

OCTOBER

HEMOCARE HERALD

**CHRISTIAN
COMMUNITY
HEMOCARE**

Happy my favorite time of year again! Love those pumpkins, scarecrows, fall colors and cooler temperatures.

The class I'm enrolled in, Social Gerontology, has been interesting and informative. I am learning so much, everything from how old can human beings can live, to aging in other countries, to managing chronic diseases and how to promote well being in old age.

At one point I asked my 78 year old aunt if she would participate in an interview on the elderly and she quickly responded, "Well I'm not there yet but I'll help as best I can!" This comes from a woman who lives in Florida and still rides her bike 8 miles to the beach.

Something I've really enjoyed exploring is the list of websites our professor organized for class discussion. If any of you computer buffs would like links to websites such as AARP, Medline Plus, Missouri Ombudsman Program, or any other 50 sites, feel free to call me 843-9673 and I will hook you up.

God bless

In His Service, Chris



Science Says: Eight Reasons to Be Socially Engaged

Over the last few decades, researchers have been fine-tuning a definitive "prescription" for healthy aging, defining the building blocks that combine to help us maintain the highest possible level of function and quality of life in our later years.

Immune System

A [2007 UCLA study](#) demonstrated that loneliness decreases the efficiency of the immune system. The study's author, Dr. Steven Cole, says, "The biological impact of social isolation reaches down into some of our most basic internal processes—the activity of our genes." Several other studies also confirm that people with strong social connections exhibit stronger immunity against disease.

Blood Pressure

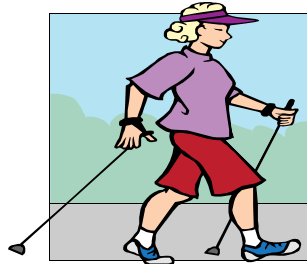
[University of Chicago researchers released a study in 2006](#)

showing that loneliness is linked to high blood pressure. Stress seems to be a key element of this connection. Author John Cacioppo points out that lonely individuals are less likely to approach stressful situations with "active coping and attempting to problem solve," which leads to a hypertension-promoting passive reaction. For humans, discussing one's problems with someone else is an instant stress buster.

Physical Activity

Physical activity is frequently called the number one ingredient for healthy aging, and numerous studies demonstrate that social connections lead to increased exercise. For instance, it is more fun to walk with someone. If it's more fun, you are more likely to stick with it. And many gym members confirm that they would prefer waiting in line for the treadmill to work out in the company of a group of like minded people, rather than exercise at home.

According to the [International Council on Active Aging](#), for many seniors, one of the main predictors of maintaining one's fitness program over time is the good old "buddy system." And a [recent study from Rush University](#) shows that less frequent social activity is linked to a loss of motor function. So keep yourself motivated, and surround yourself with other people who will support your fitness goals.



BIRTHDAY WISHES



Carol Iglauer October 1

Betty Schaefer October 11



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HAPPY SONGS

A retired man who volunteers to entertain patients in nursing homes and hospitals went to Maimonides Hospital in Brooklyn and took his portable keyboard along. He told some jokes and sang some funny songs at patients' bedsides.

When he finished he said, in farewell, "I hope you get better."

One elderly gentleman replied, "I hope you get better, too."

Thanks to Pastor Tim for this joke!*

