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Dear SAIL Leaders and participants:

WOW . . . what a long hot summer we’ve had so far! Hoping everyone is staying as cool as possible and well hydrated. We’ve been breaking records in Tennessee in more ways than the heat index. Our SAIL in TN efforts have been stellar and I know you’ll be excited to read the milestones Sidney shares in this edition of the Newsletter for our first fiscal year of the grant. We’re looking forward to one more SAIL leader training in the western part of our state this fall when cooler weather and crisp autumn days will hopefully provide relief from the heat. It is hard to think about the close of 2019 just beyond the sights and smells of fall. Nevertheless the holidays will be upon us in a blink . . . whether we’re ready or not! Speaking of cooler temperatures and fall, we kicked off Fall Prevention Awareness Day in September and want to continue reminding our seniors of the importance to pay attention to their surroundings, especially at home where most falls occur. Falls is still the number one reason seniors go to the hospital. We’ve also learned that deaths from falls are on the rise in our state. Of course one of the best ways to prevent falls is to stay strong and active so let’s keep our commitment to attend SAIL classes as often as possible; share your enthusiasm with family and friends; and perhaps consider becoming a SAIL assistant to help your SAIL leader with paperwork.

Finally, we hope you enjoy and are inspired by the showcase of amazing 90+ SAIL Club! If you are fortunate enough to exercise with these lovely ladies, let them know you are encouraged by their example and commitment.

Thank you . . . for all you do!

Happy Fall & Happy SAIL-ing!

Rachel, Cynthia, Sidney and Terri
Adding Other Therapy to Exercise May be Best for Fall Prevention

Older adults who exercise may be half as likely to fall as their inactive counterparts, and adding therapies like eye exams, vitamins and home repairs may lower the risk even more, a research review suggests.

Researchers examined data from 238 previously published results with a total of about 160,000 people age 65 or older. All of the studies were experiments that randomly assigned participants to receive exercise or other interventions for fall prevention, usual care such as education, or no help at all.

Compared to usual care, people who were assigned to exercise programs were 49 percent less likely to have a fall resulting in injury, researchers report in JAMA.

Combining exercise with eye exams and treatment of vision problems, meanwhile, was associated with 83 percent lower odds of a fall-related injury, and case management along with comprehensive geriatric assessments and certain vitamin supplements were tied to 88 percent lower odds.

Geriatric assessments look not only at seniors’ health but also at whether their living environment could be made less hazardous.

“Prior to this study we didn’t know the most effective strategies for fall prevention,” said senior study author Dr. Sharon Straus of the University of Toronto.

“Exercise was found to be the intervention that was likely to be most effective in preventing injurious falls,” Straus said by email. “Preventing injurious falls is (critical) for older adults as these falls can impact quality of life for patients.”

Source: Reuters Health

SAIL Participant Survey

Have you filled out a SAIL participant survey yet? Your SAIL instructor will have paper copies or you may fill the survey out online. The link online is:
https://stateoftennessee.formstack.com/forms/sail_program_survey
Increasing Weights

Q. I can feel I am getting stronger. When should I increase my weights?

A. Increasing the amount of weight is necessary for increasing strength. When you can perform 10-15 repetitions easily with good form, it is time to increase the weight. Try increasing weights in 10 percent increments. This is easy with most ankle weights containing iron bars as they typically have ten -- 1/2 pound weights. Exceptions to this would be if your doctor or physical therapist has given you weight restrictions. When you increase your weights, you may chose to do less repetitions than your classmates to start with. If it feels challenging with 8-10 repetitions, you have chosen the right weight. Always remember, however, there should be no pain during exercises.

Keeping on Track during the Holiday Season

Holidays are hectic and facilities often have irregular hours of operation. Many people travel during the holidays or attending holiday events. Keeping on track during the holidays can be difficult, but not impossible.

Here are some tips to maintain exercise if your SAIL class is not meeting during the holidays:

- Find an accountability buddy to report to
- Find an indoor area to walk such as a mall
- Do sit to stands using a secure chair (or perhaps the toilet with the lid closed)
- Practice your balance next to a non-moving object like a kitchen counter
- Play some fun holiday music and move with a grandchild
- Keep weights at home to use
- Set goals to move and stretch most days
- Take regular breaks if driving long distances.

Roasted Maple Glazed Brussels Sprouts

Serves 6

Ingredients:
1 pound Brussels sprouts, trimmed and cut in half
¼ cup extra virgin olive oil
3 tablespoons pure maple syrup
Salt and pepper to taste
3 slices bacon, cooked crisp and crumbled (optional)

Instructions:
Preheat oven to 400 degrees F
Place Brussels sprouts in a single layer in a baking dish. Drizzle with olive oil and maple syrup; toss to coat. Season with salt and black pepper.
Roast in the preheated oven until Brussels sprouts are caramelized, 30 minutes, stirring halfway through.

Source: Terri Geiser — SAIL instructor
Check out other recipes by Terri at www.cookingwiser.com
WE LOVE SAIL!

The Town of Arlington understands the importance of its senior citizens embracing an adaptable healthy and active lifestyle. SAIL has been instrumental in helping our senior community because of its unique applicability to each individual’s fitness level. Our SAIL participants have seen improved balance, strength and flexibility, especially in everyday tasks:

• “My friend told me she could see a difference in the way I walked. Walking from the parking lot to the store has become easier.”
• “My grandson noticed I could reach above my head better.”
• “At home, I was able to catch myself before I lost my balance.”
• “I can lift my cast iron skillet without help!”

Find a SAIL program near you! You can do it! Each class aims to provide a welcoming environment that includes people across difficulty levels, from those who have never exercised before to those already participating in a healthy active routine. In our program, everyone encourages each other because we are all in it together!

Instructors Corner:
Spotlight on Elizabeth Equi

As director of the Town of Arlington Senior Citizens Center, Elizabeth uses her passion for spreading positivity to remind the senior community that learning, growing, and thriving is possible at any age. During her many years of experience at the center, she has innovated new ways of approaching diverse assortments of events and information in order to reach as many people as possible effectively and creatively. The SAIL initiative is no different, as she aims to encourage her members to stay active and healthy through engaging, supportive programs. Her goal is to ensure that each person who walks into the center will leave with a smile on their face and a sense of accomplishment.

For the Funny Bone

Instead of the John I call my bathroom the Jim! That way it sounds better when I say I go to the Jim first thing every morning!!!
Exercises for an Achy Back

“The most important thing with back pain is to keep moving, especially with activities that keep your core strong, such as walking, yoga or tai chi,” says physical therapist Meredith Harris, a spokesperson for the American Physical Therapy Association. In fact, yoga is just as effective as physical therapy for treating folks with chronic low back pain, according to a 2017 study published in the *Annals of Internal Medicine*. But if you just can’t get into a Downward Dog, try these moves instead.

**Kegel**

“It strengthens the transversus abdominis, one of our major core muscles that supports our low back,” explains Christi Reinhardt, a physical therapist at the Hospital for Special Surgery in New York City.

**Try it:** The trickiest part of the kegel is identifying the right muscles: You can do this by stopping your flow of urine midstream. Once you’ve done that, start with tightening these muscles for five seconds, then relaxing them for five seconds, five times a day. As you get comfortable, build up to 10 seconds at a time. Eventually, you want to do three sets of 10 reps each day.

**Superman**

This exercise strengthens your entire upper and lower back, Harris says.

**Try it:** Lie on your stomach on a flat surface and raise both your arms and your legs at the same time, as though you are flying. Hold for five seconds, then return to starting position. Repeat 10 times. (NOTE: You can perform with opposite arm/leg such as in the picture or arms only or legs only. “Goal post” arm position is another alternative.)

**Bridge**

“People often assume a plank is best for core and back strength, but if you do it wrong, it can irritate the back,” Reinhardt says. A hip bridge works all the same muscles, but is more forgiving.

**Try it:** Lie on your back either on the floor or on a bed, your arms at your sides, knees bent, and your feet flat. Tighten your tummy and butt muscles, then lift your pelvis so your body is in a straight line from your shoulders to your knees. Hold for 15 seconds, then slowly return to your start position. Repeat five times.

**Knee to chest stretch**

This stretches out your lower back as well as the front of your hip and inner thigh, Reinhardt says.

**Try it:** Lie on your back on the floor, then lift one leg and bring your knee toward your chest. Hold for five seconds, with your abdominals tight and your spine pressed to the floor. Release and repeat on the other side. Repeat the sequence 10 times.

*Source: Adapted from AARP*
SAIL Grant Update:

We are thrilled to welcome the newest class of SAIL leaders! 5 new leaders were certified June 26th and 27th at the Knox County Health Department in Knoxville, TN. This class hopes bring 4 new classes to Anderson, Blount, Greene and Hamilton counties. We want to give an extra thank you to the SAIL class participants from Karns Senior Center who came to training and helped provide the new leaders with firsthand experience in teaching the class. Your input and feedback were extremely beneficial to our new leaders.

It is hard to believe that we have recently completed our first official year of the Falls Prevention Grant that helped us expand SAIL across Tennessee. Our numbers are reflective of the hard work and dedication of our amazing Master Trainers and SAIL leaders that have contributed over 4,000 hours of volunteer work during this first year. SAIL has been able to expand to:

- 21 workshops in 15 counties
- 43 certified SAIL Leaders
- 1,824 individual classes conducted
- 1,183 individual class participants
- 25,049 hours of exercise

New classes have already begun to kick off our second year of the grant. Three new sites have been established in July and August with three more anticipated beginning between October and January. Not to mention our final SAIL Leader Training coming up in Jackson, TN on October 8th and 9th that will result in even more classes going into 2020. Thank you is not enough to express my gratitude to be able to work with such an amazing group of volunteers!

If you are interested in becoming a SAIL leader, have ideas about expanding the program or have any questions, please do not hesitate to contact me at Sidney.Schuttrow@tn.gov or 615-741-1585.

Upcoming Trainings

SAIL Leader Orientation Webinar
September 17th – 10:00a – 11:00a CST
Please contact Sidney.Schuttrow@tn.gov to register

SAIL Leader Training – NEW LOCATION
October 8th and 9th
Southwest Tennessee Development District Office
102 E. College Street
Jackson, TN 38301
8:30a – 4:00p CST
Fall

Complete the crossword puzzle below

Across
3. Tool to clean the grass of leaves
4. Color
8. Used to frighten birds
9. Fall from oak trees
10. For carving and pie
11. Jewish Holiday, Rosh ______
13. Squirrel

Down
1. Marks the end of the growing season
2. Scary Holiday
5. Feast Holiday
6. Grows on stalks
7. Change colors
12. Another name for Fall

****Answers on page 3