

FALL HEALTH & WELLNESS

WALKING *the* WALK

Why walking is the perfect exercise for seniors

Diet Done Right

Daily dietary habits
that benefit seniors
over the long haul

Managing Mobility Issues

How to stay active
when mobility is limited



View this section online
by scanning this code or visit
www.caledonianrecord.com/specialsections



ANNIE RENAUDETTE, BHCA,
ARDMS, RVT, CT, M, RTR
 Director of Radiology

DIAGNOSTIC IMAGING AT COTTAGE HOSPITAL

October is **Breast Cancer Awareness Month**, a vital time to shine a light on the importance of early detection and education. Breast cancer affects millions of individuals and their families, making awareness crucial in understanding the risks and symptoms. At Cottage Hospital, we follow the American Cancer Society guidelines and recommend scheduling a yearly check. In order to provide the most accurate diagnosis for patients, we collaborate with the Dartmouth Breast-Care Team and offer the latest technology in our private imaging suite.

If you haven't already, now is the perfect time to take that proactive step and schedule a visit. Remember, early detection is key! This year, our radiology department has put together 2 beautiful gift baskets for our patients. Anyone who comes in to have a mammogram done will be entered into the drawing! The winners will be announced at the end of October. A big thank you to our staff for helping to support our effort in providing the best, most affordable care to our community!

Our Services :

- Screening Mammogram ✓
- Diagnostic Mammogram ✓
- Diagnostic Breast Ultrasound ✓
- 3D Mammogram ✓

Contact Information

Phone : 603-747-9000
Website : cottagehospital.org
Location : 103 Swiftwater Road,
 Woodsville NH

SCAN HERE



MORE INFO



Cyan Magenta Yellow Black

Why walking is a perfect exercise for seniors



Ageing changes the human body in myriad ways. But even with those changes, seniors' bodies have many of the same needs as the bodies of their younger counterparts.

Exercise is one thing the human body needs regardless of how old it is. But some exercises are better suited for particular demographics than others. Walking, for example, is an ideal activity for seniors, some of whom may be surprised to learn just how beneficial a daily stroll can be.

• **Walking strengthens bones and muscles.** The Mayo Clinic notes that regular brisk walking strengthens bones and muscles. Intensity is important when looking to walking to improve muscle strength. A 2015 study published in the journal *Exercise and Sports Sciences Reviews* found that achieving a 70 to 80 percent heart rate reserve during workouts lasting at least 40 minutes four to five days per week can

help build muscle strength. GoodRx defines heart rate reserve as the difference between your resting and maximum heart rate, so it's important that seniors looking to walking to build muscle strength exhibit more intensity during a workout walk than they might during a recreational stroll.

• **Walking helps seniors maintain a healthy weight.** Overweight and obesity are risk

factors for a host of chronic illnesses, including diabetes and heart disease. The Mayo Clinic notes walking can help seniors keep pounds off and maintain a healthy weight. In fact, SilverSneakers® reports that a 155-pound person burns around 133 calories walking for 30 minutes at a 17-minutes-per-mile pace. A slight increase in intensity to 15 minutes per mile can help that same person burn an additional 42 calories.

• **Walking lowers seniors' risk for various diseases.** It's long been known that walking is a great way for seniors to reduce their risk for cardiovascular disease. In fact, a study published in the *Journal of the American Geriatrics Society* noted in 1996 that walking more than four hours per week was associated with a significantly reduced risk of being hospitalized for cardiovascular disease. How significant is that reduction? A 2023 report from the American Heart Association indicated people age 70 and older who walked an additional 500 steps per day had a 14 percent lower risk for heart disease, stroke or heart failure. In addition, the Department of Health with the Victoria State Government in Australia reports walking also helps seniors reduce their risk for colon cancer and diabetes.

• **Walking boosts mental health.** Researchers at the Harvard T.H. Chan School of Public Health note that replacing one hour of sitting with one hour of a moderate activity like brisk walking can have a measureable and positive effect on mental health. The researchers behind the study, which was published in the journal *Psychiatry* in 2019, saw a 26 percent decrease in odds for becoming depressed with each major increase in objectively measured physical activity.

Walking can benefit all people, but might be uniquely beneficial for seniors. Walking is free, which undoubtedly appeals to seniors living on fixed incomes, and it's also a moderate intensity activity that won't tax seniors' bodies. Such benefits suggest walking and seniors are a perfect match.

Providing high quality, accessible, patient-centered health care and dental care.

Building healthy families and thriving communities.



Northern Counties

HEALTH CARE

Compassionate Care in Our Home or Yours

Call for more information or to schedule a visit.

Complete information at nchcvt.org

Caledonia Home Health Care & Hospice: 802 748-8116

Concord Health Center: 802 695-2512

Danville Health Center: 802 684-2275

Hardwick Area Health Center: 802 472-3300

Island Pond Health & Dental Center: 802 723-4300

Northern Counties Dental Center: 802 472-2260

Northern Express Care/ Downtown Newport: 802 995-2412
NorthernExpressCare.org

Northern Express Care/Downtown St. Johnsbury: 802 633-6351
NorthernExpressCare.org

Orleans Dental Center: 802 754-6973

St. Johnsbury Community Health Center: 802 748-5041

NCHC's health & dental centers provide health care regardless of ability to pay.

How to stay active with mobility issues

Physical activity is crucial for overall health and well-being. The Centers for Disease Control and Prevention advises that most people can benefit from 150 minutes of moderate-intensity aerobic exercise per week, particularly when that physical activity is paired with two days of strength training. Seniors also should incorporate activities that challenge their balance to improve these skills and offset the risk for falls as they age.

Many seniors face mobility issues. For these individuals, meeting activity goals might seem extra challenging, but it is entirely possible and highly beneficial to exercise even when mobility is limited. Health professionals say gentle, adaptive exercises can improve strength, flexibility, balance, and mood, while reducing pain and preventing further decline. The key is to focus on what people can do and to adapt movements to suit specific needs. Consulting with a doctor or physical therapist before starting a new exercise regimen is recommended. Here are some accessible exercise options.

Chair exercises

Chair exercises build strength and flexibility while providing support and reducing the risk of falls.

- While seated, lift knees alternately as if marching, engaging core and leg muscles.
- Stand up slowly from a sturdy chair without using your hands,



then gently sit back down. This builds leg and core strength.

- Lift arms to the sides or front, strengthening the shoulders and upper back. Use light weights for added resistance.
- Tap feet and circle your ankles to improve ankle mobility and circulation, which is crucial for balance.



Water therapy

The buoyancy of water reduces strain on joints and can help anyone with mobility issues.

- Walking through a pool or in a

natural body of water creates gentle resistance that increases the potential of the workout.

- Perform controlled movements with your arms and legs through the water.
- Kick feet through the water while walking or when swimming.

Balance training

Improving balance and stability is critical for fall prevention. Rely on a wall or chair for support as needed.

- Shift your weight from side to side and front to back while holding on to support.
- Lift one foot slightly off the ground while holding on to a support. Alternate to the other leg. Gradually increase the time spent balancing.
- Use a support to stand to help build core strength and strength in the legs.

Flexibility

Flexibility helps anyone who is physically active. Gentle stretching, tai chi, yoga, and even working with a physical therapist can improve flexibility and mobility.

Seniors with mobility issues who want to exercise should always start slowly and build up gradually. Wearing non-slip shoes is essential as well. Small, consistent efforts can make a big difference in maintaining one's independence and enhancing quality of life.

Cyan Magenta Yellow Black



If your commute is less than stunning and your job is less than rewarding, we may need to talk. North Country Healthcare is looking for people who want to get more from their job and their drive. We are hiring throughout our organization.

Get more from your career at North Country Healthcare.

Featured Positions:

- **LNA Med/Surg** (Weeks Medical Center)
- **LPN** (North Country Home Health & Hospice Agency)
- **RN** (North Country Home Health & Hospice Agency - Upper Connecticut Valley Hospital - Weeks Medical Center)
- **Paramedic** (Weeks Medical Center)
- **Floor Care Technician** (Androscoggin Valley Hospital)
- **EVS Tech** (Weeks Medical Center)
- **Physical Therapist** (North Country Home Health & Hospice Agency - Upper Connecticut Valley Hospital - Androscoggin Valley Hospital)
- **Diet Tech/Nutrition Assistant** (Weeks Medical Center)
- **Homemaker** (North Country Home Health & Hospice Agency)

Scan or visit careers.northcountryhealth.org to improve your commute and your career.



NCH is an Equal Opportunity Employer, including disability/veterans.



Be more active by overcoming back pain

Back pain is one of the most common conditions across the globe. The World Health Organization says low back pain is the single leading cause of disability around the world, affecting an estimated 619 million people in 2020. That number was projected to rise to 843 million by 2050 as a result of aging populations and sedentary lifestyles. The National Institutes of Health says that 80 percent of adults in the United States experience low back pain at some point in their lives.

There are many reasons why back pain can occur. Muscle strain, arthritis, herniated discs, and other conditions can contribute to back pain. The National Institute of Neurological Disorders and Stroke advises visiting a doctor if back pain is persistent. Early diagnosis can prevent chronic issues and rule out more serious conditions.

Get moving

Although moving around may be the last thing on the minds of people experiencing back pain, remaining physically active is essential to good health. Plus, movement actually is the best medicine for back pain itself. A review published in *JAMA Internal Medicine* in 2016 found that exercise alone reduces the risk of back pain by 35 percent. Low-impact activities like walking, swimming and yoga help to strengthen muscles, improve flexibility and reduce pain in the process. This can be beneficial to seniors who find low-impact activities are best for their health.



Strengthen core

People now sit for long periods of time, which can contribute to back problems. The Centers for Disease Control and Prevention says Americans sit for an average of 10 hours a day, often with poor posture and non-engaged core muscles. Getting up off of seats and strengthening core muscles can prevent back injury and pain.

The American College of Sports Medicine recommends two days of strength training per week with a focus on the core, back and hips. Individuals who don't know how to start safely should consult with a physical therapist or certified personal trainer.

Alternative treatments

It may be easy to take a pill when pain begins, but people may want to explore alternative methods to alleviate pain. Changing ergonomics of work stations or how a person performs activities can help. The American Psychological Association reports techniques like mindfulness and cognitive behavioral therapy can reduce pain severity and improve quality of life. Massage therapy or even acupuncture are additional treatments to consider for back pain.

Back pain is a common complaint as one ages. There are ways to overcome the pain and remain as active as possible.

Did You
KNOW?

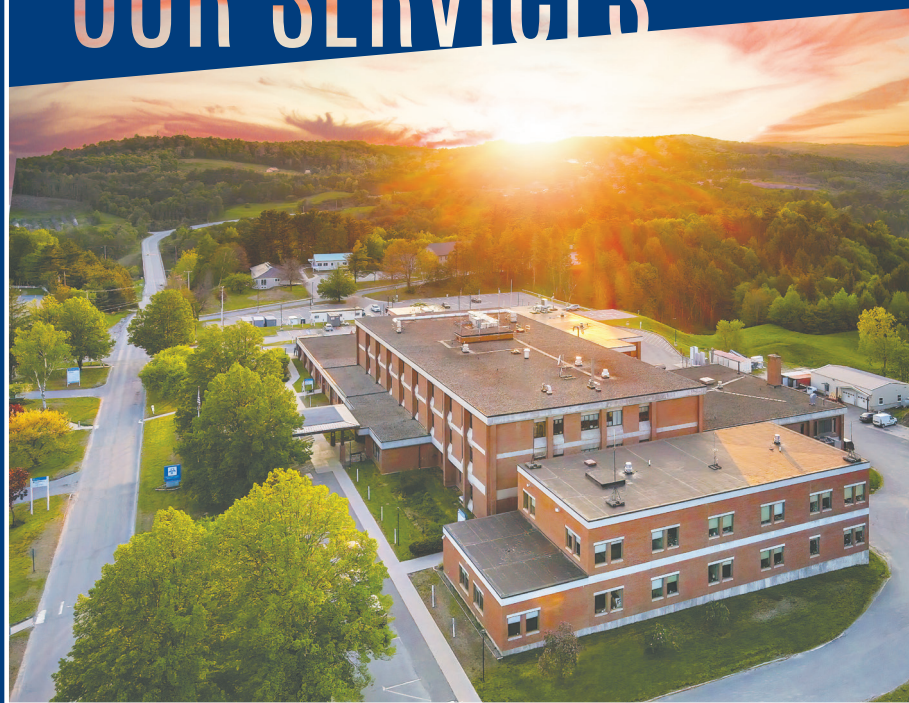
The significance of exercise is well documented, and that even goes for seniors. But in the case of exercise, can there be too much of a good thing? Should seniors be exercising every day? Seniors can exercise most days, but daily, intense workouts are not necessary. Cedars-Sinai says adults 65 and older should aim for between 2.5 to 5 hours of moderate exercise each week, which aligns with recommendations from the Department of Health and Human Services. Seniors crunched for time can engage in between 1.25 and 2.5 hours of intense aerobic exercise each week. The Centers for Disease Control and Prevention recommends 150 minutes of moderate-intensity exercise per week. That can translate into 30 minutes of daily exercise for five days, or it can be broken up into other intervals as necessary. Strength and balance training also should be a consideration. Seniors should keep in mind that overdoing intensity or length of workouts may contribute to injury, which can derail efforts to get fit.



Choosing Health

**Northeastern Vermont
Regional Hospital**

OUR SERVICES



NVRH provides primary care across the lifespan, surgical and specialty services, inpatient and outpatient care, and 24-hour physician-staffed emergency services.

Ambulatory Services

- Day Surgery
- Pain Management
- Phototherapy
- Preoperative Evaluation

Audiology

- Birth Center
- Childbirth Education
- Labor & Delivery
- Newborn Care

Cardiology

- Cardiac Event Monitor
- Holter Monitor
- Cardiac Stress Testing (Regular, Nuclear, and Echo Stress Tests)

Cardiopulmonary Rehabilitation

Care Management

Chaplaincy Services

Community Connections

Diagnostic

Imaging Services

- CT Scan
- DEXA
- Echocardiogram
- Mammography
- MRI
- Nuclear Medicine
- General Ultrasound
- X-Ray

Ear, Nose, & Throat (Otolaryngology) and Allergy

Emergency Department

- MD Staffed 24/7

HIV/Hep C

Inpatient Services

- Medical, Surgical, and Pediatric

Intensive Care Unit

Laboratory Services

- Blood Bank
- Pathology

Neurology

Northern Express Care

- Walk-in Primary Care Services

Nutrition and Diabetes Counseling

Obstetrics, Gynecology, and Midwifery Services

Orthopaedics –

Four Seasons

Outpatient Infusion Services

Palliative Medicine

Pharmacy

Physical Therapy

- Inpatient
- Outpatient and Occupational

Podiatry

Primary Care

- Corner Medical
- Kingdom Internal Medicine
- St. Johnsbury Pediatrics

Psychiatry

Pulmonology

Respiratory Care Services

- Arterial Blood Gases
- EEG
- Inpatient and Emergency EKG
- Overnight Oximetry Test
- Pulmonary Function Testing

Sleep Medicine

Speech-Language Pathology

Surgical Services

- Anesthesia
- Ear, Nose, and Throat
- Endoscopy
- General Surgery
- Gynecology
- Obstetrics
- Orthopaedics
- Ophthalmology
- Podiatry
- Urology

Volunteer Services



Exercises to keep seniors fit

Physical activity is crucial for people who aspire to maintain their overall health as their bodies age. Exercise improves flexibility, contributes to a healthy weight, reduces the risk for chronic illnesses, and may even help seniors maintain their independence well into their golden years.

The good news is that exercising regularly doesn't have to be high-impact or strenuous to make an impact. Plenty of exercises are geared toward seniors that feature gentle yet powerful movements, and address specific needs like strength, bone health, cardiovascular health, and balance. Although many fitness routines are safe, it is best to consult with a doctor or another health care professional prior to beginning a new regimen so seniors learn which activities are appropriate for their individual needs and health conditions. As seniors prepare for those discussions, they can explore the following exercises many of their peers already enjoy.



Cardiovascular activities

It's important that seniors elevate their heart rates and improve or maintain their endurance. The Centers for Disease Control and Prevention recommends 150 minutes of moderate-intensity aerobic exercise per week. These activities fit the bill for boosting the heart.

- **Brisk walking:** Walking is a simple activity that requires no equipment and can be done almost anywhere... even in front of a television. Walk at a brisk pace to raise your heart rate.
- **Swimming:** Swimming and water-based activities are enhanced by the buoyancy of water, which reduces stress on the joints.
- **Cycling:** Whether riding on a stationary bike or a traditional one, cycling is a low-impact way to boost cardiovascular health and strengthen leg muscles.
- **Chair marching:** Individuals with limited mobility can march in place while seated, an activity that can still elevate the heart rate.



Strength training

The CDC advises engaging in strength training at least two days per week for older adults. This doesn't necessarily have to involve lifting weights. Body-weight exercises are quite effective, too.

- **Stand up:** From a seated position, standing up without using hands and sitting back down works the legs, hips and core.
- **Wall push-ups:** This modified push up builds upper body strength without putting strain on shoulders or wrists.
- **Resistance bands:** Using these bands in varying strengths can effectively work arm and leg muscles.



Balance

Seniors need to focus on exercises that promote balance, which can help prevent dangerous falls.

- **Single-leg stands:** Standing on one leg while holding on to a chair or counter for support is a start, with a gradual build-up for longer lengths of time.
- **Sobriety walk:** Individuals can walk a straight line as if they are proving sobriety to a police officer, by placing the heel of one foot directly in front of the toes of another.
- **Gentle hop:** Hopping (or stepping) gently from one foot to another is another balance technique to master.

Cyan Magenta Yellow Black

Walk-in care for all.

Northern Express Care is open to everyone to treat routine medical needs. No appointment needed!

- Sprains & strains
- Bumps & bruises
- Minor cuts
- Cold & flu
- Sore throat
- Stomach issues
- Urinary tract infection
- Mild fever
- Minor skin irritation/rash
- Ear infection
- Pink eye
- Vaccinations

Lyndonville	St. Johnsbury	Newport
At Corner Medical 195 Industrial Pkwy	Downtown – Railroad Street	Downtown – Main Street
Monday – Friday: 9 am – 7:30 pm Sat: 9 am – 2 pm	Monday – Friday: 9 am – 7:30 pm Sat: 9 am – 3 pm	Monday – Friday: 9 am – 7:30 pm Sat: 9 am – 3 pm
802-748-9501	802-633-6351	802-995-2412

NorthernExpressCare.org

NORTHERN EXPRESS CARE IS BROUGHT TO YOU BY

5 questions seniors can ask their doctors during routine checkups



Seniors may not have the same busy schedules they did when they were younger and juggling an assortment of personal and professional responsibilities. But one constant on many seniors' schedules is routine trips to see their doctors. Trips to see primary care physicians and specialists are part of many seniors' monthly routines. Such appointments can ensure seniors stay healthy throughout their golden years, especially when patients remain vigilant and engage with their physicians during office visits. One of the most effective ways to remain an engaged patient is to ask questions during each appointment, and the following are five queries seniors can keep in mind as they prepare for their next appointment.

1. Is my blood pressure high?

This is a vital inquiry because high blood pressure, also known as hypertension, has been linked to a host health problems, including cardiovascular disease, stroke, kidney disease, and diminished vision.

2. What can I do to lower my blood pressure?

If doctors discover high blood pressure, ask for a detailed plan to lower that blood pressure, including safe physical activities and dietary recommendations.

3. Do I need to change my medications?

Though the data is somewhat outdated, the National Health and Nutrition Examination Survey and the Canadian Health Measures Survey revealed in 2019 that nearly seven in 10 adults between the ages of 40 and 79 in the United States and 65 percent of adults in Canada used at least one prescription drug in the 30 days prior to being surveyed. Roughly one in five adults in the same age group in each country acknowledged using at least five prescription drugs. If seniors find those statistics familiar, then it's wise to ask their doctors if there's anything they need to change or look out for. Adverse medication interactions can be dangerous and even deadly, so it's imperative all of a patient's doctors are up-to-date on any drugs they might be taking.

4. Can I do anything to improve mobility?

A 2020 study published in the journal *Frontiers in Physiology* noted that 35 percent of persons age 70 and over live with mobility limitations. Reduced mobility can increase risk for falls and hospitalization and lead to a reduction in quality of life. When visiting their physicians, seniors can report any mobility issues and ask what they can do to address them and prevent them from progressing.

5. Do I need additional health screenings?

Screening saves lives, even if exams can sometimes be inconvenient if not unpleasant. Seniors can use each doctor's appointment as an opportunity to discuss screenings and determine if there's any additional tests they should be getting each year.



Cedars-Sinai says **adults 65 and older should aim for between 2.5 to 5 hours of moderate exercise each week**, which aligns with recommendations from the Department of Health and Human Services.



The Morrison Communities

*The Morrison Skilled Nursing Facility
Sartwell Place Assisted Living
Summit by Morrison*



*Independent Living • Assisted Living • Memory Care
Skilled Nursing • Long Term Care • Rehabilitative Services*

Located in scenic Whitefield, NH
themorrisoncommunities.org | 603-837-3640

FALL IS A GREAT TIME TO GET FIT

RECFIT

- Indoor Pickleball Courts
- Group Fitness Classes
- Indoor Tennis Court
- Personal/Group Training
- Sauna
- Free Weights
- Cardio Equipment
- Machine Weights
- Racquetball Court



stjacademy.org/recfit

802-751-2305

REGISTER
ONLINE
NOW



The impact of AI on senior health care experiences



Artificial intelligence (AI) continues to change the world. The “Logic Theorist” program, created by Herbert A. Simon and Allen Newell in 1955, which was designed to prove mathematical theorems, is widely considered to be the first AI program. Today, AI is employed to answer questions, solve problems and even create artwork. AI can serve amazing purposes in health care settings. Though AI can benefit persons of all ages, seniors may find it especially improves their health care experience. Here are some ways AI can enhance seniors’ quality of life, independence and support systems.

- **Monitoring:** AI-powered systems can be used to monitor vital signs like heart rate, oxygen levels and blood pressure. Some wearables even can detect irregular heartbeats or other anomalies and alert individuals or caregivers.
- **Early detection:** Echelon Health says AI can be invaluable in the early detection of illnesses by predicting risk factors in patients. AI can be utilized with the first levels of screening, which may detect the smallest changes that could highlight underlying issues. Research has shown AI can detect serious diseases such as lung cancer or heart disease earlier to offer patients a better chance of effective treatment before diseases progress.
- **Predictive analytics:** Those with a particular health condition can rely on AI to predict the likelihood of certain health events, like heart attacks or stroke, by analyzing data and genetic information. This allows doctors to take proactive approaches to adjusting treatment plans.
- **Chronic disease management:** The integration of AI into chronic disease management can enhance patient care efficiency and lead to optimized treatment strategies, says the National Institutes of Health. AI can monitor data patterns that offer insight into disease progression and can help seniors manage medications by providing reminders, tracking (CONTINUED NEXT PAGE)



StrongOaks
PHYSICAL THERAPY

542 Railroad Street St. Johnsbury, VT

Start your Transition from Rehabilitation to Optimization

These are just a few of our favorite things!

- **Dry Needling:** Relieves muscle tension, reduces pain, and improves mobility.
- **mTrigger (Biofeedback):** Enhances muscle activation and control, speeding up recovery.
- **Infrared Therapy:** Promotes healing, reduces inflammation, and soothes pain with gentle infrared light.
- **Blood Flow Restriction (BFR):** Builds muscle strength and size with low-intensity exercise, perfect for injury recovery.
- **Cupping:** Increases blood flow, reduces muscle tightness, and promotes relaxation.

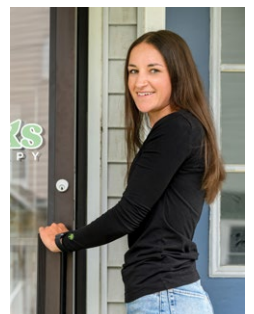
Experience the benefits of these innovative treatments with our expert team!

Schedule an Appointment on Your Terms. When You Need Care, Without Referral!

Call us at **802-424-1434** or visit us **strongoakspt.com** to schedule your own appointment.



Dan Wheeler PT, DPT



Kayla Matte, PT, DPT.

Daily dietary habits that can benefit seniors over the long haul

Food fuels the body throughout the day, ideally providing the energy people need to make the most of each day. But the foods people eat are more than just fuel. Indeed, a delicious meal is hard to forget, and that underscores how significant a variable flavor can be when people choose the foods they eat.

Flavor is certainly important when choosing and preparing meals, but it cannot be the only variable that determines what people eat. That's true for everyone, and especially notable for seniors. Age-related changes to the body should affect seniors' approach to diet. The National Council on Aging notes that metabolism slows as bodies grow older, which means seniors require fewer calories to fuel their daily activities than they needed when they were younger. That's just one of the many notable things seniors should consider when designing their daily diets.

• **Plan a well-rounded diet.** School children learn the basic



consuming the equivalent of three cups of low-fat (1 percent) or fat-free dairy each day. When picking a protein source, the AHA identifies eggs, fish, lean meat, legumes, nuts, and poultry as healthy and protein-rich foods. Even polyunsaturated and monounsaturated oils like olive oil and peanut oil can be healthy.

• **Resolve to read more labels.** Aging adults need not study nutrition to identify what they're putting into their bodies each time they take a bite. The NCOA notes that food labels are useful sources of information that can indicate how much fat, sodium and added sugars are in a given item. Seniors

food groups as youngsters, and it's good for seniors to keep those long-ago lessons in mind when planning their daily diets. The American Heart Association notes the importance of incorporating fruits, vegetables, whole grains, dairy, and proteins into daily diets. In regard to dairy, the AHA advises

should be especially vigilant when trying to avoid foods that contain a lot of added sugars, which can contribute to weight gain. That's notable given seniors' naturally slower metabolisms.

• **Practice portion control.** It's not necessarily the foods seniors eat but how much they eat that can derail their efforts to maintain their overall health. Seniors' recommended daily calorie intake varies by both gender and activity levels. Guidelines from the U.S. Department of Health and Human Services notes women 61 and over who are moderately physically active should consume roughly 1,800 calories per day, while those living an active lifestyle are advised to eat around 2,000 calories per day. Moderately active men age 66 and older are advised to eat 2,400 calories per day, while active men between the ages of 61 and 75 should aim for 2,600 calories per day. When reading food labels, pay attention to calories per serving, as that can act as a useful guide to control portions. The National Institute on Aging recognizes it can be hard to control portion sizes when dining out, and recommends seniors share an entrée or order from the appetizers menu when picking their main course. The right daily dietary habits can help seniors live longer, healthier and happier lives, and picking the right foods does not require sacrificing flavor.

(CONTINUED FROM PAGE 8)

compliance and dispensing correct dosages.

• **Smart home technology:** A person's environment impacts his or her health. AI-powered devices can automate tasks like adjusting interior temperatures to safe levels, turn on lights for safer navigation, turn off appliances if they have been left unattended, and offer additional safety features like fall detection. This may enable seniors to live securely and independently longer.

• **Daily tasks:** In addition to specific disease management, AI can be used to create healthy meal plans and schedule appointments. This can promote autonomy and reduce reliance on helpers or caregivers.

WHEN WINTER MAKES LIFE HARDER,
WE MAKE IT EASIER.



Winters in Vermont can be tough with icy sidewalks, dark days, and too much time alone. At Margaret Pratt Community, your loved one will find warmth, three nutritious meals a day, engaging activities, caring staff, and the comfort of friends.

All in a cozy, home-like setting that takes the worry away.

Because this winter, you both deserve peace of mind.



Take a tour, sip some cocoa, and see why your loved one will feel at home here.

802-222-5554 | info@margaretpratt.org

www.MargaretPratt.org | Bradford, VT

Assisted Living | Memory Care

Artificial intelligence is infiltrating daily life in many ways. In health care settings, AI benefits seniors in many different ways.

NORTHEAST KINGDOM
Council on Aging
New directions for living well.

Wellness Programs

St. Johnsbury Fall Prevention Tai Chi

You can visit different sites within the Northeast Kingdom for a variety of different wellness classes. Each is designed to improve your flexibility, balance, energy, and to help reduce your risk of falling. Classes are free!

Want to know more?

Call our helpline to sign up today! 1-800-642-5119

Full schedule is available at www.nekcouncil.org

Classes include:

- Arthritis Foundation Exercise Program
- Fall Prevention Tai Chi
- Golden Ball Tai Chi
- Bone Builders
- Line Dancing

"Stay active and age well!"

Warning signs for heart disease

Hear disease is the leading cause of death for women, men and people of most ethnic and racial groups, advises the Centers for Disease Control and Prevention. One person dies from heart disease every 33 seconds. Understanding the risk factors for heart disease is the first step toward prevention and management. There are many things people can do to modify their risk for heart disease, but also some that cannot be changed. Ultimately, education is essential either way, and learning the risk factors for heart disease is vital to such education.

- **Age:** The risk for heart disease increases with age. For men the risk rises after age 45, and for women, it increases after menopause, or around age 55. Aging naturally leads to changes in the heart and blood vessels that increase the likelihood of developing cardiovascular problems, says the National Institute on Aging.
- **Sex:** Initially men are at a higher risk of developing heart disease. However, over time a woman's risk after menopause tends to equal that of a man's. As estrogen levels decline after menopause, fat can build up in the arteries, causing them to narrow, says the British Heart Foundation. After menopause, body weight may increase, which also is a risk factor for heart disease.
- **Family history:** Those with a close relative who developed heart disease at an early age may be at elevated risk.
- **Race:** UChicago Medicine says Black and Hispanic people have an elevated risk of dying from heart disease compared to white individuals. People may be able to change the following controllable risk factors for heart disease.



- **Hypertension:** Hypertension, also known as high blood pressure, forces the heart to work harder and can stiffen the arteries. This can damage blood vessels over time. Medications and additional lifestyle changes can help seniors combat hypertension.
 - **Smoking:** Smoking tobacco can damage blood vessels and reduce oxygen in the blood. Smoking also increases the risk of blood clots. Johns Hopkins Medicine says cigarette smokers are two to four times more likely to get heart disease than nonsmokers.
 - **Cholesterol:** High levels of low-density lipoprotein (LDL), known as "bad" cholesterol, contribute to the buildup of plaque in the arteries. This can narrow arteries and restrict blood flow.
 - **Sedentary lifestyle:** A lack of physical activity is a risk factor for obesity, high blood pressure and high cholesterol, each of which increases a person's chances of being diagnosed with heart disease.
 - **Dental health:** Poor dental health can allow bacteria to enter the bloodstream, which can potentially lead to inflammation that affects heart health.
- By understanding risk factors and actively making changes to behaviors that can be modified, people can take strides toward protecting heart health and avoiding cardiovascular disease.



Find Your Future in Healthcare Career Pathways

Healthcare professionals are in high demand in hospitals, clinics, medical offices, and a variety of other treatment settings.

WMCC offers programs in Nursing (RN, LPN, LNA), Health Science, Medical Assistant and Massage Therapy.

Visit wmcc.edu to learn more about our programs preparing students for exciting and rewarding career opportunities.

Find Your Path at WMCC

- ↗ Health science
- ↗ Massage Therapy
- ↗ Medical Assistant
- ↗ Nursing

Berlin – Littleton
www.wmcc.edu



 **White Mountains**
Community College



**We protect it.
You live it.**

Brett J. Gale, Agent
1033 Broad Street
Lyndonville, VT 05851
Bus: 802-626-8651
brett@brettgaleinsurance.com

I'm here to help life go right™ – so you can enjoy it, while I help protect it. Let's talk about your life insurance options.
CALL ME TODAY.

 **State Farm®**

State Farm Life Insurance Company (Not licensed in MA, NY or WI)
State Farm Life and Accident Assurance Company (Licensed in NY and WI)
1601487 Bloomington, IL

What older adults should know about marijuana use

The legalization or decriminalization of cannabis in many areas of the country has led to a shifting landscape regarding the use of marijuana. A change in societal attitudes and greater accessibility has led to an influx of people using marijuana. Although marijuana is often associated with young people, older adults are increasingly turning to cannabis, particularly for medical reasons. According to findings from researchers at the University of Michigan's Institute for Healthcare Policy and Innovation published in the journal *Cannabis and Cannabinoid Research*, one in eight older adults uses cannabis products. Increased use by people over age 50 began with the pandemic, and 12 percent of seniors say they've consumed a THC-containing substance in the past year. Around 4 percent say they do so multiple times a week. In fact, it seems seniors are now one of the fastest-growing groups exploring marijuana and its cousin, hemp, for medical and therapeutic benefits. Marijuana affects everyone differently. Aging bodies may process

the psychoactive component of marijuana differently than young people. As a result, it is essential for seniors to approach marijuana use cautiously, and discuss potential use with their physicians.

Reasons for turning to marijuana

Seniors may be drawn to marijuana for relief from certain age-related conditions. Chronic pain from neuropathy or arthritis is a common draw for marijuana use. Harvard Health says the thinking behind cannabis and pain relief is that THC or CBD in the marijuana binds to specific receptors on the brain and nerve cells, which slows the reception of pain impulses and can ease discomfort. However, experts warn that science is still inconclusive regarding marijuana as a pain remedy.

Marijuana also may be looked to as a way to manage depression, anxiety and insomnia. It also could be a treatment for symptoms associated with neurological disorders, such as Parkinson's disease and glaucoma. A 2021 study published in *The Permanente Journal* indicated cannabis and cannabinoids have been shown to have a positive impact on a variety of neurological disorders in humans. However, additional research is necessary.

Risks of marijuana use

Even though there may be medical applications when marijuana might be beneficial, use of cannabis is not without risk, especially for seniors. Older adults often have preexisting conditions and take multiple medications with which marijuana can interact.

Also, seniors' bodies process substances differently than younger individuals, which can lead to increased sensitivity to marijuana's effects. Side effects to marijuana use can include dizziness and balance issues, compounding the risk for falls.

Another consideration for seniors is that, even where legal, the quality and potency of products can vary. Starting with a low dose and using products with a higher ratio of CBD to THC (CBD produces therapeutic benefits without the "high" of THC) may be a safer approach.

Talk to a doctor

More people are talking about marijuana, and there is less stigma about its use. Therefore, seniors should have no qualms about talking to a health care provider about their interest in trying marijuana. A doctor can assess medical history and current medications to make an informed decision about whether marijuana might be safe and appropriate. Guidance also can be provided on proper dosing and potential side effects.

Marijuana may offer potential avenues for symptom relief for seniors. It is important to be cautious and marijuana use should be medically supervised.



Did You KNOW?

Age, gender and activity levels affect how much calories the U.S. Department of Health and Human Services advises aging individuals to consume each day. According to DHHS guidelines, sedentary men ages 61 and older should consume roughly 2,000 calories per day. Moderately active men between the ages of 61 and 65 are advised to consume 2,400 calories per day, while men at that activity level age 66 and older are urged to consume roughly 2,200 calories per day. DHHS recommendations indicate active men between the ages of 61 and 75 should consume 2,600 calories per day, while those 76 and up should reduce that consumption to 2,400 calories

per day. Women's recommended calorie intake is significantly lower, as DHHS guidelines advise sedentary women age 61 and older to consume 1,600 calories per day. Women 61 and older who engage in moderate physical activity each day are urged to consume 1,800 calories per day, a recommendation that increases to 2,000 calories per day for those in the same age group who live a physically active lifestyle. It's important to note that these recommendations are just guidelines, and seniors should consult a physician familiar with their medical history for more personal recommendations regarding calorie consumption.



St. Johnsbury House SENIOR LIVING COMMUNITY



Beautifully Restored Historic Site
featuring charming 1-bedroom apartments

- Senior Independent Living Community
- Area Senior Meal Site • Good Living Senior Center

1207 MAIN ST., ST. JOHNSBURY, VT • 802-748-1772

We Believe Self-Care is Essential

Check out Our... Organic Produce | Whole Foods
Fair-Trade Chocolate | Handmade Soap
Vitamins | Supplements | Candles/Sage/Incense
Artisan Bath & Bodycare

Come Check us Out!
**43 Bethlehem Rd.
in Littleton!**

43 Bethlehem Rd.
Littleton, N.H. | Open Daily 7 AM to 8 PM | (603) 444-2800
LittletonCoop.com

DIRECTORY OF PROGRAMS & PROVIDERS

ADDICTION MEDICINE <i>The Doorway at LRH</i> Oleg Gerasimov, APRN	603-259-1659	MOBILE INTEGRATED HEALTH & EMS Ed Daniels, Paramedic Jason Grey, Paramedic		PHARMACY North Country Pharmacy Damian-Anthony Canuto, PharmD Neil Clarke, RPh	603-444-9024
ALLERGY MEDICINE Patrick Fitzpatrick, DO Danny Ballentine, PA-C	603-444-2450	NEUROLOGY Sergio Ramirez-Salazar, MD Jamie Wagner, APRN	603-444-9609	PRIMARY CARE North Country Primary Care: RHC	603-444-7070
ANESTHESIA Sharon Bolton, CRNA Barry Townsend, CRNA Hilary Unger, CRNA		NEUROSURGERY Anthony Salerni, MD Ji-Suk Kristen Yoo, DO Jodi Tracy, APRN	603-575-6300	Family Medicine Richard McKenzie, DO John Montminy, DO Gordon Black, APRN Ericka Dekle, APRN Page Tomlinson, APRN	
AUDIOLOGY Jillian Bushor, AuD Maggie Schefer, AuD	603-259-7692	NUTRITION COUNSELING Stephen Kronlage, RD - NEW!	603-575-6010	Internal Medicine Christine Orlowicz, MD	
CARDIOPULMONARY LABORATORY	603-444-9387	OBSTETRICS & GYNECOLOGY North Country Women's Health Scott Brody, MD Nicholas Marks, MD Eric Siegel, MD Emily Kelly, APRN	603-444-9371	Pediatrics Sunit Patel, MD Sarah Reynolds, MD Jackie Siegel, APRN	
CARDIOLOGY <i>in partnership with Dartmouth-Health Cardiology</i> Mary Katherine Dowd, MD Rajbir Sangha, MD (Electrophysiology) Daniel Storms, MD Ashley Luneau, APRN Larissa Parker, APRN Jason Trenkle, PA-C	603-444-9390	OCCUPATIONAL HEALTH Lincoln Urgent Care Littleton Urgent Care David Dickinson, PA-C Katie Leone, APRN Elaina Pelton, PA-C Jackie Siegel, APRN Ben Tipton, PA-C	603-607-6040 603-444-9294	RADIOLOGY Eric Emig, MD	603-444-9536
DERMATOLOGY <i>in partnership with Dartmouth-Health Dermatology</i> Charles Hammer, MD	603-259-7706	ONCOLOGY, HEMATOLOGY, & INFUSION <i>in partnership with Dartmouth-Health Dartmouth Cancer Center</i> Sergey Devitskiy, MD Kimberly Burns, APRN	603-444-9376	REHABILITATION Franconia Littleton Allison Carey Mersch, DPT Catherine Colby, PT Michelle Decker, PT Hunter Goodrow, DPT Anne McKenzie, DPT Myles Morneault, DPT Melissa Ollerman, PT Iris Rhodes, DPT Derek Roberts, DPT John Scott, PT Jillian Taho, DPT Lang Taho, DPT Kyle Thorburn, DPT Christopher Reilly, PTA Hilary Bradshaw, OT Sallie MacLeod, OT Lauren Morse, OT Tracy Jordan, SLP	603-823-8600 603-444-9530
DIABETES EDUCATION Amy Dorr, RN - NEW!	603-444-9323	ORTHOPEDICS & SPORTS MEDICINE Alexandra Bishop, MD - COMING SOON! Andrew Chen, MD James Glazer, MD Jeffrey Kauffman, MD Jean Langevin, MD Dougald MacArthur, DO D. Scott Marr, MD Eric Mullins, MD Daniel O'Neill, MD Alexander Orfanos, MD - NEW! Amy Greaves, PA-C Haley Ireland, APRN Jessica Lorenz-Armstrong, PA-C Holly MacArthur, APRN Virginia Mike, PA-C Kristen O'Hara, APRN	603-823-8600	SLEEP MEDICINE <i>in partnership with Dartmouth-Health Sleep Disorders Center</i> Danielle Speer, APRN - NEW!	603-259-7692
EMERGENCY MEDICINE André Beaubouf, MD David Hirsch, MD Jonathan Klingler, DO Philip Lawson, MD Richard Levitan, MD Lon Setnik, MD Andrew Borghese, PA-C Katie Pessin, APRN Mallory Walsh, APRN		OTOLARYNGOLOGY (Ear, Nose & Throat) Patrick Fitzpatrick, DO Danny Ballentine, PA-C	603-444-2450	URGENT CARE Lincoln Urgent Care Littleton Urgent Care David Dickinson, PA-C Katie Leone, APRN Elaina Pelton, PA-C Jackie Siegel, APRN Ben Tipton, PA-C	603-607-6040 603-444-9294
FACIAL PLASTIC SURGERY Patrick Fitzpatrick, DO	603-444-2450	PAIN MANAGEMENT Julie Erickson, CRNA - NEW! Kyle Nevills, CRNA - NEW!	603-575-6300	UROLOGY Jennifer Lucas, MD Sonya Morse, APRN	603-444-0385
GASTROENTEROLOGY Peggy Piette, APRN	603-259-7798	PALLIATIVE MEDICINE Philip Lawson, MD	603-444-9055		
GENERAL SURGERY Benjamin Caesar, MD - NEW! P. Benjamin Schroer, MD Daniel Underbakke, MD	603-444-0997				
HOSPITAL MEDICINE Stephen Goldberg, MD Michael Rhodes, MD Linda Barton, APRN Frederick Colon, APRN					
LABORATORY	603-444-9526				

*This directory is subject to change without notice.