The Healing of Art:
You don’t have to be an artist to benefit from a creative experience!

The next Stroke Club meeting is Tuesday August 16th, at 7:00 p.m., at New Hope United Methodist Church at 4525 Beaver Ave., Des Moines. The church is accessible.

This month our presenter will be: Laura Lynch

Laura Lynch is a local artist and is the artist in the Arts of Healing program at Methodist and Lutheran hospitals. Laura will be speaking about the various arts and crafts she has available for patients and will engage us all with some hands-on creative work.

The Arts for Healing program at Methodist and Lutheran hospitals brings Laura regularly to greet patients with a cart full of art supplies and helps patients explore artistic expressions. Since it began, the program has continued to grow and Laura has visited patients in all areas of each hospital, including the intensive care unit.

The program does more than help patients pass the time. The Arts for Healing program was developed from evidence based research which has demonstrated that art sessions in hospitals not only help in times of healing, but actually help with the healing process itself. The outcomes we have come to expect, based on earlier research as well as our own observations, include an increase in patient satisfaction, an increase in the sense of control, a decrease in the length of hospital stay, a decrease in depression and anxiety and a decrease in actual healing time.

This program is supported entirely by philanthropy and takes no money or resources from the budgets for patient care.

Plan to attend and see the value and healing of Art!

As a reminder if you have something special you would like to see in the newsletter please don’t hesitate to let me know. My phone # is (515) 241-8139. My email address is sue.toaleknapp@unitypoint.org

Thanks, your Newsletter Editor, Sue Toale Knapp.

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NEED A LIFT

Need a ride to Stroke Club Meeting?
Call Amy Johnson at 263-5166 to arrange a ride.

Please call her rather than the person who may be your “usual driver”. This will allow Amy to know how to plan for rides and drivers.

If you are afraid you will forget to call, do it now!! Please call no later than 9:00am the day before the meeting and preferably the Friday before the Tuesday meeting. This will allow Amy enough time to schedule a ride for you.

You will receive a call before the meeting regarding who will pick you up the night of meeting. We have several volunteers who are willing to provide you a ride to Stroke Club.
WHAT’S YOUR Iowa State Fair IQ?

Test your knowledge about the history of America’s favorite state fair and you’ll quickly discover that nothing compares to the Iowa State Fair.

When was the first Iowa State Fair held?
The first Iowa State Fair was held October 25–27, 1854 in Fairfield, 20 years before America’s great westward movement began.

How old are the Fairgrounds?
The Fair moved to its present address at East 30th and East University in 1886. Therefore, the Fairgrounds are just over 129 years old.

How many acres make up the Fairgrounds?
The Fairgrounds includes approximately 445 acres, including 160 acres of beautiful, wooded Campgrounds, which are open April to October.

How many food classes are judged annually?
The Iowa State Fair features the largest state fair foods department with nearly 900 classes and hundreds of individual entries.

What happens to the butter from which the Butter Cow is sculpted?
It is frozen and stored during the year and can be reused for up to 10 years. Butter sculptures have been a part of the Fair since 1911. It takes an estimated 600 pounds of butter and 16 hours to craft the Butter Cow alone.

Approximately how many pork chops do the Iowa Pork Producers sell during a Fair?
Pork lovers gobble down approximately 5–6,000 chops daily during the Fair’s 11-day run. In 2003, the Pork Producers served their one-millionth customer.

What are the lyrics to the song “Our State Fair” from the Rodgers and Hammerstein musical titled “State Fair”?
Our State Fair is a great State Fair, Don’t miss it, don’t even be late. It’s dollars to doughnuts that our State Fair, Is the best State Fair in our state!

This year the fair runs from August 11-21, 2016.

Aphasia Group
The Aphasia group meets the 2nd and 4th Tuesdays of each month from 12:30-1:30p.m.

The group meets at Mercy Riverside, which is located to 501 SW 7th St. Suite Q, Des Moines, IA 50309. Sue Fagg, Speech Language Pathologist for Mercy Medical Center is the group leader. Interested persons can call Sue at 515-643-9818 for more information or directions to the facility.
STAYING SAFE
in Hot Weather

Summer weather can pose special health risks to older adults and people with chronic medical conditions. It is critically important that adults particularly susceptible to hyperthermia and other heat related illnesses know how to safeguard against problems.

Hyperthermia is caused by a failure of the heat-regulating mechanisms of the body. Heat fatigue, heat syncope (sudden dizziness after prolonged exposure to the heat), heat cramps, heat exhaustion and heat stroke are forms of hyperthermia. Older adults are at risk for these conditions, and this risk can increase with the combination of higher temperature, individual lifestyle and general health.

Lifestyle factors can include not drinking enough fluids, living in housing without air conditioning, lack of mobility and access to transportation, overdressing, visiting overcrowded places and not understanding how to respond to hot weather conditions. Older people, particularly those with chronic medical conditions, should stay indoors in cooler spaces on hot and humid days, especially when an air pollution alert is in effect. People without air conditioners should go to places that do have air conditioning, such as senior centers, shopping malls, movie theaters and libraries. Cooling centers, which may be set up by local public health agencies, religious groups and social service organizations in many communities, are another option.

Factors that increase the risk of hyperthermia may include:

- Dehydration.
- High blood pressure or other health conditions that require changes in diet. For example, people on salt-restricted diets may be at increased risk. However, salt pills should not be used without first consulting a doctor.
- Heart, lung and kidney diseases, as well as any illness that causes general weakness or fever.
- Use of multiple medications. It is important, however, to continue to take prescribed medication and discuss possible problems with a physician.
- Reduced sweating, caused by medications such as diuretics, sedatives, tranquilizers and certain heart and blood pressure drugs.
- Age-related changes to the skin such as poor blood circulation and inefficient sweat glands.
- Being substantially overweight or underweight.
- Alcohol use.

Heat stroke is a life-threatening form of hyperthermia. It occurs when the body is overwhelmed by heat and unable to control its temperature. Signs and symptoms of heat stroke include a significant increase in body temperature (generally above 104 degrees Fahrenheit), changes in mental status (like confusion or combativeness), strong rapid pulse, lack of sweating, dry flushed skin, feeling faint, staggering or coma. Seek immediate emergency medical attention for a person with heat stroke symptoms, especially an older adult.

If you suspect that someone is suffering from a heat-related illness:

- Get the person out of the heat and into a shady, air-conditioned or other cool place. Urge them to lie down.
- If you suspect heat stroke, call 911.
- Encourage the individual to shower, bathe or sponge off with cool water if it is safe to do so.
- Apply a cold, wet cloth to the wrists, neck, armpits, and/or groin. These are places where blood passes close to the surface of the skin, and the cold cloths can help cool the blood.
- If the person can swallow safely, offer fluids such as water, fruit and vegetable juices. Avoid alcohol and caffeine.

The Low Income Home Energy Assistance Program (LIHEAP) within the Administration for Children and Families in the U.S. Department of Health and Human Services helps eligible households pay for home cooling and heating costs. People interested in applying for assistance should contact their local or state LIHEAP agency.

About the National Institute on Aging: The NIA leads the federal effort supporting and conducting research on aging and the medical, social, and behavioral issues of older people. The Institute’s broad scientific program seeks to understand the nature of aging and to extend the healthy, active years of life. For more information on research, health and aging, go to http://www.nia.nih.gov.

About the National Institutes of Health (NIH): NIH, the nation’s medical research agency, includes 27 Institutes and Centers and is a component of the U.S. Department of Health and Human Services. NIH is the primary federal agency conducting and supporting basic, clinical, and translational medical research, and is investigating the causes, treatments, and cures for both common and rare diseases. For more information about NIH and its programs, visit www.nih.gov.

Source: The National Institute on Aging (NIA)
Reference: caregiver.com
The Happiness Bank

The 92-year-old, petite, well-poised and proud lady, who is fully dressed each morning by eight o’clock, with her hair fashionably coifed and makeup perfectly applied, even though she is legally blind, moved to a nursing home today.

Her husband of 70 years recently passed away, making the move necessary.

After many hours of waiting patiently in the lobby of the nursing home, she smiled sweetly when told her room was ready.

As she maneuvered her walker to the elevator, I provided a visual description of her tiny room, including the eyelet sheets that had been hung on her window.

“I love it,” she stated with the enthusiasm of an eight-year-old having just been presented with a new puppy.

“Mrs. Jones, you haven’t seen the room just wait.”

“That doesn’t have anything to do with it,” she replied. “Happiness is something you decide on ahead of time. Whether I like my room or not doesn’t depend on how the furniture is arranged... it’s how I arrange my mind.

I already decided to love it. It’s a decision I make every morning when I wake up. I have a choice; I can spend the day in bed recounting the difficulty I have with the parts of my body that no longer work, or get out of bed and be thankful for the ones that do.

Each day is a gift, and as long as my eyes open I’ll focus on the new day and all the happy memories I’ve stored away just for this time in my life.

Old age is like a bank account: you withdraw from what you’ve put in.

So, my advice to you would be to deposit a lot of happiness in the bank account of memories.

Thank you for your part in filling my Memory bank. I am still depositing.”

REMEMBER THE FIVE SIMPLE RULES TO BE HAPPY:

1. Free your heart from hatred.
2. Free your mind from worries.
3. Live simply.
4. Give more.
5. Expect less.
About two-thirds of older adult caregivers experience sleep disturbances, according to Susan McCurry, PhD, a professor at the University of Washington in Seattle who has published several studies on the topic, including a 2007 overview in Sleep Medicine Reviews. The reasons are complex, she says. First, there’s the obvious problem that if the person they are caring for is up several times during the night, they will be waking with them. “But even if the person you are caring for sleeps relatively well, you might lie awake at night worrying about tomorrow or feeling anxious about the long-term consequences of the person’s condition.” And many family caregivers are older themselves, so they may already be dealing with the sleep problems that come with age, notes Dr. McCurry.

“If you’re not getting enough sleep, it increases the burden of care,” says Dr. McCurry. “You have a greater risk of depression and of health problems like cardiovascular disease.” Plus, she adds, when you haven’t slept, it’s natural to become more irritable and less flexible or positive in challenging caregiver situations.

Here are solutions to common caregiver scenarios.

**If the person you’re caring for gets up at night...**

In addition to instituting good sleep habits, consider hiring someone at night (some insurance plans may cover it). Look into adult day programs, which provide structured activities during the day, to keep your family member up and busy so he or she might sleep better at night. These programs also give you much needed time alone. “Some communities are even starting to have nighttime programs for people who have switched night for day,” says Dr. McCurry.

**If you’re up at night worrying...**

Yoga, meditation, and talk therapy can all be helpful for worried caregivers, says Dr. McCurry, although finding time to pursue these activities can be tricky. If the person you care for has quiet time during the day (napping or watching TV), use that time to join an online support group, talk to a therapist over the phone, or sit quietly and meditate.

“We’ve found in our research that there is a huge benefit for both people with dementia and their caregivers to increasing the number of pleasant and meaningful activities they engage in during the day,” says Dr. McCurry. “This can be something as small as putting a bird feeder in your yard and going outside for a few minutes each day to watch the birds frolicking, or looking through an old photo album and playing some favorite music.” Engagement in these types of activities improves mood or reduces boredom and daytime napping, which in turn can improve sleep.

This was a portion of the following article: Sleep Smarter: For people with neurologic conditions, sleep can be elusive. We troubleshoot six obstacles to a healthy night’s rest.

By Cohen, Marisa

Reference: Neurology Now April/May 2016
Healthy Eating Keeps Your Brain Sharp

What you put in your stomach now affects your brain later – including your ability to think, remember and process information.

In a 25-year study of nearly 3,400 people ages 18 to 30, researchers found that those with slightly elevated blood pressure, blood sugar and cholesterol levels tended to have lower cognitive, thinking and reasoning abilities in their 40s and 50s.

“It’s amazing that as a young adult, mildly elevated cardiovascular risks seem to matter for your brain health later in life,” said Dr. Kristine Yaffe, a neuropsychiatrist, epidemiologist and professor at the University of California-San Francisco.

It’s never too late to start your journey towards better brain health. Research has shown that the healthiest eaters at age 50 had a nearly 90 percent lower risk of dementia compared to those who had the least healthy diets.

You can help keep your brain sharp by following these American Heart Association/American Stroke Association dietary recommendations:

- Eat a variety of nutritious foods from all food groups.
- Limit salt, sweets, sugar-sweetened beverages, saturated fats, trans fat, sodium and red meat.
- Eat lots of fruits, vegetables and fiber-rich whole grains.
- Consume low-fat (1 percent) and fat-free (skim) dairy products.
- Eat skinless poultry and fish.
- Eat nuts and legumes. If you drink, do so in moderation.

Two eating plans have proven to benefit brain health:

1.) The DASH (Dietary Approaches to Stop Hypertension) Diet focuses on foods that are:
- Low in saturated fat, total fat and cholesterol
- High in fruits, vegetables and low-fat dairy foods
- Whole grains
- Poultry, fish and nuts
- Low amounts of fats, red meats, sweets and sugared beverages

2.) While Mediterranean dietary patterns vary around the world, common characteristics include:
- High consumption of fruits and vegetables
- Bread and other cereals
- Potatoes
- Beans
- Nuts and seeds
- Olive oil
- Dairy products, fish, poultry and wine in low to moderate amounts
- Minimal red meat

Resources: The American Heart Association/American Stroke Association has resources to help you adopt and maintain healthy behaviors to keep your brain sharp and healthy. Learn more at StrokeAssociation.org/BrainHealth.

Reference: www.strokeassociation.org
Natural Therapy

Enjoying the Great Outdoors is Good Medicine for Mind and Body

By Sharon Liao

Spending a day in the park can make you feel good – and there’s science to back that up. “The sights, sounds and smells of nature can have a powerful effect on your mind and body,” says Esther Sternberg, MD, director of the University of Arizona’s Institute on Place and Wellbeing and author of Healing Spaces (Belknap Press, 2010).

Here are four ways science says the outdoors may bolster your health and ease arthritis symptoms.

1. **Lift Mood.** Even just five minutes of walking in nature can boost your mood and self-esteem, reports a meta-analysis published in 2010 in Environmental Science & Technology.

2. **Eases Stress.** Exposure to greenery is calming. “That’s important, because the stress response can worsen arthritis symptoms,” says Dr. Sternberg, who has inflammatory arthritis herself. It can also protect your mental health; as study in BMJ Open in 2015 found that people who lived in neighborhoods with the most green space were more than a third less likely to be anxious or depressed that those who resided in urban environments.

3. **Lowers Inflammation.** A recent study from China published this year in Biomedical and Environmental Sciences showed that people who spent a two-night trip in the forest had lower levels of the stress hormones cortisol and inflammation that those who stayed in an urban environment.

4. **Reduces Pain.** “The sight of nature may improve certain pathways in the brain,” says Dr. Sternberg. This may stimulate the release of feel-good endorphins that help relieve pain. Multiple studies show that hospital patients who had a view of nature reported needing less pain medication than those who didn’t.

**WHAT TO DO OUTSIDE:**

Get a healthy dose of nature this summer with one of these easy-on-the-joints outdoor activities:

**Hiking:** hit the trail with some friends. If the trail is rocky or bumpy, wear sturdy shoes for ankle support and use hiking poles to aid balance.

**Bird Watching:** Grab a pair of binoculars for a close-up view, but take breaks to prevent neck strain.

**Boating:** Floating on water is calming, but beware of choppy water, which can jostle your joints.

**Biking:** Pedaling through a park is good, mood-boosting exercise. Grip handlebars loosely to avoid joint pain.

**Gardening:** Many people find digging in the dirt and growing herbs or flowers therapeutic. Arthritis-friendly tools make it easier for achy hands.

*Reference: Arthritis Today July/August 2016*

**A REMINDER OF WHAT YOU WILL FIND AT STROKE CLUB:**

- Friendly people, like you, who have survived a stroke
- Care providers of stroke survivors: wives, husbands, sons, daughters
- Rehabilitation professionals: PT’s, OT’s, Speech Language Pathologists, Social Workers, Recreational Therapists, Nurses and Rehab Administrators
- A large lending library of books, videotapes and home therapy materials
- Great Door Prizes!!

**Online Support Group**

For those of you looking for an online support group here is a website for you: [http://www.strokenetwork.org/](http://www.strokenetwork.org/).

It is a very active group. You have to join like a listserv and you post a question or issue and the group will email you back suggestions. Everyone in the group has survived a stroke and has great ideas they are willing to share.
**A bit of Humor**

**BEING THANKFUL**

A rabbi said to a precocious six-year-old boy, “So your mother says your prayers for you each night? Very commendable. What does she say?” The little boy replied, “Thank God he’s in bed!”

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**HUSHERS!**

Six-year-old Angie and her four-year-old brother Joel were sitting together during church services. Joel giggled, sang, and talked out loud. Finally, his big sister had enough.

‘You’re not supposed to talk out loud in church.’ ‘Why? Who’s going to stop me?’ Joel asked. Angie pointed to the back of the church and said, ‘See those two men standing by the door? They’re hushers.’