



JEWELS OF GOLD

DIAMONDS OF WARD 8
LEGACY COLLABORATIVE

A SENIOR VILLAGE PUBLICATION

APRIL 2017



“AH-WOP-BOPPA-DOO-WOP-DA-D00-WOP-BAM!”

If you said ‘Tooty-Frooty’ you’re right on the money, yessuh, you’re sharp as a tack, and as far as your memory is concerned you can tell anybody you got it like that! Isn’t it amazing how music can automatically trigger the memory. Okay you’re not a believer yet, so let’s try this, we will call it word association, and see if you can remember when you heard this, where you were, and who you were with. Okay here we go...Jackie Wilson...The Platters...Jerry Butler...Ruby and the Romantics...The Drifters... (is it getting hot in that kitchen yet?) Okay we gonna step on the gas, how about The Marvelettes...Little Anthony and The Imperials...The Whispers...Billy Stewart? Now, we could go on and on but I hear you saying ‘Have mercy mister, have mercy, and because I’m a merciful man, I will be nice. But you have to admit that just by naming those artists you thought of their music and like a key, that music opened the memory vault and out flowed a wealth of pleasant memories, and maybe

some not so pleasant, but that's life. Researchers have discovered that music not only triggers memories but offer other benefits just as well.

- (1) Research suggest that music can not only help us cope with pain, it can also benefit our physical and mental health by easing pain and reducing its perceived intensity. (Well, I don't know about that because arthritis can hit you sometimes and it don't matter if the National Symphony Orchestra played night and day non-stop for thirty years, Arthur wouldn't give a hoot! Some of you know what I'm talking about).
- (2) Motivation During Exercise: When we're listening to Smokey Robinson crooning out a love song, we may not notice that not only had we reached our exercise goal, but surpassed it.
- (3) Improve sleep quality: Listening to classical music has been shown to effectively treat insomnia in college students.
- (4) Help People Eat Less: One study found that playing soothing mellow music during a meal and dimming the lights may help people to slow down while eating and ultimately consume less food in one sitting.
- (5) Enhance Blood Vessel Function: Scientists have found that the emotions patients experience while listening to music have a healthy effect on blood vessel function. Scientists discovered that music made those who participated in the study feel happier and resulted in increased blood flow in their blood vessels.



- (6) Reduced Stress: Research has found that listening to music can relieve stress by triggering biochemical stress reducers.
- (7) Induce A Meditative State: Listening to slow musical beats can alter brain wave speed, creating brain wave activity like when a person is meditating. Some research suggests that using rhythmic stimuli such as music to induce these states can have a therapeutic effect easing symptoms of migraines, PMS, and even behavioral issues.
- (8) Relieve Symptoms of Depression: When you're feeling down in the dumps, music can help pick you up (much like exercise). Research suggests the kind of music matters. Classical and meditative sounds seem to be particularly uplifting.
- (9) Elevate Mood: One study found that music helped put people in a better mood and get in touch with their feelings.
- (10) Reduce Anxiety: Another study found that music's effect on anxiety levels is similar to the effect of getting a massage.

Let's keep in mind there's a rich treasure trove of music out there waiting to be explored, there's rhythm and blues, jazz, blues, folk, classical, and music traditions from all over the world. So treat music like it's a buffet. Try a little bit of this, and try a little bit of that, but most of all have fun.

“OUT AND ABOUT”

My Flight was brief a mere excursion,
Not deliberate, of necessity, I sought it not
On a whim, a mere diversion,
Had I known the anguish, the stress, the
Tension, never would I have ventured out and
About society's mess never worth the mention,
It is there most vulnerable left to right,
Above, below, the snare draws tight devoid of
Love, below, above,
Devoid of all such human the feral touch,
To flee the need to forego as much as required
In such circumstances as these if you please
Shut the door, if you please,
No more, enough
Not fast enough, not slow enough, talks too
Much for me, from whence I flee where solace
Waits, a sanctuary silent but true, devoid of
This, absent of that, close the gates fasten
Tight, from whence I flee where solace waits,
Desperate my flight,
Here silence like pancakes like syrup, here
This calm this balm of Gilead washes over me
A sailor upon this vast and gentle sea,
My sanctuary, my refuge surrounding me, peace
And love, love and peace within not without, come,
Go with me, a sailor upon this vast and gentle
Sea, the peace within me.

“RELIGION AND HEALTH”

The question is does your religion impact your health? The question of religion and medicine is still a wide-



open book. Several studies have shown that people with strong religious or spiritual beliefs live longer, heal better after surgery, have lower blood pressure and are better able to cope with chronic conditions. What is not yet clear is the reason. Some experts say it could be related to the healthier lifestyle a structured religion provides. People with a religious affiliation tend to drink less, smoke less, and have a stronger support community with positive influences. Other researchers believe that it is simply the faith and attitude associated with a spiritual person that holds the key to influencing health. One study suggests that religious information could be helpful to health care professionals when dealing with patients. The controversial question here is “What Role Does a Health Care Professional Play?” With the many

different religious beliefs, how does a medical professional effectively and ethically counsel patients? This can be a very dangerous and sensitive area to tread. Although highly controversial many feel that this positive effect of religion is simply too strong to ignore. In a 2012 study by the Pew Research Center it was found that nearly 80% of Americans practice some type of religious belief and the number of Americans who do not practice any religious practice is growing at a rapid rate. Religion is thought to be empowering and thought to be useful in medical practices through the power of positive thinking. This power brings meaning and purpose, a sense of self-esteem, and gives emotional support. During stressful times, we often turn to our faith as a source of solace and support. This is particularly true among older adults. Prayer or meditation has shown to reorient our thought process regarding pain or a medical condition. Although it may not actually reduce the severity of the situation, it often can make it more bearable by changing the way we think about it. Putting people in social environments where support is strong encourages positive emotions, and positive emotions are strongly connected to positive health outcomes. The down side of religion and medical practices is the fear that some will replace necessary medical care with “Prayer.” Experts also fear the religious beliefs of some could be harmful if they encourage excessive guilt or fear creating a lower self-esteem. It is also feared that we are about to overstep the boundary between medicine, medical science and religious beliefs. In summary, many religious and spiritual practices universally teach love, hope, forgiveness, and optimism, therefore improving coping skills and the social support to foster a positive outlook and healthier behavior. A religious or spiritual format provides an effective social control over a healthier lifestyle and provides support and comfort. Improving your spiritual health may not cure your illness but it may help you feel better, cope better, and prevent other stress related health issues. Sounds good to me!



“Knights Of The Realm

The old Ballou Senior High School has been knocked down, demolished, and in its place a new building has been raised, but the name of its students and its athletes remain the same, “The Ballou Knights.”

What is that spot shining so bright, upon yonder hill bathed in light? Hail! Fair Ballou, Knights of the Realm, once my crucible, an old man’s delight, I sigh.

To you fair knight I raise my glass to the bright silver lacings upon your facings, like silver they shine, even still I hear your voice, dark-lit the corridors, and bright echoes hued, the heroic days, comrades and fair maidens, and one or two, a young lass, where have they gone my gallant knights, we lifted a toast and yelled hurrah! Those mates, brave and fair, those hallways, that building on the crest gleaming, burning, beckoning.

To you fair knight I raise my glass, to the bright silver lacings upon your facings, like silver they shine, the sun has set and memory fades, the names, the faces, the faces, the names, even now their voices I hear along dark-lit corridors, and echoes bright hued, the heroic days, comrades and fair maidens, and one or two, a young lass.

“RE-IMAGINING”

Re-imagining is a combination of two words: Renew and Imagination. Imagine yourself renewed, a new you, more complete you. Take the steps now to make it a reality.

In case you have been wondering about all the construction going on down on the first floor here's the scoop, it's called 'Makerspace'. The Makerspace is a creative and entrepreneurial environment. We hope that residents, both youth and adults, will use the space for experimentation, invention, creation, and exploration through design thinking and expression. There will be three "making" spaces. One will be reserved for sewing, knitting, crocheting, and other needle arts. Space two will be used for design and will provide residents access to laptops and 3D printers to bring their designs to life. The third space will be used for painting and crafts, woodworking, printing, etc. We will rely on resident interest to expand use of the space in the future.

Sounds like it's going to be a lot of fun. So, if you're looking for a reason to hook-up with the knitting class, here's a good one, all my tennis shoe socks got holes in them, oh! Yeah heels out, toes sticking out, it's downright embarrassing, I know, I know I'm being shameless, but ain't nothing shy about my game...make it a size twelve!

“UP Coming Events”

United Medical Center Health Van – April 22nd

Flea Market – Coming Soon May

Health Fair – May 22

Legacy Collaborative Village Meeting on April 11th



SENIOR RESIDENTS OF VILLAGE IN WARD 8 BORN IN APRIL.

NOTE: If you have information or material for the Newsletter, contact your representative at your site. We welcome your participation.

THE OVERLOOK MEADOWBROOK ARBOR VIEW CEDAR HEIGHTS WHEELER TERRACE

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