

Doing something ... for a change

BY LOIS BELL
SHERIDAN SENIOR CENTER

SHERIDAN — Nancy Moses is doing something different...for a change. And in one week after making change, Moses was feeling better.

"I was getting up every morning with severe back pain," said Moses. "But I figured that's just how it is when you're 85. I don't exercise enough; I sit too much."

Moses started walking.

"I set a goal to walk five days each week for 10 minutes each time," said Moses, who lives in an apartment complex. "When the weather is nice, I walk outside. When the weather is not nice, I walk the halls."

Within a week, her back didn't hurt as much when she wakes up.

Moses also began doing breathing exercises to a breathing tape twice weekly. And she changed up her diet some.

"I try to eat two vegetables a day, which is hard for me as I hate vegetables," Moses said.

Moses is learning how to self-manage living with chronic conditions through a six-week program called the Wyoming Chronic Disease Self-Management Program. The program is offered free to older participants through a grant from the Wyoming Center on Aging based at the University of Wyoming.

The objective of the course is to help participants learn to be more active and productive in their own health management. No medical advice is provided in the program. Participants are given techniques such as dealing with problems and communicating effectively with health profession-

als, to name two of the course objectives.

"I know there are some things I can't change, such as my macular degeneration and tremors," Moses said. But Moses was going to manage what she could. And she's reaping health benefits.

"Since she started taking these classes, she's driven to live healthier," course instructor Kathy Watson said.

Watson attended the class last year and was hooked.

"I wanted to teach because I could see what (the class) could do," Watson said. She saw the power of change in the participants and especially how one participant blossomed. Watson wanted to be part of a program that positively changes lives and enrolled in a statewide training course for trainers. She is now teaching the course.

In the program, participants make action plans, set goals and work toward goals for themselves. The program does not focus on any particular condition so each plan is personalized.

"The action plans make it easier to set a goal and to work towards that goal," Watson said.

At the beginning of each class, participants are held accountable for their progress and report back to the class how they have progressed during the week.

"If you weren't able to (meet a goal), that's OK," Watson said. "We discuss why it wasn't achievable. Can we change it, or do we need to problem solve on why it wasn't achievable? We congratulate them on meeting their goals."

But participants don't get off the hook. If they find a goal is unachievable, they are directed to develop a new goal but not



COURTESY PHOTO |

Nancy Moses is feeling the positive effects of walking and other lifestyle changes she has made. Moses is learning how to self-manage her health through a class offered in Sheridan under a grant from the Wyoming Center on Aging based at the University of Wyoming.

to quit. During the week, participants and teachers call each other to check up on each other's progress.

"They develop a bond and support each other," Watson said.

The power of the program?

"It encourages them. They say, 'I can do this,'" Watson said. "It's so neat to see people want that and strive for that. It's less doctor's visits, less hospital visits, less put-

ting your body through all that torture."

What does Watson observe in Moses?

"She's looking better; she's lost some weight; she's got better color; and she's happier," Watson said.

Yes, Moses is doing something that is changing how she feels.

"This makes me get out of my chair and do something for a change, and that is good," Moses said.

CENTER STAGE |

Marching into better nutrition

March is recognized as National Nutrition Month by the Academy of Nutrition and Dietetics (www.eatright.org). As such, the organization focuses on educational and informational efforts to spread the word about making healthy and informed food choices, as well as healthy eating habits to support optimal well-being. While

the Academy's primary mission and focus is on healthy eating, the organization does not fail to recognize or advocate for living a physically active lifestyle.

When trying to assist individuals in developing and implementing healthy improvements to their lives, there's a natural tendency to focus on the primary weakness in order to set an effective goal to overcome that weakness. However, taking a holistic approach and making efforts to emphasize the importance of balanced living while addressing the most significant risk factor is a more comprehensive and useful approach.

Fortunately, in their efforts to campaign for healthy living during the month of March, this organization recognizes the need for balance in its key messages to the public.

1. "Create an eating style that includes a variety of your favorite, healthful foods."

2. "Practice cooking more at home and experiment with healthier ingredients."

3. "How much we eat is as important as what we eat. Eat and drink the right amount for you, as MyPlate encourages us to do."

4. "Find activities that you enjoy and be physically active most days of the week."

5. "Manage your weight or lower your health risks by consulting a registered dietitian nutritionist. RDNs can provide sound, easy-to-follow personalized nutrition advice to meet your lifestyle, preferences and health-related needs." (www.eatright.org, 2017).

If you're looking for additional (and FREE) resources to help you and your family establish healthy habits, consider reviewing the plethora of tools available to accomplish that very goal.

In other words, you can't out exercise a diet that is nutritionally deficient.

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SENIOR CENTER HAPPENINGS |

- Be informed! Hear how proposed changes to Medicare coverage can affect you and your wallet especially for those still working and not yet enrolled. Community meeting at the Senior Center, 211 Smith Street, Tuesday evening, Feb. 28, 5:30 to 6:30 p.m. Hear AARP's position on proposed changes.
- Are you caring for a loved one? Feeling overwhelmed? There is support. The Sheridan Senior Center

hosts free caregiver support. Support groups meet at 10:00 a.m. on Mondays at Brookdale/Sugarland Ridge, 1551 Sugarland Ridge, Sheridan and at 5:30 p.m. Monday evenings at the Senior Center, 211 Smith Street. Can't make a meeting but need support? Call the Caregiver Support Office at 672-2240, Mondays through Fridays, 9 a.m. to 4 p.m.

- Calling SheridanAires – current and potential – to Thursday rehearsal

practice beginning February 23! If this group intrigues you and you'd like to sing, call Jane Perkins at the Senior Center, 672-2240.

- The AARP Tax Foundation is offering free tax preparation services on Tuesdays at the Senior Center and on Thursdays at Fulmer Library for those ages 60 and older beginning February 2. Call 672-2240 to make an appointment over the phone. Restrictions on what taxes can be prepared apply.

Adding friendly bacteria to skin lotion wards off bad germs

WASHINGTON (AP) — Bacteria live on everyone's skin, and new research shows some friendly germs produce natural antibiotics that ward off their disease-causing cousins. Now scientists are mixing the good bugs into lotions in hopes of spreading protection.

In one early test, those customized creams guarded five patients with a kind of itchy eczema against risky bacteria that were gathering on their cracked skin, researchers reported Wednesday.

"It's boosting the body's overall immune defenses," said Dr. Richard Gallo, dermatology chairman at the University of California, San Diego, who is leading the work.

We share our bodies with trillions of microbes that live on our skin, in our noses, in the gut. This community — what scientists call the microbi-

ome — plays critical roles in whether we stay healthy or become more vulnerable to various diseases. Learning what makes a healthy microbiome is a huge field of research, and already scientists are altering gut bacteria to fight diarrhea-causing infections.

Wednesday's research sheds new light on the skin's microbiome — suggesting that one day it may be possible to restore the right balance of good bugs to treat skin disorders, too.

"It's a really important paper," said Dr. Emma Guttman-Yassky of the Icahn School of Medicine at Mount Sinai Hospital in New York, who wasn't involved with the new research. "It does open a window for a potential new treatment."

Healthy skin harbors a different mix of bacteria than skin damaged by disorders such as atopic dermati-

tis, the most common form of eczema. Those patches of dry, red, itchy skin are at increased risk of infections, particularly from a worrisome germ known as *Staphylococcus aureus*.

Gallo's team took a closer look at how microbes in healthy skin might be keeping that bad staph in check.

They discovered certain strains of some protective bacteria secrete two "antimicrobial peptides," a type of natural antibiotic. In lab tests and on the surface of animal skin, those substances could selectively kill *Staph aureus*, and even a drug-resistant strain known as MRSA, without killing neighboring bacteria like regular antibiotics do, the team reported in the journal *Science Translational Medicine*.

But those good bugs are rare in the skin of people with atopic dermatitis, Gallo said.



Sheridan Senior Center
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www.sheridanseniorcenter.org

Fun and Food

BUILD YOUR OWN SALAD Mondays - Fridays
Entrees and kiosk include sides, dessert and drink.

Entrée Choice*	or	Soup Kiosk
Sun - Hot Beef Sandwich		
Mon - Ham & Macaroni Bake		Tomato Bisque
Tue - Taco Salad/beef,cheese,chips & salsa		Creamy Turkey Soup
Wed - Baked Cod with Tartar sauce		Cauliflower Soup
Thu - Pork Chop Supreme		Chicken Noodle
Fri - Chicken Fried Steak		Potato Soup
Sat - Turkey Pot Pie		

*entrée only offered for Home Delivered Meals

Mon - Pinochle	1:00 to 3:30 p.m.	Community Room
Tue - Crafts	1:00 p.m.	First United Methodist Church, 215 W. Works
Wed - Anniversary of TIME Magazine	1 st Published 1923	Dining Room
Thu - SheridanAires	9:30 a.m.	Community Room
Fri - Conversation Pit	8:00 a.m.	Dining Room
Sat - French Toast Breakfast	7:30 to 9:00 a.m.	Dining Room

Lunch Service Hours: 11:30 a.m. to 12:45 p.m., 365 days a year at 211 Smith Street
Building hours: 9:00 a.m. to 4:00 p.m. Mondays – Fridays
9:00 a.m. to 1:00 p.m. Weekends and Holidays
211 Smith Street Sheridan, WY 82801
Home Delivered Meals (307) 672-6079
Senior Center Main Phone: (307) 672-2240 9:00 a.m. to 4:00 p.m. Mon - Fri

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