



LAKE PLACID WELLNESS CENTER

NEWSLETTER

May 2022

MEMORIAL DAY



Each year, Memorial Day falls on the last Monday in May and many Americans dedicate an entire day to remembering fallen servicemen and women.

Memorial Day, originally, was called Decoration Day and the roots of our current Memorial Day came from the South's Decoration Day. Wikipedia states that it is believed that the Decoration Day tradition "began before the American Civil War and thus may reflect the real origin of the 'Memorial Day' idea."

The first national celebration of Decoration Day took place May 30, 1868, at Arlington National Cemetery, where both Confederate and Union soldiers were buried. Later, some Americans, including high officials in the U.S. Government, began to refer to it as Memorial Day. The U.S. Department of Veterans Affairs states, "By the end of the 19th century, Memorial Day ceremonies were being held on May 30th throughout the nation."

After WWI, the federal government declared the last Monday in May to be called Memorial Day as a day to honor all Americans who have died in military service for the United States and to decorate their graves.

The most recent official acts came in 1968 and in 1971 when Congress declared Memorial Day a National Holiday to be observed on the last Monday in May. Decorating graves has now become a respected part of the fabric of America.

May Classes



Classes for May 2022 are set! Here is our class line-up for the month:

- Ai Chi (Pool)
- Aqua Arthritis (Pool)
- Chair Yoga
- Fall Prevention
- Sunrise Yoga
- Toning
- Water Works (Pool)
- Zumba© Gold



Pick up a schedule in the Wellness Center. Description of the classes are included on the back of the schedule.

The binder to SIGN-UP for classes is located at the front desk. Please use this tool as the sizes of our classes are limited.

Wellness Minute Breathing Technique to Reduce Stress

Stress builds up from various factors such as emotions, relationships, and situations. There are good types of stress, and then there are the types of stress that can affect you negatively.

Breathing can help reduce stress, but many people breath incorrectly by just lifting the chest, but the correct way is to expand the belly while inhaling. When the belly is expanded, the lungs have more room for oxygen.

Benefits:

- Tension relief
- Reduced heart rate
- Lower blood pressure
- Better blood circulation
- Increased focus
- Better sleep
- Positive thinking



A simple breathing technique can help relieve stress. Try this:

Relax the shoulders while standing or sitting tall. Slowly, inhale through the nose for a small count of four. While inhaling, relax the belly and let it expand. Then slowly exhale, releasing all of the air from the lungs. Drawing in the abdomen, while exhaling, can also assist in expelling the air from the lungs. Repeat this breathing exercise 5 to 10 times.

Contact Lisa Dunsmore, Wellness Coordinator, if you need assistance with this exercise, (863) 465-9500.

Recipe!

It's Taco Tuesday – Clean Eating! TACO SALAD BOWL

Vibrant and fresh ingredients, bright colors, and a variety of textures to tantalize your taste buds.

Ingredients:

1 Tbs extra-virgin olive oil
1 pound ground beef
1 tsp chili powder
1 tsp garlic powder
1 tsp onion powder
½ tsp sea salt
¼ tsp freshly ground pepper
¼ tsp dried oregano
¼ tsp cayenne powder
¼ cup water
2 cups romaine lettuce, chopped
1 avocado, diced
1 cup cherry tomatoes, halved
¼ red onion, chopped
¼ cup jalapeno
Salsa
Jalapeno-Lime Vinaigrette
Fresh cilantro, for garnish

Salsa

3 tomatoes diced
½ onion, chopped
1 jalapeno, chopped
Juice of 1 lime
1 Tbs extra-virgin olive oil
Fresh cilantro, chopped
Sea salt

Vinaigrette

1 cup freshly squeezed lime juice
½ cup extra-virgin olive oil
1 jalapeno, seeded and minced
1 ½ tsp sea salt
¾ tsp freshly ground black pepper



Bowl:

In a cast iron skillet, medium heat, heat the olive oil. Add ground beef to the skillet and cook it for 7 to 10 minutes, using a wooden spoon to break it into crumbles, until browned.

In a small bowl, combine the paprika, chili powder, garlic powder, onion powder, salt, pepper, oregano, and cayenne powder.

Add this spice mixture and the water to the ground beef and stir to combine. Reduce the heat to low and let simmer for 3 to 4 minutes.

Divide the lettuce between 2 large bowls. Top each with the ground beef, avocado, tomatoes, onion, jalapeno, and salsa. Drizzle with the Jalapeno-Lime Vinaigrette and garnish with cilantro.

Salsa:

In a large bowl, stir together the tomatoes, onion, and jalapeno.

Add the lime juice and olive oil, and stir until the mixture has an even consistency.

Top with the cilantro, season with salt, and serve.

Vinaigrette:

In a medium bowl, whisk together the lime juice, olive oil, jalapeno, salt, and pepper. Store the vinaigrette in an airtight container in the refrigerator for 4 to 5 days.

Fall Prevention

Falling is an event that most aging adults, 55+ years old, would like to avoid. Falling can happen to anyone, and for various reasons. Here are some safety tips that can help to reduce falling incidents.

- Clear the house of tripping hazards like clutter.
- Stick loose carpet to the floor. Velcro or double stick tape can help with keeping the carpet down.
- Lighting is important, especially at night. Have night lights or voice activated lights installed to help navigate the darkness. Keep your home well lit.
- Bathroom tubs and showers can contribute to slip and falls. Try installing a non-slip bath mat as well as safety rails to hold on to.
- Do you have stairs? Make sure the stairs are free of debris, all steps are secure, and railings installed to hold on to.



If you have fallen recently or in the past, the Lake Placid Wellness Center offers a fall prevention class. The class is free to members of the wellness center.

Fall prevention works to strengthen the legs and the core, improve balance and coordination, and helps you to stay mobile and safe in your daily living.

Fall Prevention classes are scheduled for every Tuesday at 9:00 a.m. and Friday at 10:00 a.m. Please sign-up in the Wellness binder located at the front desk.