

WELLNESS MATTERS 12/16/16

This week I offer a few seasonal tidbits for your consideration – Rob Olmsted

HERE COMES THE FREEZE- I've heard lots of clearly legitimate reasons why seniors are less active and more confined to home when winter descends. This first bit of snow is a reminder of the slippery obstacles and poor footing scheduled for the coming months. The cold alone is no excuse, as its New England so we know how to button up. And you may be able to keep yourself active, and feel much more secure on your feet with a good set of walking poles or a good walking stick. You've seen some of your neighbors pumping up their walks with their poles. These tools can also help you navigate some of those inevitable crunchy curbs. And they would make good holiday gifts too! Here's a place to start exploring. <https://www.verywell.com/top-walking-sticks-or-hiking-staffs-3435996>

PENDANT REMINDER- Yet again this last week we had a fall at home, and someone spent the night on the floor without her pendant. Lathrop has 24hr staff waiting to respond and dispatch EMS to your aid when you need it. But you have to be able to push the button! Don't worry about false alarms. Staff will try to reach you first to check that you need the help. Only if you can't answer do they dispatch the ambulance. And remember, the pendant works only on the developed parts of campus, not on trails or in the woods. Take a friend and a cell phone when you venture out beyond the sidewalks.

KEEP THOSE SURVEYS COMING- we've had a great response to our fitness survey. If you haven't yet completed it please do so soon before it gets buried under wrapping paper and Christmas cards. If you've misplaced yours, ask at the desk for an extra copy. There are return envelopes in each mail room.

SPECIAL FRIDAY FRIENDS – we meet every Friday for a special opportunity to breath together, chat, make some art or play some games. This next Friday Dec. 23rd one of our new friends, sculptor Simon Basse will share a film about some great community work he did in Great Barrington building playgrounds with service group CETA. We start every week in the Mount Tom Room at 10am. Simon's story starts this week at 11. Come join the friends. We'll make extra coffee.