

Community Center for Vital Aging



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

SEPTEMBER/OCTOBER 2013 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, in case you did not see it in the previous newsletter, we are updating the CCVA mailing list. If you want to remain on our list we will strongly encourage you to contact us at (765) 285-1639 or via e-mail at vitalaging@bsu.edu so you can continue to receive the newsletter.



If you are not on our list of requests to continue to receive our information, this will be your final newsletter.

Thanks!

CCVA Staff

Kathy Segrist: Interim Director, Fisher Institute for Wellness and Gerontology
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Graduate Assistants

Joey Box
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Kamala Prajapati
Courtney Roberts
Jenise Wolfe

Healthy Tips

Stress Management

All of us experience stress, but far too many of us are content to live with it, push it aside, hold it in, and eventually succumb to the ugly consequences. Not all stress is bad, though! Some stress is actually healthy and keeps us striving to reach new goals to make our lives worthwhile and even exciting. But, when your emotions and health are compromised, it is time to hit the breaks and plot out a new course.

Ready to feel better fast? Follow these step-by-step instructions for navigating those everyday bumps in the road. You will rid yourself of unnecessary sources of anxiety and develop healthier relationships with those you cannot avoid.

It's Not Just in Your Head:

You do not need a doctor to tell you that anxiety can have a negative effect on your health. But do you really know the toil that long-term stress can take?

Stress is the body's reaction to something that exceeds its resources. When we perceive something as harmful, our brain triggers hormones such as cortisol, which flood the body and contribute to various physical responses.

Here are several ways stress can affect different aspects of your health and how you can protect yourself against them:

- **Lack of Sleep:** Anxiety is one of the main causes of insomnia and sleep disruption. When you think about something stressful while lying in bed, it's harder to fall asleep. As this progresses brain and body dread bedtime.
- **Weakened Immune System:** We've all experienced the nasty cold that comes after a deadline — a reminder that psychological stress can weaken defenses and make us more susceptible to germs. It can also slow recovery from illnesses.
- **High Blood Pressure:** Stress and anxiety stimulate your nervous system to raise levels of hormones like adrenaline and cortisol, which narrow blood vessels and therefore increase your risk of developing hypertension.
- **Aches and Pains:** Millions of us work at desks every day or sit around the house. Our bodies pay the price! From stiff necks and tension headaches to throbbing backs, this can result from staring at computer or television screens for hours on end. Make sure to take frequent stretching breaks throughout the day!

Proven Stress Reducers:

1. Get up fifteen minutes earlier in the morning! The inevitable morning mishaps will be less stressful.
2. Prepare for the morning the evening before. Set the breakfast table and make lunches ahead of time.
3. Don't rely on your memory. Write down appointment times, when to pick up prescriptions, library book due dates, and etc.
4. For every one thing that goes bad, there are probably 10 or 50 blessings! Count them!
5. Unplug your phone. Try meditation or just sitting and relaxing. You need to take healthy breaks.
6. Organize. A place for everything and everything in its place. Losing things can be very stressful.
7. Take stretch breaks often to relieve tension.
8. Talk out problems with a friend.
9. Learn to live one day at a time.
10. Take a bath or shower to relieve tension. Aromatherapy oils can also help.



LOOKING FOR COMPUTER ASSISTANCE?

The CCVA will still offer computer tutoring in the fall. Computer tutoring will be 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

FALL CRAFT TIME!

Join graduate assistants Derek O'Neal and Courtney Roberts at The Waters of Yorktown for a fun-filled afternoon making festive door decorations! Come with a creative mind and get into the spirit of the season.

DATE: Monday, September 23 from 2:00 — 3:30 p.m.

The Waters of Yorktown is located at 2000 S. Andrews Road in Yorktown.

No admission fee



AVOIDING THE FLU

Join Courtney Roberts and Derek O'Neal at Cambridge Square as they discuss the flu and flu prevention. Topics will include what the flu is, different types, distinction between flu and cold, different treatments, and homemade remedies.

DATE: Monday, October 7 from 2:00 — 3:30 p.m.

Cambridge Square is located at 1601 E. McGalliard Road in Muncie.

No admission fee



DISCOVER SOUTH KOREA!

Join Judith Kim and Joey Box as they enlighten all about the wonders of South Korea. Learn about the land, the culture, and the people who call it home.

DATE: Friday, October 18 from 1:00 — 2:30 p.m.

LOCATION: The Alpha Center, 315 S. Monroe Street in Muncie

No admission fee



ARE YOU OR SOMEONE YOU KNOW SUFFERING FROM COPD?

Join Kamala Prajapati and Jenise Wolfe as they share information on this condition.

Topics will include description of causes, symptoms, treatment and prevention.

DATE: Monday, September 23 from 2:30 — 4:00 p.m.

Ashgrove Crossing is located at 4001 N. Walnut Street in Muncie.

No admission fee



FALL CRAFTS AT PARKVIEW!

Join graduate assistants Kamala Prajapati and Jenise Wolfe at Parkview Nursing Center for a fun and exciting afternoon making fall crafts. Spruce up that living space with festive fall colors!

DATE: Tuesday, October 8 from 2:00 — 3:30 p.m.

Parkview Nursing Center is located at 2200 White River Boulevard in Muncie.

No admission fee



SEPTEMBER/OCTOBER 2013 CALENDAR

SEPTEMBER

Monday, September 16

2:30 p.m. — Understand the Stressors of Life at Cambridge Square

Monday, September 23

2:00 p.m. — Fall Craft Time! at The Waters of Yorktown

Monday, September 23

2:30 p.m. — Are You or Someone You Know Suffering from COPD? at Ashgrove Crossing

The Alpha Center — 312 S. Monroe, Muncie
Ashgrove Crossing — 4001 N. Walnut, Muncie
Cambridge Square — 1601 W. McGalliard, Muncie

OCTOBER

Monday, October 7

2:00 p.m. — Avoiding the Flu at Cambridge Square

Tuesday, October 8

2:30 p.m. — Fall Crafts at Parkview at Parkview Nursing Center

Friday, October 18

1:00 p.m. — Discover South Korea at The Alpha Center

Parkview Nursing Center — 2200 White River Blvd., Muncie
The Waters at Yorktown — 2000 S. Andrews Rd, Yorktown