

Community Center for Vital Aging



Fisher Institute for Wellness and Gerontology
Ball State University · (765) 285-1639 · www.bsu.edu/wellness/ccva

FEBRUARY 2014 ISSUE

THE COMMUNITY CENTER FOR VITAL AGING is an extension of the John and Janice Fisher Institute for Wellness and Gerontology at Ball State University. The Center opened in May of 2001. Our programs are primarily for adults 50 and over who are interested in lifelong learning and active lifestyles. Our mission is to enhance the lives of older adults in the community through creative, cultural, and intergenerational programs that promote wellness throughout the lifespan.

This year has been a year of change. In order to meet the needs of our members, the CCVA recently moved out of the Cornerstone Center for the Arts and relocated back to the Fisher Institute for Wellness and Gerontology in the Health and Physical Activity building on the Ball State campus.



The CCVA will be taking its show on the road this semester and will be conducting programs at various locations throughout the Muncie community. We will hopefully be moving into a more permanent and easily accessible location in 2014. We will keep you posted throughout the year on what is going to happen.

We encourage you to contact the Center at 285-1639 or at vitalaging@bsu.edu to receive more information on what we have to offer or with any questions that you may have.

Attention . . . Attention!



Just as a reminder, if you have family or friends that would like to receive our newsletter, please have them e-mail us and provide us with their contact information!



Help us spread the word!!

Thanks!

CCVA Staff

Kathy Segrist: Interim Director, Fisher Institute for Wellness and Gerontology
Program Coordinator for Gerontology, School of Physical Education, Sport and Exercise Science

Graduate Assistants

India Ballard-Bonfitto
Hyeon Jung Kim
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Derek O'Neal
Courtney Roberts
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Healthy Tips

Heart Healthy Tips

February is Heart Disease Awareness! So what better way to bring in the month of love than by showing some love to your heart! Follow these simple steps for better health.

1. Stop smoking, no ifs, ands, or butts! If you need help consult your doctor there are many ways to quite smoking.
2. Focus on the middle. Your mid section that is! You don't have to be super thin to reap the benefits of a smaller waistline, but according to the Journal of the American College of Cardiology, carrying too much weight around the middle raises blood pressure, affects blood lipids, and does damage to the heart.
3. Knit a scarf. Put your hands to work and your mind will unwind. Engaging in activities like knitting, sewing, and crocheting can help relieve stress, which does your heart a world of good.
4. Power up your salsa! A good salsa rich in antioxidants is a great snacking choice when paired with low-fat chips or fresh veggies.
5. Go fish. Studies have shown that including fish high in omega 3 fatty acids (salmon, herring, sardines, and tuna) into your diet can reduce the risk of heart disease by a third or more.
6. Laugh. Laughing helps relieve the stress that damages the tissue that forms the inner lining of blood vessels and helps your blood flow.
7. Stretch it out! Practicing yoga makes your more limber and helps you relax, which combats stress, which in return helps with heart health.
8. Shun the salt. Reducing your consumption by just half a teaspoon a day can show many benefits to heart health. Try limiting processed foods and restaurant prepared foods.
9. Move, Move, Move! Sitting for long periods of time could shorten your life regardless of body weight.
10. Make time for breakfast! The first meal of the day is one you shouldn't skip. Make sure you eat whole grains, low fat protein, low fat dairy and fruits and veggies.

We hope these tips can help you live a better life and have a healthier heart! If you have any questions please consult your physician. You can also check out the American Heart Association's website. They have a lot of great resources and many of them are free!



LOOKING FOR COMPUTER ASSISTANCE?

The CCVA still offers computer tutoring. Computer tutoring is free, but sessions for each individual will be limited. We have several convenient locations throughout the community that have agreed to allow us access to their computer labs to provide one-on-one training sessions to our members.

Please call the CCVA at 285-1639 or send an e-mail to vitalaging@bsu.edu to set up your appointment!



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Programs and Seminars

INFORMATIVE AND USEFUL

FESTIVALS OF KOREA

Join Graduate assistants Courtney Roberts and Derek O'Neal as they present on the different festivals of Korea.
DATE: Thursday, February 6 from 11:30 a.m. — 12:30 p.m.
LOCATION: Kennedy Library, 1700 W. McGalliard Road in Muncie.
No admission fee



WINTER OLYMPICS

Join Derek O'Neal as he discusses the Winter Olympics. You will learn about the history of the games and some of the sports associated with the event.
DATE: Wednesday, February 12 from 10:30 — 11:30 a.m.
LOCATION: The Alpha Center, 315 S. Monroe Street in Muncie
No admission fee



THE "WISECRACKS FOR WELLNESS" MOVIES NIGHTS

Our first feature will be *It Happened One Night* (1934)
DATE: Thursday, February 13 from 6:00 — 9:00 p.m.
LOCATION: The Maring-Hunt Library meeting room, 2005 S. High Street in Muncie



We will also have an encore presentation with the topic being "Romantic Comedies."
DATE: Friday, February 14 from 5:00 — 8:00 p.m.
LOCATION: The Educational Resource Meeting Room 1 in Bracken Library on the Ball State campus.

Our second feature will be *Back to the Future* (1985)
DATE: Thursday, February 27 from 6:00 — 9:00 p.m.
LOCATION: The Maring-Hunt Library meeting room, 2005 S. High Street in Muncie

The encore presentation topic this week will be "Science Fiction Comedies."
DATE: Friday, February 28 from 5:00 — 8:00 p.m.
LOCATION: The Educational Resource Meeting Room 1 in Bracken Library on the Ball State campus.
All are free events, appropriate for all ages, and open to the public.

ART HISTORY: AN IN DEPTH LOOK AT PICASSO

Join Derek O'Neal as he talks about Pablo Picasso. He will present several of his famous works of art and then provide a brief history of the artist.



DATE: Thursday, February 20 from 12:30 — 1:30 p.m.
LOCATION: Kennedy Library, 1700 W. McGalliard Road in Muncie.
No admission fee

COFFEE CHATS

Join the Gerontology graduate assistants as they show TED talks! Grab a cup of Joe and be ready to watch interesting videos followed by discussions.
DATE: Tuesday, February 11 **and** Tuesday, February 25 from 8:30 — 9:30 a.m.
LOCATION: Kennedy Library, 1700 W. McGalliard Road in Muncie.
No admission fee



Coffee & Chat

FEBRUARY 2014 CALENDAR

FEBRUARY

Thursday, February 6

11:30 a.m. — Festivals of Korea at the Kennedy Library

Tuesday, February 11

10:30 a.m. — Coffee Chat at the Kennedy Library

Wednesday, February 12

10:30 a.m. — Winter Olympics at The Alpha Center

Thursday February 13

6:00 p.m. — The "Wisecracks for Wellness" Movie Night at the Maring-Hunt Library

Friday, February 14

6:00 p.m. — Encore Movie Night in Bracken Library at BSU

The Alpha Center — 312 S. Monroe, Muncie
Bracken Library, Ball State University Campus, Muncie

Thursday, February 20

12:30 p.m. — Art History: An In Depth Look at Picasso at the Kennedy Library

Tuesday, February 25

10:30 a.m. — Coffee Chat at the Kennedy Library

Thursday February 27

6:00 p.m. — The "Wisecracks for Wellness" Movie Night at the Maring-Hunt Library

Friday, February 28

6:00 p.m. — Encore Movie Night in Bracken Library at BSU

The Kennedy Library, 1700 W. McGalliard Road, Muncie
The Maring-Hunt Library — 2005 S. High Street, Muncie