2018 in Review

Another year has come to a close and it is a good time to reflect on what we have accomplished. In doing so we are able to see how many lives we have touched and assisted in making positive change.

None of what we accomplished this year could have been done without our volunteers. You are a dedicated, loving and hardworking group of people. Whether it be sharing your knowledge and wisdom in the office preparing for workshops or facilitating a workshop in the field, you have made our program a success and made a difference in the community. Thank You!

⇒ Upcoming Awareness Days
⇒ National Children’s Dental Health Month
⇒ Exercise and Physical Activity
⇒ Social Security Myths vs. Facts

Workshops and Presentations
Completing over 65 workshops and presentations in Palm Beach and the Treasure Coast has proven to be a fun and eventful goal that has touched some past participants but also resulted in reaching many new ones who are happy they found us.

Peer Leader Trainings
We had four trainings this year and graduated 37 new facilitators in Matter of Balance, Powerful Tools for Caregivers and Tai Chi Quan– Moving for Better Balance.

New Collaborations and Sites for Us
There are truly some wonderful groups out there that want to make a difference and we were fortunate enough to create a collaboration with them this year. Thank you Hospice of Okeechobee, St. Paul’s Episcopal Church, Carolyn Sims Center, Palm Beach Gardens Fire Rescue, Grace Episcopal Church and New Day Adult Care Center.

Training Certifications
How exciting for us to have a Tai Chi Quan Trainer available to do Train the Trainer Workshops. In addition to Tai Chi we also certified four Master Trainers in Stanford University's Chronic Disease Self-Management and Diabetes Self-Management Programs. Thank you all for your hard work.
Upcoming Awareness Days

In each newsletter we try to spotlight an Awareness Day. While investigating what is coming up, we are always surprised at what is available. Awareness days can go from the serious to the comical, and some will make you smile. So this newsletter we will highlight some Awareness Days to tide you over till the next one.

Did you know that **January 21st** is National Hugging Day? First you might think do we really need a day for that? Then if you really think about actually walking up to someone and saying I would like to give you a hug, today is National Hugging Day, how could that not make someone's day better?

**February 1st** is National Freedom Day, because on that day in 1865 President Lincoln signed a document that outlawed slavery, which later became the 13th Amendment to the U.S. Constitution.

**February 16th** is National Almond Day. Did you know an almond is not a nut? It is actually a fruit, related to cherries and plums. Almonds are an excellent source of vitamin E and magnesium and are also very high in protein and fiber.

Who does not love a good Dr. Seuss story? The National Education Association wanted to start a movement known as Read Across America. What better way to do it than to honor the man who inspired people to read for decades? **Dr. Seuss Day is March 2nd.** He wrote his first children’s book in 1936 and went on to write 46 other published books for children.

“They say I’m old-fashioned, and live in the past, but sometimes I think progress progresses too fast!” Dr. Seuss

(Source: holidayinsights.com)

February is National Children’s Dental Health Month

Why is the Area Agency on Aging spotlighting children’s dental health? Tooth decay is the most common chronic disease among children. Poor oral health can lead to multiple chronic conditions as we age. We are hoping that by educating you about the risks of poor dental hygiene you will be able to inspire the young ones in your life to do better job caring for their teeth and gums.

Poor oral hygiene can put you at risk for heart disease and respiratory infections. Bacteria can get into your blood stream causing arteries to build up plaque and harden which can lead to blood flow problems and heart blockages.

Gum disease can lead to higher than normal sugar levels which in turn puts you at higher risk of developing diabetes. It also makes it harder to control your diabetes.

Oral bacteria from gingivitis can increase inflammation throughout the body, which makes your risk of developing rheumatoid arthritis higher.

These are just a few example of the effects of poor oral health. The good news is good oral hygiene can make a difference.

Brush your teeth and gums for two minutes twice a day.
Limit sugary foods and drinks.
Avoid smoking and tobacco products.
Floss teeth daily.
**Myths and Facts about Social Security!**

**Myth #1 - It’s best to claim Social Security Early**

Social Security could be the most valuable retirement benefit that you have. To get the most value from those benefits, it pays to wait. You cannot collect 100 percent of your benefit until you reach your full retirement age—65 - 67 for most, depending on the year in which you were born. And your benefits increase by as much as 8 percent per year for each year you delay collecting, up until age 70. By starting benefits at age 62, you’re agreeing to less Social Security income for the rest of your life.

**Myth #2 - My marital status doesn’t matter**

If you are married, starting benefits early will reduce the potential spousal benefits your husband or wife will receive.

**Myth #3 - You can’t change your mind**

If you decide to claim your Social Security and decide you regret it, you can reverse your decision within 1 year and reimburse Social Security the money you received.

**Myth #4 - Your Social Security record is always accurate**

Your Social Security benefits are based on your highest 35 years of earnings. If you see that Social Security does not have the correct figures, you can request to change those records within 3 years of the taxable year of those wages.

(Source: www.cnbc.com)

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**Exercise & Physical Activity: Your Everyday Guide from the National Institute on Aging**

Regular exercise and physical activity are important to the physical and mental health of almost everyone, including older adults. Being physically active can help you continue to do the things you enjoy and stay independent as you age. Regular physical activity over long periods of time can produce long-term health benefits. That's why health experts say that older adults should be active every day to maintain their health.

In addition, regular exercise and physical activity can reduce the risk of developing some diseases and disabilities that develop as people grow older. In some cases, exercise is an effective treatment for many chronic conditions. For example, studies show that people with arthritis, heart disease, or diabetes benefit from regular exercise. Exercise also helps people with high blood pressure, balance problems, or difficulty walking.

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**What's the Difference Between Physical Activity and Exercise?**

Both terms refer to the voluntary movements you do that burn calories. Physical activities are activities that get your body moving such as gardening, walking the dog, raking leaves, and taking the stairs instead of the elevator. Exercise is a form of physical activity that is specifically planned, structured, and repetitive such as weight training, tai chi, or an aerobics class.

(Source: The National Institute on Aging (NIA))
Recent Training

We are delighted to have just finished a Tai Chi Quan-Moving for Better Balance Training with our very own trainer Diane. We had 10 people trained and are very excited for them as they prepare to start delivering the program out in the community. Great Job Everyone!

Visit our Website as new workshops are added weekly

Upcoming Workshops

Powerful Tools for Caregivers

St. Mark’s Church— Wednesdays, Jan. 9 -- Feb. 13, 2019
Port St. Lucie, FL  9:00-10:30am
Register: 772-283-0541

Grace Episcopal Church—Thursdays, Jan. 10-- Feb.14, 2019
West Palm Beach, FL  3:00-4:30pm
Register:  561-966-5888

Diabetes Self-Management

St. Bernadette’s—Tuesdays Jan. 8—Feb. 12, 2019
Port St. Lucie, FL  9:00-11:30am
Register: 772-521-4813

Matter of Balance / Fall Prevention

Glade Community —Fridays, Jan. 4—Feb. 22, 2019
Belle Glade, FL 10:00am-12:00pm
Register: 561-758-1457

Villa Franciscan—Tuesdays, Jan. 8—Feb. 26, 2019
Riviera Beach, FL  2:00-4:00pm
Register:  561-842-6787

St. Bernadette’s—Thursdays, Jan. 10-Feb. 28, 2019
Port St. Lucie, FL  9:00-11:30am
Register  772-521-4813

Village of Wellington—Mondays, Feb. 4—Mar. 25, 2019
Wellington, FL  10:00am-12:00pm
Register:  561-753-2476

Upcoming Living Healthy & Diabetes Self-Management Coaches Training

February 18, 19, 20, 25, 26 and 27, 2019
From 8:30am—5:00pm
You must attend all days.
For information call:
Liliana Herrera
561-214-8622 or
LHerrera@YourADRC.org