

September/October 2020

# In The Center

## IT'S FALL Y'ALL

Hurricane season is in full swing as we near the end of another sweltering summer. We extend our prayers to all of you who have been or whose friends and families have been affected by Hurricane Laura. Fall is just around the corner (Sept. 22nd—first day of Autumn) and as always, it will be delivering some greatly anticipated cooler temperatures. Ironically, the month of September also includes Fall Prevention Week (Sept. 21-25)! Did you know that 1 in 4 Americans ages 65+ fall every year, and falling is the leading cause for fatal and non-fatal injuries? Find out if you are at risk by completing the questionnaire found on the back of your newsletter. More information on how to prevent falls can be found in the lobby and at the fitness desk at the Fontana Center. [www.ncoa.org](http://www.ncoa.org)

The month of October is Breast Cancer Awareness month so be sure to wear pink to show your support. If you are watching your waistline, the next few months can be difficult and it all starts with the last day of October. Halloween always involves sweet treats but remember to treat yourself in moderation because too much sugar will trick your brain. When it comes to sugar, your brain has an especially strong dopamine (the feel good chemical) response so we keep wanting more of it. This can eventually lead to cravings, which leads to eating more, which then leads to weight gain, inflammation, and chronic disease. Seems like an awful lot of tricks for those treats... [www.uvahealth.com](http://www.uvahealth.com)

## Please, wear a face covering....

We know wearing a face mask is not the most pleasant nor the most comfortable thing to do when exercising, but unless you have an underlying medical condition, it is still mandatory to wear one indoors. Dr. Aaron Hamilton, M.D. states, “a face mask will not prevent anyone from breathing in respiratory droplets, but it will help to protect others from you if you happen to be infected.” As many of you know, a large percentage of people who are infected with the Coronavirus are asymptomatic meaning they have no symptoms but still carry the virus. There are also many people who are experiencing extreme anxiety from simply being in public so please, be kind and considerate of others while at the Fontana Center and wear a CDC approved face covering. Thank you for understanding. [www.health.clevelandclinic.org](http://www.health.clevelandclinic.org)



## Are you at risk of falling?

**Fall Prevention Checklist** is provided by the National Council On Aging website at [www.ncoa.org/healthy-aging/falls-prevention](http://www.ncoa.org/healthy-aging/falls-prevention).

Answer yes or no to the following:

1. Have you fallen in the past year?
2. I use or have been advised to use a cane or walker.
3. Sometimes I feel unsteady.
4. I steady myself by holding on to furniture.
5. I worry about falling.
6. I use my hands to push myself up from a chair.
7. I have trouble stepping up onto a curb.
8. I often have to rush to the bathroom.
9. I have loss of feeling in my feet.
10. I take medication that makes me tired and/or light headed.
11. I take medication to help me sleep or improve my mood.
12. I often feel sad or depressed.

If you answered yes to 4 or more questions/statements, you are at a higher risk of falling. Talk to one of our exercise physiologists or call us at 337-234-7018 to schedule an appointment with them and start your prevention regimen today.

### SUPER EASY PUMPKIN SPICE MUFFINS



1 BOX SPICE CAKE MIX

1 15oz. CAN OF PUMPKIN

Mix cake mix and can of pumpkin together in a large bowl with a spoon until well blended and there are no signs of dry cake mix clumps. *(Optional: Stir in raisins and/or walnuts for added flavor)*. Spoon batter into a greased muffin tin about 3/4 full. Bake at 350 for 30-35 minutes.

And, as always, our team of taste testers here at the Fontana Center will be more than happy to give you their expert opinions.