



Why Exercise is Key for Adults with Parkinson's and Alzheimer's Disease



Exercise is important at every age. It offers benefits for physical and mental well-being. For older adults, staying active also helps build core strength and protect balance, both of which can lower the risk of falls.

As we grow older, engaging in regular exercise is linked to many health benefits. These include managing weight, protecting cognitive health, reducing stress, and maintaining mobility. It may even help seniors avoid or delay dozens of chronic health conditions, including diabetes, depression, and heart disease.

For some health conditions, exercise is especially important for delaying disease progression. Two of these are Alzheimer's disease and Parkinson's disease.

Alzheimer's Disease and Productive Days

One of the challenges caregivers face when a loved one has Alzheimer's is how to keep their family member active and engaged as their disease advances. While physical activity and socialization can delay the progression of Alzheimer's symptoms, a conflict sometimes occurs.

A senior in the early stages of Alzheimer's may be reluctant to participate in social activities because they know some-

When you visit a memory care community, one thing that is obvious is just how much productive benefits residents with Alzheimer's or another form of dementia. You'll likely witness residents with memory loss participating in painting classes, stretching exercises, gardening projects, and more. When the days are filled with meaningful activity, including those that keep them moving and fit, the senior feels confident and successful. For someone with a memory impairment, that's a big accomplishment.

Activity and Parkinson's Disease

Like people who have Alzheimer's, adults with Parkinson's disease (PD) benefit from socializing and engaging in physical activity. Exercise is especially important. It's necessary for maintaining mobility, good balance, and an ability to complete daily tasks.

The Parkinson's Outcomes Project, a clinical study that began in 2009, has discovered that people with PD can slow the progression of the disease by engaging in routine physical fitness. The sooner a person begins exercising after a diagnosis of PD, the more likely it is they'll be able to stay active longer.

Results indicate that when people with PD engage in physical activity at least 2.5 hours per week, they are able to maintain a higher quality of life than peers who do not exercise or those who waited to start exercising until their disease had already progressed. Fitness activities such as Tai Chi, cycling, walking, resistance bands, light weight training, and swimming are a few forms of exercise found to be helpful.

Assisted Living Encourages Fitness

One of the many benefits of an assisted living community is how easy it is to stay active and fit. This includes special programs for adults with Alzheimer's and other forms of

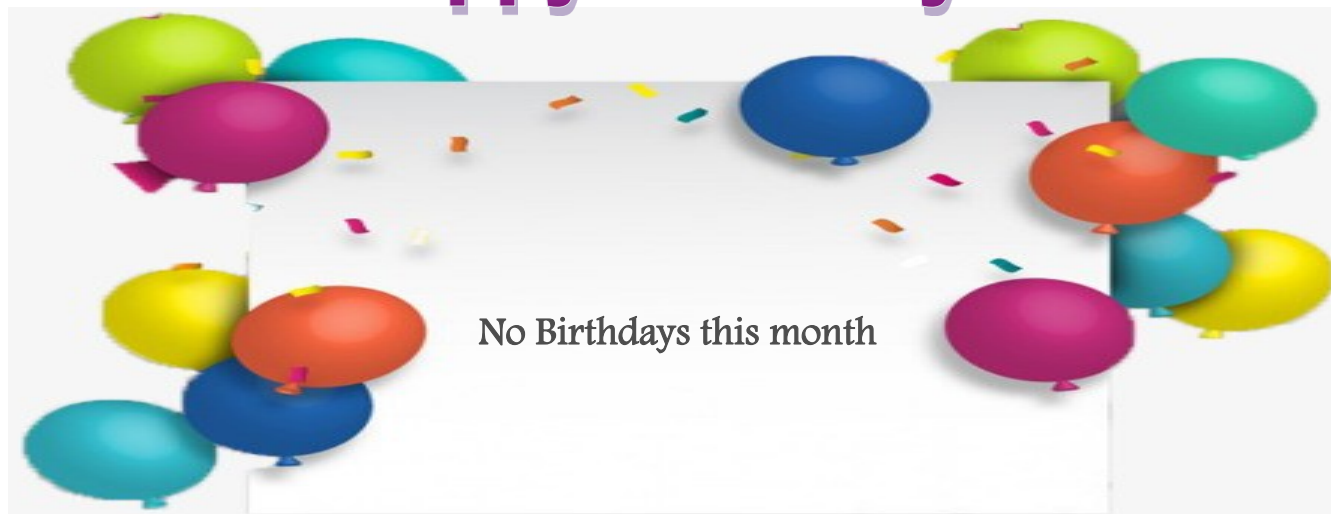
Right to Privacy

Regarding personal, financial, and medical affairs

Private and unrestricted communication with any person of their choice

During treatment and care of personal needs

Happy Birthday!!



DIED JANUARY 26, 2024



Doris Swenson was the fourth child of Beulah and John Obergfell, arriving in Sidney, Montana on December 22, 1927, after her oldest brother, Gussie took her and Beulah, via a horse drawn stone-boat, on a cold ride across town to the home of John's sister, Annie Williams, to be delivered. Doris weighed slightly over three pounds at birth and was placed in the kitchen woodstove oven right after birth for warmth.

Doris, being of pioneer stock, grew up in Sidney, surrounded by many relatives who were a large part of her early life. Through that environment she and all her sisters and brothers became excellent dancers with strong family loyalties. During their school years, Doris and both her sisters, Agnes and Peggy worked at the Princess and Roxy theaters as ushers. Upon graduation from Sidney High School in 1945 she started her clerical career in the bookkeeping department of the Richland National Bank, followed by stints at Holy Sugar Corporation and the Sidney Livestock.

Doris and George Swenson were united in marriage in the Peoples Congregational Church on September 20, 1947, and had two daughters Jeri Dee and Blinda Zoan. She was so happy to be fortunate enough to have her daughters and their families live in Sidney, and enjoyed the many years of swim meets and baseball games with a smile on her face. She was very proud of her grandchildren and great grandchildren.

Doris loved working in her yard and tending to her flowers. Most days in the summer you would find her working on her flower beds to make them perfect. Both George and Doris enjoyed building, whether for themselves or their community. During their days together they remodeled, added onto and or built homes and investment properties. Doris was a lifetime member of Peoples Congregational Church, Sidney Moose Lodge, and the MonDak Historical Center.

She is survived by Daughters: Jeri (Rick) Stone, Sidney, MT, Blinda (Erik) Larsen, Sidney, MT; Grandsons: Mike (Shannon) Stone, Highlands Ranch, CO, Chris Stone, Mendota Heights, MN, Bruce (Heather) Larsen, Houston, TX, Pete (Melissa) Larsen, Katy, TX; Great Grandchildren: Connor, Alex, Ashlyn, and Jaclyn Stone, Nate, Zach, Sidney, Jenna, and Taylor Larsen; Sisters-in-laws: Joann Swenson, Kalispell, MT, Nancy Obergfell, Sidney, MT, and numerous nieces and nephews.

She is preceded in death by her Parents, John and Beulah Obergfell; Her Brothers and Sisters: Gussie Obergfell, Jerry Obergfell, Agnes (Obergfell) Haugen, and Peggy (Obergfell) Zadow; George's Parents: Oscar and Iva Swenson; and all her Brothers in

Top 10 tips for senior safety

1. Secure your rugs so they aren't a trip hazard

2. Using Handrails for the stairwell

3. By using grab bars in shower/ bathroom

4. Having good lighting in stairwell and hallways

5. Grabbers help reach items at unsafe distances

6. Have a medical alert system for emergencies

7. install and inspect smoke alarms

8. Properly store and organize medications

9. schedule frequent visits from neighbors and family

10. Get non-skid shower mats to prevent slips



St Patrick's



Search for the words hidden up, down, left and right.

C	K	X	K	W	L	D	C	S	H	F	U	D	D	N	T
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CLOVER
IRISH
LUCK
PATRICK

FAIRY
JIG
MARCH
SEVENTEENTH

GREEN
LEPRECHAUN
MUSIC
SHAMROCK





ARCH



2024

2022



Mon

Tue

Wed

Th

Activities

- ♦ Walking Path
- ♦ Puzzle Books

Everyone's Irish
On March 17th.

4

9:00 Chair Exercises
3:00 Coffee Time
6:00 Bingo

5

2:00 PM Methodist
Church
3:00 PM Coffee Time

6

9:00 Chair Exercises
2:00 PM Bingo
3:00 PM Coffee Time

7

2:00 PM Church Service
Pastor
Meehan
3:00 Coffee Time

8

9:00 Chair Exercises
3:00 Coffee Time

9

2:00
3:00

11

9:00 Chair Exercises
12:00 Celebrating March
Birthdays
3:00 Coffee Time
6:00 Bingo

12

9:00 Catholic Mass
12:45 Staff Meeting
3:00 Coffee Time

13

9:00 Chair Exercises
2:00 Bingo
3:00 PM Coffee Time

14

3:00 PM Coffee Time
6:00 PM Church Service
Pastor Tim

15

9:00 Chair Exercises
3:00 Coffee Time

16

2:00
3:00



18

9:00 Chair Exercises
3:00 Coffee Time
6:00 Bingo

19

2:00 PM Methodist
Church
3:00 Coffee Time

20

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2:00 PM Bingo
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21

2:00 PM Church Service
Pastor
Meehan
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22

9:00 Chair Exercises
3:00 Coffee Time

23

2:00
3:00

25

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26

2:00 PM Methodist
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28

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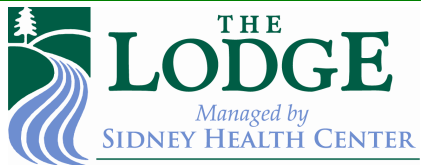
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9:00 Chair Exercises
3:00 Coffee Time

30

2:00
3:00





1015 7th Ave SW - Sidney, MT 59270