

TO YOUR HEALTH

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What is Wellness?

By Susan Cusson, NP

Wellness



The Merriam-Webster Dictionary defines wellness as “the quality or state of being in good health especially as an actively sought goal”. According to dictionary.com, wellness is “an approach to healthcare that emphasizes preventing illness and prolonging life, as opposed to emphasizing treating diseases”. The definition of wellness used by the National Wellness Institute is “an active process through which people become aware of, and make choices toward, a more successful existence”.

Being proactive rather than reactive is a clear theme regardless of where one looks for a definition. We have all, at one time or another, sought medical care to treat an illness. There is no doubt that advances in health have extended our lifespans considerably. Where would we be today without modern medicine? That said, a healthy lifestyle is key to maintaining health and promoting wellness.

The seven dimensions of wellness, as defined by the International Council on Active Aging (ICAA), moves the definition of health and well-being away from a mindset based in the management of disease and towards prevention and proactive strategies.

The seven dimensions are:

- 1) **Emotional** wellness is the ability to understand ourselves and cope with challenges through stress management, humor/laughter and personal histories.
- 2) **Intellectual** wellness is the ability to open our minds to new concepts, improving skills or seeking new challenges in pursuit of lifelong learning.
- 3) **Physical** wellness can be achieved through lifestyle choices including physical activity, good nutrition, adequate sleep, managing stress, limiting alcohol intake, not smoking and following medical recommendations.
- 4) **Vocational** wellness can be maintained through volunteering, hobbies and leisure time activities in the arts.
- 5) **Social** wellness is the ability to relate and connect with others, establishing and maintaining positive relationships.
- 6) **Spiritual** wellness is key to feelings of well-being and connection to the larger world. Meditation, mindful exercise (yoga, tai chi) and experiencing nature can open the opportunity for spiritual growth.



International Council on Active Aging©

7) **Environmental** wellness recognizes our own responsibility for the quality of the air, water and land that surrounds us. The ability to make a positive impact on our homes, communities or our planet contributes to our environmental wellness

Each of these seven dimensions act and interact in a way that contributes to our own quality of life. Active aging embodies the philosophy that individuals can live as fully as possible within the seven dimensions of wellness (icaa.cc).

This community is abundant with opportunity for enrichment and connection to others and the world around us. I encourage everyone to look for one thing that could enhance your own personal wellness. What does wellness mean to you?

Health Education Lecture

Dr. Robert Stern

“Alzheimer’s Disease & Dementia 2016: Reasons for Hope”

Dr. Stern is back to give us an update on Alzheimer’s Disease, current research and misconceptions. Anyone touched by this disease or thinks that they may be, could benefit from attending.

Dr. Stern’s presentation style combines humor, compassion, and science, and will provide a reason for hope to all those affected. Please join us for this very informative lecture on Friday, October 14, 2016 10:30 am – 11:30 am Auditorium Center

Announcement

We are pleased to announce a new massage therapist **Ellen Cohen, LMT.** Ellen has worked extensively with older adults providing therapeutic massage. She will be in the Clinic on Thursdays starting October 6. Call the Clinic for an appointment.



Need to Change Insurance Carriers?

OPEN ENROLLMENT is NOW!
October 15th—December 1st

Wellness Fair

Experience a mini massage or acupuncture session, meet the chiropractor, try a Tai-Chi or Yoga class, pick up some nutritional information and much more.

Join us for healthy living tips!

Friday, October 7, 2016

10:00 am-2:00 pm

Auditorium



FLU VACCINE CLINICS

Wednesday, October 12th

9:00 am — 11:30 am

Auditorium Left

&

Friday, October 14th

1:30 pm — 4:00 pm

Auditorium Right

