



LOPEZ ISLAND
HOSPICE
& HOME
SUPPORT

INFORMATION & RESOURCES

Winter 2018

Board of Trustees

Fons Wynen
President

Judy Dern
Vice President

Kathleen Pallansch
Secretary

Ginger Lowell
Treasurer

Nancy Ewert

Charles Givens

Jeremy Rempel

Tom Ruggles

Corky Searls

Staff

Mary O'Bryant
Manager,
Client Services

Lynne Keeley
Office Manager

Sarah Rabel
Office Assistant

Newsletter
Nancy Ewert
Lynne Keeley
Elizabeth Landrum

360-468-4446
admin@lihhs.org
178 Weeks Road
PO Box 747
Lopez Island WA
98261

www.lihhs.org

Lopez Island
Hospice & Home Support
is a 501(c)(3) non-profit
volunteer organization.
All services are free.

Ways to Support Lopez Island Hospice & Home Support

- Donate on our website via Paypal
- Make your Amazon purchases at smile.amazon.com. .5% of the purchase price goes to LIHHS.
- Write us a check – we've included an envelope for your convenience.
- Credit card.

Many thanks for your continued generosity.

A Good Sense of Balance is Vital

By Gayle Isbell, DC

Balance is vital at any age and is strongly correlated with overall well-being. A good sense of balance, with awareness of where your body is in relation to the things around you, can help you react quickly and prevent injuries and accidents. Do we naturally lose this ability as we age? Not really. We do affect our balance by our lifestyle choices, though. A sedentary lifestyle (lots of sitting), lower body weakness, and/or foot problems will contribute to diminished balance. Because balance can be learned, maintained and improved, what can you do to make your balance better?

Proper balance begins with proper alignment of the skeletal frame, which is supported by the muscles. Proper alignment is obtained with the feet straight and hip-width apart from each other. The ankle-bone, hip bone, shoulder, and ear should be in a straight line when viewed from the side. Sixty percent of your weight should be in the heels; you should be able to wiggle your toes. Now you are starting from a balanced body!

Walking. If you are able to walk, this is absolutely the best exercise. Walking with feet straight and a long stride with arms swinging back is the ideal, but walking of any kind is better than sitting. If walking is not something you regularly do, then start with short walks, and push yourself to add more steps each day.

Single Leg standing or Pelvic Lift. Stand with both legs straight, holding a wall or chair if necessary, push down with your left leg to raise your right leg up. Don't hike the right leg up with your lower back or bend either knee—let the work come from your left hip muscles. Hold for 30 seconds and then switch sides. You can do this exercise while standing in line or working in the kitchen. If this is too difficult, you can stand on a block or book with one leg and try to hold your hips even and parallel to the ground. You will feel that hip and butt muscle start to burn.

Stretch Your Calves. Calf stretches are designed to lengthen and strengthen your stride. Place a rolled up towel or yoga mat in front of you. Place the ball of the right foot on top and drop your heel to the floor. Step your left foot forward, keeping the right heel down and your torso upright. No bent knees! Keep your legs straight. Hold for 30 seconds and then switch legs. Do this a few times a day.

Free Those Tootsies. Most shoes are constrictive and actually make the muscles of the feet atrophy. Take off your shoes and while standing (use support if necessary) spread the toes, wiggle the toes, lift the toes, (together and individually), twirl the ankle both directions, point the feet, and flex the feet.

Don't Peek. Stand with correct stance and close your eyes. To begin with, you will probably need to be near a wall or have a chair close by. You will sway, sometimes a lot, so be careful. Try for 60 seconds and don't give up. Your brain will take a while to learn to send the signals to make the swaying less. Try standing on a single leg, then switch legs.

Monster Walk. Clear a long space and while in correct stance, start walking sideways. Do a pelvic lift on the left leg and when your right leg clears the floor, swing it out to the right side and put your foot down. Now shift the weight slightly to the right leg, do a pelvic lift, and bring your left leg toward your right. Try to keep your upper body still and straight. Take several steps, then reverse.

Advanced Exercise. Try walking on a balance beam, curb, or edge of a step without flapping your wings. If you can't find one, use blue tape on your floor and try to walk a straight line. Also, try walking it heel to toe.

Move, Move, Move. The more you move, the better. Your body will feel better, your brain will be happier, and your balance will improve. Start slowly if you're used to spending a lot of time sitting. Look for creative ways to add more your longevity. It's the increase in general movement throughout your day that will make the difference.

Reading Material. **Dynamic Aging** by Katy Bowmen. (The Lopez Bookshop has them stocked and offers discounts). This is an amazing book for anyone concerned with maintaining or improving your strength and mobility at any age.

Balance is vital at any age, strongly correlated with overall well being.

- Gayle Isbell, DC

Dr. Gayle Isbell has been a chiropractor for 39 years. She is also a Neurofeedback practitioner and a Restorative Exercise Specialist.

INFORMATION & RESOURCES

Winter 2018

Living Long on Lopez - the Physical Balance Program

On Saturday, November 4, Lopez Island Hospice & Home Support sponsored an interdisciplinary panel presentation on physical balance which was attended by over 50 people. If you were present, you know how informative and useful the program was. If you happened to miss it, here are some highlights...

By way of introduction, Levanne Hendrix, R.N., spoke about the mind-body pathway and research on the benefits of several modalities in improving equilibrium and well-being.

Kim Foley, a Lopez physical therapist, spoke about the importance of fall prevention, with so many, especially elders, who find themselves on a downward trajectory after a fall, after even a simple slip. Maintaining and improving balance can be accomplished with exercises as simple as walking a straight line.

Nikyta Palmisani teaches many levels and styles of yoga at Down Dog Studio on Midnight's Farm. She led the audience in a balancing breath exercise that helps to decrease anxiety and relax tension.

Terry Marshall spoke about the Tai Chi class she facilitates on Wednesday mornings at the Lopez Community Center. Tai Chi, through a series of gentle, graceful movements with calming breath, has been shown to support joint stability and improve balance. Terry encouraged everyone to attend a class.

Heidi Strong and White Bear Woman spoke on behalf of Lopez Fit, especially the popular Silver Sneakers program. White Bear talked about how her own severe vertigo has been greatly helped by exercise practices. Lopez Fit classes are lively,

fun, and open to all levels of physical abilities. Individual coaching is also available.

Susie Teague, at Lopez at Healing Arts of Lopez (HEAL), offers Reiki and Neurological integration methods. She also has expertise in herbal and nutritional health. Susie led us in a visualization for relaxation and self-love.

Dr Gayle Isbell, a chiropractor and neurofeedback practitioner, spoke about body alignment and the importance of regular movement, and she offered several helpful demonstrations.

Presentations were followed by a chance for attendees to receive individual help and instruction from the panel. If you are interested in learning more about our local resources or in obtaining our practical hand-out, call the LIHHS office at 360-468-4446.

THE NINTH ANNUAL **JINGLE BELL DINNER**

What a night! November's Jingle Bell Dinner, proceeds to benefit Lopez Island Hospice & Home Support, was a rousing success this year, netting more than \$36,000 from sponsorships, ticket sales, and a silent auction.

The Lopez Community Center was transformed into a winter wonderland, with centerpieces of lanterns filled with sparkling white lights and holiday ornaments. Mamatamba thrilled the guests once again, and Haven provided a spectacular dinner of local oysters and halibut, with crème brulee for a wonderful finish. Spirited bidding surrounded the auction tables.

Great thanks to all who sponsored, attended, and donated their time and talents. Next year's Jingle Bell Dinner is scheduled for November 24 – see you there!

PRSR STD
ECRWSS
U.S. POSTAGE
PAID
EDDM RETAIL

ECRWSS



LOPEZ ISLAND
HOSPICE
& HOME
SUPPORT

PO Box 747
Lopez Island
WA 98261
178 Weeks Road
360-468-4446
admin@lihhs.org

How We Help the Island

Lopez Island Hospice & Home Support averages over 3,400 volunteer hours per year, allowing more than 25 clients annually to remain in their homes or in the care of family through assisting with shopping, providing relief for primary caregivers, grief and caregiver support counseling, and other support services.

We help defray the costs of aging, disease, and medical challenges by providing, free of charge, durable medical equipment such as wheel chairs, walkers, canes, crutches, etc.

We help educate Lopez Islanders about medical and healthcare options through the community-guided Living Long on Lopez series of seminars, providing a library of reference materials for public use, and workshops on a variety of medical and health care topics.

None of this could happen without the help of our volunteers. We thank them for their service to Lopez Island Hospice & Home Support, and to the Lopez Island community.

Fresh

To move
Cleanly.

Needing to be
Nowhere else.
Wanting nothing
From any store.
To lift something
You already had
And set it down in
A new place.

Awakened eye
Seeing freshly.

What does that do to
The old blood moving through
Its channels?

~ Naomi Shihab Nye ~

More than Twenty Years of Service to the Community