

# ♥ Young ♥ at ♥ Heart ♥

WHBC-YAH.Blogspot.com

JUNE

## MAY LUNCHEON

As you can probably tell, we like to use programs from Dayton Christian Schools. Their big campus for the Dayton area is located in the old NCR Technical Education Center on Washington Church Road south of the Dayton Mall. They also have other locations and the largest of those is in Xenia on the Legacy Ministries properties.

In May, Sarah Britton brought a group of the Junior High kids to perform in a choir. This was an outstanding performance. You can hear it on our blog. Always be sure to check there for more content!

## MAY DAY TRIP

As a young boy (actually into my teens) I always had a train set to play with. Actually, we still have one to set up at Christmas time. I still have a love of the trains and always try to visit the big Dayton Train show in the Carillon Park.

So, in May we took a group to the EnterTrainment Junction down near Mason, Ohio. This display fills a large building and covers multiple levels and even includes rivers and boats.

They also have displays of railroad history and memorabilia.

If you missed this trip, it would be a very nice place to take your grandkids!

## WHAT'S COMING UP?

### JULY 2010

*Luncheon (July 13)*

I've always enjoyed good "magic". In fact, I often have something up my sleeves! In July it will be our privilege to have Stan the Magic Man join us. Stan's mother comes to YAH. He is very talented. You won't want to miss seeing his illusions.

*Day Trip (July 27)*

We will do something adventurous in July. We will experience sightseeing fun from a duck's eye view on Greater Cincinnati's only duck tour. We will travel on land and water in one amazing vehicle. Tour the streets and SPLASH into the Ohio River. We will finish by eating at Newport on the Levee.

### AUGUST 2010

*Luncheon (Aug. 10)*

LaDawn from Pathways Consultants will bring a presentation and answer questions about the newest changes in Medicare. Everyone over 65 should be interested in hearing this one. She will give us insight into changes we may want to consider the end of this year.

*Day Trip (Sept. 2)*

I know! It isn't August but it is close and we really wanted to see and hear the Brett Family at Bearcreek Farms. We saw them last year on our trip to Branson and I'm sure all of the Branson group would want to see them again and this is an opportunity for others to also enjoy them. Our seats are limited, so be sure to sign-up and pay as soon as we make this one available.

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*This is a big newsletter, but there's more! Find more photos and content on our Blog. <http://WHBC-YAH.Blogspot.com> Also: An additional page to this newsletter.*



# JUNE ACTIVITIES

## JUNE LUNCHEON (June 8)

As you can see by our articles this month, we are emphasizing our health. John Porter will speak to us about our health and how we can take better care of ourselves. He offers a free newsletter every month. The following article comes from his newsletter.

John is a member of our church and is a Physical Therapist. Don't miss this opportunity to hear him on the 8th!

## JUNE DAY TRIP (June 17)

I think one of our favorite activities here at Young at Heart is going to plays such as those at La Comedia. This month we will go down to see the "Church Basement Ladies". This is a fun comedy.

We have three basements in this church but I don't know of any of our ladies who hang out there, so this isn't about our church basements.

This day trip is SOLD OUT!

Exercise for people with osteoarthritis can help to:

- Improve joint function and movement
- Possibly delay or prevent the need for surgery. (For example, the need for knee replacements due to severe knee osteoarthritis)

- Improve strength, posture and balance in older adults, reducing the risk of falls.

Exercising with a friend, or in a group is a lot easier than exercising alone. People with osteoarthritis who exercise in groups have less pain, less depression, and better joint mobility.

We offer a group exercise program here every Wednesday at 11AM. Join us if you can!

## Spring Into Group Exercise!

Here are 4 tips to keep your joints healthy:

- **Watch your weight.** That's the best thing you can do for your joints. Research shows that with every pound gained, a person puts four times more stress on the knees.

- **Strong muscles cushion your joints.** If your muscles are weak, your joints take the beating, especially your knees, which support your entire body weight. Talk to your therapist before starting any exercise on your own. You don't want to strain the very joint you are trying to strengthen.

- **Low-impact exercises** like biking and swimming are great for arthritic hips and knees, but this varies from one person to another.

- **Find out what exercises are safe for your joints.** Research shows that those who participate in a home exercise program and also attend an exercise class have better gains in function. **So if you don't know what exercises are right for you, call John Porter to see what's best for your joints! He can help you spring into action!**

**Pick up one of his newsletters at the June Luncheon, it will also have his contact information.**

**Join our Seniors Exercise Program on Wednesdays at 11AM!**

## Caring For Arthritic Joints

by John Porter

Osteoarthritis is the most common type of arthritis. This degenerative joint disease is a chronic condition characterized by the breakdown of joint cartilage, leading to bones rubbing against each other. Typically, it affects the 'bigger' joints in the body, like the hip, knee, shoulder, even the spine. This leads to progressive stiffness, inflammation, pain and loss of mobility in the joint.

Many people think that exercising with osteoarthritis is difficult, even impossible, because of the pain. The truth is that an arthritic joint needs to get nutrition, and there is no better way to provide joints their nutrients than movement itself. Exercise is actually beneficial for those with osteoarthritis, but there are some things to remember.

- Exercise will help you feel better, reduce pain, and improve your ability to do daily activities if done regularly.
- A common symptom is pain after activity, which may make you reluctant to exercise. However, you can help relieve pain with heat or ice to stay active.
- Ice is a great drug-free pain reliever. It helps decrease joint swelling and pain. If your joint hurts, apply ice for 15 minutes. If you don't have a cold pack, a bag of frozen vegetables (like peas) will do the trick.

- Exercise should be balanced with rest and joint care. If your joints hurt or you notice redness or swelling, rest your joints, then try a little exercise.

- Sharp or unusual pain may be a sign of injury. Talk to your physical therapist or health professional if you have new or more intense pain.

- Always check with your doctor before starting an exercise program.

Joints and muscles need to be exercised to prevent stiffness and weakness. Also, exercise will make you feel better and help you maintain a healthy weight. Excess body weight places extra force and pressure on arthritic joints, which helps osteoarthritis progress more rapidly.

### Why Should I Exercise?

Here's what happens without exercise. Less movement means more stiffness in your joints, making your osteoarthritis progress faster. Research suggests that if your joint is unusually loose or does not line up normally, some exercises may hurt more than help your joints. Your physical therapist is the right professional to help you determine what exercise is best for you.

Stretching and strengthening exercises will help prevent associated stiffness and reduce stress on the joint. For example, strong thigh muscles will minimize some of the stress off the weight-bearing joints of the knee and hips.

## The Importance Of Taking Medications Correctly

We all know about the rising costs of health care, and how expensive prescription medicines can be, especially for seniors. But do you know how much it can cost if you don't properly take your medications?

According to government estimates, each year in the United States more than 125,000 people die from a failure to properly take their medications, adding approximately \$100 billion in preventable additional hospitalization, emergency room, and repeat physician visit costs to the health care system. At least 10% of all hospital admissions are a result of this problem. For seniors, the statistics are particularly alarming:

- Up to 23% of nursing home admissions may be due to a person's inability to self-manage prescription medications at home.

- Over 21% of all drug-related health complications are caused by patients failing to adhere to their medication regimens, whether by accident, negligence, or intent.

- 58% of all seniors make some kind of error when taking their medications, with 26% making mistakes with potentially serious consequences.

- In studies of elderly patients on long-term cholesterol-lowering statin therapy, researchers found that 57% had stopped taking them after 6 months, and 74% had stopped by the end of five years. I am one of those, for good reasons.

There are lots of reasons why people neglect to take their drugs properly. The most common reason is that they just forget, which seems innocent enough. The average senior takes about seven different medications (both prescribed and over-the-counter) every day, so it's little wonder that it can be difficult to remember and keep track of them. However, the consequences can be deadly if forgetting leads to taking the same medication twice and overdosing. And skipping a dose by accident might not seem to be such a big deal, but in many cases it is absolutely crucial that doses be kept on as regular a schedule as possible. For example, missing doses of anti-hypertensives can produce a dangerous "rebound effect," in which blood pressure can rise even beyond what the levels were before the patient started the medications.

Numerous devices and strategies have been developed to help seniors keep track of their medications. You can find some of the relatively inexpensive "reminding gadgets" at your local drug-store, devices that help you organize your pills and/or remind you when to take them with visual and sounding alarms. You can also find very sophisticated reminding/dispensing systems that can cost hundreds of dollars, as well as services that will telephone you to remind you. A year ago we had a presentation on such devices and alarms from AlertOne. Even the drug companies themselves are getting into the act, as some have set up free programs in

which company representatives, usually a nurse, will contact patients who are taking their proprietary brands of medications and encourage them to finish and refill their prescriptions.

There are some potential pitfalls with these approaches to medications management. Some studies have found that reminding services had an almost insignificant effect on whether someone was more likely to take their medications as prescribed. Some of the devices and systems are bulky and complex and difficult to use, or conversely too simplistic to deal with regimens that may juggle upwards of ten medications during the week. And all of these devices, systems, and programs assume that the patient can still organize, manage, and use them on their own, which can be a challenge for some.

It always helps to have a caregiver present who can ensure that someone is taking his prescriptions on time and on dose, but that's not always possible. Some retirement communities and most assisted living communities provide medications management as a service to their residents, which may be a good option for those who don't have family members nearby to check on them for their medications (among other things). But even the best care and the most vigilant monitoring will be undermined if the patient himself is not willing to take the medications.

You might find it strange or foolish that someone would intentionally disregard the importance of taking medications, and yet it's a common problem. For example, people may think that they feel better and discontinue treatment prematurely. Or perhaps the medicine doesn't seem to have an immediate effect so they decide it's not working and stop. Or perhaps it seems to work very well so they decide to take more of it per dose, or the prescribed dose more often. Or they stop because there may be bothersome side effects that they don't like, or because they just don't really believe that they actually need the medications. Or they may find the costs too burdensome and try to "save" the medication by taking it less often. Do any of the above examples describe your situation or that of your loved one? This is true for me because of side effects.

The reasons for "noncompliance" (as it's known in the medical world) can be as varied and individual as each patient, but when people willfully change their dosages or discontinue their medications, it's usually not because they're uncooperative or "just stubborn." Instead, it's usually because they don't fully understand how the medications work and what the health consequences are when you don't follow the regimen correctly or discontinue it altogether.

Patient education is not as simple as it sounds, because the responsibility lies as much with the patient as with the healthcare professional. People need to become more actively involved with their own healthcare, but that doesn't mean deciding things on their own

based on erroneous beliefs or limited information. What will make a difference is proper communication of all your questions and concerns when a doctor prescribes something for you. Don't just wait for the doctor to tell you how and when to take it, because they won't always tell you everything you need to know. Here's a short list of basic questions to always ask:

- What is this medication called?
- How does it work?
- What are the possible side effects?
- Exactly how many times do I take this every day and at what intervals?
- Are there any dangerous interactions with other drugs that I take or with certain foods?
- How long do I have to take this?
- How do I store it?
- How much does it cost (with or without insurance)?

People are often reluctant to demand a detailed explanation of their medication regimen for various reasons. They may be afraid of appearing pushy, or of questioning the doctor's authority. Or they may be afraid of appearing uneducated or unsophisticated. Or they may still be mentally processing the diagnosis (which they may have just received a few minutes before) and are filled with anxiety. All of these are understandable and reasonable fears, but it may help to either call the doctor (or the nurse who works with the doctor) afterward so that your questions can be answered.

The importance of taking medications properly cannot be overemphasized, because the consequences of not following a prescribed medication regimen are especially serious for seniors, but it's not just about possibly losing one's life because of drug complications or mistakes. With each hospitalization and emergency room visit that may happen as a result of the resulting declining health, the risk of being prematurely forced into a nursing home increases. And that can cause the loss of something we would like to keep for as long as possible—our independence!



During our May luncheon meeting we introduced a Medication Education Clinic where you could meet with a nurse to review your medications and check for interactions with each other, other over the counter medications or even foods. The nurses would also help you establish a schedule for taking the medications. We will announce this again in our June luncheon and make it available for you June 29th. Sign-up to schedule a time to meet with the nurses. This program is being offered to us free of charge by Buckeye Home Healthcare and Senior Pathway Consultants.

## The Best Route Home!

I've talked about my past travels before and you will probably hear more as time passes because they were an important part of my life and I had some memorable (some bad and mostly good) times.

Every time any of us go to an airport, there are a lot of planes to choose from. Sometimes I walk past dozens of gates and planes to get to one plane at a faraway gate. Sometimes I get on this little "puddle jumper" plane when I'd, of course, rather be onboard a big, sleek aircraft. I always wanted to fly one of those Concorde supersonic jets out of London but those were far above my budget limits. Alas, those are gone, now. As I travelled, I didn't get on the first plane I saw, or the one that's the most convenient to get to, or the one that looks the most comfortable, or the one that looks best to me. No, I picked which plane I'd board based on one simple factor - its destination.

I was in Scotland when the first Gulf War (Desert Storm) broke out in 1990 and Iraq invaded Kuwait. After the US bombed Bagdad, we Americans were told to avoid aircraft from countries supporting that war effort. I arranged to return home via KLM (a Dutch airline); however, the Netherlands decided to provide support ships and that eliminated them as a safe mode of transport for us. Eventually, we discovered that Iceland was not involved, so we returned to New York via Reykjavik, Iceland on Iceland Air! That was the only time I was ever in Iceland!

I learned that there are lots of planes that will give you a nice ride, but they won't get you safely home. The question that decides which plane to board is pretty straightforward: "Will this safely take me where I want to end up?"

Nowhere is more riding on that question than when it comes to where we will spend eternity; especially at a time when our culture offers a confusing spiritual buffet to choose from. Many religions are seeking our allegiance in this growing marketplace of spiritual options. And there are countless alternatives to conventional approaches to God; approaches that allow you to develop your own personalized spirituality. Whether your way to God is a traditional religion or a non-

traditional spirituality, it's important to ask the only question that really matters: "Will this take me where I want to end up?" Not "Do I like the way this makes me feel?" or "Shouldn't I follow the religion I was raised in?" There are some beautiful roads that don't lead to heaven. There are some spiritual systems that will, like that wrong aircraft, give you a lift but won't get you home.

God's made it very clear in His best-selling book, the Bible, that there's one way to end up in His heaven when you die, and it is not a religion. It's a Person. In 1 Timothy 2:3-5, He says: "God our Savior...wants all men to be saved and to come to a knowledge of the truth. For there is one God and one mediator between God and men, the man Christ Jesus, who gave Himself as a ransom for all men." Why just one man who can be the go-between to get us to God? Because there's only one man who "gave Himself as a ransom for all men."

A ransom is the price you pay to get someone back. The price to get us back was the death of Jesus Christ for the sin that separates us from God. A religion, a personal spirituality can make us feel spiritual, even close to God, but it cannot pay the death penalty that we carry because we've de-throned God in our lives to do our own thing. It took what Jesus did on the cross to do that. Only the man who died for your sin can remove your sin. If you die with your sin unforgiven, there's no way God can let you into His heaven. Even Christianity, the religion that's about Jesus, can't get you to heaven. It's Jesus! In the powerful words of Acts 4:12, "Salvation is found in no one else, for there is no other name under heaven given to men by which we must be saved."

The only way to get to heaven is to be totally depending on Jesus Christ to get you there. It means abandoning all other hopes of getting to God and to heaven and fully trusting the one way God provided - Jesus, His one and only Son. If you've never reached out to Him and given yourself to Him, you're in grave spiritual danger, no matter how sincere you may be in whatever else you're depending on. You can be totally sincere in your belief that a certain plane will get you where you want to go, but no amount of sincerity can change the fact that it just won't get you home.

When you open your heart and your life to Jesus, you know in your soul that this is finally the real thing because Jesus is there now. I pray that you will tell Him today, "Jesus, I'm Yours."

If you've never received Jesus in this way, we encourage you to carefully read a few verses from the New Testament. These verses clearly present some very good news. [Romans 3:23](#) (which says that all have sinned), [Romans 6:23](#) (which says that the wages of sin is spiritual death, separation from God), and [Romans 10:13](#) (which assures us that all who call on the name of the Lord Jesus will be saved). To accept God's gift, you can pray something like this: "God, I know I'm a sinner. I know I can't save myself. I believe Jesus died on the cross for my sins. I believe He rose from the dead to live His life through all who believe in Him. I now receive Him as my Savior. I accept your offer of forgiveness and everlasting life. Thank You, Father. In Jesus name I pray. Amen."

Did you pray that prayer? If so, you have accepted the greatest gift of all. The gift bought by God Himself—for you. I'd like to know if you prayed this prayer. Please contact us for more information about how to grow in your new life as a child of God. Also, we would welcome you to join us as we grow in our faith together. Washington Heights Baptist Church is a body that faithfully teaches the Bible in a spirit of love and continued support.

Jesus paid your passage to heaven with His life. That's how much He loves you. Go with Him today, because He is the One who can get you home.



### Who Are We?

"Young at Heart" is the Senior Adult Ministry of Washington Heights Baptist Church.

Roger Jensen is the Pastor of Senior Adult Ministries. Our goal is to provide opportunities for meaningful fellowship in a Christian environment.

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# Extra! EXTRA!!

## INTERNET ONLY CONTENT!

This month we ran out of space for everything that we wanted to include in our June Newsletter (mail version). So, the easy answer is to provide it for our Blog. We didn't have enough space to add the normal funny stuff. I know this is hard to believe, since this month we upped our normal 2 page newsletter to 4 printed pages, anyway. But, we had a lot of health related material to add for this special edition and I didn't want to short change the devotional content. Hence, this is a bonus Internet Only page!

## Funny Stuff!

### Good Old Days

Dad was always going on about the good old days and the lower cost of living in particular. "When I was a kid, my mom could send me to the store, and I'd get a salami, two pints of milk, six oranges, two loaves o' bread, a magazine, and some new blue jeans ... all for a dollar!"

Then Dad said sadly, "You can't do that anymore. They got those video cameras everywhere you look."

### Sermon Feedback

They say that a preacher's wife is always his number one assistant.

An example of this comes one Sunday morning after the preacher had just finished his sermon. He went and sat down with his wife and she asked him how he thought the church service went.

The Preacher shrugged and said, "The worship was excellent, and I think the prayer and communion times went quite well, but," he continued, "I just don't think the sermon ever got off the ground."

The wife looked over at him, and before she could stop herself, she said, "Well, it sure did taxi long enough!"

### Cookie Calories

A number of years ago, I took our youngest daughter, Nicole, to the grocery store to help buy groceries. In addition to the healthy items on Nancy's carefully prepared list, we returned home with a package of sugar-filled cookies.

"Why in the world did you buy those?" Nancy asked. "You know they aren't good for you!"

"Oh, but don't worry, honey, these cookies have one-third less calories than usual in them," I replied.

Nancy carefully looked all over the package but couldn't find any claim to that fact, so she asked, "What makes you think that?"

"We ate about a third of the box on the way home."

### Toaster Request

When our oldest daughter, Michele, was two or three and learning the ways of life, she watched Nancy place some bread in both slots of our toaster so that it would be ready to cook just before serving.

Considering the opportunity, Michele pulled a chair to the counter and politely asked, "Mommy, may I flush the toaster?"

### Pearly Gates

By  
Ian Jones

