

Recommended Driving Resources

AARP offers an online course for driver safety that is low cost, and could potentially offer insurance discounts. aarpdriversafety.org

AAA, AARP, and the American Occupational Therapy Association have teamed up to offer a program called CarFit that helps older adults ensure their cars fit them well and as a result, provide a safer driving experience. car-fit.org



Did you know?

LiveWell has helped many of our members stay safely at home and prevent falls by conducting a Home Safety Evaluation with our licensed Physical Therapist. Since the beginning of 2017, most of our new members have taken advantage of this service, which is included in a LiveWell membership.

Contact us at [615-665-0694](tel:615-665-0694)

LiveWellByBlakeford.com



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Spring
2017

A Newsletter for Living Well at Home

LiveWell
BY BLAKEFORD
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A Note from Our Executive Director

Our Blakeford Series *Conversations: Exchanging Ideas Relevant to Today's Older Adults* kicked off last week with the topic "Understanding Complementary and Integrative Therapies." Expert panelists discussed non-traditional approaches to preventing and treating disease and other common health changes. Through topics such as nutrition, Ayurveda, spirituality, and movement, the panelists were able to introduce a full house of attendees to the world of new ways to enhance their healthcare journeys.



It has long been a passion of mine to study and discover new ways to help people manage chronic disease, particularly those conditions that aren't responding well to more medicine or surgical intervention. On this panel was an amazing group of local, health professionals including: Kathleen Wolff, a nurse practitioner who specializes in mind-body wellness at the Osher Center for Integrative Medicine at Vanderbilt, Liz Workman Mead, a certified Ayurveda counselor and yoga instructor, Gay Welch, a counselor at The Pastoral Center for Healing, and Samantha Ruppelt, exercise physiologist.

Each expert gave us some specific tools and in many cases an inspiration to seek out more about their area of specialty. We learned how the food we eat is as important as the medicine we take, how engaging the spirit in daily living is essential to quality of life, how each individual person is an expert in their own experience of health, and how to use exercise to avoid surgery or to make simple yet long-lasting improvements in daily function.

Conversations, sponsored by Blakeford, aims to engage the community in interactive discussions about ideas relevant to today's older adults. Our next installment of the Blakeford *Conversations* Series is scheduled for June. Please contact us to share your thoughts and feedback about this panel and ideas you have about future topics. We hope you will join in the Conversation!

Spring Gardening Tips with LiveWell Member Marifran Hiltz

As a member of the American Hemerocallis Society (The Daylily Club), Marifran has expert knowledge on the world of horticulture and spring flowers. Here are three reasons why Daylilies are her favorite type of flower to grow in her Franklin, TN garden:



From Marifran's Garden: Red, White and New

- Daylilies are one of the more forgiving perennial flowers, so they are grown all over the world. They are easy to hybridize, and it is estimated that there are over 60,000 Daylily varieties. Their colorful versatility makes them especially beautiful in a garden, which is one of the reasons I love planting them in mine.
- These flowers make great “pass-along” plants. You can gift them to friends and family easily because these flowers don't mind being dug up, washed, packed, and carefully shipped. My tip would be to ship them early in the week, so they don't sit in a dark post office for too long.
- Daylily flowers aren't just for spring! They can bloom from May to November in the early, mid, late, and very late seasons. This means you get beautiful flowers every season, except winter when they are dormant.

Battling Parkinson's with Boxing

In 2006, Rock Steady Boxing was founded in Indiana. This unique program featuring intense and high energy workouts has grown across the country. What makes it unique? It's designed to help Parkinson's patients fight against the daily battles waged by the disease. Nashville's Rock Steady program is located at STEPS Fitness in Nashville and headed by trainer Colleen Bridges.

Boxers concentrate on mental focus, balance, strength, muscle speed, and muscle power. “These are the same things that Parkinson's patients are dealing with every day,” says Colleen. “So it's a really good match.”

And it works. Colleen says, “Class members start to see where they have more energy - they're sleeping and walking better. These exercises help combat tremors and depression. They also help with vocal skills, posture, footwork, and, of course, core.”

For people who can't make it to a program like Rock Steady Boxing, Colleen says, “Motion is lotion so anytime you can get up and walk, that's always a good thing to do. I would also encourage them to do push-ups.” Other good exercises are stretches, yoga, and biking – just keep moving.

Colleen says, “It doesn't matter what stage you're currently in [as a Parkinson's Patient]. You can do this. I have people who've just been diagnosed. I also have people who are 80+ years old. They've been using their walkers or wheelchairs for many years but they come. One gentleman started off using a wheelchair and now he just uses his walker. Anybody can do this at any stage!”

For more information about Rock Steady Boxing Music City, contact Colleen Bridges at 615-944-3284 or nashbridges@comcast.net.



Personal Emergency Response Systems

Personal Emergency Response Systems give great peace of mind to many of our members, whether they live alone or with a spouse. For any older adult, a fall is a great risk, and that risk increases without the ability to promptly alert someone. According to the National Council on Aging, falls in the older adult population are the leading cause of death due to injury. They account for 25% of all hospital admissions, 40% of all nursing home admissions, and 40% of those admitted do not return to independent living.

Here are a few systems we recommend:

Medical Guardian (800-668-9200; medicalguardian.com)

The Classic Guardian package begins at \$29.95/month, and they offer a Base Station with a 2-way speaker system, as well as an Emergency Help Button that can be worn around the neck or wrist and has a range of 1,300 feet. There is no activation fee and the equipment is covered under the monthly fee. This system connects to your landline telephone.

Philips LifeLine (885-681-5351; lifeline.philips.com)

The Philips LifeLine begins at \$44.95/month and includes a Base Station with a 2-way speaker system, an Emergency Help Button to be worn around your neck. The big difference here is that it includes an Auto Alert fall detection feature that alerts an emergency response once it's detected a true fall. This system also connects to your landline.

GreatCall Lively Wearable (866-360-4744; greatcall.com)

Lively Wearable is a fitness tracker that you wear on your wrist and connect to a smartphone. It not only tracks your fitness but also detects falls and automatically alerts a 5Star Agent. You can use the alert button for emergency (i.e. feeling dizzy) and non-emergency reasons (i.e. locking your keys in the car). The wristband costs \$49.99 + \$14.99/monthly plan.

Alert-1 Fall Detection (877-959-8283; alert-1.com)

Alert-1 Fall Detection begins at \$29.95/month and is another great resource for detecting falls. It connects to a base unit through your landline with 600 feet of coverage area around the base unit. This wears like a wristband and is waterproof for showers.



Upcoming Introductory Seminars

Please call 615-665-0694 or contact kelly.anderson@blakeford.com to reserve your space today.

Tues., Apr. 18 2:00 pm
Thurs., May 4 10:00 am
Tues., May 16 2:00 pm

Location:
LiveWell Office
1 Burton Hills Blvd., Suite 140
Nashville, TN 37215

Tues., June 6 10 am, 2 pm, 6 pm
Tues., June 13 10 am, 2pm, 6 pm

Location:
Green Hills Hampton Inn & Suites
2324 Crestmoor Road
Nashville, TN 37215

Thurs., June 8 10 am and 2 pm
Thurs., June 15 10 am and 2 pm

Location:
Puffy Muffin Restaurant Cool Springs
330 Mayfield Drive
Franklin, TN 37067

Wed., June 7 2:00 pm

Location:
Gordon Jewish Community Center
801 Percy Warner Blvd.
Nashville, TN 37205