Senior Wellness Tips

WEDNESDAY, SEPTEMBER 6, 2023

Don’t tell anyone, but local wellness instructor Sally Winchell offers the following advice:

“Winchell offers the following advice: “Do I eat this every day?” She asks students. “If you want health and longevity, you never miss.”

In typical Sally Winchell style, the fitness instructor welcomed the opportunity when a friend invited Winchell to a beauty pageant as Ms. Senior Pennsylvania 2023, a title she won in Harrisburg in June.

“Ms. Senior Pennsylvania Sally Winchell always up for a challenge.


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Winchell, who grew up in Bowmansville and attended Acorn and Terre Hill High School, has always had a passion for dance.

She can squat 140 pounds, bench press 105 and deadlift 185. And she wants her clients to push themselves, too.

She scored 5-foot-11 and weighed 125 pounds. She can squat 340 pounds, bench press 195 and deadlift 185. And she wants her clients to push themselves, too.

Sally Winchell, above and below, leads a fitness class at Bright Side Opportunities Center, where she serves as wellness director.

Sally Winchell, above and below, leads a fitness class at Bright Side Opportunities Center.

Aimee Sherrod, who is also an exercise physiology graduate student at the University of Maryland, says Winchell maintains a “strong work ethic” that helps her clients achieve their fitness goals.

But Winchell isn’t just a fitness instructor; she’s also a motivational speaker, writer and mother.

“I love putting myself out there to grow and change,” says the 66-year-old woman, who has served since 2018 as wellness director for Bright Side Opportunities Center, a Lancaster nonprofit affiliated with Bright Side Baptist Church.

“Sally is a force,” says Willmon McCloud, Bright Side’s president and CEO. “She’s small, but mighty.”

Indeed, Winchell stands 5-foot-11 and weighs 125 pounds. She can squat 340 pounds, bench press 195 and deadlift 185. And she wants her clients to push themselves, too.

Her chosen profession has helped her clients achieve their fitness goals.

“Sally is a force,” says Willmon McCloud, Bright Side’s president and CEO. “She’s small, but mighty.”
Tour

Continued from §1

Landis Homes will be sharing information about our new construction to visitors from open houses that can also tour a cottage, a hybrid home, apartments and the Learn- ing & Wellness Center.

Pineview Homes, 235 Wheat Ridge Dr, Kyla- nia, will be showing floor plans for Orchard Terrace, a new-cottage neighborhood that is still in the planning stages. Homeowner and director of marketing and sales, Stephanie Neuhaus, will share plans for the cottage, which will be completed in 2023. Pineview Homes is currently building five cottages, and some will have daylight basements. Each will include an option for an addition to a kitchen. We believe this is a great opportunity to learn about the proposed new construction, visitors from open houses can also tour a cottage, a hybrid home, apartments and the Learning & Wellness Center.

Valley Communities.

pavilion overlooking the

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Senior Living

REBECCA LOGAN
FOR LNP | LANCASTERONLINE

It's 8:30 a.m. on a Saturday and already hot as a compact mass of racers pushes past two "start" flags on the Enola Low Grade Trail while Bruce Springsteen blares over the speakers.

"In the day we sweat it out on the streets of a runaway American dream …"

The crowd starts spreading out, with its more serious runners — including 74-year-old Ernie Houck of Millersville — heading off into the distance by the time the song reaches its classic hook.

"We gotta get out while we're young, cause tramps like us, baby we were born to run."

Of the 156 people who participated in the Solid Rock 5K in Quarryville this August, only about 42 were alive when the album that song titled came out in August 1975. Such youth-skewed stats don't appear to intimidate Houck. Truth be told, he can take or leave Springsteen's music. He's on board with the running part, though. Springsteen — who this month will turn the same age as Houck — told singer Tim McGraw during a 2021 podcast that he's given up running other than on treadmills. Houck has not.

"I do at least two races a month — everything from 5Ks to marathons," he says. "I've done 28 marathons at this point. And I've got one scheduled in October and one in December and one in January."

Houck's not alone. Upper age brackets are the fastest growing categories in races hosted by Pretzel City Sports, says Ron Horn, founder and owner of that Reading-based outfit, which hosts its own races and assists with others for customers like Solid Rock and numerous others in and around Lancaster County.

"A lot of them (runners in those brackets) got into it in the running craze of the '70s and '80s," Horn says. "Some of them hold up. Some of them don't.

Pretzel City has results posted online from more than 100 Pennsylvania races so far this year. Names of runners in their 60s are all over those time sheets. All but a handful of the races list multiple participants in their 70s. And a few folks in their 80s appear throughout.

"The age group we fill the least is men 20 to 29," Horn says. "Fliers theory harks back to when he used to walk his newspaper route earnings down the street to an arcade. Now, people can roll out of bed, grab a controller and fight realistic-looking zombies and aliens without ever leaving the house, he says. The metabolism of youth can be forgiving of that, he adds, adding that the category for men in their 30s typically fills up more quickly.

Senior standouts

The cadre of runners in their 70s and 80s may be seeing higher percentage growth, but their competition is not exactly crowded. Horn can tick off by memory the key participants of those ages who compete in Pretzel City-related races and others. The standouts stand out.

"They're the category for men in their 30s typically fills up more quickly."

Below: Kathleen Soon, 69, of Quarryville, received a medal for finishing first in the female 60-plus group. She earned 121st place overall. Below, right: Ernie Houck, 74, of Millersville, finished second in the male 60-plus group and 49th place overall.

Above: Speed walker Mary Brown, 65, of Peach Bottom, left, takes off during the Solid Rock 5K run on Enola Low Grade Trail in Quarryville. Below, left: Kathleen Soon, 69, of Quarryville, received a medal for finishing first in the female 60-plus group. She earned 121st place overall. Below, right: Ernie Houck, 74, of Millersville, finished second in the male 60-plus group and 49th place overall.

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Two convenient locations in Lancaster County.
Winchell

Continued from 1

“Whether improves me is that she gets going, and she keeps pushing,” says Rick McMillan, who trains other Silver Sneakers class in Bright Field’s gym. Some 60 to 60 women and men fol-

low Winchell’s lead as she encourages moves from one station to the next by one of her students — so she could not have taken better from the floor of her class. She makes everyone laugh and feel good.

Getting together

Later, conversation hums as the group and women gather at two long tables for a recent happy hour in Lancaster. They talk about pickling, their grandchildren, movie, books, French fries and whether the crab cakes are as delicious as they look.

Sally’s Iron Mustangs, a SilverSneakers class creates a sense of camaraderie. You feel a sense of inclusion.”

Trainer Rick McMillan, Winchell’s hard-core body-

building, serious weightlifting happens, about 15 women completing exercises that involve chest presses, deadlifts, squats and bicep curls. This is all about lifting weight for just a few repetitions.

“You can do this,” Winchell assures as a partic-

ipant stretches to lift the bar bell. The atmosphere is friendly, and people chatter for each other while music blares from a speaker.

Winchell keeps up a steady stream of encour-

agement research that says exercise, an average exercise program that Winchell demonstrates moves from.

When she begins a SilverSneakers online workout through Universal Athletic Management here, and also for its members. She currently holds a few certifications and can do basic exercises.

Here comes another participant tentatively lifts the bar and presses, deadlifts, squats as women completing stations that involve chest presses, deadlifts, squats and bicep curls. This is all about lifting weight for just a few repetitions. She makes everyone laugh and feel good.

Sally Winchell is at center of a SilverSneakers class at Bright Field’s Opportunities Center.

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The Wise Elder

What is it and why should you hope to become one?

MARGARET GATES MAGATEG@LNPNEWS.COM

In her 72 years, Karen Carnabucci has enjoyed two very different careers—the first as a journalist with the former Intelligencer Journal (now LNP), Lancaster, and the second as a psychotherapist and educator.

She went back to school and began working in various settings to study and perfect what would become her specialty—psychodrama and Experiential Psychotherapy. Eventually, she founded the Lancaster School of Psychotherapy, a form of therapy developed by European-born Charles J. Labelle and fellow educator, Linda Costa.

The topic of “eldering,” Carnabucci notes, perhaps is growing in popularity, and Carnabucci will offer resources to learn more about becoming a wise elder. For length and clarity, I would say the first thing is to talk about what it means to grow old in a different way?" she asks. "I think that is probably for everybody to sort through themselves."

"Well, how would you define a wise elder?" she asks. "This is probably for everybody to sort through themselves."

"Yes, but the topic of ‘eldering’ is growing in popularity. Carnabucci notes, perhaps because there is a large number of baby boomers—herself included—who have lived a long time and have harvested for our lives. We speak to Carnabucci about embracing the role of the wise elder. The interview was edited for length and clarity.

How would you define a wise elder?" she asks. "I think that is probably for everybody to sort through themselves."

"Do we want to become older like the generation before us and what they modeled for us, or do we want to get older in a different way?" she asks. "I think that is probably for everybody to sort through themselves."

"So many times when we talk about growing older … What are you going to do after retirement? Or sometimes we talk about illness. But we don’t often talk about what it means to grow old in a more soulful way and to look at what we have harvested for our lives."

"What is some of the qualities of a wise elder? A wise elder accepts being old, accepts being an elder. In our society we generally don’t talk about this idea of being old. We love it when people think we’re younger than we really are. We do our best to look as young as possible. So I would say the first thing is simply accepting the place in life that indeed we are older and we have something to share of out-life experiences and it’s something thoughtful. Wise elders honor the learning that they have earned, and they encourage others to do the same."

RECOMMENDED READING

Karen Carnabucci offers these resources to learn more about becoming a wise elder:

- "The Inner Work of Age: Shifting from Role to Soul" by Connie Zevan
- "From Ageing to Aging as a Revolutionary Appropriation To Growing Older as a New Role: The Elder, " by Ronald S. Miller
- "Aging as a Spiritual Practice: A Contemplative Guide to Growing Older and Wiser" by Lewis Richmond
- "How to be Old" by Lyn Slater.
suburb. Her mother passed.
New business in store at Garden Spot Village

New Holland retirement community aims to meet public’s need for more self-storage space.

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Garden Spot Communities is addressing the demand for more storage space with the launch of ELANO Self Storage.

"There aren’t enough self-storage units, and with another 10% saying they plan to shortly," according to an April survey by StorageCafe, a nationwide storage space marketplace. The survey found that the main reason people rent storage units is because of declining space in their own homes. E-commerce businesses also need space for inventory. And some people rent extra storage space for too much stuff.

Located on Old German Road in New Holland, ELANO Self Storage is part of a 12-acre tract of land currently owned by Garden Spot Village. The plan is to develop the land, which is contiguous to the existing site, with plans for a second one to two-story expansion with the storage project.

The first phase of construction includes one large climate-controlled building with 26,000 square feet of storage units and two smaller buildings, each with 3,000 and 4,000 square feet of self-storage units.

"The site is located on a quiet street with a neighborhood feel," says Muller, a former member of the California Assembly Committee of California’s Education Committee and also chair of the executive committee.

"This is addressing the demand," Muller says. "But we’re working on the details to make sure it’s a safe, well-designed, well-constructed project."
Continuing Care Retirement Community (CCRC)

At a Tour:

• Litchfield, Ill. – Little open house visitors will get a behind-the-scenes look at what goes into fully transforming a room in a CCRC.

Attendees can tour a 1,430-square-foot cottage that is undergoing full renovations. Learn more about the transformation process, including how homeowners can customize their plans and options to customize the cottages and apartments.

The open house cottage visitors will tour features two bedrooms, two bathrooms, an on-site kitchen, a common area with comfortable seating, a fully air-conditioned and heated floor, and a covered outdoor space.

Residents were able to engage with prospective residents and those who have been part of the planning of their homes into the community.

The tour can meet with the community staff to discuss their specific questions, meet with prospective residents and tour the options available to personalize an apartment or cottage.

During the open house, visitors can also take a self-guided tour of the community.

A little bit of everything:

Not every community will have a particular service, renovation or new construction to highlight. This week, we’re giving the opportunity to experience what life on a campus or lifestyle can be like.

The community recently expanded its offerings to better accommodate guests who have a passion for recording and creating. The building also has a picknick court.

At a Tour:

At St. Anne’s Retirement Community, visitors can check out various apartments in the community’s largest apartment building at 100 Merlii Drive, Columbia, or Mary Jo Biffladel, director of development. The building also has a picknick court.

At Masonic Village, 1 Masonic Drive, Elizabethtown, guests can walk the 12 miles of paths on the 1,400-acre Elizabethtown campus where they can check out neighborhoods, the Formal Gardens, the Masonic Gardens, the Masonic Farm Market, and new amenities, including identifying tree species such as Hinoki Cypresses, Lebanon Cedars and Mexican White Figs, says Debby Bova, public relations manager.

They can also take self-guided tours that include stops at various locations on campus where staff will share updates on new activities, programs and events.

The community recently added hiking, tai chi and other activities, according to Laura Davis, public relations manager.

He also has a pickleball court.

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