February Birthdays

Jake S.............3rd
John C.............5th
Floyd W..........21st

Tai Chi For You!
Tuesday February 7th and 21st at 10:00 a.m.

This Month we will be having Carol Levine Certified Tai Chi Instructor share with us her knowledge to enhance our physical fitness program. It is Carol’s focus to specialize in offering Tai Chi instruction for our participant population. Based in the Yang style form, gentle and fluid movements of this ancient Chinese are serve to relax and energize the mind and body. Carol has been a practitioner of Tai Chi for seven years and earned her instructor certification from Tai Chi Healthways based in San Diego.

Jeanne Louise Calment was born in Arles, in the south of France, on February 21, 1875. Her life was fairly unremarkable, except for her birth date, which was recorded in the Arles birth register. When Clement died in 1997 at 122 years old, she had officially lived longer than any other human. Theories abound about Calment’s extraordinary longevity. Did she live so long because she ate two pounds of chocolate a week, rode a bicycle until she was 100, or had a great sense of humor? It certainly wasn’t because she gave up smoking at age 120. Calment didn’t even kick the habit for health reasons—it was because she could not see well enough to light her own cigarettes! Jean-Mari Rabine, public health researcher and author of a book about Calment, credits her long life to her “immunity to stress.” Calment, after all, married into money and did not have to work. She spent much of her time playing tennis, roller skating, cycling, swimming, and joining her husband’s hunting parties. But will any of us be so lucky as to live such long, full lives? While there is much press about ever-increasing human longevity, scientists believe that humans have largely reached the upper limits of our life span, and that limit is 115 years. While the improvements of modern life increase our chances of living longer, no matter how many health advancements and breakthroughs humankind uncovers, we cannot live forever. And scientists are quick to remind us that we do not want to. After all, a full life is better than a long life. A social network, trading white bread for whole grains, moderate exercise, being conscientious, getting enough sleep, and having a sense of a higher purpose—these are the hallmarks of long, full lives. And don’t forget a sense of humor. As Calment said, “I will die laughing.”

Life Lived to Its Fullest

February 2017

Laura Dreibelbis
Director
John Shippen
Wellness Nurse
Ken Mac Gregor
Chef Manager
Patricia Roberts
Activity Director
Margie Jones
Transportation Director
Eric Cook
Administrative Assistant
Care Partner Team
Kerrie
Sherry
Tania
Brooke
Transportation Team
Henry
Mary
Terri

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