

ACTIVE & AGELESS

CHIPPEWA FALLS YMCA ACTIVE & AGELESS NEWSLETTER
MAY 2022

This month I want to discuss something that has been weighing on my heart. In the last year, two of my good friends lost their mothers to heart attacks. These events were completely unexpected and there was no previous knowledge of underlying conditions. Both women had similar symptoms leading up to their passing. What is scary is that neither sought medical attention because they did not have the "classic" symptoms (by that I mean how it is depicted on TV with the massive chest pains/heart clenching/sudden onset). Both women reported a general "not feeling well" FOR DAYS prior. Both reported heart-burn type symptoms, lightheadedness, upset stomach and sweating. These are not the classic chest grabbing/collapsing type scenarios. I started doing some research and was shocked to find out more women die of actual heart attacks than men, even though men are at higher risk of heart disease. Why? Often because the symptoms are brushed off as something else. According to texasheart.org, so much attention has been brought to breast cancer detection (which is great) there is a false perception that breast cancer is what kills women most, when in fact it is heart disease.



Kara Goossens

[Texasheart.org](http://texasheart.org) also reports "Studies have shown that after menopause, women experience an increased risk of heart disease. Researchers have connected this pattern to decreasing levels of the female hormone estrogen during menopause—a process that begins around age 50. Estrogen is associated with higher levels of high-density lipoprotein (HDL or 'good cholesterol') and lower levels of low-density lipoprotein (LDL or 'bad cholesterol'). Withdrawal of the natural estrogen that occurs in menopause leads to lower 'good cholesterol' and higher 'bad cholesterol' thus increasing the risk of heart disease. Because the life expectancy for women in the United States is 79 years, women can expect to live a large part of their lives with an increased risk of heart disease. In fact, 1 out of 4 women older than 65 has some form of identified heart disease."

While there are risk reduction techniques (the same ones we talk about for everything) exercise, don't smoke, eat a healthy diet, blah-blah-blah. My main goal is just to bring some awareness to the fact that if your wife, mother, friend, sister (or yourself!) has any of the symptoms mentioned above, get checked out by a doctor. She may argue that "she is fine!" (we are stubborn) just save this article and have her read it on the ride.



Don't ignore the signs,

- Kara



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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Chippewa Falls YMCA

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Chippewa Falls, WI 54729

www.ymca-cv.org

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ENJOY THIS ISSUE?

Feel free to share this newsletter with anyone who you think may find it useful.

QUESTIONS, COMMENTS, IDEAS?

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Active & Ageless Coordinator
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ACTIVE & AGELESS GROUP EXERCISE!

Here are just some of the opportunities.

GROUP EXERCISE STUDIO CLASSES

Sundays: Yoga 9:30-10:30 AM

Mondays: Early Bird Fitness 6:15-7:00 AM
Chair Yoga 7:30-8:15 AM
Variety Mix 8:30-9:15 AM
Zumba 9:30-10:15 AM
Yoga 9:30-10:30 AM
Sculpt Yoga 5:30-6:30 PM

Tuesdays: Chair Yoga 7:30-8:15 AM
Basic Strength 8:30-9:15 AM
Sit & Fit 8:30-9:15 AM
Yoga 9:30-10:30 AM
Sculpt Yoga 12:10-12:50 PM
Yoga 5:30-6:30 PM

Wednesdays: Early Bird Fitness 6:15-7:00 AM
Chair Yoga 7:30-8:15 AM
Variety Mix 8:30-9:15 AM
Zumba 9:30-10:15 AM
Yoga 9:30-10:30 AM

Thursdays: Chair Yoga 7:30-8:15 AM
Sit & Fit 8:30-9:15 AM
Basic Fitness 8:30-9:15 AM

Fridays: Sculpt Yoga 6:00-7:00 AM
Early Bird Volleyball 6:15-7:00 AM
Strength & Core 8:30-9:15 AM
Yoga 9:30-10:30 AM

GROUP WATER EXERCISE CLASSES

Mon/Wed/Fri: Shallow Water 8:00-8:45 AM

Tues/Thurs: Aqua Motion 5:15-6:00 PM

Sat: Aqua Motion 8:00-8:45 AM

Mon/Tues/

Thurs/Fri: Deep Water Exercise 8:00-8:45 AM

CHIPPEWA FALLS COMMUNITY EVENT

Meet up with friends at the Northern WI State Fairgrounds for Springfest, May 20-21. This is a family friendly event with activities from face painting, petting zoo, inflatables, and live music by Boogie and the Yo-Yos and Madison County. SpringFest donates all proceeds back to the community including scholarships, grants, youth programs, and public projects. While you are having a blast, know the money you are spending is donated back to a great cause!

HELP WANTED!

Are you on a fixed income or need some extra cash due to the rising cost of everyday items? The Chippewa YMCA is looking for Front Desk and Wellness Staff!

Hours can be as little as 4 hours per week and a variety of shifts are available. Receive a FREE membership as well as discounts on YMCA programs! Email me kqoossens@ymca-cv.org and I will help you start the application process. Or grab me after class to chat, I am on-site Tuesdays for Basic Strength from 8:30 till 9:30AM in the Cardio Studio.



VOLUNTEERS NEEDED!

Do you love to fish or want to spend the day outside doing something rewarding for our YMCA? Volunteer at our annual Free Fishing Event held on June 4, 2022. If interested, please email me at kqoossens@ymca-cv.org and I will get you connected!

YOUR YMCA RESOURCES

Want to know more about what your YMCA has to offer? Check out the resources below on our website (ymca-cv.org) or pick up a flier at the Y.

- NEW - YMCA360 — check out www.ymca-cv.org/ymca360 for more information.
- Group Exercise Schedule
- LIVESTRONG at the YMCA—a free 12-week health and wellness program for adult cancer survivors.
- Brain and Body Fitness—a free 12-week group exercise/language activities program for adults with mild to moderate dementia and their caregivers.
- How Can I Support the YMCA? Check out the “GIVE” tool bar on our website!

BRAIN HEALTH...THE PROACTIVE APPROACH, PART TWO

While changes to your brain are inevitable *and totally normal as you age*, certain lifestyle habits can help slow age-related cognitive decline. And these tips also apply to overall chronic disease prevention....heart, diabetes prevention, kidney, and bone health. Here is [Part two](#) of eight surefire tips to keep your brain active and young, according to Drs. Dean and Ayesha Sherzai.

Get quality sleep. The most important eight hours of the day, for your brain health, are the ones you spend sleeping, says [Dr. Ayesha Sherzai](#), co-director of the Alzheimer’s Prevention Program at Loma Linda University Medical Center. “Consolidate and organize memories and thoughts from the previous day and week, but it also does some serious cleaning of all the waste and by-products that have accumulated, which can damage every system in the brain” explains the neurologist. Short-term lack of sleep can impair memory and focus while long-term sleep deprivation can lead to a significant accumulation of waste and destructive toxins that predisposes one to cognitive decline and even Alzheimer’s, tells Dr. Sherzai.

Watch your blood pressure and blood sugar levels. “High blood pressure and high sugar levels are two of the most damaging pathologic processes in general, but especially to brain health,” says Dr. Dean Sherzai. High blood pressure causes “damage mostly at the vascular levels. Over time, it can lead to rupture of the arteries—affecting the blood supply to that region of the brain, and damage to the lining of the walls, causing plaque build up.” Dr. Sherzai explains. Moreover, that repetitive high pressure can also cause damage to the lining of the walls of the blood vessels. Long-term high blood sugar levels, on the other hand, lead to insulin resistance and chronic inflammation—which can significantly damage the cellular structure of the brain. In fact, “both Type 1 and Type 2 diabetes have been associated with diminished cognitive function”. Besides, [research](#) shows that even [insulin resistance](#) (prediabetes), is correlated with cognitive decline.

Eat well. “Food is the single greatest tool that we have for building better brain health,” says Dr. Ayesha Sherzai. “It’s voracious—this means that healthy meals can help heal the brain while less healthy foods can especially harm the brain,” tells the neurologist. Dr. Sherzai recommends a balanced, plant-centered diet for maximum brain health benefits. A diet rich in plants, polyphenols and healthy fats (including nuts, olive oil and oily fish), as in the Mediterranean Diet has proven to be beneficial. And adhering to this diet may be associated with better cognitive performance. Besides, “there are certain foods that should be consumed daily to optimize brain health and function. We call these the **Neuro Nine**—these include leafy greens, whole grains, seeds, beans, berries, nuts, crucifers, teas and herbs and spices,” tells Dr. Sherzai. “These foods contain massive quantities of anti-inflammatory and antioxidant nutrients, as well as catalytic (building) vitamins along with the ever-essential mono- and polyunsaturated fats,” she notes. [What to know more?](#) Stay tuned for June’s Active and Ageless Newsletter for **Part 3!**

Credit: Nazish, N. (2020). How to Keep Your Brain Healthy at Any Age According to Neurologists, *Forbeslife*, <https://www.forbes.com/sites/nomanazish/2020/12/05/how-to-keep-your-brain-healthy-at-any-age-according-to-neurologists/?sh=7ef5f38d8121>

DID YOU KNOW?

May 24 is National Eat Asparagus Day! This veggie is packed with nutrients including vitamins A, C, E, K, and B6, as well as iron, copper, calcium, and protein. Plus, it's a rich source of antioxidants.

Asparagus may also boost your mood as it is full of folate, a B vitamin that could lift your spirits and help ward off irritability. Asparagus also contains high levels of tryptophan, an amino acid that has been similarly linked to improved mood.



Garlic Parmesan Asparagus

Ingredients:

- 3 tablespoons extra-virgin olive oil
- 2 cloves garlic, minced
- ½ teaspoon ground pepper
- ¼ teaspoon salt
- 1 ½ pounds fresh asparagus, trimmed
- ½ cup finely grated Parmesan cheese
- 3 tablespoons whole-wheat panko breadcrumbs
- 3 tablespoons chopped walnuts

Directions:

Step 1 - Preheat oven to 425 degrees F. Line a large, rimmed baking sheet with foil or parchment paper. Combine oil, garlic, pepper and salt in a large bowl; add asparagus and massage evenly to coat. Spread the asparagus in an even layer on the prepared baking sheet.

Step 2 - Toss Parmesan, panko and walnuts together in a small bowl; sprinkle over the asparagus. Roast until the panko is golden and the asparagus is tender, 12 to 15 minutes. Serve immediately.

MEET KAREN POSLEY!

How did you get started as an instructor?

I started teaching yoga about 10 years ago. After I'd been attending classes and realized how good I felt, physically and mentally, I decided I wanted to share those benefits with others. I received my 200 hour RYT certification in 2013 then started teaching at the Y. I picked up 300 more hours in alignment based yoga and continue to take workshops and attend retreats to enhance my learning and knowledge.

What classes/times do you instruct?

My regular classes are Tuesdays at 5:30 PM and Wednesdays at 9:30 AM, and sub occasionally for other yoga staff.

What is your favorite part of being a yoga instructor?

I taught high school and middle school for 34 years and experienced a lot of resistance to learning. That is never the case teaching yoga. The kind words of praise and peaceful looks on student faces are priceless. I also get to experience most of the benefits of building strength, improving balance and flexibility, and feeling the down regulation for my nervous system. A big plus is guiding the students to reap these benefits.

What should members expect from in your class?

Class begins with a guided meditation to yoke the mind with the body. Next, I go through pre-yoga with gentle movements and wake up the core. Sun Salutations or a vinyasa gets the circulation going and a balancing pose works on mental focus and strength. A series of stretches follow with relaxation at the end. Some classes include breathing exercises or discussion of yoga history or limbs of yoga. I am an anatomy geek so I teach about the human body and the way yoga poses can help it.

Is there anything we would be surprised to know about you?

I hope it would be my age!



May 2022 Activity Calendar

Active & Ageless Events Indicated in **BLUE**. Please join us at the events listed below. Need more information? Head to our website www.ymca-cv.org/aoa.

May 3

- **Chippewa Falls YMCA | Beginner Pickleball Clinic Begins | 10:30-NOON**

May 4

- Chippewa Falls YMCA | YMCA Bike Club Ride | 10 AM
- **Eau Claire YMCA | Coffee Connection | 10-11 AM**

May 7

- Eau Claire YMCA | Summer Hours Begin

May 9

- Eau Claire YMCA | LiveStrong Begins
- Eau Claire YMCA | Brain & Body Fitness Begins

May 10

- **Chippewa Falls YMCA | Intro to Water Aerobics Class | 5:15-6:00 PM (REGISTER)**

May 11

- **Eau Claire YMCA | Coffee Connection | 10-11 AM**
- Chippewa Falls YMCA | YMCA Bike Club Ride | 10 AM (RAIN DATE)

May 13

- **Eau Claire YMCA | Medical Home Care Options & FAQs Speaker Series | 11 AM - NOON**

May 17

- **Chippewa Falls YMCA | Intro to Water Aerobics Class | 5:15-6:00 PM (REGISTER)**

May 18

- **Eau Claire YMCA | Coffee Connection | 10-11 AM**

May 19

- **Chippewa Falls YMCA | Thrillers, Spillers & Fillers Workshop**

May 25

- **Chippewa Falls YMCA | Walk in the Park | NOON**
- **Eau Claire YMCA | Coffee Connection | 10-11 AM**

May 30

- YMCA of the Chippewa Valley | All Branches CLOSED

May 31

- Chippewa Falls YMCA | Summer Hours Begin