

## Villas - May 2022 Activity Calendar

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		
1		2		3		4		5	<b>Cinco de Mayo</b>	6		7		
								11:00am	Chair Yoga 					
								11:45am	Villas Luncheon 					
									<b>Happy Birthday Bernice!</b>					
8	<b>Mother's Day</b> 	9		10		11		12		13		14		
								11:45am	Ladies Day Lunch (Celebrating Mother's Day)					
15		16		17		18		19		20		21		
								3:45pm	Villas Happy Hour					
22		23		24		25		26		27		28		
								11:45am	Villas Picnic (Memorial Day Theme) Wear red, white & blue					
29		30	<b>Memorial Day</b> 	31	Fairfield Landscapers from Pittsburgh will be conducting their Spring landscaping after Mother's Day.									
														

# Spring is Here!



A sign of spring on the Villa campus!



Dottie Lindemann enjoying treats at our "Spring Fling" luncheon.



Jaime Caylor conducting Chair Yoga on Thursday's with a few of the Villa residents.

## Pysanky Eggs

The Villas held a Pysanky Egg Seminar on 4/20/22. Our special guest Jeanne Curtis showcased her beautiful display of Ukrainian Pysanky Eggs and explained the process of the intricate art form.



AGE MY WAY: MAY 2022

Older adults play vital, positive roles in our communities - as family members, friends, mentors, volunteers, leaders, members of the workforce, and more. Just as every person is unique, so too is how they age and how they choose to do it - and there is no "right" way. That's why the theme for Older Americans Month (OAM) 2022 is Age My Way, which focuses on how older adults can age in their communities, living independently for as long as possible and participating in ways they choose.

WRC is excited to celebrate OAM with our partners in the aging community. We greatly value the happiness and wellbeing of our seniors. Therefore, we will always provide them with the choice to live out their older years the way they choose. We strive to give them the best care and leave them feeling safe, healthy, and happy.



## Villas at Water Run

MAY 2022

### Dealing With Frailty

#### *Being Active & Proactive Has Its Reward*

Human frailty does not happen overnight. It commonly creeps in over months and years. In many instances, it allows enough time for a person to accept the incremental changes. This can make it easier for a senior to adjust to the changes they are experiencing. It can also make it harder for that same person to recognize the effects the frailty and the unnoticed adjustments are having on their independence and lifestyle.

As frailty develops, there are usually many opportunities for prevention and reversal. It's important to address issues quickly and to fight the tendency to accept things as "part of aging." Do research and talk to your doctor about an appropriate course of action.

Of course, you may be lucky and have the right genes to keep yourself fit, healthy and independent. However, lucky or not, it still helps to have a strategy and a plan for dealing with and preventing frailty.

### Risk Factors

The physical symptoms that lead to frailty are often reversible. It can be helpful to:

- Maintain fitness and prevent falls.
  - Exercise and stretch to strengthen bones and muscles, build endurance, and improve balance and flexibility.
  - Eat a diet that offers the nutrition necessary to maintain good health and body weight.
  - Have regular hearing and eye exams. Use the prescribed eye glasses, vision aides and hearing aides that allow you to maintain more independence.
  - Make your home environment safer by identifying, decreasing, and eliminating the risk of falls.
- Work with your doctor to utilize therapies and medications that can alleviate illnesses and symptoms that lead to frailty.

### Statistics

Some mental and psychological symptoms that lead to frailty, such as depression, are reversible. With others, like dementia, progression may be slowed. In either situation, it can be helpful to:

- Have a positive attitude. It has been shown to reduce frailty. So see the possibilities and do not use the excuse "I'm too old..."
  - Create opportunities for social contact, mental challenge, or both.
  - Do things that interest you and challenge your mind on a daily basis.
  - Find reasons to meet with people, hold conversations, pick up the phone, etc.
- Deal with fear-related avoidance. Find ways to build self confidence and safely stay involved physically and/or mentally.
- Work with your doctor to utilize therapies and medications that can alleviate illnesses and symptoms that lead to frailty.