



Active vs. Inactive

Don't Let Covid-19 Lure You Into Being Idle Or Lazy

Overcome Challenges

Yes, being active can be challenging for seniors. It can be hard to motivate yourself when energy is low, you are worried about falling down, or your joints ache a bit. And yes, exercise can be boring. Plus, restrictions due to the Covid-19 crisis are making shared activities more difficult.

Here are some suggestions.

- Use safe exercise machines - treadmills with handrails, stationery bikes, ellipticals, etc.
- Exercise using resistance bands.
- Take a lesson or class online - exercise, stretching, yoga, dance.
- Gardening, indoor or outdoor.
- Household chores - vacuuming, dusting, laundry, cooking, etc.
- Any activity you enjoy doing that gets you moving and/or is mentally stimulating.

Taking it too easy can be risky. The U.S. Surgeon General's office has reported that inactive people are nearly twice as likely to develop heart disease as those who are more active. They also report that a lack of physical activity can lead to more doctor visits, more hospital stays and/or more use of medications.

In addition, a lack of activity can have a negative effect on a person's personal freedom. Being sedentary can speed up the loss of the ability to do for oneself, and lead to person being more dependent on others.

On the other side of the coin, research has found that being physically active on a regular basis can help to prevent (or delay) many diseases and disabilities. These ailments include arthritis, high blood pressure and diabetes. At the same time, activity can improve a senior's mood and attitude, and help them to decrease and manage their stress.



North Fork Heights



RESIDENT SPOTLIGHT

ADRIANNE FESSIA

This month I want to introduce everyone to Adrienne Fessia. An active member of our community, she is the Tenant Council Secretary, the Tenant Snack Bar Hostess, Saturday evening Bingo, and works each Friday with the Foodbank Distribution. When an extra pair of hands is needed, either in the dining room for a large group or for an individual, she is there.

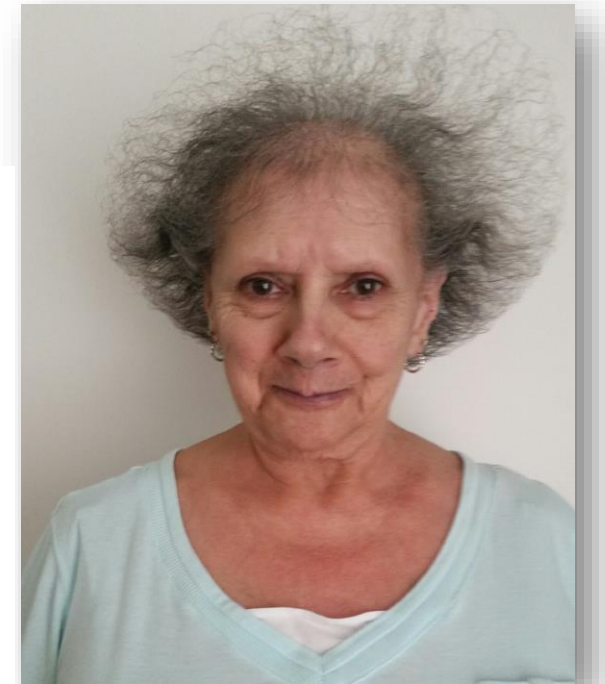
Born in Bronx, New York, Adrienne was raised by her grandparents. She has a brother and sister in Annapolis, Maryland.

After school, she worked in Manhattan for a credit union. Her employment required business dress and at that time it meant a dress and heels. She used public transportation, taxi, train, or bus, to her job and anywhere else she needed to be. "In the city there is no need to own or drive a car, I have never had a drivers license."

Adrienne went on a blind date with a professional bowler who eventually became her husband. She refers to him as "the love of her life, "Denis Fessia was also a locksmith by trade. His company worked closely with the police in the city. He met Roger a policeman at the time. Together they formed a locksmith company in the Brookville area, D & R Locksmith. Denis and Adrienne commuted to Brookville for more than a year. Then, at age 25, Adrienne and Denis decided to move to Pennsylvania a quieter, safer town, where a person did not have to lock their doors.

After several years, the locksmith partnership dissolved. Denis went to work at Dick Hetrick Garbage Collection and then, REM Coal Company. Adrienne was happy to be a homemaker, but also assisted her husband at the Brookville Firemen's Club, and with the Boy Scouts. She eventually went to work at G.C. Murphy for 17 years until the company closed. Later she worked at the Eagle's Club. She loved to walk and was often seen walking to and from her employment. Both Adrienne and her husband were active in the community, they loved to have BBQs with friends, go to local dances, go shopping, and play Bingo.

After her husband's passing, Adrienne remained in her home for ten years. Eventually, the home sold and she moved to North Fork Heights. At North Fork, Adrienne volunteers and participates in many activities. She quickly assists when help is needed, to work with a clean-up crew after an event or assist a neighbor in need. Everyone here is a member of her extended family.



FEATURING:

BUTTERFLY RELEASE

WINE- BINGO



Presents:

CORK★FORK



Wine, Brew, and Food Walk
A WRC Senior Services Fundraising Event

AUGUST 14, 2021 4-8 PM

For more information visit:
wrc.org or call 814-818-1205