Dear SAIL leaders, Site Directors and participants,

Happy New Year friends! It’s hard to believe another year has passed as 2018 morphs into 2019. With the holiday season and all its’ joys behind us, we know that the busyness of the New Year brings on new stresses! Science tells us that chronic stress is associated with an overall decline in health. Furthermore, we know that when health decreases the risk for falling increases because of many factors including chronic diseases, depression and lack of physical activity. A google search on ways to reduce stress in the New Year showed the number one recommendation for stress reduction was . . . you guessed it . . . exercise! The full article can be found at https://www.healthline.com/nutrition/16-ways-relieve-stress-anxiety#section16.

As we “SAIL” into the New Year, try not to think of your exercise as a chore but as the ideal stress reduction program! Part of the genius of SAIL is exercising takes place within a group and connecting with other like-minded folks is a secondary, but very important benefit. As you know, social isolation can actually increase stress given we are created to be relational. Although some relationships can lead to stress, being part of a social group and doing something positive for yourself can reduce it. As my colleague Cynthia Rockey says, “SAIL is one of the best values around!” and we’d challenge you to find a better deal out there. You are welcome to “coin” that phrase in efforts to spread the good news in marketing efforts and recruiting new members!

With another year behind us we might be inclined to let up on exercise efforts and rest on our laurels so to speak but now is not the time for that! Keep pursuing your fitness goals and make regular exercise a priority. And a word to our fearless and wonderfully committed leaders - YOU ARE MAKING A DIFFERENCE!! Keep up the great work!

Cynthia, Terri, Sidney and I want to thank you for a great 2018! We look forward to bigger and better things for SAIL as attendance continues to increase and classes expand across the state. Please be sure to read the update on what the Tennessee Commission on Aging and Disability (TCAD) and the East TN Area Agency on Aging and Disability (ETAAAD) are doing to increase access to our beloved SAIL program.

Happy New Year and Happy “SAIL-ing”!

Rachel, Cynthia, Terri and Sidney
Beat the **Chill**

When the temperature drops, wearing the right clothing when you head out into the elements can ease the ache in your joints. “The best way to beat the chill is by wearing layers,” says Heidi V. Freeman, PhD, an assistant professor of kinesiology at the University of the Sciences in Philadelphia. Layering lightweight fabrics can keep you toasty with less bulk. Here’s how.

**Begin With the Base**

A wicking layer comes first. Instead of cotton, which holds moisture, opt for long underwear made of silk or a polyester or nylon blend.

**Add Insulation**

Your second layer should provide warmth. Wear a fleece or lightweight down jacket or a wool sweater.

**Keep Toes Toasty**

Avoid overly heavy socks that lead to tight-fitting shoes; a little room for warm air helps insulate. Wool or a wool-blend socks, such as those with nylon or Lycra, provide cushioning and flexibility and keep feet dry.

**Top It Off**

You lose up to 10 percent of body heat through your head, so wear a wind-blocking wool or fleece beanie.

**Protect Your Neck**

A scarf, balaclava or neck gaiter can shield your neck and face.

**Block the Elements**

For rain or snow, a hard-shell jacket (a waterproof, windproof, breathable layer), such as one made with Gore-Tex, is best. For less severe weather, wear a soft-shell jacket (a flexible, water-repellant layer), such as one made with polyester or water-repellant down.

**Grab Gloves**

Waterproof, insulated gloves made with Gore-Tex or water-resistant fabric should have a slight bend, which relieves pressure on hands when gripping. Gloves are rated by temperature, so choose a pair that matches your climate.

**Skip the Jeans**

Opt for quick-drying pants made from wool, wool-synthetic blends or a water-resistant treated fabric such as polyester. For chillier climates, choose fleece- or flannel-insulated pants.

*Source: www.arthritis.org*
Exercise Modifications

Q. I had a work-related injury before I retired & my shoulder and hip still bother me. It is difficult for me to perform some SAIL exercises. What should I do?

A: Always follow your physician and physical therapist advice if you have sought medical attention for your injuries or conditions. Many times people stop doing the prescribed exercises designed to correct an injury by strengthening/stretching key muscles. The tips listed in the column to the right are some suggestions for modifications for SAIL exercises. Remember to perform all exercises in good posture!

Be cautious when performing daily household activities; it may be an activity at home is causing a joint or muscle to have discomfort. Especially activities not routinely performed year-round: such as raking leaves, yard work, putting up Christmas decorations, sitting in a car for long intervals for travel, etc. People with chronic disease may also have flair-ups worsening joint or muscle problems.

If pain /discomfort worsens, you may need to follow-up with your medical provider who may suggest therapy or give additional instructions.

Exercise Modification Example

Heel Raises

Level 1  Level 2  Level 3

Tips for Exercise Modifications

- ALWAYS warm up muscles first
- Start with range of motion first—no weight
- Lighten the weights
- Work one arm at a time instead of both
- Modify hand and shoulder positioning: if certain positions cause pain
- Perform exercises slower
- Perform less repetitions
- Perform fewer sets
- Use good form
- Try exercise seated instead of standing or vice versa
- Use mirrors to watch yourself
- Ask your instructor to watch movement during the exercise causing discomfort to observe form
- Stop if any pain
- Ask instructor for more suggestions
- Be aware of form during daily activities of living—good posture, abdominal muscles braced
Instructors Corner: Spotlight on Elizabeth Lee

Elizabeth Lee was born in Lake City. She has lived in Loudon County for past 20 years. She and her loving husband of 59 years, Ramon are the proud parents of three sons, one daughter, six grandsons, one grand daughter and one great grand daughter. Elizabeth started teaching aerobics at First Baptist Church, Concord in 1980, then co-founded the Wellness Center at Park West Hospital along with Dr. Mary Hall. SAIL class is 10am every Tuesdays and Thursday at the Loudon Co. Senior Center. Elizabeth loves people in her class like family.

Whitwell SAIL Instructor Training October

Back Row-New Instructors: June Puett, Carolyn Boyd, Sidney Schuttrow (State SAIL Grant Coordinator), Tracy Klamp, Elizabeth Equi

Front Row-Master Trainers: Cynthia Rockey, Terri Stewart, Rachel Frazier

2019 SAIL INSTRUCTOR TRAINING SCHEDULE

Middle Tennessee— April 10 & 11—St. Clair Senior Center, Murfreesboro

East Tennessee— June 26 & 27 Knox County Health Department, Knoxville

West Tennessee—October 8 & 9—Henderson County Senior Center
What to Share at Your Next MD Appointment

Make the most out of your next medical appointment. Be prepared to discuss your current symptoms, medications and dietary supplements, healthy habits, and any other concerns you may have.

→ Share your symptoms

Be clear and concise when describing your symptoms. This helps the doctor identify the problem. A physical exam and medical tests provide valuable information, but your symptoms point the doctor in the right direction. Take the time to make some notes about your symptoms before you call or visit the doctor. Write down when your symptoms started, what time of day they happen, how long they last (seconds? days?), how often they occur, if they seem to be getting worse or better, and if they keep you from going out or doing your usual activities.

→ Talk about your medications

Your medical team needs to know about ALL of the medicines you take, including over-the-counter (nonprescription) drugs and herbal remedies or supplements. Make a list or bring everything with you to your visit—don't forget about eye drops, vitamins, and laxatives. Tell the team how often you take each one.

→ Tell your medical team about your habits

To provide the best care, your medical team must understand you as a person and know what your life is like. They may ask about where you live, what you eat, how you sleep, what you do each day, what activities you enjoy, what your sex life is like, and if you smoke or drink. Be open and honest with them.

→ Voice other concerns

Let the doctor know about any major changes or stresses in your life, such as a divorce or the death of a loved one. You don't have to go into detail; you may want to say something like: "It might be helpful for you to know that my sister passed away since my last visit with you," or "I recently had to sell my home and move in with my daughter."

---

Benefits of Tea

Tea is one of the most-studied drinks when it comes to its benefits for arthritis patients. Green, black and white teas are all rich in polyphenols – compounds from plants that have strong anti-inflammatory effects. You’ll find the highest polyphenol levels in green and white teas. Green tea is generally viewed as the most beneficial of all since it’s active ingredient is a polyphenol known as epigallocatechin 3-gallate (EGCG). When it comes to antioxidant activity, EGCG has been shown to be as much as 100 times stronger than vitamins C and E. Studies have shown it also helps preserve cartilage and bone, although there are no widespread controlled trials of it in people with arthritis.

Source: www.arthritis.org

---

Tasty Tips Corner

Good additions to Hot Tea:

- Lemon
- Ginger
- Turmeric
- Cinnamon

Add your choice of these ingredients to a cup of green tea to warm you up this winter. You might like to add a drizzle of honey or a sprinkle of stevia for a touch of sweetness.
SAIL Grant Update

It is hard to believe the new Falls Prevention Grant has been underway for 5 months! We are excited about the progress being made and are continuing to brainstorm on ways to improve and expand. Starting in January, two new SAIL classes will start in Chattanooga and Arlington though the SAIL Leader training we conducted in October. Three new SAIL Leader Trainings have been scheduled in Murfreesboro, Knoxville and Lexington! These training will be free of charge to attend, but as part of our sustainability plan, we will look to possibly start charging for training in 2020. Now is the time to get certified if you are interested!

If you are interested in attending 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.

NEW SAIL Class Locations:

Starting January 2019

Town of Arlington Senior Center
6265 Chester Street
Arlington, TN 38002

Mondays at 10:30a
Fridays at 11:00a

John A Patten Recreation Center
3202 Kellys Ferry Road
Chattanooga, TN 37119

Dates and Time TBD as of 12/14/2018

For more information on SAIL Class locations in your area please visit https://www.tn.gov/aging/learn-about/sail.html

Featured SAIL Class:

Loudon County Senior Center

Testimonials from Loudon County SAIL Class

I don’t know how I would survive with our SAIL class and our instructor, Elizabeth!! I am 79 and have had some major surgeries and lung cancer. She helps us with our flexibility, balance, and stamina. Elizabeth had made us stronger & healthier. What a blessing she is!!! Thank you for Elizabeth and SAIL class.

Mary Shomber, SAIL class participate

SAIL class with Elizabeth is the BEST! I have a bad back and her SAIL class helps me a lot! And Elizabeth is a wonderful person!

Margot Trollinger, SAIL class participate

The SAIL class taught by Elizabeth Lee, at the Loudon County Senior Center in Loudon, TN encourages seniors to maintain their health and mental fitness. The class consists of 20 minutes of impact aerobics, 20 minutes of body strengthening, with hand weights and leg weights, and 20 minutes of balance exercises with cool-down exercises. The class is especially geared to helping seniors with joint issues such as knees and hips. I had rotator cuff surgery previously, and I took this class so I could work my way back to better mobility. Elizabeth also encourages fellowship in the class and this is an important element in the lives of all seniors. The SAIL class continues the healthy lifestyle of the seniors of Loudon County, TN.

Kathleen Greenwell, SAIL class participant