system
- Lowers blood pressure
- Helps with weight loss

Mental Health Benefits of Laughter

- Provides distraction
- Improves your mood
- Reduces stress hormones
- Increase endorphins
- Strengthens relationships

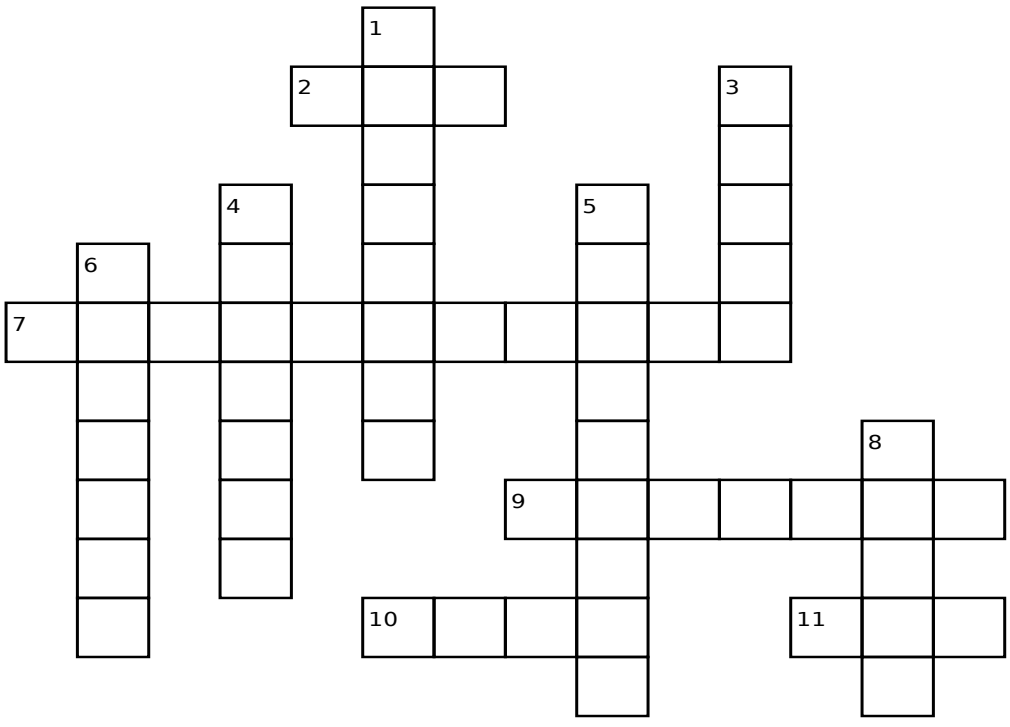
Crossword puzzle: Laughter

Down:

1. sound of laughing
3. facial expression
4. make better
5. invaluable
6. recording series
8. causes amusement

Across:

2. time between sunrise & sunset
7. activity involving skill
9. full of play
10. domesticated animals
11. delightfulness



Waterman Village
HOME HEALTH CARE & OUTPATIENT THERAPY

April Word Search: Spring Cleaning

CHARITABLE
CHLORINE
CLEANING
CLUTTER
FOOD
FRUITS
GOODWILL
KEY
MAGAZINES
MEDICATIONS
NEWSPAPERS
NUTRITION
ORGANIZATION
POISON
POTTED
PREVENTION
REMOVE
SALVATION
SIDEWALKS
SPRING
STORAGE
TREASURES
VEGETABLES
VISION

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

Did you know?

April is Occupational Therapy Month

Occupational therapy helps individuals maintain their daily routines in order to live life to the fullest. Our occupational therapists help residents safely and independently perform activities of daily living, adapting tasks and modifying the environment to enhance each patient's ability to function in their physical and social environment. They provide treatments for strength, endurance, range of motion, coordination and balance, as well as therapeutic activities for memory and daily life skills. If you believe you could benefit from occupational therapy, please visit your rehab team. We'd be happy to help.

Wellness Clinic Quarter 1

We held our first Wellness Clinic for Quarter 1 on March 27th. We had 85 participate. It is not too late, you still have 3 more quarters of the year to complete these clinics. This is an opportunity for you to get your baseline, set goals for yourself and proactively see if any areas decline. There were booths to screen for overall strength, balance/coordination, swallowing/cognition, and blood pressure/weights and compare to norm data for your age. If you were able to attend - focus on the areas that came up for you. Take a wellness class, start therapy with home care or Outpatient Therapy, get out and walk. Just be active. Live your best life!

Mark your calendar for the next Wellness Clinics Quarter 2 on June 26th for IL and July 11th for ALF.

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

Coffee/Java Socials -
April 8th Outpatient Therapy Presents:
Aquatic Therapy and its Benefits
April 10th Home Health Presents:
Fall Prevention by HH Therapists

Physician on Campus -
Chapel Chat - April 15th at 3pm Q&A
Grand Opening May 1st
Open House 9-11:30am, come meet the Physician Assistant, Natalie Farinas.

Word search key

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

Crossword puzzle key