

## October 2009



### October Birthdays

Antoinette Beaver  
Jim Brant  
Gertrude Lamar  
Lee Locklear  
Virginia Porzandek  
Carla Sutherland

### Get Well Soon!

Marge Foster  
Angie Johansen

## SEMII

### Seniors R Us Club

The SEMII Seniors R Us Club met on Tuesday, September 15, 2009. Plans were finalized for those participating in the Rummage Sale. Thanks again to all those who helped! The Seniors Club raised almost \$60.00 from items sold at their tables. Thanks also to the Seniors Club for their donation to the Seniors Program, it was greatly appreciated!

Our next Seniors R Us Club meeting will be on Tuesday, October 13, 2009.

## Halloween Party



Our Halloween Party will be on Friday, October 30, 2009 at 11:00 A.M. We will have a 50/50, special raffle, games and goodies to enjoy! Please come on out and join us and wear your Halloween costumes. There will be prizes awarded for best costumes!

**\*EXTRA\*!!!**

Two month-long raffles!



### **Farberware Millennium 4-Slice Toaster Oven Broiler**

*Need not be present to  
win!*

Tickets are:  
\$5.00 for 8  
\$2.00 for 3  
\$1.00 each

*Ticket to be drawn at the  
Halloween Party!*



**Halloween Squares!!**  
**\$50.00 to the winner!!**  
*Need not be present to  
win!*

Here's how it works:

100 Squares to choose from! \$1.00 a Square. Buy as many squares as you wish, write your name in the square/squares of your choice. It's a number matching game. Numbered ping-pong balls are drawn, if the numbers match your square of choice, you win!!

*Drawing will take place during the Halloween party, but we need to sell all 100 squares!*

## October Events

**The Area Agency on  
Aging Presents:  
10<sup>th</sup> Annual Solutions for  
Family Caregivers Expo  
Saturday, October 24, 2009  
9:00 A.M. – 2:00 P.M.  
Diamond Ballroom  
Rock Financial Showplace  
Novi, MI**

*This educational expo is an excellent opportunity for individuals and families who are caring for an older adult or person with disabilities to learn about resources and services available in their area to assist them, and it is all under one roof! Parking and attendance are free!*

*Expert presentations will be provided on important topics related to caregivers, more*

than 115 exhibitors will be available to discuss products and services to assist caregivers, refreshments will be served, and everyone will have a chance to win great door prizes!



**Humana MarketPOINT  
Seminar on Medicare**

Presented by Tim Klemz  
Tuesday, October 27, 2009  
11:30 A.M.  
At SEMII



**How Much Physical  
Activity Do Older Adults  
Need?**

*From Centers for Disease  
Control and Prevention  
(CDC)*

As an older adult, regular physical activity is one of the most important things you can do for your health. It can prevent many of the health problems that seem to come with age. It also helps your muscles grow stronger so you can keep doing your day-to-day activities without becoming dependent on others. Not doing any physical activity can be bad for you, no matter your age or health condition. Keep in mind, some physical activity is better than none at all. Your health benefits will also increase with the more physical activity that you do. If you're 65 years of age or older, are generally fit, and have no limiting health conditions you can follow the guidelines listed below.

For Important Health Benefits

**Older adults need at least:**

2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity (i.e. brisk walking) every week **and** muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

**OR**

1 hour and 15 minutes (75 minutes) of vigorous-intensity aerobic activity (i.e. jogging or running) every week **and** muscle-strengthening activities on 2 or more days a week that work all major muscle groups.

**OR**

An equivalent mix of moderate- and vigorous-intensity aerobic activity **and** muscle-strengthening activities on 2 or more days a week that work all major muscle groups.

We know 150 minutes each week sounds like a lot of time, but it's not. That's 2 hours and 30 minutes, about the same amount of time you might spend watching a movie. The good news is that you can spread your activity out during the week, so you don't have to do it all at once. You can even break it up into smaller chunks of time during the day. It's about what works best for you, as long as you're doing physical activity at a moderate or vigorous effort for at least 10 minutes at a time.

**Aerobic activity** or 'cardio' gets you breathing harder and your heart beating faster. Pushing a lawn mower, walking, taking a dance class, biking to the store—all types of activities count. As long as you're doing them at a

moderate or vigorous intensity for at least 10 minutes at a time.

**Intensity** is how hard your body is working during aerobic activity.

**How do you know if you're doing moderate or vigorous aerobic activity?**

On a 10-point scale, where sitting is 0 and working as hard as you can is 10, moderate-intensity aerobic activity is a 5 or 6. It will make you breathe harder and your heart beat faster. You'll also notice that you can talk, but not sing the words to your favorite song.

Vigorous-intensity activity is a 7 or 8 on this scale. Your heart rate will increase quite a bit and you'll be breathing hard enough so that you won't be able to say more than a few words without stopping to catch your breath. Everyone's fitness level is different. This means that walking may feel like a moderately intense physical activity to you, but for others it may feel vigorous. It all depends on you—the shape you're in, what you feel comfortable doing, and your health condition. What's important is that you do physical activities that are right for you and your abilities.

**Happy Halloween**

**On Behalf of SEMII  
Board of Directors and  
Staff!!**

**Karen Tomalis-Lloyd  
Seniors Advocate  
(586)756-1350**

