



# Heart Murmurs

December 2018

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*Heart Murmurs* is the newsletter of CASE published in February, March, April, May, September, October, November and December each year. Suggested articles can be submitted to Barry Clark at [kbclark1@telus.net](mailto:kbclark1@telus.net). Back issues of the newsletter are posted on the CASE website at: <http://www.edmontoncase.ca>

If you wish to unsubscribe from this newsletter, please e-mail [stuart\\_e@telus.net](mailto:stuart_e@telus.net) with a subject line 'unsubscribe'.

### **Cardiac Athletic Society Edmonton -Board**

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<i>News and Communications</i>	<i>Barry Clark with Stuart Embleton</i>
<i>Education and Special Events</i>	<i>Mae Hadley</i>
<i>Social Events-</i>	<i>Shirley Evans with Elaine Kirschner and Marilyn Prusko</i>
<i>Hearts and Flowers</i>	<i>Gerri &amp; Cavan Devlin</i>
<i>Director at Large</i>	<i>Wayne Saunders</i>
<i>Director at Large -</i>	<i>Roberto Cruz</i>

### **Support for CASE**

As a recognized charitable institution, CASE makes a significant difference to people interested in maintaining their heart health. If you make a financial gift, either as a direct contribution, or in the memory of a member who has passed, we will issue a tax receipt.

### ***BEST WISHES FOR THE CHRISTMAS SEASON FROM CASE***

We hope that the Christmas is a good time for all and you can take the opportunity to get together with friends and family to enjoy this season. The annual CASE Christmas dinner will occur Dec. 2, soon after you receive this newsletter and other festive events will ensue. Look forward to another year with friends and exercise and the hope that you and your family will enjoy good health in 2019.



### ***HOLIDAY EXERCISE SCHEDULE***

Christmas and New Year's Day fall on Tuesdays this year. The volley ball and exercise events are cancelled for these days. The regular schedule is not otherwise affected



## **WELCOME BACK DINNER** CHANGED: From Jan 10 To Thurs. January 24, 2019

The annual welcome back dinner which usually occurs on the second Thursday in the new year has been delayed due to a reservation error on the part of Boston Pizza. The plan for this year now includes these features:

- Place: Boston Pizza at 4804 Calgary Trail
- Time: 6:00 p.m. on Thurs. Jan 24<sup>th</sup>
- We will use the separate room as we did last year
- We can order from the menu and pay individual bills
- There will be 18% gratuity added to each bill as we are a large group
- BP offers a 20% discount on all orders because they caused the delay

## ***THE TIME HAS COME...***

The 2019 fees are payable before December 31, 2018. Stuart Embleton will be collecting the fees and issuing the new membership cards for 2019. These cards will be needed to obtain the City's discounted rates on the use of the Terwillegar Family Recreation Centre and participation in the CASE exercise and volleyball programs.

## ***STAYING SOCIALLY ACTIVE, SENIORS SCORE BETTER ON INDEX OF WELL BEING***

New U.K. research has found that staying active socially, later in life, could be the key to a healthier old age. The new Index of Wellbeing in Later Life, developed by charity Age U.K. along with the University of Southampton, analyzed data from 15,000 people aged 60 and over to measure the well-being of the U.K.'s older population.

Together the researchers looked at five key areas of people's lives -- social, personal, health, financial and environmental. Although there was no one "magic bullet" that benefited health, the results showed that taking part in various social activities such as going to a cinema, museum or historical site, taking part in arts events, being a member of a social or sports club, or engaging in a community or voluntary group could all have a beneficial effect in contributing to a person's sense of well-being, giving them a higher score on the Index.

The Index also found that 'creative activities' were particularly beneficial, with dancing, playing a musical instrument, visiting museums, photography, singing, painting, and writing having the most direct influence.

Other factors that positively influenced well-being included having an open personality, being willing to try out new things, having a good social network and lots of close relationships, and being physically active. As well as being socially active and having good friendships, those who scored in the top 20 per cent in the Index also had good thinking skills, didn't live alone, and didn't have serious money worries.

Those who scored in the bottom 20 per cent were the opposite. These people lived alone, had a poor social network. One in eight reported they had no friends at all. They had fewer qualifications, were not physically active, had long-standing illnesses, and one in four were on an income-related benefit. The average ages for those in the top 20 per cent and the bottom 20 per cent were very similar, at 70 and 71 years respectively.

Commenting on the findings, Professor Asghar Zaidi of the University of Southampton, , who developed the methodology behind the Index, said, "We live in an extraordinary time with increasing numbers of us in the U.K. living longer than ever imagined before. On the one hand, many can celebrate living financially secure, active, engaged and healthy lives for longer, but we also know living longer exposes many other older people to huge vulnerabilities."

The Index highlights some of the changes that could improve the quality of life and well-being of older people as populations continue to live longer than ever, with the number of people aged 60 and over in the U.K. expected to rise to over 20 million by 2030.

Source: Relaxnews Published Friday, February 10, 2017 1:25PM EST

Last Updated Friday, February 10, 2017 1:31PM EST

<http://www.ctvnews.ca/mobile/health/seniors-who-stay-socially-active-score-higher-on-new-index-of-well-being-1.3280007>

## ***OUR BEST BALANCE BOOSTERS***

Many older adults focus on exercise and diet to stay healthy. But one of the worst offenders to health -poor balance -is often an afterthought. There are many things you can do to improve your balance. The strategies below are some of the most effective.

***Physical therapy:*** Physical therapy for balance focuses on the ability of the joints and brain to communicate, the balance system in the ear (the vestibular system), and vision. Coordinating all three using exercises such as standing on one foot, first with the eyes open, and then with the eyes closed will help balance. Also working on joint flexibility, walking, and lower-extremity exercises on one or two legs boost balance and can include chair stands and squats.

***Muscle strengthening:*** "Core strength is very important for balance. If the abdominal muscles in your core are weak, they cannot support your limbs, especially when you're walking. If the gluteal muscles in your buttocks and hips aren't strong, they won't be able to propel you forward. Muscle strengthening can begin using gentle core exercises like a pelvic tilt (lie on the floor with your knees bent up, then roll your pelvis up) and then moving to more intense exercises such as wall planks (stand six inches from a wall, keeping your body rigid, then lean forward with your forearms flat against the wall, and

hold the position for 20 seconds). Leg lifts will strengthen the gluteal muscles, and adding resistance bands to leg lifts makes the exercise even more effective.

***Tai chi and yoga:*** Tai chi and yoga are exercises that make you pay attention to the control and quality of movement, rather than the quantity, which improves your balance. In tai chi, you practice slow, flowing motions and shift your weight from one limb to another. Yoga incorporates a series of focused postures and breathing. Both exercises increase flexibility, range of motion, leg and core strength, and reflexes. The result is that you become better at balancing in a number of different positions, which helps you avoid falling if you encounter uneven pavement or obstacles in your path.

***Vision correction:*** If you can't see where you're going, your fall risk goes up. Many people treated for balance are there because they tripped when they didn't see something on the floor. The fix may be as simple as a new eyeglasses prescription. Get a comprehensive, dilated eye exam every one or two years.

***Assistive walking devices:*** A cane or a walker can complement your balance and give you more stability and confidence walking. However, do not buy a device on your own. If it is not properly fitted it can cause a fall. You need to get it measured, and you need training to learn how to use it. Training takes just a few physical therapy sessions. Walkers are available with wheels intended for different terrain, lockable brakes, seats, baskets, and other features such as headlights. Canes are available with various handgrips and bases.

Source: From Harvard Health Letter Published: June, 2016

[https://www.health.harvard.edu/staying-healthy/our-best-balance-boosters?utm\\_source=delivra&utm\\_medium=email&utm\\_campaign=GB20180103-Balance&utm\\_id=763310&dlv-ga-memberid=11072240&mid=11072240&ml=763310](https://www.health.harvard.edu/staying-healthy/our-best-balance-boosters?utm_source=delivra&utm_medium=email&utm_campaign=GB20180103-Balance&utm_id=763310&dlv-ga-memberid=11072240&mid=11072240&ml=763310)

## ***HOW TO LAYER UP FOR WALKING IN COLD WEATHER***

A key to staying warm when you're walking in cold temperatures is to stay dry and that's exactly what layering helps you do. By removing layers as you warm up, you'll avoid excessive sweating, which can cause you to become chilled, especially later in your walk. Then you can replace layers as you cool down to remain warm. Try this three-step layering system on your next walk. With the right clothing, you might even enjoy winter walking!

**First layer:** Start with a light synthetic fabric, such as Cool-Max or polypropylene, closest to your skin. It will pull sweat away from your skin and allow it to dry quickly.

**Second layer:** This is your insulation. Look for a fleece, sweater, or sweatshirt made of a synthetic fabric like Polartec, or a wool blend that provides warmth while wicking away

moisture. (Avoid cotton, because it stays wet.) Depending on the temperature, you may want insulating bottoms, too. You can also select different thickness levels for more or less insulation, or double up on this layer if it's really cold.

**Third layer:** This one protects you from wind, rain, or snow. A waterproof or water-resistant (depending on where you live) breathable jacket and pants, such as those made of Gore-Tex, will keep you warm and dry. Look for styles with vents that you can easily open and close to stay comfortable. Velcro or drawstrings at your waist and wrists will also prevent cold air from sneaking in.

When choosing layers, dress for a temperature that's about 10 degrees higher than the day's forecast, because you'll be generating your own heat as you get moving. And don't forget to cover your ears, hands, and head.

Source: Harvard Medical School [healthbeat@mail.health.harvard.edu](mailto:healthbeat@mail.health.harvard.edu) February 2, 2017

# CASE Events Calendar - December 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 Christmas Dinner SEESA 5:00 PM	3	4 <b>Exercise Program</b> Volleyball 3:45 Aerobic/Stretch 4:45	5	6 <b>Exercise Program</b> Volleyball 3:45 Aerobic/Stretch 4:45	7	8
9	10	11 <b>Exercise Program</b> Volleyball 3:45 Aerobic/Stretch 4:45	12	13 <b>Exercise Program</b> Volleyball 3:45 Aerobic/Stretch 4:45	14	15
16	17	18 <b>Exercise Program</b> Volleyball 3:45 Aerobic/Stretch 4:45	19	20 <b>Exercise Program</b> Volleyball 3:45 Aerobic/Stretch 4:45	21	22
23	24	25 Christmas Day	26 Boxing Day	27 <b>Exercise Program</b> Volleyball 3:45 Aerobic/Stretch 4:45	28	29
30	31 New Years Eve					

# CASE Events Calendar - January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <b>New Years Day</b>	2	3 <b>Exercise Program</b> Terwillegar Rec. Ctre Volleyball 3:45 Aerobic/Stretch 4:45	4	5
6	7	8 <b>Exercise Program</b> Terwillegar Rec. Ctre Volleyball 3:45 Aerobic/Stretch 4:45	9	10 <b>Exercise Program</b> <b>3:45-5:30</b> <b>First Night Supper</b> <b>Boston Pizza</b> <b>Calgary Trail</b>	11	12
13	14	15 <b>Exercise Program</b> Terwillegar Rec. Ctre Volleyball 3:45 Aerobic/Stretch 4:45	16	17 <b>Exercise Program</b> Terwillegar Rec. Ctre Volleyball 3:45 Aerobic/Stretch 4:45	18	19
20	21 Board Meeting Bonnie Doone 9 a.m.	22 <b>Exercise Program</b> Terwillegar Rec. Ctre Volleyball 3:45 Aerobic/Stretch 4:45	23 Social Breakfast SEESA 9 am	24 <b>Exercise Program</b> Terwillegar Rec. Ctre Volleyball 3:45 Aerobic/Stretch 4:45	25	26
27	28	29 <b>Exercise Program</b> Terwillegar Rec. Ctre Volleyball 3:45 Aerobic/Stretch 4:45	30	31 <b>Exercise Program</b> Terwillegar Rec. Ctre Volleyball 3:45 Aerobic/Stretch 4:45		