

MANAGING ARTHRITIS WITH EXERCISE

By Diane DiCarlo

Exercise has important health benefits for everyone -- regardless of age and physical condition. But for people with arthritis, working out regularly, and within their limits, is critical.

“Regular, moderate exercise offers a host of benefits to people with arthritis,” says Jack Klippel, M.D., medical director for the Arthritis Foundation in Atlanta. “Exercise reduces joint pain and stiffness, builds strong muscle around the joints and increases flexibility and endurance.”

It also helps promote overall health and fitness by giving you more energy, helping you sleep better, controlling your weight and decreasing depression.

The following tips will help you start and stick with an exercise program.

First Steps

Remember to start slowly. Exercises that improve flexibility or stretching exercises that improve your range of motion and help you perform daily activities are good ones to initiate yourself into an exercise routine. Once you feel comfortable, you may be able to move on to weight training and endurance workouts, such as cycling, swimming, walking or yoga.

“Whatever exercise program you decide on, you should always consult your doctor before starting out,” says Dr. Klippel. You should also talk to your doctor if you notice a change in your condition -- for example, if you have increased pain or decreased mobility. A physical therapist can help you get started. Over-the-counter anti-inflammatory medications are available to ease discomfort during and after exercise.

Watch for Fall Hazards

When you have arthritis, physical activity and exercise may not seem appealing. The thought of walking or

swimming might make you cringe when your body already aches.

However, “exercise keeps you moving when your condition threatens to immobilize you,” says Dr. Klippel. “I recommend water exercises because water buoyancy takes weight off your joints.”

Swimming laps, water walking or jogging and water aerobics are examples.

Other forms of low-impact workouts that place less stress on your joints include yoga, tai chi and cycling, as well as using cross-country ski simulators or elliptical trainers. Cross training -- performing a variety of exercises and activities on different days -- helps prevent overuse injuries, keeps your program fresh and contributes to better training for your muscles.

Strong Muscles Ease Joint Pressure

Weight training isn't just for bodybuilders and athletes. Strong muscles around joints help take pressure off cartilage and bone.

“It's particularly important for people who have arthritis to do exercises that strengthen quadriceps muscles,” Dr. Klippel says.

You have various options for resistance training, including free weights, machines or elastic tubing.

It's crucial to use proper techniques when strength training, and moves must be tailored to your specific condition. “Your doctor or a physical therapist can design a strength program that will give the most benefit with the least possible joint irritation,” Dr. Klippel says.

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MARCH

TOPIC:

“SPRING INTO ACTION” ZUMBA FOR SENIORS W/ PEGGY

(Refreshments Served)

March 9, 2020

Bayside Presbyterian Church
1400 Ewell Road, Virginia Beach, VA 23455
10 am-12 noon

March 18, 2020

Sentara CarePlex Hospital
3000 Coliseum Drive, Hampton, VA 23666
10 am-12 noon

APRIL

TOPIC:

“ADVANCE CARE PLANS, WHY THEY ARE IMPORTANT”

(Refreshments Served)

Debbie Wacker, Chaplain

April 13, 2020

Bayside Presbyterian Church
1400 Ewell Road, Virginia Beach, VA 23455
10 am-12 noon

April 15, 2020

Sentara CarePlex Hospital
3000 Coliseum Drive, Hampton, VA 23666
10 am-12 noon

MAY

TOPIC:

“BALANCE AND GOOD BODY MECHANICS”

Physical / Occupational Therapist

(Lunch Served)

May 11, 2020

Bayside Presbyterian Church
1400 Ewell Road, Virginia Beach, VA 23455
10 am-12 noon

May 20, 2020

Sentara CarePlex Hospital
3000 Coliseum Drive, Hampton, VA 23666
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Understanding Dementia: Tips for Caregivers

By Delvina Miremadi, *Life Advantages*

Dementia impairs the brain's ability to function on a daily basis. Dementia is the result of other medical conditions which can be caused by a series of small strokes, Alzheimer's disease, or other brain-damaging diseases.

It is common for a person with dementia to lose the ability to do what a normal person may see as simple tasks, like tying their shoe, brushing their teeth, or taking a bath. Because of this loss of function, the person suffering from dementia can become easily frustrated and discouraged. However, as a caregiver, by learning about dementia and how to care for the person who suffers from the condition, you can better help the sufferer cope.

Causes of Dementia

As mentioned above, dementia often occurs as a side effect or symptom from other medical conditions. Many causes may result in dementia, but note that some causes are 10 to 15 percent reversible. Here are a few of dementia's primary causes:

- Alzheimer's disease (accounts for 65 percent of all dementias)
- Thyroid conditions
- Depression
- Strokes
- Drug interactions
- AIDS and other infections
- Vitamin B-12 deficiency

Symptoms of Dementia

When observing someone with dementia, you may notice that the person has some of the following common symptoms:

- Memory problems
- Difficulty performing daily duties
- Depression
- Difficulty communicating and speaking
- Sleep disturbances
- Confusion
- Difficulty understanding
- Aggression
- Paranoia
- Irritability and agitation
- Hallucinations



Photo by Jeremy Wong | unsplash.com

Tips for Caregivers

If you are caring for someone suffering from dementia, you may notice that he gets easily agitated. People with dementia may not be able to interpret things like they once had, and can get irritated about situations that once were easy for them. You may also notice that their behavior can sometimes appear child-like. It is common for dementia patients to display pouting or stomping of the feet similar to a young child. When this occurs, be patient but be firm. Their initial frustration will pass.

As someone who takes care of a dementia sufferer, you can try to avoid situations where the person may feel incapable of doing something. For instance, instead of expecting the person to fix a cup of coffee on their own, give them a simple task, like putting the sugar in the cup. This will help them feel a sense of accomplishment and competency, and then you can guide the individual through the rest of the tasks at hand. In addition, try to limit complicated situations for the individual, like bathing. Perhaps have the person bathe two to three times a week, rather than every day, especially if it becomes difficult for the individual.

As you care for someone with dementia, you may note that certain times of the day may be more irritating than others. This is typical for dementia sufferers, so keep this in mind when scheduling tasks. For example, the end of the day is frustrating for most dementia sufferers, so try not to schedule difficult tasks around this time. Instead, plan complex tasks earlier in the day to help the person stay calm. Naps may also be a good idea as basic daily tasks will become exhausting over time.

It's important to remember that the person suffering from dementia may say things that he or she doesn't mean. The person will be very confused at times, so don't take anything personal. Also, try not to be confrontational with them. If they insist that it is Friday, when it is Monday, try not to contradict them. Instead, change the topic and encourage him or her to talk about things that will bring them joy, like happy memories. You can also try to get the patient to talk about thoughts or feelings; this will provide comfort, warmth, and security for a person in a very uncomfortable situation.

EXCURSIONS

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Easter Jubilee at the Rudy Theatre

Tuesday, April 7, 2020

Selma, North Carolina's historic Rudy Theatre plays host to a one-of-a-kind performance. If you've seen their Christmas show, you'll love their Easter Jubilee! Sit back and enjoy the music of spring, the message of Easter and the antics of their very own Homer the Easter Bunny. And as the lights go down, you'll be transported to a world of fast-paced entertainment, side-splitting comedy, and music you'll know by heart! Buffet Lunch is included. \$175

Nashville Dreams and Legends with Memphis

April 18-22, 2020

If you are a country music lover, this is a tour you don't want to miss! Enjoy five exciting days in the Country Music Capital of America! Nashville is home to the Country Music Hall of Fame and Museum, the Grand Ole Opry, the General Jackson Showboat, Madame Tussauds, and so much more! In Memphis, visit Graceland, home to the "King of Rock and Roll . . ." Elvis Presley! If this wasn't enough, spend four nights at the magnificent Gaylord Opryland Resort. This a "Dreams and Legends" tour is one you can't miss!

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A Tour of "Biblical" Proportions

Saturday, May 2, 2020

Back by popular demand, tour the amazing Museum of the Bible. From its special exhibits, to the cultural influences, to the history of the Bible itself, the museum has something for everyone. The Museum is among the most technologically advanced and engaging museums in the world! Showcasing rare and fascinating artifacts spanning over 3,500 years of history, the Museum offers visitors a personalized experience to all. Lunch is on your own. \$160

Wagon Wheels and State Park Trails

Thursday – June 18, 2020

Experience nature at two North Carolina State Parks! At Merchant Millpond State Park, a Ranger Lecture in the Visitor Center is followed by a scenic guided tour along Cypress Point Trail. Later today, visit Dismal Swamp State Park for a "Ranger Led" Wagon Ride and discover the park's unique ecosystem. End the day with a tour of SWIFT (Sustainable Water Initiative for Tomorrow), a water treatment facility. A Barbeque lunch is included! \$120

Museum of African American History & Culture

Saturday – August 1, 2020

The National Museum of African American History and Culture showcases the African American experience and how it helped shape the nation. It contains close to 37,000 objects related to civil rights, slavery, and segregation. Highlights include Harriet Tubman's hymnal, Nat Turner's bible, and so much more! Also included, the Library of Congress' special Rosa Parks: In Her Own Words Exhibit. Delicious Lunch included at the Capital Cafe. \$159

Virginia's Crooked Road - Birthplace of Country Music!

July 31- August 3, 2020

Virginia's Heritage Music Trail "Crooked Road" is an adventure in "Country Music" stretching 333 miles through Southwest Virginia. It's a road that travels "Where America's Music Was Born . . . And Lives On!" A sampling of what to expect on tour: Floyd General Store and Friday Night Jamboree, Barter Theatre, Carter Family Fold Festival, Country Cabin II, Ralph Stanley Museum, Birthplace of Country Music Museum, Tim White, VW Boys, Lincoln Theatre, and more.

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End of Summer Celebration in Chincoteague

September 2-3, 2020

Chincoteague Island is famous for its wild ponies and is the gateway to the Assateague Island National Seashore and the Chincoteague Wildlife Refuge. Your two-day tour includes: Sightseeing Pontoon Boat Cruise of Chincoteague and Assateague Islands, a Guided Riding Tour of Assateague Island, Assateague Lighthouse, Bateman Center, NASA Wallops Flight Facility with Launch Pad, Visitor's Center, and more! Delicious meals are included each day!

Call for a Detailed Flyer and Pricing . . .

Sight & Sound's "Queen Esther" in Lancaster

October 14-15, 2020

Sight & Sound's Millennium Theatre presents the premiere of "Queen Esther," a magnificent Biblical story of courage and bravery. Follow Esther's life from "ordinary life to royalty" during the perilous Persian Empire and discover God's plan as she wears the royal crown. Your Dutch Country get-away also includes an: Amish Tour, Kitchen Kettle, Bird in Hand Farmers Market, Four Meals, and so much more!

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1st Annual Christmas at the White House

December 3, 4, or 5, 2020

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Annual New York City Extravaganza

December 15-18, 2020

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Alzheimer's Support
1-800-272-3900

Bereavement Support Group
Norfolk: Every Wednesday, 2PM
757-388-2631 or 757-388-7817
Suffolk: 1st Thursday, 6PM
757-934-4142

Better Breathers
Sentara Obici Hospital
757-934-4263

Breast Cancer Support
Norfolk: 2nd Tuesday, 6PM
757-388-2062
2nd Thurs., 7PM, 757-261-5033
4th Wednesday, 6PM
757-261-5404
Suffolk: 1st Wednesday, 12PM
757-934-4395

Virginia Beach:
2nd Monday, 6:30PM
757-395-6317 or 757-395-8421
Facebook: search Sentara
Breast Cancer Support

Caregivers' Support Group
3rd Friday,
12NOON-1PM
Nimmo UMC
757-422-1292

Depression/Bipolar Support
Monday, 7PM (NORFOLK)
757-456-0657

Diabetes Support
3rd Wednesday, 7-8PM
757-507-2711

Esophageal Cancer Support
2nd Tuesday, 7PM
Sentara Leigh Hospital
757-261-5405

**Family and Friends of People
with Chemical Dependency**
Every Tuesday, 7PM
Nan at 757-333-7222 x402

Grief Support – Virginia Beach
Bible Based:
Tuesdays, 6:30-8PM
Secular Based:
Tuesdays, 10AM-12NOON
Contact Patty Hendricks at
757-689-2803

**Hampton Roads Pulmonary
Fibrosis Support Group**
3rd Wednesday
SNGH-Heart Pavilion
757-343-9630

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For more information:
757-934-4579

**Living Beyond Cancer
Survivorship Program**
sentara.com/events or
1-800-SENTARA

Lung Cancer Support
2nd Tuesday, 1PM
Teleconference meetings
757-827-2438

**Leukemia and Lymphoma
Support Group**
2nd Tuesday, 6:30PM
1060 First Colonial Road
Contact Lynne Streeper
at 571-247-3079

Mended Heart Support
Sentara Virginia Beach
General Hospital
757-721-7330
Sentara Norfolk General Hospital
757-560-7753

**Multiple Myeloma
Support Group**
3rd Saturday, 10AM-Noon
Thalia Lynn Baptist Church
Contact Tom Glass at
757-406-1470 or Brenda Riggs
at 757-409-7518

**Oral, Head and Neck
Cancer Support Group**
3rd Monday, 7PM
Cancer Resource Center
757-388-2062

Pancreatic Cancer Support
Thalia United Methodist Church,
3rd Wednesday, 7PM
Contact Jim Sullivan at
757-499-8083

Parkinson's Support Group
Contact 757-495-3062 to find a
group in your area

**Pink, POWERFUL, & Perky
Breast Cancer Support Group**
2nd Tuesday, 7PM
Sentara Leigh Hospital
757-261-5404

**Pink Passion Women's
Cancer Support Group**
1st Wednesday, 12 noon
Sentara Obici Hospital
757-934-4395

**PROS Men's Cancer
Support Group**
4th Tuesday, 6:30PM
Sentara Obici Hospital
757-934-4395

Prostate Cancer Support
Norfolk: 3rd Tuesday, 7PM
757-366-2062
Suffolk: 4th Tuesday, 6:30PM
757-934-4395

Virginia Beach:
3rd Thursday, 6:30PM
757-395-6317
Facebook: search Sentara
Prostate Cancer Support

**Sentara Obici Hospital
Cancer Support**
Contact Amy @ 757-934-4395 for
times and dates of other cancer
support programs.

**Still Standing
Survival Suicide Group**
Spring Branch
Community Church,
2nd Tuesday, 7-9PM
757-464-9289

Stroke Support
Sentara Virginia Beach
General Hospital
3rd Wednesday, 2:30PM
Janice Taylor: 347-752-1384
Ed Silverman: 757-486-7799
Ken & Valorie Sumner:
757-651-3370

**Swinging Survivors Breast
Cancer Support Group**
4th Wednesday, 6PM
Sentara Leigh Hospital
757-261-5404

Thyroid Cancer Support Group
3rd Wednesday, 6:30PM
Sentara Norfolk General Hospital
757-388-2062

Unique Boutique
Sentara Norfolk General Hospital
by appointment, 3rd Wednesday:
757-388-0221
Sentara Princess Anne Hospital
by appointment:
757-525-5268
Sentara Virginia Beach General
Hospital by appointment:
757-395-8731

Wings In Motion
Every Monday and Wednesday,
10AM at Virginia Beach Rescue
Squad #8, Bayne Drive
Contact Judy Holland at
757-481-5998

Yoga for Cancer Survivors
Contact Kerry Clay at
757-395-6317 for more info.

online

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**Gynecologic Cancer Support
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Gynecologic Support Group

peninsula

Alzheimer's Support
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Bereavement Support
Sentara CarePlex Hospital
Meets twice monthly
Counselor: 757-736-2007
Chaplain: 757-736-1201
Williamsburg: Contact
Hannah Creager for location and
times at 757-206-1177

Breast Cancer Support
4th Tuesday, 7-8:30PM
Sentara CarePlex Hospital
757-594-1939

Caregiver Support Group for MEN
3rd Wednesday, 11:15-12:30PM
Williamsburg United
Methodist Church
Complimentary care is available
for your loved one; pre-register
with Charlie Martino at 757-
564-0098 or Carolyn Yowell,
229-1771 ext. 354

Colorectal Cancer Support Group
3rd Wednesday, 1PM
757-736-1234

Depression Support
2nd & 4th Wednesday, 10:30AM
757-247-0871

Grocery Store Tour
Led by a registered dietician
Williamsburg
Call 1-800-736-8272 for
dates, times and location.

**Living Beyond Cancer
Survivorship Program**
sentara.com/events or
1-800-SENTARA

Mended Hearts Williamsburg Chapter
3rd Thursday of each month 3PM
Sentara Williamsburg Regional
Medical Center
Yorktown Conference Room
MLHOLLIN@sentara.com for info

Stroke Support
3rd Wednesday, 4PM
757-984-9900

Unique Boutique
Sentara Williamsburg Regional
Medical Center by appointment:
757-345-4439

Women's Heart Support
1st Monday, 7PM
Contact Cindy Steger at
757-258-9128

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Wellness & Prevention Information

Editor: Tina Waring
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THE LAST WORD

**“Stay committed to your decisions,
but stay flexible in your approach”**

—Tony Robbins

It can be scary when life does not go the way we had planned. What matters most is our response to the unexpected. Instead of feeling defeated, take steps to continue moving forward.

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