Club Talk

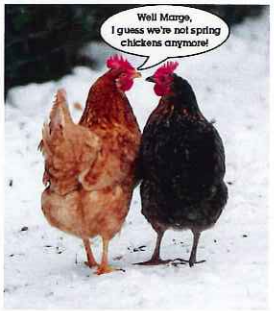
GMC
GATES MILLS CLUB
Active Senior Living

Monthly Newsletter

6759 Mayfield Road, Mayfield Heights, OH 44124
(440) 461-2010
www.GatesMillsClub.com

May
2018

NORMAL AGING....IS THERE SUCH A THING?



We all have our own ideas about what constitutes normal aging, but then we also wonder if that new ache or inability or recent fall is cause for concern. Dr. Thomas Gill, a geriatric professor at Yale University, along with three geriatric experts drew on their decades of practice along with the latest medical data to help identify what are often considered signposts of normal aging. Dr. Gill acknowledged that "*the physiological changes that occur with aging are not abrupt, but happen over a continuum as the reserve capacity in almost every organ system declines. Think of it, crudely, as a fuel tank in a car. As you age, that reserve of fuel is diminished.*"

While there is a link to the full Kaiser Health News article (with delightful stories) in a blog on the GMC Website, a Cliff Notes version would be this:

50's: Stamina Declines

"*While our muscles have strong regenerative capacity, many of our organs and tissues can only decline," per* Dr. Kritchesvsky. Function & endurance decreases.

60's: Susceptibility Increases

Greater risk of illnesses that are preventable like flu, pneumonia and shingles. Hearing loss is common, especially among men. The odds of some form of dementia doubles every 5 years beginning at age 65.

70's: Chronic Conditions Fester

Chronic conditions like hypertension or diabetes often take hold. Increased numbers of medications often mean side effects with intolerance in kidneys and liver. Making life meaningful after work becomes an issue. (GMC can help!)

80's: Fear of Falling Grows

By age 80, folks are more likely to spend time in the hospital – often due to hip and knee replacements. Because of diminished reserve capacities, it is tougher to recover from surgery or illness in your 80s.

90's & Up: Relying on Others

By age 90, there is a roughly 1-in-3 chance of exhibiting signs of dementia. The best strategy to fight dementia isn't mental activity but at least 150 minutes per week of 'moderate' physical activity such as brisk walking.

We all age in different ways, but knowing how to do so well, is half the battle to successful aging. GMC has may ways to help toward this end.

For more, visit our Website & Facebook:
www.GatesMillsClub.com

HEALTHY HAPPENINGS

Exercise Classes:

- **Prime Fitness or Drum Class with Pia (alternate)**
  Mon. 10:00 am
- **Tai Chi with Denise or**
- **Brain Aerobics w/Lori**
  Alternating Tuesdays 10:00 am
- **Low Impact Exercise**
  Wed./Thurs./Fri. 10:00 am

- **Meditation Class:** Alternating Thurs @ 10:00 am
- **Peak Walkers:** Mon. Wed. @ 3:00 pm
- **Wellness Clinic:** Wed. @ 11:30 am
- **Dr. Shane, Podiatrist**: TBD

LIFELONG LEARNING

Keep the Grey Cells Growing with:

Thursdays @ 11am . . . . . .Hooks N Needles
Sat/Sun @ 2 or 3 pm. . . . . Cards & Games
Mondays @ 1pm . . . . . Bingo
Mon/Wed/Fri @ 6:30 pm . . . . . Bingo
Wednesdays @ 12noon . . . . . Bible Reading
Travelogue: Thurs, May 10.....***Everglades***

MAY BIRTHDAYS

Violet Szabo.....May 04
Earline Southern.....May 08
Lilyan (Dottie) Konrad.....May 14
Paula Ashmore.....May 14
Milton Nadler.....May 20
Mary Leta.....May 23
Rosemary Braun.....May 25
Marian Higgins.....May 25
Mary Zeller.....May 27
Dorothy Howes .....May 29

LUNCH BUNCH

Oak Barrel

Friday, May 4 @ 11:00 am

Farm-to-table New American cuisine presented in exposed brick surrounds with a double-sided fireplace.

Piccolo's

Friday, May 25 @ 11:00 am

Relaxed, modern bistro offering Italian favorites, including seafood selections, that will tickle your palette. Sign up to go because the bus will be full!

LADIES CLUB MEETING

Friday, May 11 @ 12:00 pm

This is the month for celebrating mothers of all ages. We shall host a "Mother's Day Luncheon" for our residents on the Friday before Mothers Day so our resident moms can still enjoy the holiday with their families. Music is provided by the North Coast Women's Ensemble.

MEN'S OUTING

Tuesday, May 29 @ 12:00 pm

"TGI Friday's" here we come! Guys, be sure to sign up in the mail room to go.

"DAUGHTERS OF NIA"

Saturday, May 12 @ 11:00 am

These young dancing ladies are returning for an encore performance … for all residents and specifically for the mothers among us. Please welcome them to GMC!

--ODDS AND ENDS--

Sunday Church Services
Most Sundays at 10:00 am

On-Site Catholic Mass
Mass - Friday, May 25 @ 2:00 pm

Bible Readings
Wednesdays at 12:00 noon

Sing-Along
Wednesdays @ 11:00 am

May Birthday Bash
Tuesday May 08 @ 1:00 pm
With *Music Bingo*

Mimosa's with Rose
Wednesday, May 16th @ 9:00 am

Understanding Art - Class
Sundays at 3:30 pm

Regular Movies
Thursdays, Saturdays, Sundays @ 6:30 pm
Saturday Matinees @ 1:00 pm

Shopping
Most Tuesdays at 10:00 am
Most Thursdays at 1:00 pm

Banking
Most Friday mornings

Casino Gambling Trip
Friday, May 18 @ 11:00 am

TAKE ME OUT TO THE BALLGAME!

Thursday, May 17 @ 10:00 am

If you're ready for some baseball, then join in as we head to the Class A affiliate of the Cleveland Indians: Lake County Captains versus South Bend. Tickets are $10. First pitch is at 11 am. See Rose to sign up and pay.

GMC DRAMA TROUPE PERFORMANCE

Thursday, May 31 @ 1:00 pm

Our intrepid new GMC Drama Troupe has been hard at work honing their skills for an upcoming performance on Thursday, May 31st. There will be several skits performed for residents' delight, some including costume changes. We appreciate the leadership of *Bob Weiser* of the Greater Cleveland Volunteers (The Players) group who has been our director and guiding light! This group is a good example of why living in a community can enrich life after retirement! Come watch the fun...

THE SENIOR SCENARIO

Tuesday, May 22 @ 1:00 pm

Seniors are at risk for many issues that can affect their health, complicate recovery, or even set off an entirely new chain reaction of medical events. For example, the average senior has 25 prescriptions, making them four times more likely to be hospitalized due to an adverse drug reaction.

Meet Chardon author & radio host, *Pat Rullo*, as she shares specific senior healthcare safety tips in a fun, fast-paced, and jam-packed presentation with serious information delivered with humor and wit. She'll give us some solutions to common senior hazards. No one should miss this presentation!

Gates Mills Club
6759 Mayfield Road
Mayfield Heights, OH 44124
Phone: 440-461-2010
www.gatesmillsclub.com

Mission Statement

Gates Mills Club is an Active Senior Living Community in Mayfield Heights that is providing independent seniors the environment to enjoy a dynamic, engaging, and fulfilling lifestyle. We offer a multitude of opportunities designed to encourage friendships and autonomy while providing services and amenities for the best overall value around. Come discover the difference!

Executive Director: Vickie Sheppard
Community Relations: Paula Iacovetta
Director of Nursing: Roberta Immormino
Maintenance Director: Anthony Loparo
Activities Director: Rose Cinovec
Food Service Director: Stacey Williams
Front Desk Manager: Leona Oreskovic