



Sheboygan County ADRC CONNECTION

Is it time to give up driving?

We all age differently, and for this reason, there is not one recommended age to quit driving. So how does one know when to stop? To help decide, ask yourself:

- Do other drivers often honk at me?
- Have I had some accidents even if just “fender benders”?
- Am I having trouble seeing road signs, exits, or lane lines?
- Am I still flexible enough to turn my head to check mirrors and blind spots comfortably?
- Have physical conditions or medications slowed my reaction time?
- Do I get lost frequently, even on familiar roads?
- Do cars or pedestrians seem to appear out of nowhere?
- Am I often distracted while driving?
- Have family, friends, or my doctor said they’re worried about my driving?
- Am I driving less these days because I’m not as sure about my driving as I used to be?
- Do I have trouble staying in my lane?
- Do I have trouble moving my foot between the gas and the brake pedals, or do I sometimes confuse the two?
- Have I been pulled over by a police officer about my driving?

If you answered “yes” to any of these questions, it may be time to talk with your doctor or family members about your driving, or to consider a driving assessment.

Please visit the Wisconsin DOT website for information and resources about driving as we age:

**WISCONSINDOT.GOV/PAGES/SAFETY/
EDUCATION/OLDER-DRV/RESOURCES.ASPX**

Special Days In June 2024

- 3 - World Bicycle Day
- 6 - Yo-Yo Day
- 11 - SENIOR DINING SITES
CLOSED**
- 14 - World Blood Donor Day
- 14 - Flag Day
- 15 - World Elder Abuse
Awareness Day**
- 16 - Father’s Day
- 19 - Juneteenth
- 20 - Summer Solstice (First Day of
Summer!!!!)
- 21 - International Day
of Yoga



June is:

- National Safety Month
- LGBTQ Pride Month
- National Great Outdoors Month
- 10-16 International Men’s Health Week

Would you like our newsletter delivered to your inbox?? Sign up for the electronic version of our newsletter at:

<https://www.mycommunityonline.com/organization/adrc-aging-disability-resource-center-of-sheboygan-county>



Sheboygan-County-Aging-and-Disability-Resource-Center
Know us Before You Need Us
www.sheboygancounty.com

920-467-4100
Your Sheboygan County ADRC
June- 2024

Senior Dining Sites

Call for reservation **BEFORE 9 am the previous weekday**

Senior Dining



Fellowship, Food Fun

Adell Area Community Center

510 Siefert

Phone: 920-994-9934

Open: Tuesdays & Thursdays

Sheboygan—Bethany Church

1315 Washington Avenue

Phone: 920-207-2522

Open: Monday thru Friday

Howards Grove-Village Hall

913 S. Wisconsin Drive

Phone: 920-467-4020

Open: Tuesdays

Restaurant Models:

Pic-a-Deli in Plymouth @Generations

1500 Douglas Drive

920-892-4821 Extension 303

Open Monday thru Friday

****No Reservation Needed:**

Mary's Country Grove

322 Co Rd RR, Cedar Grove

Phone: 920-207-2522

Open: Thursdays 8-10 am

Kathy's 111 Trackside Café

111 Carroll St., Random Lake

Phone: 920-447-8065

Open: Fridays 8-10 am

Things Ain't What They Used To Be

Everything is further away now than it used to be. It is twice as far to the corner and they have added a hill, I've noticed. I have given up running for the bus, it leaves faster than it used to. It seems to me that they are making steps steeper than they did in the good old days. And have you noticed the smaller print they use in the newspapers? There is no use in asking anyone to read aloud; everybody speaks in such a low voice that I can hardly hear them. The material in clothing is getting so skinny, especially around the waist and the hips.

Even people are changing; they are so much younger than they used to be when I was their age. On the other hand, people my own age are so much older than I am. I ran into an old friend, and she had aged so much she didn't even recognize me. I got to thinking about the poor thing while I was combing my hair this morning, and in so doing, I glanced at my reflection, and -- confound it -- they don't even make good mirrors like they used to!

-From the Gildford, Montana Newsletter (date unknown)

BRAIN TEASERS

1. First I am dried, then I am wet. The longer I swim, the more taste you get. What am I?
2. My voice is tender, my waist is slender and I'm often invited to play. Ye, wherever I go I must take my bow or else I have nothing to say. What am I?
3. He has married many women, but he has never been married. Who is he?



Our Mission Statement

The Mission of the Aging and Disability Resource Center (ADRC) of Sheboygan County is to empower and support seniors, people with disabilities, and their families to ask for help, find a way to live with dignity and security, and achieve maximum independence and quality of life.

ANSWERS:
1. Tea
2. A violin
3. A preacher



Contact Us At:

Sheboygan County Aging and Disability Resource Center

650 Forest Avenue, Sheboygan Falls, WI 53085

Phone: 920-467-4100

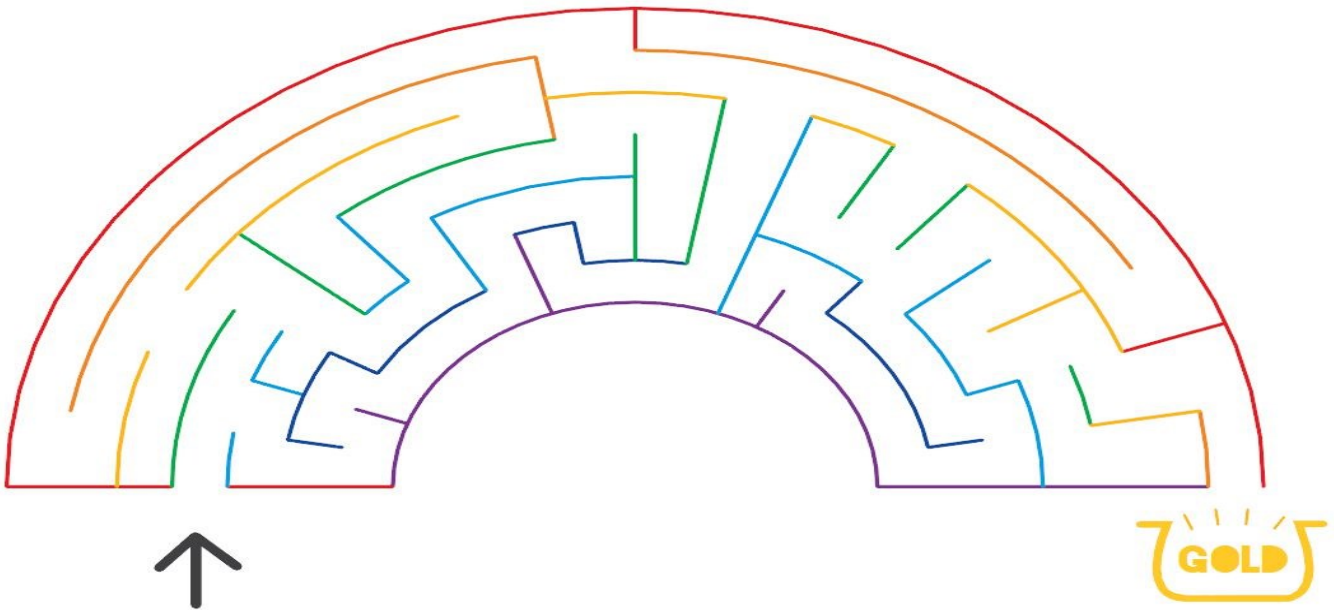
email: adrc@sheboygancounty.com -- www.sheboygancounty.com

INFORMATION & ASSISTANCE HAS OFFICE HOURS IN ADELL

On the 1st and 3rd Tuesday of the month, Information and Assistance Specialists are available at the Adell Area Community Center, 510 Siefert Ave., between 9 am and 1 pm. Appointments are Encouraged by calling us at 920-467-4100. However, we are there for you, so please feel free to walk in to talk with us.



FOLLOW THE RAINBOW TO FIND THE POT OF GOLD!



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He who laughs last didn't get it...

What do you say to an award-winning cheese?
-Gouda Job!

What do you call a crocodile wearing a vest?
-An investigator.

Why did the owl quit its job?
-It didn't give a hoot.

What's the best way to make an egg roll?
- Push it.

I used to have an addiction to the hokey pokey, but then I turned myself around...

Why did the golfer cry?
-He was going through a rough patch.

Are all math puns bad?
-No, just sum.

I'm afraid of elevators, so I take steps to avoid them.



Sheboygan-County-Aging-and-Disability-Resource-Center
Know us Before You Need Us
www.sheboygancounty.com

920-467-4100
Your Sheboygan County ADRC
June - 2024

Dining Table Wisdom...

Thoughts from our senior diners throughout Sheboygan County

- **What book would you recommend and why?**

The Invention of Wings by Sue Monk Kidd: Very moving story of two sisters, Sarah and Angelina Grimke who were the first female abolition agents and feminist thinkers (1805-1838). Told journeys of two women: Hetty "Handful" Grimke, a slave, and Sarah Grimke, the Grimke's idealistic daughter.

- **What is one important fact you've learned in life?**

Put in the work, show up, and believe in yourself. Love others as you love yourself.
Be true to yourself, and don't take on more than you can handle.

- **What is something you have always wanted to do but haven't?**

Vacation in Italy.

Learn to play the piano

- **What would you tell your 18-year old self?**

Keep your eyes open to learn new things every week.

Senior Dining



Fellowship, Food Fun



BRAIN TEASERS

1. A red house is made from red bricks. A blue house is made from blue bricks. A yellow house is made from yellow bricks. What is a greenhouse made from?
2. What is harder to catch the faster you run?

Personal Emergency Response Systems

Personal emergency response systems (PERS), also known as medical alert systems, provide continuous in-home and mobile monitoring to aging and at-risk populations while keeping loved ones where they want to be—in their homes.

There are many different types; watches, bracelets, pendants, etc. Some operate off cell phone towers, others work with internet and/or landlines. Some are motion sensing, others you need to press to activate. The features all depend on what you are looking for. Typically there is a onetime startup fee and then an ongoing monthly service fee. Insurance will not cover this, but some people do have supplement insurance that provides them a monthly amount to be used on different things like medical equipment. You could reach out to your supplement insurance if you have one, and inquire with them.

Another great resource for ideas about different adaptive equipment, assistive devices, and technology is Options for Independent Living. They are out of Green Bay, but come to, and service, Sheboygan County. We would highly suggest contacting them to schedule a consult as they can walk you through different electronic devices that might be helpful in keeping your loved one at home as long as possible, while ensuring their safety and independence. The contact info for Options for Independent Living is www.optionsil.com and/or (888) 465-1515.

For more information, please check out the ADRC Resource Guide, available online and at our main office.

Did You Know???

- ♥ Senior Citizens are happier on average than most people.
- ♥ As a senior, you don't get colds as often.
- ♥ Creativity does not diminish with age.
- ♥ Learning can save your brain! So get out there and learn something new!



BRAIN TEASERS
ANSWERS
1. Glass.
2. Your breath.



WORLD ELDER ABUSE AWARENESS DAY

Building Strong Support for Elders

World Elder Abuse Awareness Day (WEAAD) is commemorated each year on June 15th to highlight the prevalence of Elder Abuse in our communities. About 1 in 10 Americans age 60+ have experienced abuse.

Elder abuse is any act that causes harm to an older person. The abuse may be physical, social, financial, emotional, or sexual and can include mistreatment and neglect.

If you believe a senior is being abused or neglected, please contact your local Adult Protective Services team at the ADRC. You can make a referral by calling 920-467-4100.

Below are some warning signs of elder abuse:

Physical Signs



Dehydration or unusual weight loss



Missing daily living aids (glasses, walker, or medication)



Unexplained injuries, bruises, cuts, or sores



Torn, stained, or bloody underclothing



Unattended medical needs



Unexplained sexually transmitted diseases

Emotional & Behavioral Signs



Increased fear or anxiety



Isolation from friends or family



Unusual changes in behavior or sleep



Withdrawal from normal activities

Financial Signs



Fraudulent signatures on financial documents



Unusual or sudden changes in spending patterns



Unpaid bills

How to Nourish Yourself When You Don't Have an Appetite

There are many reasons for appetite changes as we age so it's important to pay attention to our nutrition in order to stay healthy.

Reasons for appetite changes:

- Changes to taste, smell and vision
- Hormonal changes
- Chronic illness
- Cancer/cancer treatment
- Medications
- Mouth problems
- Decreased energy needs
- Changes in metabolism, hormones, or digestive system
- Dehydration
- Cognitive changes
- Physical limitations
- Environmental or situational changes
- Depression

Easy ways to sneak in extra nutrients:

- Eat what you like! Focusing less on the nutritional value of food and more on enjoying what you eat can help make sure you get the nutrients you need.
- Drink your calories: sometimes liquids are easier to tolerate, so choosing foods like smoothies, juices, soups, or popsicles can add much needed calories. You can add extra protein by mixing in protein powders, or try a supplemental drink like Ensure or Boost, that you can drink alone or add to smoothies.
- Instead of 3 large meals, try smaller meals more often. There is no rule that says you must eat 3 meals per day. If it's more comfortable to eat smaller meals (or snacks) every 2-3 hours, do it!
- Add calories to your meals and snacks. Using sauces (like gravy), sour cream, and butter or margarine will pack in more nutrition. Try adding peanut butter to oatmeal or top your eggs with cheese.
- Keep it simple: use finger foods like cut up cheese and crackers, fruit or small sandwiches.

6 Ways to Stimulate Appetite:

- When possible, eat with others. Companionship (or community dining) has been shown to improve intake.
- Consider texture: if there are dental issues, softer foods like yogurt, cottage cheese, oatmeal, and soups may be easier to tolerate.
- Stay hydrated to help maintain normal hunger cues.
- Keep on top of medical conditions. Changes to health status or medications can impact appetite.
- Spice up your food! Add extra spices, vinegars, and seasonings to increase palatability.
- Move your body. As little as 5 minutes a day can help to increase your appetite.

Satisfying snack ideas:

- Cottage cheese and fruit
- Peanut butter (or any nut butter) on toast
- Yogurt parfait with granola and fruit
- Cheese and crackers
- Hummus with veggies, pretzels, pita, or crackers
- Egg, tuna or chicken salad sandwich
- Cereal with milk or mixed into yogurt
- Mixed nuts or trail mix

Hospice Care Myths

Mary Kempf for the GWAAR Legal Services Team

When people think of the term “hospice,” many believe it means a person has given up on life or has just days to live. Many others think hospice is a type of facility, like a hospital or nursing home, that once a person enters they can never leave. However, hospice care is much different. The following are several common hospice care myths and the facts behind them.

Myth: Hospice is for people who have given up.

Fact: Hospice is for patients who are in the last phases of an incurable disease, but instead of focusing on curing an illness or prolonging death, the goal of hospice care is to relieve symptoms and give patients the best quality of life. The purpose of hospice care is to manage pain and other symptoms and to focus on the comfort and dignity of the person. And contrary to popular belief, research shows that in many cases, hospice care increases life expectancy, rather than decreases it.

Myth: Hospice is a place.

Fact: Hospice is rarely an actual location that people go to. Instead, the care almost always is provided where a person lives. Hospice patients are assigned a team of providers, such as a physician, registered nurse, home health aid, social worker, and chaplain. This team regularly checks in with the person, and works together to provide medical, emotional, spiritual and grief support to not only the patient but also their family.

Myth: People on hospice have to stop taking all medications.

Fact: This isn't always true. While it is true that hospice focuses on providing comfort rather than a cure, the decision to stop medication is usually left up to the patient. Depending on where people are in their diseases, it may be best to stop taking a medication that's a source of discomfort, but this is determined on a case-by-case basis. People are able to continue taking medications for pain and symptom control.

Myth: Once you sign up for hospice, there's no turning back.

Fact: Hospice doesn't mean a person is giving up control over their care or the ability to choose who provides it. A person can leave hospice and reapply at any time. For example, if a person on hospice wants to try a new drug trial or experimental therapy, they can always leave hospice and return at a later time, if needed.

Myth: You can only be in hospice for a limited amount of time.

Fact: Eligibility for hospice care requires that two physicians agree that the person has six months or less to live, however, this does not mean a person has to die within six months. If the person lives longer than six months but doctors continue to certify that they are terminally ill, they will receive hospice care for as long as needed. For families that have used hospice care for loved ones, nearly all say they wished they'd known about it sooner. You do not have to wait for your doctors to bring it up – it is never too early to ask about hospice and what benefits it could provide.

Mary Kempf
Elder Benefit Specialist
Ship Medicare Counselor



ADRC Services

Aging Services

Provides services and programs to support healthy aging. Home-delivered meals and congregate dining, health & wellness promotion. Adult Protective Services investigates reports of financial exploitation, abuse, and self-neglect among our elderly population.

Transportation:

Rides are provided by volunteers and county operated handicap accessible vans. Persons over age 60 and those with a designated disability may utilize this program for transportation to any medical appointment.

Telephone Reassurance Program:

To help reduce isolation and loneliness, this program provides companionship for those who are homebound and/or living independently.

Caregiver & Dementia Support:

Support and education for caregivers and for people living with a loved one experiencing dementia.

Information and Assistance:

Specialists provide you with knowledge about services, programs, and solutions for disability and long-term care issues such as living arrangements, health, adult protective services, and other publicly funded services.

Benefits Counseling:

Disability Benefit Services Assistance for adults ages 18-59 to apply for public and private benefits including Medicaid and Social Security Disability Insurance; Elder Benefit Services Assistance for people ages 60 and older to access health and public benefits such as Medicare, Medicaid, and Social Security

Elder Benefits Specialist office hours at the Adell Community Center - 510 Siefert Ave. - on the First and Third Wednesdays of the month.

By appointment only at 920-467-4100.

If you are interested in any of the above services or programs, please call the ADRC at 920-467-4100.

COMMUNITY CALENDAR OF EVENTS

SCIO Sheboygan Summer Market

We will once again be offering EBT at the Market, as well as Double Your Bucks! We will be distributing the Senior Farmers Market Nutrition Program vouchers throughout June, July, and August. Call the ADRC at 920-467-4100 for more information,

Fountain Park 8th St. and Erie
Sheboygan, WI
June 1st – October 30th
Saturdays 8am-1pm
Wednesdays 8am-1pm

MEMORIES IN THE MAKING

June 14 am - 11:30 am

The signature art program of the Alzheimer's Association that allows individuals living with memory loss to express themselves through art. Care partners and those living with memory loss join in an art session led by an instructor in a comfortable social gathering that allows people to connect, socialize, and build new support networks. Art supplies are provided.

Registration recommended

Uptown Social
1817 N 8th St., Sheboygan, WI
920-459-3290

Alzheimer's Association Support Group "Just for Men"

5:30 pm - 7:00 pm

Meets monthly on 2nd Wednesday of each month.

To register: (757) 903-6408

Memorial Library
Lower level meeting room
330 Buffalo St., Sheboygan Falls, WI 53085

MEMORY CAFÉ

The History of Kohler

June 28, 10 am - 11:30 am

Memory cafes offer themed social gatherings for people living with memory loss and for their families, friends, or care partners.

Registration Recommended

Kohler Public Library
240 School St., Kohler, WI 920-459-2923



Dementia Crisis Care Task Force
of Sheboygan County



WORKING TOGETHER TO IMPROVE CARE

Dementia Education for Family Caregivers

Signs of dementia include changes in behavior. At times, these changes can be difficult for family members to understand. This presentation provides basic information about dementia as well as strategies and communication tips for family caregivers when they are providing care for their loved ones living with dementia.

Generations

1500 Douglas Drive
Plymouth, WI 53073

Monday, June 10th, 2024

2:00 - 3:30 p.m. OR 5:00 - 6:30 p.m.

Please select ONE of the sessions

RSVP to Lisa Hurley

**Ageing & Disability Resource Center (ADRC) of Sheboygan County
920-467-4079 or Lisa.Hurley@SheboyganCounty.com**

Community Education Series

Senior Dining

Adell 920.994.9934, Sheboygan 920.207.2522, Howards Grove 920.467.9042

3 Ham with Pineapple	4 Chicken Cordon Bleu	5 Beef and Broccoli	6 Mushroom Pork Chop	7 Meatloaf with Ketchup
10 Cheddar Burger	11 *ALL SITES CLOSED*	12 Brat with Onion	13 Chicken Marsala	14 Ravioli Bake
17 Haddock with Tomato	18 Beef Taco	19 Hot Turkey and Cheese	20 Pork Loin with Chutney	21 Philly Cheesesteak
24 Polish Sausage with Kraut	25 Herb Crusted Salmon	26 Veggie Egg Bake	27 Chili Dog	28 BBQ Pork Spare Rib

In addition to the main entrees listed above, all meals include a variety of sides including fruits, vegetables, breads, pastas, rice, potatoes, fruit, and deserts.

Call the site directly to reserve your lunch by 9am the business day before.

Adell Serving Tuesdays and Thursdays
Howards Grove Serving Tuesdays
Sheboygan Serving Mon, Tues, Wed, Thurs, Fri

Senior Dining



Fellowship, Food Fun

FOOT CARE CLINIC SCHEDULE

* Call individual site to schedule appointment with R.N. Nancy

LOCATIONS:

Ebenezer UCC - Sheboygan
St. Paul's Lutheran - Random Lake
Howard's Grove Senior Center
For the above call 920-207-1654

Generations in Plymouth call 920-892-4821



Dates in June	Location	Time
5	Ebenezer UCC	12:30 pm
7	Plymouth	9 am
11	Ebenezer UCC	12:30 pm
14	Plymouth	9 am
18	Ebenezer UCC	12:30 pm
20	Howards Grove	12:30 pm
21	Plymouth	9 am
26	Ebenezer UCC	12:30 pm
27	Plymouth	9 am

Senior Dining @ Pic-a-Deli

Dine in only—Available Monday through Friday 11:00 am - 1:00 pm

At Generations in Plymouth

Wraps and Sandwiches

- **Chicken Bacon Ranch:** lettuce, cheddar cheese, and ranch served on a seminal role or while wheat wrap
- **Grilled Cheese:** bacon, tomato, served on Multigrain or White bread

Includes up to 2 sides

From the Grill

- **Hamburger:** ketchup, mustard, pickles, onions
- **Cheeseburger:** ketchup, mustard, pickles, onions
- **Chicken Strips:** dipping sauce

Includes up to 2 sides

Lighter Side

- **Soup of the day and 1/2 sandwich**
Ham, Turkey, Roast Beef, or Tuna with choice of cheddar or provolone

Includes 1 side

Side Choices: potato salad, coleslaw, steamed vegetables, or fruit

Milk, water, and or first cup of coffee included with any meal

No meal substitutions—Other items may be purchased through Pic-A-Deli

Daily Specials Below :Available while supply lasts unless reserved in advance by calling 892-4821 ext. 303

<p>3</p> <p>Liver & Onion Or Hamburger Mashed Potato Vegetables Fruit Dessert</p>	<p>4</p> <p>Chicken Cordon Bleu Noodles Vegetables Fruit Dessert</p>	<p>5</p> <p>Swedish Meatballs Buttered Noodles Vegetables Fruit Dessert</p>	<p>6</p> <p>Glazed Ham Cheesy Potatoes Vegetables Fruit Dessert</p>	<p>7</p> <p>Brat on a Bun Pickles & Onions German Potato Salad Baked Beans Dessert</p>
<p>10</p> <p>Swiss Steak Mashed Potato Vegetables Fruit French Bread Dessert</p>	<p>11</p> <p>Senior Dining Closed</p> <p>Regular Menu Only</p>	<p>12</p> <p>Turkey & Gravy Mashed Potatoes Vegetables Fruit Dessert</p>	<p>13</p> <p>Lasagna Tossed Salad w chick peas, Dressing Bread Stick Dessert</p>	<p>14</p> <p>Club Sub (ham, turkey, cheese, tomato, lettuce) Pasta Salad Fruit Dessert</p>
<p>17</p> <p>Baked Haddock Scallop Potato Vegetables Fruit Dessert</p>	<p>18</p> <p>Spaghetti & Meatballs Vegetables Fruit Garlic Bread Dessert</p>	<p>19</p> <p>Baked Chicken Mashed Potatoes/Gravy Vegetable Fruit Dessert</p>	<p>20</p> <p>Chicken Piccata With Rice Vegetable Fruit Dessert</p>	<p>21</p> <p>Cheeseburger on a Hard Roll Lettuce & Tomato American Potato Salad Baked Beans Fruit Dessert</p>
<p>24</p> <p>Chicken Quesadilla Vegetable Spanish Rice Fruit Dessert</p>	<p>25</p> <p>Homemade Meatloaf/Gravy Mashed Potato Vegetables Fruit Dessert</p>	<p>26</p> <p>Chicken Salad Croissant Mixed Green Salad Fruit Dessert</p>	<p>27</p> <p>Pulled Pork Mac & Cheese Vegetable Fruit Dessert</p>	<p>28</p> <p>Hamburger Stroganoff Noodle Vegetable Dessert Fruit</p>

ACTIVITIES

11 am
until
lunch
service

Monday	Tuesday	Wednesday	Thursday	Friday
3 Sheboygan - Jingo	4 HG - Dime Bingo Adell- Word games and Sheepshead Sheboygan-Kelly Encinas, Nutrition Tips	5 Sheboygan - Dairy Dice	6 Adell-Health Liv- ing for your brain and body and Sheepshead Sheboygan- Penny Toss	7 Sheboygan 
10 Sheboygan- Claire Carlson from JMKAC "Spark"	11 ALL DINING SITES CLOSED	12 Sheboygan - Fifth Grader Game	13 Adell- ADRC De- mentia Care and Sheepshead Sheboygan- Father's Day	14 Sheboygan 
17 Sheboygan- Timeline	18 HG - ADRC Transportation Presentation Adell - Word Games & Puzzles, Sheepshead Sheboygan- Car Race Game	19 Sheboygan - Fifty-One	20 Adell- U.W Nutri- tion Education, Sheepshead Sheboygan-Keno	21 Sheboygan 
24 Sheboygan- Trivia Bingo	25 HG - The Price is Right Adell - Word Games & Puzzles, Sheepshead Sheboygan - Birthday Party w/ music by The Accordion Club	26 Sheboygan - Golf Dice	27 Adell- The Price is Right, Sheepshead Sheboygan- Right, left, center	28 Sheboygan 

HEALTH MATTERS

TAI CHI FOR HEALTH: A Tai Chi program for older adults. Progressive, slow-paced.



Dr Paul Lam

Tai Chi for Health Institute

EMPOWERING PEOPLE TO IMPROVE THEIR HEALTH AND WELLBEING

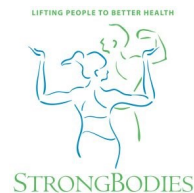
Mondays & Wednesdays, 10 - 11 am
Wed. July 17 - Sept 12, 2024 (no class Sept 2)
Pigeon River Rec Center
3508 N 21st St. Sheboygan
Open to everyone 60 yo+
Free, but a \$20 donation is appreciated
Registration Required: 920-467-4020

Mondays & Wednesdays, 8 am - 9 am
Mon. July 22 - Sept 16 (no class Sept. 2)
Adell Area Community Center
510 Seifert St., Adell
Open to everyone 60 yo+
Free, but a \$20 donation is appreciated
Registration Required: 920-467-4020

STRONG BODIES: A weight-training program designed for older adults. Progressive, slow-paced.

Mondays & Thursdays 2:30 - 3:45 pm
July 22 - Oct 10, 2024 (no class Sept 2)
Generations
1500 Douglas Dr., Plymouth
Open to everyone 60 yo+
Free, but a \$20 donation is appreciated
Registration Required: 920-467-4020

Tuesdays & Thursdays 8:00 am - 9:15 am
July 23 - Oct 10, 2024
Howards Grove Community Center
913 S Wisconsin Dr., Howards Grove
Open to everyone 60 yo+
Free, but a \$20 donation is appreciated
Registration Required: 920-467-4020



Tai chi may slow Parkinson's symptoms for years, study finds

25th October 2023, 06:50 CDT

By **Philippa Roxby**, Health reporter

Tai chi may help slow down the symptoms of Parkinson's disease for several years, a Chinese study suggests.

Those who practiced the martial art twice a week had fewer complications and better quality of life than those who didn't, the researchers say. Parkinson's is a progressive brain disease which leads to tremors and slow movement, and there is no cure. Experts say the findings back up previous studies on the benefits of exercise for those with Parkinson's.

The study, from Shanghai Jiao Tong University School of Medicine, monitored the health of hundreds of Parkinson's patients for up to five years. One group of 147 people practiced regular tai chi while another group of 187 did not. The traditional Chinese exercise combines slow, gentle movements with deep breathing and relaxation. The charity *Parkinson's UK* describes tai chi as a low-intensity physical activity that can "help to lift your mood and help you live well". The researchers found that the disease progressed more slowly in the tai chi group on measurements of symptoms, movement and balance. This group also saw fewer falls, less back pain and dizziness, with memory and concentration problems also lower than in the other group. At the same time, sleep and quality of life continuously improved.

A previous trial of people with Parkinson's who practiced tai chi for six months found greater improvements in walking, posture and balance than those not on the program. Writing in the *Journal of Neurology Neurosurgery & Psychiatry*, Dr Gen Li and co-authors say their study shows "that tai chi retains the long-term beneficial effect on Parkinson's disease". They say tai chi could be used to manage Parkinson's on a long-term basis and prolong quality of life, while still helping to keep patients active. But they also acknowledge that the study is relatively small and could not prove that tai chi was the reason for the positive outcomes experienced by one group.

Prof K Ray Chaudhuri, professor of movement disorders and neurology at King's College London, said: "It is too early to claim any neuroprotection based on this study, although the positive effects on aspects of motor and non-motor functions are impressive." He said ballet had also been found to have similar effects on Parkinson's.

Prof Alastair Noyce, professor in neurology and neuroepidemiology at Queen Mary University of London, called it "an important study" but said there were limitations in its design, and more trials were needed. "We already recommend tai chi, as well as other forms of exercise, but understanding which forms of exercise are most beneficial is an important goal to enhance the long-term management of patients," he said.