

Monthly Update

May 2021

MAY | SARTHRITIS

AWARENESS MONTH

Arthritis is one of the most widespread health conditions in the United States and affects about one in four adults overall. That's over 54 million men and women. Arthritis limitations can include difficulties with moving and performing daily tasks, as well as social and work limitations – so what can you do?

- **Use ice and heat**

Hot and cold may be opposites, but both can provide arthritis pain relief. Applying cold will reduce swelling and numb the area, while heat loosens up muscles, increasing flexibility, and circulation.

- **Modify certain activities**

If an activity causes joint pain, change the way you do that activity. Continuing the activity despite pain can damage your joint, while skipping the activity altogether can lead to joint stiffness through lack of use – try to find balance between doing too much and too little.

- **Add anti-inflammatory foods and nutrients to your diet**

Talk to your healthcare provider about adding more berries, fish, broccoli, avocados, green tea, bell and chili peppers, dark chocolate and tomatoes to your diet. Try to limit or avoid processed foods that promote inflammation, such as refined carbohydrates, fried foods, sugary beverages, processed meats and trans fats.

- **Enroll in an evidence-based program**

Evidence based programs (EBP's) offer proven ways to promote health and prevent disease among adults. They are based on research and provide documented health benefits, so you can be confident they work. Older adults who participate in EBP's can improve long-term effects of chronic diseases – like pain from arthritis!

Upcoming Programs

Better Health NOW with Pain



This free, evidence based program is ideal for those who are experiencing a pain condition like arthritis. Some of the topics in this program include pacing and planning, medication management, the Moving Easy Program, and many others.

"While the tips, activities and information is all highly important, I most appreciated the sense of camaraderie I felt. Meeting weekly with the same small group of people, being led by the same folks made me feel like part of a group whose members all had similar ideas in joining the program."

– Healthy Living for ME class member, March 2021

Workshop Dates

Thursdays, May 6 – June 10	11:00 a.m. – 12:00 p.m.
Wednesdays, May 19 – June 23	4:30 p.m. – 5:30 p.m.
Thursdays, May 20 – June 24	1:00 p.m. – 2:00 p.m.

Participants must pre-register to receive their toolkit materials and will work with a certified leader via telephone. FMI or to register, call Jen at (207) 620-1642 or email jpaquet@spectrumgenerations.org

Communities of Strength



#OlderAmericansMonth



In tough times, communities find strength in people—and people find strength in their communities. In our community, older adults are a key source of this strength. Through their experiences, successes, and difficulties, they have built resilience that helps them to face new challenges. When communities tap into this, they become stronger too.

Each May, the Administration for Community Living leads the celebration of Older Americans Month (OAM). This year's theme is Communities of Strength, recognizing the important role older adults play in fostering the connection and engagement that build strong, resilient communities.

Here are some ways to share and connect:

- **Look for joy in the everyday:** Celebrate small moments and ordinary pleasures by taking time to recognize them. Start a gratitude journal and share it with others via social media, or call a friend or family member to share a happy moment or to say thank you.
- **Reach out to neighbors:** Even if you can't get together in person right now, you can still connect with your neighbors. Leave a small gift on their doorstep, offer to help with outdoor chores, or deliver a homecooked meal.
- **Build new skills:** Learning something new allows us to practice overcoming challenges. Take an art course online or try a socially distanced outdoor movement class to enjoy learning with others in your community. Have a skill to share? Find an opportunity to teach someone, even casually.
- **Share your story:** There's a reason storytelling is a time-honored activity. Hearing how others experience the world helps us grow. Interviewing family, friends, and neighbors can open up new conversations and strengthen our connections.

Brunswick Golf Club
19TH ANNUAL GOLF FORE A CAUSE
June 25, 2021
TEE TIME - 1:00 p.m.
\$125 PER GOLFER
\$500 TEAM (FOURSOME)
REGISTER NOW!

For more information on registering or becoming an event sponsor, email sbrown@spectrumgenerations.org



Spectrum Generations is an Equal Opportunity Provider. Please let us know if you require special accommodations at least two weeks prior to the event.