



HAPPENINGS AND HIGHLIGHTS.

Social Breakfast

- Thursday, April 4, 2024, Pure Casino 9:30 AM

Healthy at Heart

- Tuesdays and Thursdays at TFRC 11:30 to 12:45

Essentrics Online with Lynn

- Sundays, Mondays, Wednesdays, Fridays, and Saturdays.

Save some Important dates:

- Education evenings April 8 and May 13. Topics to be announced.
- Ed Abel Memorial Golf Classic: June 7
- CASE Barbeque June 14.

More information on all these events will be sent by e-mail and/or in later editions of Heart Murmurs.

PRESIDENTS MESSAGE

At AGM on March 11, 2024, those attending heard about what we have been doing, and what we plan to do in the upcoming year.

It also was an opportunity to re-elect a number of incumbents to the Board, Gary Duguay, Barry Clark, Wayne Jackson, Wayne Saunders, Colleen Foster, Victor Fenandez, Grace Werner, and Wendy Boyd. Burn Evans remains on the Board as the Past President. We said goodbye to Stuart Embleton, Cliff Werner, and Roberto Cruz and thanked them for their service. We had two people volunteer to be Members-at-Large on the Board, Mervin Luczak and Bob Zuckerman.

One of the major challenges for the Board is to rebuild the membership we lost because of Covid. We have instituted an **Exercise Incentive Program** to encourage our members to exercise and to provide an incentive to have new members join. Although referrals from the cardiac rehab programs and our website provide us with new members, our primary form of recruiting is through word of mouth. You are encouraged to bring a friend to our various activities so they can see for themselves what we have to offer.

CASE has evolved. We have gone from supporting one type of exercise, to now supporting several different programs to meet the needs of our members. In addition to exercising at TCRC, there is a Walking Program, a Golf Program, and a link to on-line Essentrics. We will continue to explore other types of exercise activities.

We have also expanded our social calendar. It now includes an annual BBQ and Christmas Party as well as a Welcome Back Dinner, and monthly Social Breakfasts. Our Education Program is technically not a social event it is an opportunity to mix thought provoking topics in a relaxed atmosphere.

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Evidence is showing that many of us have been active with CASE this winter. At Terwillegar, the Heathy at Heart program is increasingly popular. Led by leaders Carla, Dot and Lynn, attendance averages twenty-five plus from among a total group of about forty. About sixteen exercisers usually stay for the pickle ball session. Approximately 6 CASE members have been attending the program.

We have been organizing bowling sessions. The second CASE bowling session was held at Bonnie Doon Lanes on March 13, and eight members took part and had a good, social and physically active afternoon. About twelve members have been showing an interest. The next session is tentatively planned for April 10, dependent on whether outdoor golf has begun for the year.

Our Friday walks will start once spring arrives and Wayne Jackson is hoping to set up an indoor tune-up walk, possibly at Southgate Shopping Centre, in April.

The Golfers have enjoyed a few 'Virtual Golf' sessions over the winter. Apparently, they have nearly as much fun and frustration as they experience outdoors.

Lynn continues to provide her Essentrics programs directly to about 10 CASE members.

PREPARE FOR A FALL

Learning how to fall the right way can reduce your risk of injuries. More than one in four adults ages sixty-five and older fall each year, and about 20% of these tumbles result in a broken bone or head injury. The best way to prevent falls is to stay in good shape by improving your core strength, balance, and flexibility. "Studies have shown that these are the keys of fall prevention," says Barbara Ranucci, a physical therapist with Harvard-affiliated Spaulding Rehabilitation.

Maintaining other aspects of your health can further reduce your fall risk, such as addressing any dizziness that might be due to an inner ear problem and having routine eye exams (to keep your vision sharp so you can avoid tripping hazards).

Practice falling: You can protect yourself from a fall injury by learning how to fall the right way. Because it can be near-impossible to think quickly during such a sudden and adrenaline-filled moment, Ranucci suggests practicing how to fall correctly. Such practice "can help develop muscle memory, so your body can automatically react to the situation," she says. "Fall practice can also help those who have previously suffered a fall overcome the fear of taking another tumble."

The greatest obstacle to overcome is the instinct to extend your arms to break a fall; this can lead to broken bones. "You can't stop the fall, so don't try to fight it. Gravity is going to win," says Ranucci. "The goal is to land as softly as possible."

Here is a safe falling sequence Ranucci recommends. Practice it in slow motion until you can go through the movements naturally and get used to the sensation of falling. Then practice it in real time. Use a thick, padded mat for safety. (Many gyms and senior centers also have suitable fitness pads.) "Try to practice with someone at first, if possible," says Ranucci.

1. Lean into the fall as this gives you some control over direction.
2. Tuck your chin down.
3. Bend your arms and keep them in front of your face to protect your head.
4. Keep your knees bent.
5. Fall like a sack of beans - relax everything.
6. Turn sideways and land on the soft, fleshy places, like your buttocks and thighs.
7. As you complete the fall, try to pull your body into a ball. This will spread the impact to reduce injury and stop you from rolling farther.

Rising from a fall: When you fall, do not get up immediately. "Trying to get up too quickly or the wrong way could worsen a possible injury," says Ranucci. If you are hurt, call for help: use a medical alert if you have one, or if your phone is handy call 911. Otherwise, once you have taken a moment to get your bearings, follow this three-step process to rise safely.

- **Prepare.** Look around for something sturdy (like a chair or a couch or bed). If you did not fall onto your side, roll over onto your side in the direction of the chair.
- **Rise.** Use both hands to raise your upper body off the ground. Then slowly get into a hands-and-knees position and crawl to the chair.
- **Sit.** Place your hands on the chair seat and slide one foot forward so it is flat on the floor. Keep the other leg bent with the knee on the floor. From this kneeling position, slowly rise and turn your body to sit on the chair. Sit and rest for a few minutes before standing.

Source: Harvard Health January 1, 2024 By [Matthew Solan](#), Executive Editor, [Harvard Men's Health Watch](#) <https://www.health.harvard.edu/staying-healthy/prepare-for-a-fall>

GETTING OLDER? HOW TO LOWER DEMENTIA RISK

The three basics of healthy living — exercise, diet, and sleep — are also the best medicine for your brain. An estimated 3% of adults ages sixty-five and older currently have dementia, and that proportion rises substantially as people age. By age 85, about one-third will be diagnosed with some form. The diagnosis of dementia is based on a set of symptoms, including memory loss, confusion, changes in personality, a decline in cognitive skills, and inability to perform everyday activities.

But can you do anything to lower your risk? "The most convincing evidence continues to be for the boring stuff: aerobic exercise, a brain-healthy diet, and quality sleep," says neuroscientist Dr. Daniel Daneshvar, chief of the division of brain injury rehabilitation with Harvard-affiliated Massachusetts General Hospital. "Even people with a family history of dementia could lower the risk by investing more in these basic healthy lifestyle habits." Here is how they help with dementia prevention.

Aerobic exercise: The buildup of beta-amyloid protein in the brain is a key hallmark of many diseases that cause dementia, such as Alzheimer's disease, dementia with Lewy bodies, and frontotemporal dementia. Another common form, vascular dementia, stems from damage to brain cells that occurs when narrowed or hardened blood vessels fail to supply enough blood to the brain. Aerobic exercise increases blood flow to the brain, supporting blood vessels and decreasing the risk of blood vessel damage. It also helps reduce inflammation, thought to be one of the main causes of abnormal protein buildup.

Aerobic exercise is any activity that increases your heart rate. Although most aerobic exercise requires you to move your entire body, the focus should be on your heart and lungs. Activities like walking, running, swimming, cycling, even dancing, if done at sufficient intensity, get you breathing faster and your heart working harder. Guidelines recommend adults do at least 150 to 300 minutes of moderate-intensity aerobic exercise per week.

It is never too late to begin, either. "Even older people who have rarely done aerobic exercise before can still reap the benefits once they start," says Dr. Daneshvar.

Brain-healthy diet: There are several extensively studied diets that promote brain health, like the Mediterranean, DASH (Dietary Approaches to Stop Hypertension), and MIND

Engage your brain by socializing!

Another way to protect your brain from dementia is to socialize more. A study published online Oct. 24, 2023, by *JAMA Neurology* found that socially isolated older adults have a 27% higher chance of developing dementia than older adults who are not isolated. "Regular interactions activate mental processes, including attention and memory, which can bolster cognition," says neuroscientist Dr. Daniel Daneshvar with Massachusetts General Hospital. Here are some ways to increase your social engagement:

Get into group dynamics. Join a group activity, such as a walking club, a golf or bowling league, a book or chess club, or a continuing education class at an adult education center.

Schedule friend time. If you have a circle of friends but you do not see them regularly, take the initiative and schedule routine get-togethers. Designate a day, time, and place for coffee, lunch, or any type of gathering designed for easy conversation. Group video chats also are an option.

Engage in "weak ties." Casual interactions, known as "weak ties," also can provide stimulating engagement. For example, strike up a brief conversation with a stranger or employee at the grocery store or coffee shop. Even social media conversations and texting qualify.

(Mediterranean-DASH Intervention for Neurodegenerative Delay) diets. These diets are linked to lower levels of brain-damaging chronic inflammation by reducing or eliminating red meat and processed foods and increasing the intake of antioxidant-rich fruits and vegetables and fatty fish high in omega-3 fatty acids.

Quality sleep: During sleep, the brain clears out harmful beta-amyloid proteins. But the cleaning process cannot do a complete job if sleep is regularly disrupted by insomnia, sleep apnea, or other issues that cause you to wake during the night. "Eventually, this can cause or exacerbate abnormal protein buildup," says Dr. Daneshvar.

If you regularly do not feel rested upon waking or have trouble falling and staying asleep, speak with your doctor.

It is important to address any sleep disorder or other health issues that interfere with sleep, like acid reflux. Taking multiple medicines, depression, and changes in the bedroom environment (for instance, in temperature, noise level, smartphone usage, or light exposure) also can disrupt sleep.

Source: January 1, 2024 [Harvard Men's Health Watch Matthew Solan](#), Executive Editor;

Cardiac Athletic Society Edmonton Board

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<i>Members at Large</i>	<i>Victor Fernandez, Mervin Luczak and Bob Zuckerman.</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.

Heart Murmurs is the newsletter of CASE published each year in February, March, April, May, September, October, November, and December. Suggested articles can be submitted to Barry Clark at kbclark1@telus.net

If you wish to unsubscribe from this newsletter, please e-mail kbclark1@telus.net with a subject line 'unsubscribe'.

CASE Events Calendar - April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 EASTER MONDAY	2 Healthy at Heart TFRC 11:30 to 12:45	3 CASE Essentrics Online 10:45 AM	4 Healthy at Heart TFRC 11:30 to 12:45 Social Breakfast 9:30 AM	5 Essentrics Online with Lynn 9:30AM	6 Essentrics Online with Lynn 10:00 AM
7 Essentrics Online with Lynn 10:00 AM	8 Essentrics Online with Lynn 1:00 PM Education Evening TBA	9 Healthy at Heart TFRC 11:30 to 12:45	10 Essentrics Online with Lynn 9:30AM	11 Healthy at Heart TFRC 11:30 to 12:45	12 Essentrics Online with Lynn 9:30AM	13 Essentrics Online with Lynn 10:00 AM
14 Essentrics Online with Lynn 10:00 AM	15 Essentrics Online with Lynn 1:00 PM	16 Healthy at Heart TFRC 11:30 to 12:45	17 Essentrics Online with Lynn 9:30AM	18 Healthy at Heart TFRC 11:30 to 12:45	19 Essentrics Online with Lynn 9:30AM	20 Essentrics Online with Lynn 10:00 AM
21 Essentrics Online with Lynn 10:00 AM	22 Essentrics Online with Lynn 1:00 PM	23 Healthy at Heart TFRC 11:30 to 12:45	24 Essentrics Online with Lynn 9:30AM	25 Healthy at Heart TFRC 11:30 to 12:45	26 Essentrics Online with Lynn 9:30AM	27 Essentrics Online with Lynn 10:00 AM
28 Essentrics Online with Lynn 10:00 AM	29 Essentrics Online with Lynn 1:00 PM	30 Healthy at Heart TFRC 11:30 to 12:45				