

# Cardiovascular Wellness Program Newsletter

Issue 16

December 2022

## Comments from Linda

My goal to get the December newsletter out early in the month has been amended and my current goal is to get it out in December, meaning before January 1<sup>st</sup>. I have faith I will be successful (barely) there. Thanks for your patience and understanding.

The end of the year is always a good time to reflect on the past 12 months and acknowledge the good and the bad things that have happened. 2022 was not quite the blur of the prior two years, which we lost to the pandemic. We still have residual issues there though as there is always an awareness that there are still COVID issues. Despite the precautions, some good things have been going on in our space and I am looking forward to continued growth as 2023 gets underway. Several people have indicated they will be back after the first of the year, and we look forward to seeing you. Please be sure to read my comments about CWP projects to review the many good things that happened this past semester. (Those of you ready to come back, be sure to talk to me about parking.)

Our space continues to feel very safe. Our “hybrid” program is going well; we offer all of our sessions, both exercise & education, as Zoom meetings and joining us either from home or in-person in the gym are the options. This arrangement will not change. Our program is all about choices, isn't it? Be sure to check the monthly calendars – our Tuesday/Thursday/Friday schedules continue, and some Monday things we be getting added. (I do intend to stick to my Wednesday off concept as fiercely as I can though.) Together I hope we can make a 2023 a really good year; we will actually be having a 10-year anniversary by the end of the year! (We started in 2013).

I do hope to see you soon! *Linda*

## CWP Newsletter

This newsletter is created quarterly with a primary intent of reaching those we have not seen lately. I have gotten away from mailing it out since our return to live sessions, but am happy to mail one to anyone who asks. If you would like to receive a hard copy in the mail and are not currently doing so, please let me know. Call and leave a message (916-278-4402) or send an email:

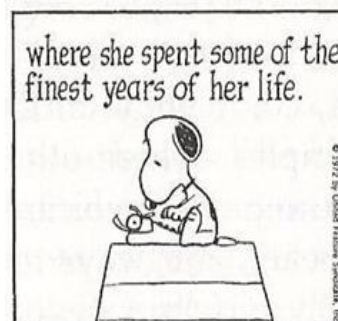
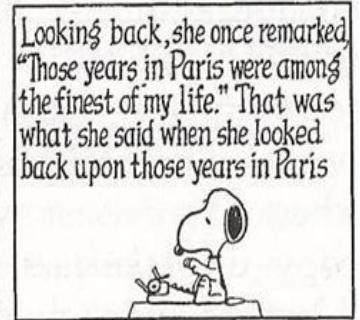
[csuscwllness@gmail.com](mailto:csuscwllness@gmail.com)

Prior issues are archived on our webpage

<https://cardiovascularwellnessprogram.org/newsletter>

### Included in this issue:

- Program Coordinator Notes, Linda Paumer, MA
- CWP Projects
- Exercise Reminders, Linda Paumer
- Nutrition Notes, Debbie Lucas, RD
- Recipe Corner
- Universe in Rose Petal, Linda Larsen, RN



## CWP Projects

Those of you attending sessions in Folsom Hall this past semester are quite aware of the excellent job we did fulfilling our mission of serving students. This was our biggest semester for student involvement ever and I am very grateful for everyone's involvement in making these interactions successful. Of course, spring semester will bring new and returning students into our domain and your continued involvement with them is again requested and greatly appreciate.

Highlights of the Fall 2022 semester:

- 1) Gero 101 Interactions. This experience took on a whole new level of fun this past semester as I had the opportunity to step up and be the actual instructor of record for the course. That meant many hours of planning and organizing on my part, arranging a host of guest speakers to talk about older adult services as well as learning the student-assignment software. I learned an incredible amount myself and really enjoyed seeing the growth and development of the 30 students enrolled. This will be on the slate again this coming semester and I get to continue one more semester as instructor. I will be soon working out the details exactly what kinds of interactions can be expected from our program clients—I am hoping there will be some Zoom opportunities as well as interactions in the gym.
- 2) Several of you interacted with PT students this fall in their Otago fall prevention program and got lots of good, professional help. Some of those PT students have stepped up and are helping create a balance training course for us one afternoon a week. This continues on Tuesdays for now but possibly will move to Mondays, depending on the PT schedule. Be sure to check the monthly calendar.
- 3) We had three gero 131 students who completed capstone projects with us this past semester. Stephanie M coordinated that very fun, Halloween open house and hopefully that will continue as a once/semester event. Dixie completed a survey on pain management strategies and has left us a beautiful poster with her findings. Ashley completed interviews and has compiled a very nice inter-generational story-telling binder for us. This will hopefully get posted on our webpage too. This coming semester we have at least 3 new Gero 130/131 students, learning about us through their involvement in Gero 101.
- 4) We had and will continue to have student involvement with research students (ID201) and well as community nutrition and psychology students. Kim Roberts will also have a spring project for us.



What a treat! David coordinated a brief musical concert for us, assisted by Zephan from Gero 101 and his family on Dec 13th



# Exercise Reminders *from Linda Paumer*



As 2023, a new year, approaches I am encouraging everyone to think about their exercise programs and truly evaluate where lifting weights is fitting in. Resistance training is a valuable activity that helps maintain function as we get older and will contribute significantly to successful aging.



The American College of Sports Medicine recommends weight training for all people over age 50 and tells us even those in their 90s can benefit. A simple routine of 8-12 exercises, completed in ~ 15-20 minutes done 2-3 times a week is all you need. You should find your balance improves, your walking pace is faster, and climbing stairs will be less difficult. This makes you less likely to fall and improves your ability to do daily tasks. Those are good things.

Some of the benefits of weight training

- Increased upper and lower body strength, lowering age-related muscle loss
- Improved mobility and endurance
- Improved range of motion
- Improved joint health
- Better balance and stability
- Enhanced metabolic fitness (including glucose tolerance and cholesterol control)
- Easier time maintaining a healthy weight
- Keeping or building bone density, which can reduce breaks and fractures
- Improved pain management related to joint issues
- Helps motivation and facilitates self-confidence
- May help prevent dementia and other degenerative diseases

Exercising with dumbbells is a good way to start and free weight exercises do offer several benefits. Using machine weights in a gym setting is also an acceptable alternative. Here are some notions about how to approach how much weight to use

## Choosing Weights:

Having access to 2-3 different dumbbell weights is recommended. It enables you to easily change the amount of weight you use for each exercise based on the strength of the muscles being worked. For each movement, choose a dumbbell that is heavy enough to do 8 - 12 repetitions (reps) comfortably, but not *too* comfortably. As you approach the final rep, your muscles should feel tired, and best if even struggle a bit.

Determining the right amount of weight to use takes trial and error. If you choose a weight that is too heavy, you might have sore muscles for a few days after your workout. If you have to arch your back or swing your body to lift a weight, it is too heavy. Start easy. If the amount of weight chosen is ridiculously easy, try a heavier weight next time. As you get stronger, try to increase the weight used – learn to hone in on that fatigue factor and strive to make progress.

After a good workout where you have truly made muscles tired, allow adequate rest (at least one day) for recovery. Alternate muscle groups (different muscles on different days) to help this rest factor.

When creating your weightlifting routine, consider moves that focus on these areas:

- Upper body -- we lack upper body strength because we don't use our arms that much
- Lower body --strength in legs important for maintaining function and balance
- Core -- muscles supporting torso, specifically abdominals, hip muscles/gluteals/back muscles and leg muscles (quadriceps/hamstrings)—very important in keeping us vertical

If you are participating in any of the group sessions our program offers, you know many exercises. If you are creating your own home program, there are many handouts posted that offer suggestions, one detailing upper body moves included here. You can also find lots of suggestions on line. Ask for help with setting up a program please.

From our routines, here are some suggested exercises:

#### Upper Body

- Shoulders: scaption, shrugs, rotation, front raise, side raises, shoulder press
- Arms: biceps curls, triceps extension
- Upper back/chest: rowing, chest press, rear reaches

#### Lower Body

- Quads: squats, lunges, sit-to-stand, seated knee lifts
- Hamstring: hamstring curls, butt-kicks
- Lower back: seated deadlift

#### Core

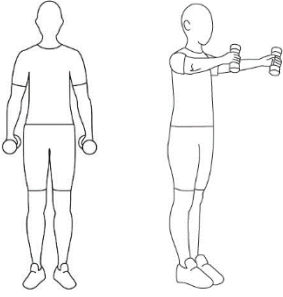



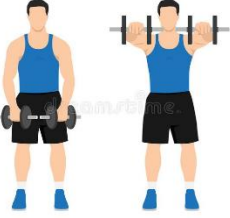
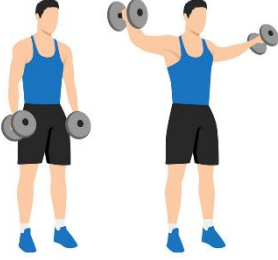
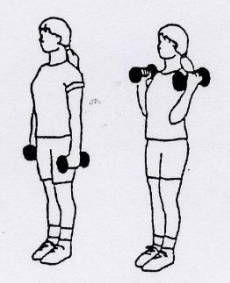
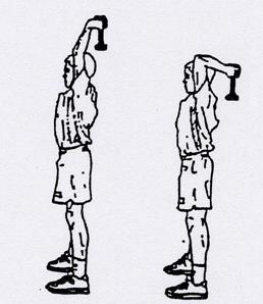
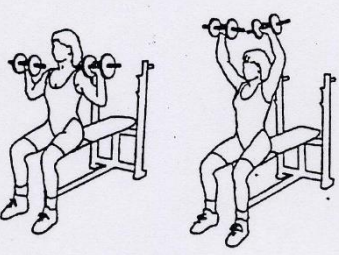
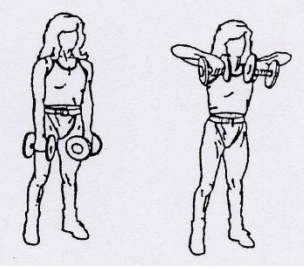
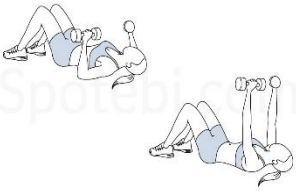

- Abdominals: crunches, plank, leg lifts
- Lower body: exercises listed above

### **Keep Injury Free**

Weight lifting is a place where good form matters and watching yourself in a mirror does help. Use movements that are slow and controlled, never rushing or throwing your body out of its neutral alignment. When lowering weights, use control there as well; have the muscles help rather than just letting the weight drop downward with gravity. If something hurts, stop exercising and lower your weights. Never exceed your physical capacity.

Blood pressure could elevate if straining is going during weightlifting. Pressure also increases profoundly if doing a Valsalva (bearing down) while lifting. Avoid this and focus on slow, controlled breathing with your lifting. A good rule of thumb is to exhale with exertion, and inhale as you return to a starting position.

# Upper Body Weight Routine

<p>#1 Scaption</p> 	<p># 2 Shrugs</p> 	<p>#3 Rotation Horizontal</p> 	<p>#4 Rotation-- Vertical</p> 
<p>#5 Front Raise</p> 	<p># 6 Side Raise</p> 	<p># 7 Biceps Curls</p> 	<p># 8 Triceps</p> 
<p># 9 Shoulder Press</p> 	<p>#10 Upright Rowing</p> 	<p>#11 Chest Press</p> 	<p># 12 Chest Fly</p> 

Pick a combination of any of these for your regular routine. Recommendations are to use lighter weights for shoulder exercises (#1-6) and somewhat heavier weights for movements using bigger and more muscles (#7-12). Use an amount of weight where 12-15 reps leads to fatigue by the final rep. Two-three sets of 12-20 reps are recommended, 2-3 times per week. At least one day of rest after good routine leading to fatigue is also recommended.

Please also include 2-3 exercises for lower body strength training and some things for core training in your program

## **Gift from the Kitchen**

from Debbie Lucus

*(It is my bad that you are not seeing this in time to use this list for holidays gifting, but they are all still great ideas - Linda)*

Well it is that time of year when we want to come up with creative, inexpensive and healthy gifts for family, friends, hostess gifts, etc. Here are some fun ideas that you can make to have on hand for quick gifts when the need arises and can also show people (and pets) that healthy food can taste great! Most of these have a link to the actual 'how-to' website.

### **Soup in a Jar**

I save jars all year for soup-in-a-jar gifts. I just found this website that has some good recipes and they create the recipe tags to include with the gift. Layering the ingredients makes for a pretty jar. I typically veginize the instructions if needed – ie. take out the 'add the cheese or ham' parts.

<https://wholefully.com/homemade-soup-mixes-in-a-jar/>

### **Meals in a Jar**

Lentils.org have a lot of great recipes. Here's one that is you can put together in layers with the lentils and seasoning and then provide the directions to turn it into a full meal. I love getting these as gifts! <https://www.lentils.org/recipe/mediterranean-spiced-lentils/>

Here's another one using red lentils and completely different flavor profile.

<https://www.lentils.org/recipe/indian-spiced-lentils-2/>

### **Homemade Quick Breads**

I recently had a glut of ripe bananas and tried this recipe, using applesauce instead of the oil. It is pretty tasty and would make an amazing gift. Wrap it in a reusable towel or napkin for an extra gift. ! <https://sharonpalmer.com/2015-04-21-sharon-the-plant-powered-blog-get-nutty-banana-bread/>

This has been the bread I make for Christmas morning for years. It isn't low in sugar (!), but tasty. You can leave the glaze off to reduce the sugar and calories. I substitute applesauce for the oil and it is fine. <https://www.noracooks.com/cranberry-orange-bread/>

### **Granola**

I like this granola recipe that calls for almond butter instead of the usual oil. It comes out in crisp clumps, too, which is the way I like my granola. It has a strong spice flavor – so be prepared. I usually leave the coconut out. Put it into a recycled glass jar. <https://minimalistbaker.com/super-chunky-chai-spiced-granola/#wprm-recipe-container-97249>

## Don't forget the fur babies

I get a lot of recipes from Minimalist Baker and like her few ingredients and often just one dirty bowl. I'll be making these 3 ingredients treats for my dog friends this year. You just need peanut butter, pumpkin puree and oat flour (just blend up your old fashioned rolled oats) and a cookie cutter. <https://minimalistbaker.com/easy-peanut-butter-pumpkin-dog-treats-3-ingredients/>



## Pumpkin Butter

I love that pumpkin butter from Trader Joe's as much as the next person, but I feel this one is a bit lower in sugar, cheaper and of course, made with love. I've given this as gifts to the neighbors the last few years. If I have extra, I just throw the jar in the freezer. I just pulled one out that I made last year!! <https://minimalistbaker.com/20-minute-pumpkin-butter/#wprm-recipe-container-35477>

## Dehydrated produce

The dehydrator can produce a lot of great gifts. I'd give dehydrated tomatoes but they don't last past the summer – I can't stop eating them. What I do in the fall is dehydrate apples and people seem to love having those to snack on. You can also dehydrate sliced lemons or oranges or mandarins. They are tasty to throw into your water or tea, or can be strung together for a holiday garland or other décor.

Happy gifting! I wish you all an amazing holiday season and very happy new year!!!



Many thanks to Tim and all the many students trying our recipes in our kitchen this semester!

(Banana bread recipe Debbie referred to)

## Get Nutty Whole Grain Banana Bread

<https://sharonpalmer.com/2015-04-21-sharon-the-plant-powered-blog-get-nutty-banana-bread/>

*This super-healthy, super-delicious, plant-based, vegan banana bread is packed with the goodness of whole grains, nuts, and seeds.*

### Ingredients

- 3 ripe medium bananas, peeled, mashed
- ½ cup soymilk, plain, unsweetened
- ¼ cup applesauce
- 2 tablespoon chia seeds
- 1 teaspoon vanilla
- ¼ cup brown sugar
- 1 ¼ cups whole wheat flour
- 1 teaspoon baking soda
- ½ teaspoon baking powder
- ½ teaspoon cinnamon
- Pinch salt (optional)
- 2 tablespoons sunflower seeds
- 2 tablespoons coconut, unsweetened, shredded
- 2 tablespoons sliced almonds
- 3 tablespoons pistachio nuts
- 3 tablespoon chopped walnuts



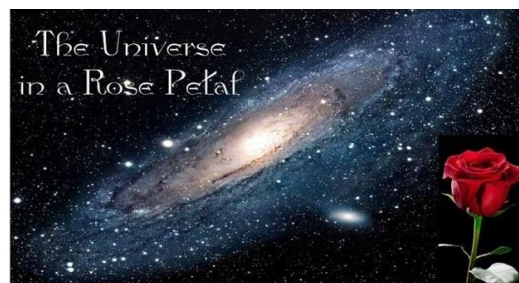
### Directions

1. Preheat oven to 350 F.
2. In a mixing bowl, whip together bananas, soymilk, applesauce, chia seeds, vanilla, and sugar for two minutes. For best results, use an electric mixer.
3. Stir in remaining ingredients, mixing only until well combined.
4. Spray a loaf pan with nonstick cooking spray.
5. Pour batter into the loaf pan and bake for about 65 minutes, until toothpick inserted in center comes out clean.
6. Remove, cool slightly before slicing.
7. Slice into 12 slices.



# Cultivating Mindful Joy

By Linda M, Larsen, RN-BC, RYT



As I reflect on the upcoming holiday season I am saddened by the fact that it's frequently become the most stressful time of the year for many people. A Harvard study shows 62% of people have elevated stress levels during this time. I hold the belief that the holidays were meant to be a joyful time for all, a time for reconnecting with family and friends and actualizing more peace on earth. My meditation and mindfulness practices allow me to find joy and savor each day. Utilizing UCLA's - Diana Winston's definition of mindfulness: "Paying attention to our present moment experiences with openness and curiosity and a willingness to be with what is." These practices, combined with an attitude of gratitude carried over from Thanksgiving, helps me connect with my inner joy and find peace in this sometimes overwhelming season.

Feeling joy and simultaneously being in the present moment leads to a full variety of ways to feel joy, and not just an intense feeling of excitement or strong energy. Joy is a state of being that ranges from quiet contentment and peace to enthusiasm and cheerful energy. Joy can be cultivated even in the midst of challenging or stressful times with mindfulness practices allowing us to be "okay" in the present moment. It needn't take long: you can practice Ph.D. instructor at Stanford Kelly McGonigal's "Breath of Joy" anytime, while seated or standing- any upright position- even for just 10 breaths. With a soft smile, place your hands on your heart and notice the natural movement of your breath while relaxing your face, neck and shoulders. As you inhale feel the wave of breath that starts in your belly and crests at your heart. Allow your inhale and exhale to be free of tension, and receive each breath with an open heart. Visualize your heart center as you breathe, as your physical heart, the sun, or a sphere of light in your favorite color.

I also encourage you to prioritize self-care. It's vital to have self-compassion and replenish your physical and emotional energy, along with your capacity to focus, by prioritizing good sleep habits, nutrition, exercise, social connection, and practices that promote equanimity and well-being, including meditating, journaling, and enjoying nature. Take time this holiday season to connect with the rituals that bring you joy, such as volunteering, cooking, singing, and/or decorating. Choose only the traditions that bring you joy and nurture connection. And maybe even take some time off and not add on another more, more, more. It's okay to take a little break, or to just say no. . . .

The ancient Egyptians believed that you were asked two questions by the gods when you died. The first was "Did you find joy in your life?" The second was "Did your life bring joy to others?" My wish for everyone this holiday season and every day is that joy is found and shared.

**For more in depth on Mindfulness, joy and saying NO:**

<https://www.mindful.org/3-simple-ways-to-cultivate-joy-every-day/>

<https://www.psychologytoday.com/us/blog/promoting-student-well-being/202011/finding-joy-through-the-holiday-season>

<https://newsnetwork.mayoclinic.org/discussion/mayo-mindfulness-when-and-how-to-say-no-for-stress-relief/>