



Wellness Center

NEWSLETTER

Summer 2025

Coming Up:



- CPR/First Aid Training

August 7 - 1:30-3:30

- Volunteer Training

August 21 - 9:00-10:00



Thank you to all who attended the **"Healthy Solutions" Health talk** last month. Jamie Liotta covered: hydration, balanced eating, movement recommendations using frequency (x/week), intensity, time (duration) and type, weight management, setting SMART goals, and simple healthy meals in 5 minutes. If you'd like a copy of her presentation, contact Nicole or Jamie at healthcoachforHim@gmail.com.

"It is not good for man to be alone" Gen. 2:18

We were made for community. Social activity isn't just fun—it's essential to healthy aging. Staying socially engaged helps keep our minds sharp, spirits high, and bodies healthier. The Bible says that when one part of the Body suffers, every part suffers with it; and when one part is honored, every part rejoices with it (I Cor. 12: 26). We need each other!

Besides the camaraderie of pickleball games, walking on the track, and exercising in class with friends, gatherings like our 4th of July party, our puzzle table, volunteering at our front desk, the knit and crochet club, and game day over at the church are great opportunities for building community.

Seniors who maintain strong social connections are:

- 43% less likely to suffer from cognitive decline
- More resilient to depression and anxiety
- Physically healthier, with lower blood pressure and reduced risk of chronic illness
- Recover faster from illness
- More likely to live up to 5 years longer than those who are isolated

Making time for friendship, community activities and social engagement is just as important as eating well and exercise.

See the next page for an example of how this community made a difference in one couple's life.



Just like Jeanie, everyone looked great in their patriotic clothes!

"Saturday...in the park...I think it was the 4th of July"



Wellness parties help people meet one another from across different activities. At left are people from the Circuit class, the Balance class, and pickleball.

Participant Spotlight

Team Malloy

"In 2006, I (Dave) was diagnosed with an aortic aneurysm and had surgery in December. They opened my chest and repaired my aneurysm with a graft and totally rebuilt my aortic valve. After the surgery I could barely walk up the stairs of my house without catching my breath. My healing process started in 2007 with walking the Wellness Center track everyday. I eventually was able to get my strength back and started lifting weights until I was back to 100%.

In July of 2022, I had some minor surgery, but it became infected, and I got a blood infection that turned into sepsis. The bacteria from the infection attached itself to the graft in my heart that was used to fix my aneurysm. The infection caused a stroke in December of that year. After my hospital stay, I went into rehab. I went on 24 hours a day antibiotics for 14 weeks and was prescribed high-dose oral antibiotics for one year. I had lost about 20-25 pounds of muscle mass, but was able to begin working out again at the Wellness Center.

In April 2024, when I was about to end my treatment, my wife Samille was diagnosed with breast cancer and was immediately scheduled for surgery. My treatment had to be extended until Samille had her surgery because my treatment was experimental. If the blood infection was not gone, I would need to have a 12 hour surgery to re-do the surgery I had in 2006. Both of us could not be going through surgery at the same time! Samille's surgery was successful and the treatment that I had successfully cleared the blood infection. The Wellness Center has been instrumental in nursing us both back to health and me twice. We are both back to 100% and believe the Wellness Center is a major part of this success." What a testimony- thanks for sharing, Dave and Samille!



Blood pressure checks are on the third Wed. of the month at 9:30
Thanks to Helen and all our nurses!



Thanks for volunteering, Beth and Trecia!



Jane and Irene fly through the puzzles each week!



Chinese proverb: "The best time to plant a tree was 20 years ago. The second best time is now." It's never too late to begin exercising and making new friends!



Carter and Sue keep the paddle stacks moving!