

GOLDEN EDITION

April, May and June 2022



NORTH CAROLINA'S INTERNATIONAL CITY™

Roy B. Culler, Jr. Senior Center

N.C. Senior
Center of
Excellence

921 Eastchester Drive
Suite 1230
High Point, NC 27262
336.883.3584

www.highpointnc.gov/pr

Hours:

Monday - Friday
8:30 a.m. - 5 p.m.

Staff:

Christie Hyman-Shine
Recreation Center Supervisor

Zack Miller
Assistant Supervisor

Vicki Rickard
Recreation Attendant

Debbie Dawson
Courtland Jones
Drivers

All programs are open to anyone age 50 and better and held at the Senior Center unless noted.

Certified as a
Center of Excellence
by the North Carolina
Division on Aging and
Adult Services

Monthly calendars
available at the center

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Living Better Longer: Dr. Kenneth Cooper

Based on an article by Julie King, *The Journal on Active Aging*

An unexpected epiphany led Kenneth H. Cooper, MD, MPH, to a life-altering change in career course. While water skiing in 1960, he felt like he was having a heart attack. At the hospital, the doctor determined that Dr. Cooper's heart was healthy, but he was out of shape. He had experienced a temporary irregular heartbeat. Poor nutrition and inactivity during his medical studies and residency had pushed Cooper's weight to 204 pounds, a gain of more than 30 pounds. This physical deconditioning was then compounded by pressures related to his military career and new marriage.

This critical wake-up call both humbled and motivated the former high-school basketball All-Star, state track champion and physician. Cooper started running the next day and, in 1962, completed his first Boston Marathon. Over the six months following his health scare, he shed 40 pounds by exercising and following a healthy diet. His prediabetes and hypertension disappeared, replaced by his firsthand knowledge that exercise was a critical—and largely ignored—part of healthcare.

"My experience," Cooper says, "proved how regular exercise could significantly improve your health. I had to share this revelation." Cooper has been on a mission to change the health of Americans ever since. Like all pioneers, however, he has had to overcome widespread resistance along the way.

"In medical school in the mid-1950s, we were told that it would be dangerous for our patients to exercise vigorously or competitively after age 40," Cooper revealed in his 1997 book *Faith-Based Fitness*. If this were true, the fitness movement pioneer - who recently turned 90 - would no longer be able to cycle or walk after accumulating more than 80,000 miles in daily exercise over his lifetime. Nor would other older elite athletes whose training and accomplishments continued past age 40. Examples include long-distance

swimmer Diana Nyad and boxer George Foreman, both 72, as well as baseball pitcher Nolan Ryan, 74, and tennis player Billie Jean King, 78.

In the decade Cooper spent as a U.S. Air Force physician and flight surgeon after his early career in the Army, he amassed years of research data from novel treadmill stress testing to identify early signs of coronary disease. He also created the 12-minute and 1.5-mile fitness tests and the Aerobics Point System. Cooper wrote his first book, *Aerobics*, in 1968, coining this term for cardiovascular activity. Translated into 41 languages and Braille, the bestseller led to a fitness revolution.

Recognizing the need for irrefutable research on how physical activity can help prevent many chronic diseases, Cooper began collecting data in 1970, when he started the Cooper Center Longitudinal Study (CCLS) at the Cooper Institute. The CCLS is now the world's largest and longest-running observational study to effectively and repeatedly prove that exercise is a form of medicine.

We've all heard it before: The basics, such as being fit, build the foundation for better long-term health. As Cooper says, "If you can reach a good level of fitness at age 50, it can have a dramatic impact on what happens to you at 70." Cooper not only stresses the impact of prevention on how we age but also what a healthy lifestyle involves.

Maintaining a healthy weight is one of the most important aspects to prevent illness and disease, enjoy a higher quality of life and live longer. Knowing your body mass index (BMI) is one simple way to determine if you're at a healthy weight. (To calculate your BMI, ask your doctor for assistance or go online to www.cdc.gov/healthyweight.) Here are some additional recommendations.

How to 'Get Cooperized™' for healthy aging

Make healthy food choices most of the time. It's about moderation, not deprivation. Aim to eat healthy foods 80% of the time and have a treat the other 20%. Focus on consuming five to nine servings of fruits and vegetables daily to lower your blood pressure and cholesterol and reduce your risk of stroke, heart failure, osteoporosis and kidney stones.

Exercise most days of the week. Participate in moderate physical activity a collective 30 minutes a day, five days a week. This can be 30 minutes all at once or broken into smaller segments. Moderate intensity should elevate your heart rate to where you can talk, but you feel winded. This is the magic number to reap the benefits of heart health, prevent diabetes, cancer and other diseases and improve quality and quantity of life.

Take the right supplements for you. Start with a good, balanced diet, and then consider supplements as your insurance policy. Take a quality multivitamin and have your blood levels checked to determine if you are deficient in any nutrients and need additional supplementation. Research shows most people do not consume enough vitamin D.

Do not use tobacco. All tobacco products - not just cigarettes - can threaten health and are the number one treatable cause of cardiovascular disease. Tobacco is also associated with multiple types of cancers, including esophageal, cervical, stomach, kidney, pancreatic and more. It's never too late to quit using tobacco!

Control alcohol consumption. If you don't drink, don't start. But if you do enjoy alcohol, practice moderation. Men and women should have no more than one drink per day, which is a 12-oz. beer, 5-oz. glass of wine or 1.5 oz. of liquor.

Manage your stress. Stress can raise blood pressure and resting heart rate and lead to weight gain - all of which can also cause cardiovascular disease. Physical activity, meditation, massage, prayer and hobbies are effective ways to reduce stress.

Get regular, comprehensive physical exams. It's easier to maintain good health than to regain it once it's lost. That starts with a preventive, baseline physical exam between ages 35 and 40, and annual exams recommended at ages 50 and up. Know your cholesterol, blood sugar and blood pressure numbers, get checkups each year to monitor changes and aim to prevent diseases before they occur.

2022 Greater High Point Senior Games

Senior Games is a year-round health and wellness program for persons ages 50 and better. We offer 65 athletic events and more than 30 art categories from which to choose. Registration for the 2022 Senior Games is \$12. There is truly something for everyone; we invite you to enjoy the fun, fitness, family and fellowship that is Senior Games! For more information, contact Zachary Miller at 336.883.3584 or by email at zachary.miller@highpointnc.gov.

Please note registration deadlines:

Visual & Heritage Arts: Tuesday, March 22.

Art entries due between 10 a.m. - 4 p.m.

Sports, Literary Arts & Performing Arts: Friday, April 1

Performing Arts Show and Take-out Dinner: Tuesday, May 10 (or until sold out)

Ticket cost for participants: \$5

Opening Ceremonies for Senior Games (participants only)

Thursday, March 31

Roy B. Culler, Jr. Senior Center, 921 Eastchester Dr., Suite 1230, High Point

9 a.m.: One-mile Fun Walk

10 a.m.: Opening remarks, thanks to all participants and sponsors, take-home breakfast

SilverArts Artist Reception

Tuesday, April 19, 2 - 3 p.m.

Roy B. Culler, Jr. Senior Center, 921 Eastchester Dr., Suite 1230, High Point

Artwork from Visual and Heritage Arts portion of Senior Games will be on display.

Performing Arts Rehearsal

Friday, May 6, 2:45 - 4:45 p.m.

Roy B. Culler, Jr. Senior Center, 921 Eastchester Drive, Suite 1230, High Point

Rehearsal for performing artists

Performing Arts Banquet

Tuesday, May 10, 5:30 p.m. - 6:30 p.m.

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Programs

Tech Time

Tuesdays, 3 - 3:45 (Androids), 4 - 4:45 p.m. (iPhones)

April 5 - 14, May 3 - 10, June 7 - 14

This instructional program, sponsored by Humana, helps senior adults gain a better understanding of the "ins and outs" of using their smartphones. Participants must bring their own handheld device. Limited space available. To register, contact the Senior Center at 336.883.3584.

Art Class, Wednesdays, 1:30 - 4:30 p.m.

April, May and June

This mixed-media art class is for advanced artists who will have the opportunity to paint at the Senior Center throughout the course of the year. Artist will need to purchase or bring your own supplies for class.

Art Class II, Thursdays, 1 - 4 p.m.

April, May and June

This mixed-media art class is for beginner up to advanced artists that will have the opportunity to paint at the Senior Center throughout the course of the year. Artist will need to purchase or bring your own supplies for class. Donations of art supplies (brushes, paint and canvas) are accepted and appreciated to help fellow artists.

Virtual Morning Exercise Drills

Mondays, 8:30 - 9 a.m.

Designed for active senior adults who exercise regularly, this program provides a brief, intense workout incorporating cardio and strength training. Please consult your doctor before registering. If you have questions, please contact the Senior Center at 336.883.3584.

AHOY Exercise

Monday, Wednesday & Friday, 10 - 11 a.m.

Our AHOY (Adding Health To Our Years) exercise program is a chair-based, low-impact class designed for all levels of fitness. Participants are encouraged to bring their own set of light weights and water.

Stability Training

Thursdays, 9 - 9:30 a.m.

This class is designed to help you become stronger and improve balance! Movements will focus on specific exercises to stretch and improve strength around the upper body, core and lower body.

Chair Volleyball

Monday, Wednesday and Friday, 1 - 3 p.m.

Thursday, 6 - 8 p.m., Oakview Recreation Center, 503 James Rd.

Chair Volleyball promotes fitness, fun, friendship and the spirit of competition. The game is played using a beach ball and a slightly lowered net while players are seated.

Yoga

Mondays & Thursdays, 11 - noon

April, May & June

Yoga helps with breathing, physical exercise and posture, along with meditation to integrate your mind. Yoga induces relaxation and stimulates the circulatory system to keep muscles and joints strong and flexible. It also helps reduce the risk of heart disease by lowering blood pressure and is useful in pain management. Fee \$38 per month.

Presentations

Virtual AARP Workshop Series for the Community

Friday, 1 - 1:45 p.m.

April 1: Fraud Watch Network

May 6: Prepare to Care

June 3: HomeFit

July 1: Brain Health

August 5: Living Long, Living Smarter

These workshops are sponsored by AARP and will help determine what choices may be important for you and loved ones. For registration and information, contact the Senior Center at 336.883.3584.

Take-home Lunch and Learn Series with In-person Education

Wednesdays, 10:30 - noon

April 20: Line dance class

May 18: Art class

June 15: Tai Chi

Lunch and Learn series provides free, in-person education sessions on healthy living for your brain and body, followed by a take-home meal. Participants must complete the session to receive lunch. Pre-registration is required, and the courtesy of advance notice of cancellation is kindly requested.

Virtual Reverse Workshop

Friday, April 22, 1 - 1:45 p.m.

Please join us for an informative presentation on how reverse mortgages work and the implications of the appropriateness of a reverse mortgage for the personal and financial situations of older adults and possible financial alternatives to reverse mortgages. This session, led by Consumer Credit Counseling Service of Greensboro, (a division of Family Service of the Piedmont), will be presented virtually via Zoom. To register, please contact the Senior Center at 336.883.3584

Special Events

Making Easter Baskets & Springtime Crafts

Thursday, April 7, 2 - 3p.m.

One basket and some supplies will be provided, but we encourage you to bring your own stuffed animals or additional toys and supplies to personalize it. One basket is allowed per person, and space is limited; advanced registration is required. Special thanks to HealthTeam Advantage, who will help facilitate the craft and basket creations. Free.

Older Americans Month 2022

Tuesday, May 17, 10 - 11 a.m.

We're celebrating the theme "Age My Way" during Older Americans Month 2022 with a Plant & Seed Swap! As a way to emphasize our focus on the power of connection and engagement, each participant must bring seeds or at least one plant to exchange at the event. Please register in advance at 336.883.3584.



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High Point Parks & Recreation

101411

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Groups to join in April – June 2022

Pinochle

Fridays, 1 - 4:30 p.m.

Drop in and join friends for sessions of pinochle, a trick-taking, Ace-Ten card game for two to four players, played with a 48-card deck. Participants are encouraged to bring their own playing equipment.

Creative Coloring and Scrapbooking

Mondays and Fridays 2 - 4 p.m.

Get creative among friends and work at your own pace in a relaxing setting as you color various themed art pages or develop a scrapbook of your choosing. Limited supplies are available; participants are asked to bring their preferred supplies and favorite tools.

Badminton

Mondays and Thursdays, 1 - 4 p.m.

Play badminton to help improve mobility, stamina, concentration and strength! Participants are encouraged to bring their own equipment and wear proper footwear.

Book Club

Every third Thursday of the month, 10 - 11:30 a.m.

Each time we gather, we discuss a different book selected by the group. Participants are asked to take a month and lead a discussion at least once a year. New members are welcome at any time; please call the Senior Center for the selected book.

The Senior Center is currently taking new, unopened, original packaging donations of supplies to support Bingo games and other activities:

Bingo prizes: individually packaged snacks, canned food & small prizes for men
Jumbo-sized decks of cards

Art supplies: brushes, paint, canvases, adult coloring books, colored pencils
Other small gift items

Please contact the Senior Center for further information at 336.883.3584.

Have you moved, or have other changes caused you to receive this newsletter in error? To better serve you, please contact the Senior Center to update your information in our system.

Services for seniors and their families

Senior Resources of Guilford: This organization provides services for older adults in High Point and Guilford County. Talk with staff by phone or call for an appointment at 336.883.3586.

SeniorLine Information and Referral: May we help you with information on housing, transportation options, caregiver assistance, food/meal assistance, home repair, counseling, falls prevention, a speaker for your organization or other senior needs? Please call 336.884.6981. SeniorLine is operated by Senior Resources of Guilford.

Tax Appointments: High Point Volunteer Income Tax Assistance Program (VITA) offers appointments at the High Point Public Library and Guilford Technical Community College (GTCC) in Jamestown through April 18. Please contact the Senior Center at 336.883.3584 for more information or to make an appointment. You may also go online at SignUpGenius.com/go/HPTax. Please note, you must have an email when using website.

Blood Pressure Check: Check your numbers on Mondays at the Roy B. Culler, Jr. Senior Center from 9:30 - 10:30 a.m.

Senior Health Insurance Information Program (SHIIP): Volunteers are available to counsel Medicare beneficiaries about their options. For an appointment, please call 336.373.4816, ext. 253. or 336.701.5810.

Legal Aid Fridays: Services are offered by appointment; please call 877.579.7562.

Transportation Guilford County: Free services are offered to seniors; please call 336.641.4848 or contact low-cost Dial-a-Lift at 336.887.1183.

North Carolina Department of Social Services: For abuse or neglect please contact Social Services Hotline available 24 hours a day at 800.378.5315.