



## Health Benefits of Stretching for Older Adults

### 1. STRETCHING REDUCES LOW BACK PAIN AND ARTHRITIS

The causes of lower back pain in older adults are commonly a result of osteoarthritis.

Osteoarthritis is the most common form of arthritis and is caused by the gradual degeneration of cartilage between the facet joints. Typically, the resulting pain in the low back comes and goes but over time osteoarthritis may eventually cause sciatica. Along with Osteoarthritis of the low back, arthritis typically develops in the hips, knees, neck, fingers, and toes. Osteoarthritis affects 33.6% (12.4 million) of adults 65 and older.

While both osteoarthritis is a natural part of aging and can't directly be avoided, the resulting pain can be managed by stretching exercises. Regular stretching benefits seniors by improving flexibility, range of motion, and elasticity to relieve stiffness in the afflicted joints.

### 2. STRETCHING REDUCES THE RISK OF FALLING

The risk of falling is a major concern for older adults – ages 65 and older. Each year one out of three older adults will fall, with 2.5 million individuals needing treatment in emergency facilities annually. Research as show that regular bouts of stretching are critical to balance and stability helping prevent against falls. Improving flexibility in the hamstrings, quadriceps, and the lower back along with greater mobility in the hip joint is important in the prevention of falling in older adults.

### 3. STRETCHING HELPS IMPROVE POOR POSTURE

As we age, our body's water content in connective tissue, such as ligaments and tendons, decreases, resulting in reduced elasticity and flexibility. The tightening of ligaments and tendons in the chest and shoulders in conjunction with years of sitting hunched over at a desk will overtime result in poor posture. – Poor posture is defined by a forward head posture, rounded shoulders and upper back, and forward pressing hips. – The natural S-curve in our spine compresses. This can create pain in the lower back and between the shoulder blades. Improving flexibility is simple with a consistent stretching regimen. This will help loosen tight ligaments, tendons, and muscles to give you a greater range of motion. Additionally, supplementing in senior strength training exercises along with a stretching routine will help balance out weaker muscles helping correct poor posture with the benefits of flexibility.

### 4. STRETCHING INCREASES BLOOD FLOW AND ENERGY LEVELS

Dynamic stretching is a low-intensity form of stretching that utilizes movement to stretch your muscles. As opposed to static stretching, which is stretching while your body is devoid of motion. Along with lengthening your muscles, dynamic stretches will also increase circulation and nutrient flow throughout the body. Thus, increasing the body's energy levels. In older adults, increased energy is important in maintaining independence, remaining social, and overall healthy aging.

<https://www.lifespanfitness.com/blogs/news/health-benefits-of-stretching-for-older-adults>

**JOIN EMPOWERME ON WEDNESDAY THE 26<sup>TH</sup> AT 10:30 A.M. FOR THEIR "FITNESS THROUGH FLEXIBILITY" CLASS HELD IN THE FITNESS ROOM!**

**HAPPY BIRTHDAY!**

Mary Ellen Bradley 9th

Connie Tapley 15th

Bill Braun 20th

Linda Strong 27th

# THE VILLAGE OF BEDFORD WALK

JES I PRIME SENIOR LIVING

## COMMUNITY EVENTS



APRIL 17 - 21 | EARTH WEEK

April is National Earth Month, and we would like to celebrate this beautiful planet by celebrating Earth week the 17th – 21st. We will be celebrating with an environmentally friendly activity each day that week.

- **MONDAY Nifong Volunteer Clean-Up:** The clean-up area will stretch along Nifong Boulevard between Bethel Street and Forum Boulevard. This length of Nifong directly touches a good portion of our property and it will be nice to do our part to keep our city clean. The city will be providing all the necessary equipment and the clean-up will last about an hour. All who are able, are encouraged to volunteer and do what they can. We also welcome any friends or family that would like to participate. Please, sign up so we are provided with sufficient supplies.
- **TUESDAY City Waste & Recycling Presentation:** Jody Cook, the Volunteer Program Specialist for the City of Columbia, will be visiting Bedford to speak about what Columbia is doing to reduce their waste and how the recycling process works. This presentation will take place in the Bedford Theater. Let's show her our support and interest in this ongoing environmental issue.
- **WEDNESDAY Garbology Activity & Earth Day Social:** Join Kelly in the Lobby to learn more about the surprising amount of time it takes to break down and biodegrade every day "trash." That afternoon we will gather for Social Hour, which will be Earth Day themed. We will have delicious cupcakes provided by Joy, and all are encouraged to wear blue or green.
- **THURSDAY All Recyclable Pick-Up Day:** We know our residents have expressed interest in being able to recycle more than just paper products, and we appreciate how conscious you are about this important topic. Unfortunately, until Columbia is able to provide this service we will have to stick with the process we have in place, BUT for this one day, we would like to pick up ALL your recyclable items! Look out for more specifics in your weekly newsletter on how we plan to make this happen. In the meantime, start saving your glass, plastics and aluminum waste.
- **FRIDAY Tour of the Columbia Recycling Center:** Join us on a short trip to our city's recycling center to tour the building and learn all about what happens to our recycled items after we drop them off. This is sure to be an interesting and motivating day trip, followed by a nice lunch at Como Smoke & Fire.

## FEATURED: The Bedford Big Hearts

March's donation to Gentry was such an amazingly unique contribution to some of our local heroes. Thanks to our residents and their efforts to make an impact month after month, we were able to drop off a considerable donation to several middle school teachers that were in desperate need for a mid-year supply refresh. One teacher specifically, Esther Rose, was especially grateful! She is teaching 3 sections of 8th grade English Language Arts and 1 section of 6th grade ELA. She started her freshman year at Mizzou, and then the pandemic happened. She has since been able to do some student teaching in Jefferson City and was happy to except the position here at Gentry back on March 6th. She loves being able to take students from not understanding a subject, to having that "aha!" moment.



This month we will be collecting for The Central Missouri Humane Society. This is often a forgotten need in every community. As breeding remains to be the main source for household pets, the number of strays, left behind animals, and the need for rehoming, is always growing. The Humane Society is a

"No-kill shelter" and each animal is cared for until they are either fostered or adopted. Please, consider donating to this wonderful organization for April's charity of the month. **Their priority needs are listed below:**

- large, heavy duty trash bags
- liquid dish soap
- size large dog collars
- dog treats (rawhide free, please!)
- liquid laundry soap
- bleach
- leashes
- dog training treats

SUN

MON

TUES

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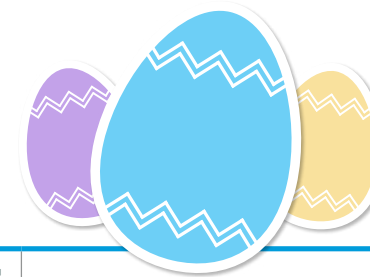


# APRIL 2023

RL = Resident Led Event

= Trash Day

= Recycle Day



1  
**First day to donate to the Humane Society**  
3:00 p.m. Bible Meets Broadway (in the Piano Lounge) **RL**

2  
3:00 p.m. Afternoon Show: *The Irishman*

3  
*Hair Stylist Available by Appt*  
8:15 a.m. Water Aerobics 1  
8:45 a.m. Water Aerobics 2  
10:00 a.m. Chair Yoga  
12:30 p.m. Hand & Foot **RL**  
3:00 p.m. BINGO

4  
10:00 a.m. Crafts with Kelly: Happy Easter Greeting Card  
10:30 a.m. Transportation to Rock Bridge Church for Voting  
12:30 p.m. Euchre **RL**   
2:00 p.m. Tech Tuesday: Recovery Contact  
3:00 p.m. Fiber Arts

5  
10:00 a.m. Fitness Class with EmpowerMe  
10:30 a.m. Resident Council Meeting  
12:30 p.m. Bridge **RL**  
1:00 p.m. Weekly Shopping Trip: **Schnucks**  
4:00 p.m. Social Hour: Pizza Party

6  
10:00 a.m. Chair Yoga  
12:30 p.m. Euchre & Dominoes **RL**  
12:30 p.m. Brain Games  
3:00 p.m. Resolution Meeting **RL**  
6:00 p.m. Tenebrae with Jackie in the Theatre **RL**  
NO Line Dancing

7  
9:00 a.m. Hot Cross Buns and Babble  
9:15 a.m. Water Aerobics  
10:00 a.m. Tai Chi  
12:30 p.m. Hand & Foot **RL**  
3:00 p.m. *Top Gun* viewing in the Bedford Theatre (refreshments provided)

8  
3:00 p.m. Non-Denominational Worship Service **RL**

9  
**HAPPY BIRTHDAY Mary Ellen Bradley!**  
11:00 a.m. Extended Menu Easter Brunch & Family Easter Egg Hunt  
3:00 p.m. Hymm Sing in Piano Lounge  
NO Afternoon Show

10  
*Hair Stylist Available by Appt*  
8:15 a.m. Water Aerobics 1  
8:45 a.m. Water Aerobics 2  
10:00 a.m. Chair Yoga  
12:30 p.m. Hand & Foot **RL**  
3:00 p.m. BINGO

11  
10:00 a.m. Crafts with Kelly: Crate Paint Garden Boxes  
12:30 p.m. Euchre **RL**  
2:00 p.m. Tech Tuesday: Revisiting Alexa  
3:00 p.m. Fiber Arts: Introduction to Crochet

12  
10:00 a.m. Fitness Class with EmpowerMe  
10:30 a.m. Activity Club  
12:30 p.m. Bridge **RL**  
1:00 p.m. Weekly Shopping Trip: **Walmart**   
3:00 p.m. Pictionary in Piano Lounge

13  
10:00 a.m. Chair Yoga  
12:30 p.m. Brain Games  
12:30 p.m. Euchre & Dominoes **RL**  
3:00 p.m. Line Dancing  
5:00 p.m. Dinner Club:

14  
9:00 a.m. Coffee & Conversation  
9:00 a.m. **Men's Breakfast at HyVee**  
9:15 a.m. Water Aerobics  
10:00 a.m. Tai Chi  
12:30 p.m. Hand & Foot **RL**

15  
**HAPPY BIRTHDAY Connie Tapley!**

16  
3:00 p.m. Afternoon Show: *Red Notice*

17  
*Hair Stylist Available by Appt*  
8:15 a.m. Water Aerobics 1  
8:45 a.m. Water Aerobics 2  
10:00 a.m. Chair Yoga  
12:30 p.m. Hand & Foot **RL**  
3:00 p.m. BINGO  
3:00 p.m. Nifong Boulevard Street Clean-Up (Volunteer Activity)

18  
10:00 a.m. Crafts with Kelly: Salt Dough Impressions Pt. 1  
12:30 p.m. Euchre **RL**  
2:00 p.m. Tech Tuesday: QR Codes  
3:00 p.m. Fiber Arts  
3:00 p.m. Waste & Recycling Presentation by Jody with The City of Columbia

19  
10:00 a.m. Fitness Class with EmpowerMe  
11:00 a.m. Garbology Activity in the Lobby   
12:30 p.m. Bridge **RL**  
1:00 p.m. Weekly Shopping Trip: **Target**  
4:00 p.m. Earth Day Social Hour & Birthday Celebration

20  
**HAPPY BIRTHDAY Bill Braun!**  
*Columbia Foot Care in Salon*  
9:00 a.m. All Recyclable Pick-up Day  
10:00 a.m. Chair Yoga  
12:30 p.m. Brain Games  
12:30 p.m. Euchre & Dominoes **RL**  
3:00 p.m. Line Dancing

21  
9:00 a.m. Coffee & Conversation  
9:15 a.m. Water Aerobics  
10:00 a.m. Tai Chi  
10:00 a.m. Tour of the Columbia Recycling Center followed by lunch at **COMO Smoke & Fire**   
12:30 p.m. Hand & Foot **RL**

22  
*Nail Tech Available by Appointment*  
3:00 p.m. Non-Denominational Worship Service **RL**

23  
3:00 p.m. Afternoon Show: *Fatherhood*

24  
*Hair Stylist Available by Appt*  
8:15 a.m. Water Aerobics 1  
8:45 a.m. Water Aerobics 2  
10:00 a.m. Chair Yoga  
12:30 p.m. Hand & Foot **RL**  
3:00 p.m. BINGO

25  
10:00 a.m. Crafts with Kelly: Salt Dough Impressions Pt. 2  
12:30 p.m. Euchre **RL**  
2:00 p.m. Tech Tuesday: Weather App  
3:00 p.m. Fiber Arts

26  
10:00 a.m. Fitness Class with EmpowerMe  
10:30 a.m. Fitness Through Flexibility Class  
12:30 p.m. Bridge **RL**  
1:00 p.m. Weekly Shopping Trip: **MENARDS**  
3:00 p.m. Elvis Night of Nostalgia

27  
**HAPPY BIRTHDAY Linda Strong!**  
*Massage Therapist Available by Appt*  
10:00 a.m. Chair Yoga  
12:30 p.m. Brain Games  
12:30 p.m. Euchre & Dominoes **RL**  
3:00 p.m. Line Dancing  
5:00 p.m. Dinner Club:

28  
9:00 a.m. Coffee & Conversation  
9:15 a.m. Water Aerobics  
10:00 a.m. Tai Chi  
12:30 p.m. Hand & Foot **RL**  
1:00 p.m. Strawberry Hill Farms  
2:30 p.m. Green Thumb Club: Plant Garden   
7:00 p.m. Game Night **RL**

29

30  
3:00 p.m. Afternoon Show: *The Good Nurse*

3:30 p.m. Audio Interview with the Author  
4:00 p.m. **Book Club**

## DETAILS

**Top Gun Viewing Party**  
Called this year's "greatest film", *Top Gun*, will be playing in the Bedford Theatre on Friday the 7th. Snacks and refreshments will be provided. Feel free to wear cozy movie attire, sweats, PJs, and slippers - all encouraged!

**Walking Club**  
This seasonal group is open to all residents. All walking trails chosen for our monthly walks will be paved and handicap accessible. The walks are expected to take up to an hour. This month's Walking Club destination is Stephens Lake Park. Join Kelly in a guided Bird Identification walk around the lake. Periodic rests will be taken to spot some of our favorite springtime feathered friends.

**Strawberry Hill Farms**  
You do not have to be in the Green Thumb Club to enjoy this day trip. The Bedford Shuttle will be traveling just down the way to Columbia's favorite nursery. Whether you are looking for a house plant, something to brighten up your front porch or balcony, or you are interested in helping pick out our Bedford garden vegetables, this trip is for you! Directly following the trip, the Green Thumb Club will work at getting those plants in our new raised garden. I hope you are just as excited to enjoy a day outdoors sure to pay off with the fruits of our labor.