



February 1, 2019

Spring will arrive... Eventually!

With Spring getting close, we are looking for ways that will allow for differently abled persons to plan for summer vacations and get-away experiences. Be on the lookout for additional information on that to come!

L.I.F.E.

Living Independently and Functionally in your Environment

January certainly started off wonderfully for the staff at LIFE. We visited with Steve Hoffacker, in South Florida, to complete the Certified Aging In Place Specialist program. It was a pleasure meeting with others that are in different industries with different perspectives, but also passionate about their business in helping others to age in place. We had great discussions with a general contractor from Vermont and a Real Estate agent from Deerfield Beach, Florida.



We also attended the RV show in Nashville on Jan 26th, as we are on the search for modified campers and RV's. If you had access to one, would you rent it for family vacations? It was a great show and really inspired our search and creative thinking.



Last Month's Info

In case you missed the knowledge articles last month, here are the topics and links:

- [Door Handles](#)
- [Differences in Elder care Services](#)
- [Caregiving](#)
- [Lighting for Seniors](#)

My  Channel:

Mind over Matter

Keeping a positive mental mindset, moving our bodies, practicing meditation, stating positive affirmations and giving gratitude can help you make the most of every day.

Affirmations

These are personal, positive statements that we say to maintain a positive outlook and stop negative self-talk. Make sure that when you are stating your affirmations that they are in the present tense. "I am whole", "I am healthy", "I have the power to create change".

Movement

It does not have to be the type of exercise that increases your heart rate or makes you break into a sweat. These therapeutic exercises can be done while you are lying in bed or from the comfort of your favorite chair. Stretch your neck, drop your chin and roll your head to the left and then gently back to the right, roll your shoulders forward and then back, stretch your arms as high as you can, bring them out to your sides far and wide, then move them forward, stretching them out in front reaching as far as you are able, take a deep breath in through your nose and blow it out through your mouth. Stretch your legs out, point your toes and flex your feet, then pull your knees up to your chest, feel the easy stretch in your muscles.

Colors

Russian artist Kandinsky noted, "color is a power which directly influences the soul." It is true that colors permeate all aspects of our lives and can trigger neurological responses in the brain. Colors can be beneficial, as they can both comfort us and bring us happiness. Surround yourself with colors that resonate with you personally and that bring you pleasure. Maybe it is a quilt of a certain color that you wrap yourself in to bring you peace and comfort or perhaps it may be brightly colored socks that you wear to make you smile. Let life be your rainbow of colors.

Feed your brain

Express your thoughts and opinions and engage in conversation with others verbally, by writing or using a communication device. Have you ever been told "The mind is a powerful thing to waste"? Stimulate your mind by listening to and engaging in motivational topics and resources and music. Here are a few suggestions:

Listen to music that gives you energy, TED Talks, Podcasts, Conversations.org, BrainPickings.org, Curiosity.com, Religious, Spiritual and Inspirational programming

Giving thanks and Gratitude

Feeling grateful has numerous benefits. As you go throughout your day, look for the positives. When your day comes to a close and you settle down for the evening, write down 3 things that you are grateful for. If you have difficulty writing, then spend 5 minutes meditating and thinking about those 3 special things that you are grateful for. Get quiet, close your eyes and put yourself back into that moment of gratefulness. Visualize the moment in time. Feel the emotions of pleasure and happiness that you experienced. When participating in this exercise on a regular basis, you will experience an increased sense of well-being, muscular relaxation, experience fewer negative emotions and benefit from more frequent positive ones. This sense of gratitude can also have a positive impact on your relationships as well.

Community Events in February

Dogwood Arts House and Garden Show February 1 - 3 2019

10:00AM to 7:00 PM

Location Knoxville Convention Center

Learn more at <http://www.dogwoodhouseandgarden.com/>

Remote Area Medical will be in Knoxville February 1, 2019 to February 3, 2019 (All Day)

Location Jacob Building at Chilhowee Park, 3301 Magnolia Avenue

Dental, vision and medical services are provided on a first-come, first-serve basis. Due to time constraints, be prepared to choose between DENTAL and VISION services. Medical services are offered to every patient attending the clinic. This event is free and open to the public.

11th Annual Snowflake Ball! Saturday, February 2, 2019

6 pm – 9 pm

Location Kerbela Temple (315 Mimosa Ave., Knoxville, 37920)

Swing and sway to the smooth sounds of The Ensemble Swing Time Band. Enjoy a catered dinner, dancing, silent auction, and free photography to capture the moments of this very special evening.

Webinars:

Part of the Home Instead Family Caregiver Support Series

Feb 6th, 2019

<https://www.asaging.org/web-seminars/caregiving-along-care-continuum>

Home Based Cardiac Rehab

Feb 28th, 2019

<https://www.asaging.org/web-seminars/home-based-cardiac-rehab-designing-effective-approach>

March

We hope to see you at the O'Connor Center's Annual Pancake Fest that will be held on **Friday March 1**. Come and enjoy all-you-can eat Pancakes from 7 am to 1 pm at the O'Connor Center. Elected officials and local celebrity pancake flippers will be serving up stacks of delicious pancakes made just for you. A variety of regular and gluten-free pancakes and regular and sugar-free syrup, along with "the best sausage ever"! There will be many information and resource booths about services available to older adults in our community. There will be an arts and crafts fair and live plants sale as well as entertainment throughout the day. Your \$5.00 contribution goes directly to support the programming fund for the Seniors center. Look for our booth and enter for a free drawing for a home modification survey!

Strang Senior Center ~ 109 Lovell Heights Rd ~ Knoxville ~ 865-670-6693

Blood Pressure Clinic

Tuesday, February 5, 2019 10:00 AM—11:00 AM



Join Karen Russell from SR Medical Services at Strang Senior Center on Tuesday, February 5th for our Blood Pressure Clinic.

Blood pressure is one of the most important screenings because high Blood Pressure usually has no symptoms so it can't be detected without being measured. High Blood pressure greatly increases our risk of heart disease and stroke (American Heart Association).

Contact Us

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Ask Katrina...

Q. Question

I am thinking of listing my home but I don't know what I need to do to get it ready for the market, HELP!

Have you ever heard the saying that there is never a second chance to make a first impression? Well, that is very true when it comes to selling your home. The first thing that a person is going to notice is the curb appeal of your home, as they drive down your street and into the driveway. Make the front yard and entrance way look warm and inviting. Have the lawn mowed and trimmed and add some colorful flowers. Perhaps consider painting the front door and keep the porch clean and tidy.

Declutter and depersonalize the inside. Let your home become a place where they can visualize their own family and belongings, rather than trying to see past yours. Add a fresh coat of neutral paint to the walls and wash and touch up the base boards and trim work. A good cleaning goes a long way. Thoroughly clean each room and make sure to remove any pet or smoking odors. As a licensed realtor, I would be glad to meet with you and discuss your questions for listing your current home and your needs for purchasing your new one!

Q. Question

My dad has arthritis in his hands and opening doors is becoming difficult. He lives in an older home with round door knobs and a deadbolt lock on his front door.

This is an easy fix. Door hardware can be changed out without much expense involved. I would suggest looking into a lever- style handle. This style can be opened easier, without having to be able to grip or twist the handle. There are also push button and remote deadbolt locks available. There is a resource specifically on this topic located on our website www.etnlife.com, just look under the resource tab at the top of the page. Thank you for your submission!

If you have a question please click [here](#). I will personally get back with you and assist you in finding the information that you need.
