

ARTHRITIS

Arthritis is a disease that impacts more than 50 million Americans, making it the number one cause of disability in the country. That means 1 in every 5 adults, 300,000 children and countless families are affected by arthritis.

Arthritis cannot be cured, but that doesn't mean you have to tolerate the severe pain. Always check with your physician for the best treatment for your individual condition. Here are a few tips to help relieve arthritis pain when it flares up in different areas of the body.

FEET

Plantar fasciitis is an inflammation of the tissue connecting the heel and toes—usually a result of too much time on your feet, having high or low arches, unsupportive shoes or being overweight. Walking with arthritis or plantar fasciitis can be painful, but it is also one of the most effective therapies. Be sure to wear supportive shoes and/or use insoles that can help support your arch.

WRISTS AND HANDS

Each hand contains 27 bones and each wrist contains 8 bones—making them extraordinarily complex structures. Over time arthritis sufferers lose cartilage and the bones rub against each other without a smooth surface to buffer the movement. Performing everyday tasks can become painful. A wrist splint can help support the joints at night or range of motion exercises started slowly with a few reps a day, working up to 10 reps a day, done three or four times a day.

HIPS

Here are non-surgical suggestions to help delay or even eliminate the need for hip replacement surgery. Lifestyle changes such as gentle forms of exercise or even losing weight can help reduce the pain of arthritis. Stretching your hip joints can be helpful. Lie on your back and slowly raise one bent knee until you feel it begin to stretch. Repeat with each leg a few times per day.

KNEES

Arthritic knees can compromise one's ability to bend, walk, run, climb or do any number of essential daily tasks. Weight loss can be most helpful if you are overweight and leaving high-impact sports and exercises in favor of low-impact activities like swimming or cycling.

BACK

Both osteoarthritis and rheumatoid arthritis can cause erosion of the cartilage or inflammation of the joints in the spine. The result of this is back pain that can make even simple activities a chore. Heat and cold therapy have been proven to reduce back pain more effectively than over-the-counter pain medications. Heating pads, heat packs, and warm baths are helpful. Water based therapy in a heated pool can help strengthen back muscles.

NECK

Cervical arthritis (as well as natural aging) can lead to the degeneration of the vertebrae in your neck. This causes pain, muscle fatigue, headaches or even a compromised sense of balance. Unlike other forms of arthritis, neck arthritis responds better to strength training, which may improve your range of motion and relieve pain. To alleviate neck pain from arthritis, tie an elastic resistance band to a stationary object and keeping your neck, shoulders and back straight, pull against the band slowly, moving your head about 12". Beyond strength training and exercises with weights, Yoga can be a gentle exercise most helpful to alleviate arthritis pain in the neck.

Credit: www.webmd, <http://orthoinfo.org>, www.arthritis.org/living.with.arthritis



Slightly Used or New

DONATE YOUR SHOES

**WHEN: May 15,
thru August 14, 2017**

**A Donation Box is set up at the
Breezeway Ramp at
CARES Eifers Center.**

**Instead of holding on to shoes you no longer use,
give them new life! Your donation will have a local
benefit through CARES and change lives of others
in remote communities around the globe.**

HERE'S HOW IT WORKS:

- **Collected shoes are purchased by the pound to benefit CARES and support local needs in this community.**
- **Shoes collected during our shoe drive are then sent to impoverished countries and used to start up micro-enterprises.**
- **Micro-enterprises help to lift families out of extreme poverty in devastated economies and emerging nations.**
- **Individuals are seeded with shoes to sell and provide sustainability for themselves and their families.**

**Questions?
Contact Annette Uccio
727-947-1290**



The Communicator

June 2017

4136 Barker Dr. New Port Richey, FL 34652

727-847-1290



FROM MY DESK:

Glenna Hileman, Center Manager

Is it just me or is the time ramping up to warp speed nowadays?? I find it hard to believe we are jumping into the middle of this year already. The summer months will bring a few changes to the Eifers

Center as far as timing is concerned. **Note that we will close early (12 noon) on Fridays only.** The difference this year is the Café will also be closed on Fridays **through June, July and August.** We will resume our regular schedules beginning September 5, the Tuesday after Labor Day Weekend. These dates are posted throughout the Eifers Center.

We have some new events beginning in June. We will have a **Beginning Bridge Class on Mondays from 9 am to 11 am.** The first class will be Monday, June 6. **Betty Anderson** has graciously agreed to teach this class.

We are also working out all the copyright regulations to begin a **Classic Movie Club.** Like a book club, but with great old movies to discuss methods, casting, color or no color, music and a myriad things—mostly to just enjoy the talent and grandeur the classics provide. We will meet twice a month, day TBA. We are losing a few things as well. **Karaoke will go on hiatus until early October when our Winter visitors return.**



THE SHOE DRIVE MARCHES ON!



Annette Uccio, Volunteer Shoe Drive Coordinator at CARES Eifers Center and Donna Rose, Activity Coordinator at CARES Rao Musunuru M.D. Enrichment Center, met along with others to network and brainstorm their challenge to raise **2500 PAIRS** of GENTLY USED SHOES by August 14th.

We are asking for your help! If you are a member of a social group, club or church that could help, please share it with Annette Uccio. We would welcome your ideas and your shoes!

Kim Trempe, our Zumba and Weights for Women Instructor is tweaking her classes for the summer beginning in June. **Fab, Fit N More 40+ Fitness for Women on Tuesday 6:30 pm** is centered on Dance moves that incorporate fitness exercises. **Thursday 6:30 pm** will be a combination of strength training floor exercises w/light to medium weights and/or body weight. Every week will be a different format of strength training utilizing exercise balls, chair fitness, ab training, Pilates, stretching and more. **Saturday 9 am** will be a repeat of the Tuesday evening class. **Weights for Women on Monday evening will be suspended for the summer.**

Our first All Volunteer training and information meeting was held on May 25 and was very well attended. We were able to give everyone the heads up on schedule changes for the summer, classes new and classes suspended. The newly appointed trainers were introduced to all attendees, and the call for Committee chairs for the upcoming **Merry Marketplace Fundraiser** in November was made. All the previous vendors have been mailed an application for the 2017 event and we need to begin preparations now for the event in the fall.

Our next all volunteer training and information meeting is scheduled for Monday, June 12, 10 am. Please plan to attend. As always, I value your comments, concerns and suggestions. My door is always open, y'all come on in. **Glenna Hileman**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div style="display: flex; justify-content: space-between;"> <div style="text-align: center;">  </div> <div style="text-align: center;"> <p>COMPUTER LESSONS Cameras, Tablets, Laptops, Desk Tops</p> <p>Call the front desk to schedule an appointment with Bob Hubach Tuesday, Wednesday Thursday 8 a.m. to 2 p.m. BY APPOINTMENT</p> </div> </div>						
<p>4</p> <p>Noon: NPR Stamp Club Meeting Public Invited</p> 	<p><u>Café 11-1:30</u> 5</p> <p>8:45 \$3 Tai Chi Beginners 9:30 \$3 Tai Chi Advanced 9-11a \$3 Bridge Lessons 10:30 SS Circuit 11-11:45 \$3 Gentle Exercise 12-4 Library Open 12-2:30 \$3 Portrait Class/Live Models 1:00-3:30 Bingo</p>	<p><u>Café 11-1:30</u> 6</p> <p>8:00 Hand Quilters for CARES 8:30-9:30 SS Pilates-chair optional 10-11 SS Classic 12:30-1:30 \$6 Gentle Mov. 4 Sr's (Gentle Karate) 6:30 \$5 Dance Fitness w/Kim</p>	<p><u>Café 11-1:30</u> 7</p> <p>8:00 \$3 Wood Carvers 8-12n Leadership Pasco Activity Room 9-10 SS Circuit 10:15-11:15 SS Yoga Stretch 10-2p Library Open 12-3p \$3 MahJong Play 1-3 \$5 Instructed Art</p>	<p><u>Café 11-1:30</u> 8</p> <p>9:00 Hand Quilters for CARES 8:30-9:30 SS Pilates-Chair Optional 10-11 SS Classic 11:30-3 \$3 Bridge, Canasta 5:45-7:45 Girl Scouts 6:30 \$5 Body Toning w/Kim</p>	<p><u>Café Closed</u> 9</p> <p>8-10 \$3 Stained glass 9-1 Library Open 9a Yoga chair or floor 10-10:50 Zumba Gold /Toning: (SS Only) 11-11:45 \$3 Gentle Exercise Center closing at Noon</p>	<p><u>Café 11-3</u> 10</p> <p>9:00 a.m. \$5 Dance Fitness w/Kim 1-4 JAM \$3 Northern Connection Country, Gospel, Bluegrass</p>
<p>11</p>	<p><u>Café 11-1:30</u> 12</p> <p>8:45 \$3 Tai Chi Beginners 9:30 \$3 Tai Chi Advanced 9-11a \$3 Bridge Lessons 10:30 SS Circuit 11-11:45 \$3 Gentle Exercise 12-4 Library Open 12-2:30 \$3 Portrait Class/Live Models 1:00-3:30 Bingo 7p Homeowners Meeting</p>	<p><u>Café 11-1:30</u> 13</p> <p>8:00 Hand Quilters for CARES 8:30-9:30 SS Pilates-chair optional 10-11 SS Classic 12:30-1:30 \$6 Gentle Mov. 4 Sr's 1:30 St. John's Hearing Clinic 6:30 \$5 Dance Fitness w/Kim</p>	<p><u>Café 11-1:30</u> 14</p> <p>8:00 \$3 Wood Carvers 9-10 SS Circuit 10:15-11:15 SS Yoga Stretch 10-2p Library Open 12-3p \$3 MahJong Play 1-3 \$5 Instructed Art Upstairs 1:00 Bay Area Legal APPT ONLY 7 pm Boy Scouts</p>	<p><u>Café 11-1:30</u> 15</p> <p>9:00 am Hand Quilters for CARES 8:30-9:30 SS Pilates-Chair Optional 10-11 SS Classic 11:30-3 \$3 Bridge, Canasta 6:30 \$5 Body Toning w/Kim</p>	<p><u>Café Closed</u> 16</p> <p>8-10a \$3 Stained Glass 9a \$0 SHINE APPOINTMENT ONLY 9-1 Library Open 9a Yoga chair or floor 10-10:50 Zumba Gold /Toning: 11-11:45 \$3 Gentle Exercise Center closing at Noon</p>	<p><u>Café 11-3</u> 17</p> <p>9:00 a.m. \$5 Dance Fitness w/Kim 1-4 JAM \$3 Northern Connection Country, Gospel, Bluegrass</p>
<p>18</p>	<p><u>Café 11-1:30</u> 19</p> <p>8:45 \$3 Tai Chi Beginners 9:30 \$3 Tai Chi Advanced 9-11a \$3 Bridge Lessons 10-11 Choice Hearing Clinic 10:30 SS Circuit 11-11:45 \$3 Gentle Exercise 12-4 Library Open 12-2:30 \$3 Portrait Class/Live Models 1:00-3:30 Bingo</p>	<p><u>Café 11-1:30</u> 20</p> <p>8:00 Hand Quilters for CARES 8:30-9:30 SS Pilates-chair optional 10-11 SS Classic 12:30-1:30 \$6 Gentle Mov. 4 Sr's 6:30 \$5 Dance Fitness w/Kim</p>	<p><u>Café 11-1:30</u> 21</p> <p>8:00 \$3 Wood Carvers 9-10 SS Circuit 10:15-11:15 SS Yoga Stretch 10-2p Library Open 12-3p \$3 MahJong Play 1-3 \$5 Instructed Art 1:00 Book-In-A-Bag Book club</p>	<p><u>Café 11-1:30</u> 22</p> <p>9:00 Hand Quilters for CARES 8:30-9:30 SS Pilates-Chair Optional 10-11 SS Classic 11:30-3 \$3 Bridge, Canasta 5:45-7:45 Girl Scouts 6:30 \$5 Body Toning w/Kim</p>	<p><u>Café Closed</u> 23</p> <p>8-10 \$3 Stained glass 9-1 Library Open 9a Yoga chair or floor 10-10:50 Zumba Gold /Toning: (SS Only) 11-11:45 \$3 Gentle Exercise Center closing at Noon</p>	<p><u>Café 11-3</u> 24</p> <p>9:00 a.m. \$5 Dance Fitness w/Kim 1-4 JAM \$3 Northern Connection Country, Gospel, Bluegrass</p>
<p>25</p>	<p><u>Café 11-1:30</u> 26</p> <p>8:45 \$3 Tai Chi Beginners 9:30 \$3 Tai Chi Advanced 9-11a \$3 Bridge Lessons 10:30 SS Circuit 11-11:45 \$3 Gentle Exercise 12-4 Library Open 12-2:30 \$3 Portrait Class/Live Models 1:00-3:30 Bingo</p>	<p><u>Café 11-1:30</u> 27</p> <p>8:00 Hand Quilters for CARES 8:30-9:30 SS Pilates-chair optional 10-11 SS Classic 12:30-1:30 \$6 Gentle Mov. 4 Sr's 6:30 \$5 Dance Fitness w/Kim</p>	<p><u>Café 11-1:30</u> 28</p> <p>8:00 \$3 Wood Carvers 9-10 SS Circuit 10:15-11:15 SS Yoga Stretch 10-2p Library Open 12-3p \$3 MahJong Play 1-3 \$5 Instructed Art 1:00 Bay Area Legal APPT ONLY</p>	<p><u>Café 11-1:30</u> 29</p> <p>9:00 Hand Quilters for CARES 8:30-9:30 SS Pilates-Chair Optional 10-11 SS Classic 11:30-3 \$3 Bridge, Canasta 5:45-7:45 Girl Scouts 6:30 \$5 Body Toning w/Kim</p>	<p><u>Café Closed</u> 30</p> <p>8-10 \$3 Stained glass 9-1 Library Open 9a Yoga chair or floor 10-10:50 Zumba Gold /Toning: (SS Only) 11-11:45 \$3 Gentle Exercise Center closing at Noon</p>	

SS: Identifies Silver Sneakers Classes

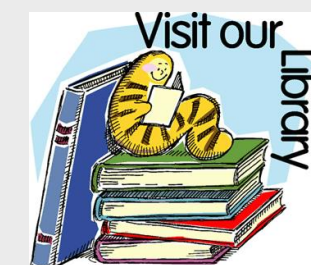


June 2017

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www.caresfl.org



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