

R O C H E S T E R

ACTIVE LIVING

C H R O N I C L E S



FIGHTING SOCIAL ISOLATION

Learn to prioritize communal connection p. 7

ALL THE ROADS LEAD TO...POTTERY

Classes available for people to explore pottery | p. 9

THE PICKLEBALL CRAZE

This fast growing sport has captured hearts across the globe | p. 17



WE ASKED EXPERTS ABOUT HOW THEY KEEP THEMSELVES ACTIVE

My favorite way to be active is with my kids, partner, and dog. We go for walks, bike rides, and take advantage of any outdoor activities we can – like when the Roller Disco was in town!



STACY JOHNSON

I stay active by walking daily, weight training twice a week, and practicing yoga. Additionally, I teach classes at 125 LIVE, which helps me stay engaged and maintain a balanced fitness routine.



ROBIN HOELZLE

I stay active by playing with my kids, walking the dogs, looking after my yard, boxing and lifting heavy staff.



KEN BAERG

I enjoy lifting weights to gain physical and mental strength along with maintaining flexibility through taking extra time with daily stretches. I also actively clean the fitness center at 125Live.



JAKE CRUZ

I stay active teaching a variety of classes here at 125 Live but I also have to get outside and clear my mind every day, so I love to go for lots of walks. I have a deal with myself that instead of sitting on my phone scrolling, I need to get up and be productive while doing it. I go for a "scroll stroll" through the streets daily....get my steps in, get up to speed on the latest news, watch funny videos and laugh out loud walking through the streets!



MIRANDA JESSE

I like to keep active by moving and adding mobility in my everyday life. Adding strength training at least 3 times a week help building my muscles and bone strength.

To keep active, I lift weights 2-3 times a week, instruct Strength & Cardio class on Thursdays at 8am, and I also walk my dog every day after work.



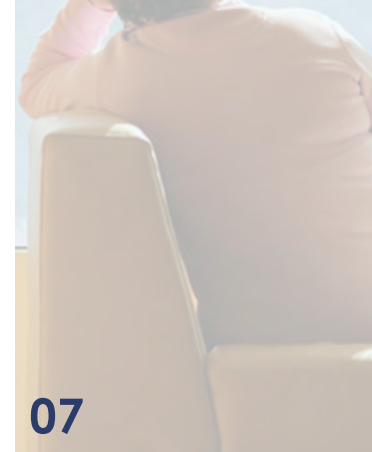
LIONG SUNG CHEE



KATY HETLAND

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dear READERS

We are thrilled to present the very first issue of our chronicle, dedicated to celebrating and enhancing healthy living in Rochester. Bringing this inaugural edition to life has been a rewarding journey, and it is thanks to the collective efforts of our vibrant community that we stand here today.

In Rochester, we are fortunate to have a tapestry of dedicated community leaders and organizations, each driven by a shared vision of improving our health, cultivating social connections, and adding a dash of joy to our lives. Together, we understand that life often presents challenges, and it is through our united efforts that we can foster spaces where everyone feels a sense of belonging and support.

This magazine is not just a reflection of our individual commitments but a testament to what we can achieve when we come together for a common purpose. By prioritizing our well-being and cherishing our bonds, we can create a thriving community that uplifts and inspires.

Here's to the beginning of an exciting journey toward a healthier, happier Rochester, where collaboration and friendship are at the heart of everything we do.

Sylwia Bujak

Cover Art:
Into Deeper Water by Simon Huelsbeck

DANCE YOUR WAY TO A HEALTHIER BRAIN:

Unleash the Power of Movement

When we think of dancing, images of lively movements, vibrant music, and joyous gatherings often come to mind. However, dancing is not just a fun activity; it's a powerful tool for maintaining a healthy brain.

THE COGNITIVE BOOST OF DANCING

Engaging in dance is akin to giving your brain a comprehensive workout. Scientific research has shown that dancing improves cognitive function by enhancing neuroplasticity—the brain's ability to form new neural connections. A study published in the *New England Journal of Medicine* revealed that seniors who danced regularly had a 76% reduced risk of developing dementia compared to those who did not.

Each dance step requires thought, coordination, and decision-making, stimulating brain regions responsible for memory, organization, and spatial awareness. Whether learning intricate choreography or improvising on the dance floor, these mental challenges enhance our brain's processing power.



MEMORY ENHANCEMENT THROUGH MOVEMENT

Learning and remembering dance routines can significantly boost memory. Dance forces us to memorize steps, sequences, and rhythms, strengthening our ability to recall information. The hippocampus, the brain area associated with memory, is particularly stimulated during dance activities, helping to maintain its vitality as we age.

EMOTIONAL AND SOCIAL BENEFITS: DANCE AS THERAPY

Beyond cognitive enhancements, dancing provides emotional and social benefits that are crucial for mental well-being. Dance has been shown to reduce stress, anxiety, and depression by releasing endorphins—the body’s natural mood elevators. This emotional uplift can be further amplified through social interactions during dance classes or social dance events.

The camaraderie and connection in these settings foster a sense of belonging and purpose, which is crucial for emotional resilience. Dance also serves as a creative outlet, allowing individuals to express themselves and release pent-up emotions.

DIVERSE DANCE STYLES FOR ALL AGES AND FITNESS LEVELS

One of the most exciting aspects of dancing is its diversity. From the elegance of ballet to the energy of salsa or the low impact of Aqua Zumba, there’s a dance style suited for everyone, regardless of age or fitness level.

Dancing offers many benefits for brain health, from enhancing memory and cognitive function to boosting emotional well-being and social connections. With its wide range of styles and adaptability, dance is an accessible and enjoyable way to keep your brain sharp and your spirits high.



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SLEEPLESS NIGHTS

Sleep is an integral part of our lives, playing a critical role in maintaining overall health and well-being. Despite its importance, many people underestimate the power of a good night's rest. Understanding the benefits of sleep can encourage better habits and emphasize its vital role in our daily lives.

Firstly, sleep is essential for physical health. During rest, the body undergoes crucial repair and regeneration processes. Cells and tissues are repaired, growth hormones are released, and the immune system is strengthened, all contributing to a robust and resilient body. Adequate sleep also helps regulate hormones that control hunger, aiding in maintaining a healthy weight and preventing obesity-related issues.

Mental health is another key area where sleep exerts its influence. Quality sleep is vital for emotional stability and mental well-being. It helps reduce stress and anxiety levels, acting as a natural mood stabilizer. Those who consistently get enough sleep are less likely to experience symptoms of depression and more likely to maintain a positive outlook on life.

Cognitive function is closely tied to the amount and quality of sleep we get. Our brains use sleep as a time to process and consolidate information gathered throughout the day, enhancing memory and learning capabilities. This period of rest allows for better problem-solving skills and

boosts creativity, helping us navigate the complexities of daily life more effectively.

Performance and productivity significantly benefit from adequate sleep as well. A well-rested individual is more focused, makes more informed decisions, and is generally more productive. The clarity of thought and heightened concentration fostered by good sleep translate into superior performance in both personal and professional realms.

In terms of safety, sufficient sleep decreases the risk of accidents and injuries. It improves alertness and reaction times, which are crucial for activities requiring quick reflexes and sharp focus, such as driving or operating machinery.

Lastly, from a long-term health perspective, chronic sleep deprivation is linked to an increased risk of developing serious health conditions, including heart disease, diabetes, and hypertension. Prioritizing sleep can therefore be a proactive measure in safeguarding against these chronic issues, contributing to a longer, healthier life.

In summary, sleep is not just a period of rest but a cornerstone of health. By supporting physical health, enhancing mental well-being, boosting cognitive function, improving performance, ensuring safety, and reducing the risk of chronic diseases, sleep proves to be indispensable. Recognizing its importance and making it a priority can lead to a more balanced and fulfilling life.

1. ESTABLISH A REGULAR SLEEP SCHEDULE

Aim to go to bed and wake up at the same time each day, even on weekends. This helps regulate your body's internal clock, making it easier to fall asleep and wake up naturally.





2. CREATE A COMFORTABLE SLEEP ENVIRONMENT

Ensure your bedroom is conducive to sleep by keeping it dark, quiet, and cool. Invest in a comfortable mattress and pillows. Consider using blackout curtains, white noise machines, or earplugs to minimize disruptions.

3. PRACTICE RELAXATION TECHNIQUES

Engage in calming activities before bed, such as reading, listening to soothing music, or taking a warm bath. Techniques like deep breathing, progressive muscle relaxation, or visualization can help ease stress and prepare your mind for sleep.



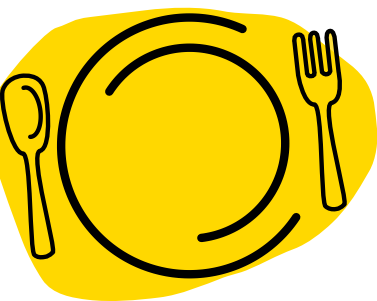
4. LIMIT SCREEN TIME BEFORE BED

Exposure to the blue light emitted by phones, tablets, and computers can interfere with your body's production of melatonin, the sleep hormone. Try to turn off electronic devices at least an hour before bedtime.



6. INCORPORATE PHYSICAL ACTIVITY

Regular physical activity can help you fall asleep faster and enjoy deeper sleep. Aim for at least 30 minutes of moderate exercise most days, but avoid vigorous workouts close to bedtime.



5. WATCH YOUR DIET

Avoid caffeine and nicotine, especially in the afternoon and evening, as they can keep you awake. Be cautious with alcohol, as it may disrupt your sleep cycle. Also, try not to eat heavy meals late at night, which can cause discomfort and make it difficult to sleep.

7. MANAGE STRESS EFFECTIVELY

Stress and anxiety can significantly impact your ability to sleep. Incorporating mindfulness practices, such as meditation or yoga, can help calm your mind and reduce stress levels.



ISOLATION

Social isolation, often described as a silent epidemic, was a significant concern long before the global pandemic brought it to the forefront. The roots of this pervasive issue can be traced back to various societal, technological, and demographic factors that have gradually exacerbated feelings of loneliness and disconnection among individuals. In the fast-paced world we live in, modern lifestyles characterized by hectic schedules, long work hours, and digital distractions have contributed to a sense of disconnect among individuals. Older adults are particularly vulnerable to feelings of isolation due to factors such as limited mobility, health issues, and loss of social networks.

The impact of social isolation on mental health cannot be understated. Prolonged feelings of loneliness have been linked to increased stress, anxiety, depression, and even physical health issues. Without meaningful social connections and a sense of belonging, individuals may struggle to maintain their overall well-being and quality of life.

Step one to tackle any problem is to bring awareness to it, so do not despair, there are a number of ways to get engaged in people in our community.

At 125 LIVE, we strive to be a vibrant community hub, where we are dedicated to enriching lives

through engagement and interaction, with various initiatives in place to combat social isolation effectively. Through a multifaceted approach that encompasses congregating dining, fitness programs, educational and art opportunities, and interest groups, individuals can find solace and connection in a welcoming environment.

In every culture, food is the medium that brings people together. Similarly at 125 LIVE, we have our Social Bistro where members and non-members over the age of 60 can come together to share a meal. This communal dining experience is possible thanks to SEMCAC and SEMAAA. The Social Bistro not only promotes healthy eating but also creates opportunities for social interaction, fostering friendships and a sense of community among participants. Donations are encouraged.

Physical activity is not only beneficial for one's physical health but also plays a crucial role in combating social isolation. At 125 LIVE, a diverse range of fitness classes, from cycling to yoga, provide individuals with the opportunity to stay active while connecting with others who share similar interests. Additionally, the gym buddy system encourages accountability and camaraderie, ensuring that no one goes through their fitness journey alone.

A photograph of a person with curly hair, seen from behind, sitting in a chair and looking out a large window at a cityscape. The person is wearing a light-colored top. The window shows a view of a city with buildings and a body of water. The lighting is warm, suggesting it might be late afternoon or early morning.

ENRICH YOUR
LIFE AND WELL-BEING
BY PRIORITIZING
SOCIAL CONNECTION


Knowledge is a powerful tool in breaking down barriers to social isolation. The Technology Learning Center at 125 LIVE offers a plethora of educational classes and discussion groups, providing individuals with the chance to learn new skills and engage in stimulating conversations. By fostering a culture of lifelong learning, 125 LIVE empowers individuals to connect through shared interests and passions.


From photography to woodcarving, knitting to quilting, interest groups at 125 LIVE cater to a diverse range of hobbies and pastimes. These groups serve as a creative outlet for individuals to express themselves, learn new skills, and connect with like-minded peers. By participating in these activities, individuals cultivate a sense of belonging within the community.

Card games, puzzles, and other recreational activities provide a platform for individuals to come together in a lighthearted and enjoyable setting. These social engagements foster camaraderie, laughter, and friendly competition, creating memorable moments and lasting relationships among participants.

125 LIVE's holistic approach to combating social isolation through all the various initiatives and by bringing generations together, embodies a commitment to creating a supportive and inclusive community. By prioritizing social connection and engagement, individuals at 125 LIVE find solace, companionship, and a sense of belonging, ultimately enriching their lives and well-being.







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ALL THE ROADS LEAD TO...

POTTERY



ANNA GLENSKI-KJOSE has been passionate about pottery for the last 16 years, ever since her freshman year of high school. After discovering her love for ceramics early on, she earned a Bachelor of Fine Arts with a focus in ceramics from the University of South Dakota. She has been teaching at 125 LIVE for about four years, specializing in one-time pottery classes, and for the past year, she has also served as the Pottery Studio Technician. Pottery is her true creative outlet—she loves everything about it. Whether it's handbuilding, wheel throwing, or even the science behind glazing, there is always something exciting to learn and explore. She genuinely enjoys the challenges of troubleshooting how to make a specific piece or fixing studio equipment. For those curious about pottery but unsure where to start, she recommends trying one of the one-time classes. It's the perfect way to dip one's toes into the pottery world without feeling overwhelmed, offering hands-on experience and demonstrating just how much fun working with clay can be.

TOM SANDOE began his journey in pottery in 1972 during his college years. He learned the craft using a kick wheel while pursuing a degree in art from Luther College in Decorah, Iowa. After retiring, Tom resumed pottery four years ago at 125 and started teaching. He enjoys both wheel throwing and hand-building, with a preference for creating large pieces ranging from chess set elements to pottery fruit. Wheel throwing is his specialty, and he relishes the creative process. For Tom, pottery offers endless possibilities for artistic expression.





CAROLYN REAL was introduced to pottery by her mother, who took her to a studio every week during her 5th and 6th grade years to paint slip-cast pottery figures. She enjoyed it because it involved painting on something functional, not just decorative. More than 50 years later, Carolyn still treasures a few items from those early days, such as the “dog” eyeglass holder from 1972 that she uses nightly. In college, Carolyn was fortunate to live in a dorm equipped with a pottery studio, where she eagerly learned wheel throwing and handbuilding, often spending late nights using the kick wheels. When she first toured 125, she was initially searching for a warm water pool, but upon discovering their pottery studio, she joined immediately. The 125 Live studio, filled with light and space, features electric wheels, multiple kilns, a slab roller, extruder, and a clay recycle machine called a pugger, making it easier for her compared to the kick wheels from her college days. Carolyn favors the standing-wheels, and she enjoys both handbuilding and wheel throwing, often combining the two in her creations. She delights in altering thrown forms, carving patterns, and experimenting with various glazes for unexpected results. Visitors to her home are often encouraged by her husband to leave with a mug, not because they need to clear space, but because he enjoys seeing the new versions Carolyn will create next. She finds special joy in using her handmade items in her home and garden, where her grandchildren love discovering her creations. Carolyn began teaching wheel throwing and handbuilding classes at 125Live three years ago. Her wheel classes introduce participants to the pottery wheel, encouraging them to feel the clay’s movement and enjoy the process before aiming to make something they would want to keep. The studio provides practice clay to help participants get comfortable with centering and forming before purchasing clay for projects to take home. In her handbuilding classes, Carolyn offers courses on mugs, platters, ghosts, fairy houses, and gnomes, balancing utility with whimsy. These classes allow people to explore pottery through one or two sessions, discovering whether they enjoy the craft, even when a piece doesn’t turn out as initially envisioned.

JEFF JONES has embraced numerous artistic challenges throughout the years, including woodworking, glass blowing, and stained glass, as well as building sets and acting on stage. One of his passions is transforming retired wine barrels into furniture, with some pieces sold and others donated to the Boys & Girls Club Chair Affair. Pottery has always been a long-standing aspiration for him. Although it was difficult to pursue pottery in school without being an art major, 125 Live opened up new opportunities for Jeff. He has been a member of 125 Live for nearly six years. In 2019, when he joined, he regularly used the workout machines and played cards three to four times a week. However, upon discovering the clay studio, he became captivated, leading to a decline in his card-playing activities. The clay studio has become his sanctuary for meditation, artistic exploration, discovery, and building friendships. With encouragement from the former studio manager, Jeff began teaching the wheel basics class. Having been a certified scuba instructor for twenty years, stepping back into teaching felt natural. Taking on the role of volunteer clay studio manager was more challenging, but he successfully managed it for over three years, even through and after the COVID-19 pandemic. This role involved a steep learning curve, encompassing managing work areas and practice clay, mixing new glazes, and handling kiln operations, all with the support of a dedicated volunteer team. Over time, Jeff’s skills have advanced to the point where he confidently sells his pottery, with some of his creations displayed and available for purchase in the library. When students inquire about the time it takes to become a competent potter, his consistent advice is, “time on the wheel,” emphasizing the importance of practice.



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CARING FOR SOMEONE WITH ALZHEIMER'S

SUBMITTED BY JOE SEDELMAYER,
DIRECTOR AT VISITING ANGELS HOME CARE

According to the Alzheimer's Foundation of America, as many as 5.1 million Americans may have Alzheimer's disease, a brain disease that causes a slow decline in memory, thinking and reasoning skills.

While there is no cure for Alzheimer's, there are treatments and therapies that can slow the worsening of dementia symptoms and improve the quality of life for those with the disease and their caregivers.

10 Warning Signs of Alzheimer's

MEMORY LOSS THAT DISRUPTS DAILY LIFE:

not remembering recent events, names, where things go, and other new information.

CHALLENGES IN PLANNING OR SOLVING PROBLEMS:

Having trouble following a familiar recipe or keeping track of monthly bills, difficulty concentrating and taking much longer to do things than previously should be taken seriously.

DIFFICULTY COMPLETING FAMILIAR TASKS AT HOME OR AT WORK.

CONFUSION ABOUT TIME AND PLACE:

People with Alzheimer's can lose track of dates, seasons, and the passage of time.

TROUBLE UNDERSTANDING VISUAL IMAGES AND SPATIAL RELATIONSHIPS:

Look for difficulty reading, judging distance, and determining color or contrast.

NEW PROBLEMS WITH WORDS IN SPEAKING OR WRITING:

Signs include trouble finding the appropriate words, completing sentences, and following directions and conversations.

MISPLACING THINGS AND LOSING THE ABILITY TO RETRACE STEPS:

People with Alzheimer's may put things in unusual places or accuse others of stealing.

DECREASED OR POOR JUDGMENT WHEN MAKING DECISIONS:

There may be issues with monetary scams or less attention to grooming and hygiene.

WITHDRAWAL FROM WORK OR SOCIAL ACTIVITIES.

CHANGES IN MOOD OR PERSONALITY:

Signs include increased depression, fearfulness, anxiety or suspicion, rapid and persistent mood swings, withdrawal, and disinterest in usual activities.

...continued on next page

If your loved one is displaying any of these warning signs, it is vital to have them evaluated by a physician and screened for Alzheimer's. It is important to remember that Alzheimer's disease is not a normal part of the aging process, and it should not be mistaken for basic forgetfulness. Every person may experience one or more of these signs in different degrees, but with Alzheimer's disease, these symptoms gradually increase and become more persistent.

ALZHEIMER'S SUPPORT IS THE MOST IMPORTANT RESOURCE

If a physician diagnoses Alzheimer's, be proactive in making decisions and planning care. Here are a few basic steps to help if you or someone you love is diagnosed with Alzheimer's:

1. Educate yourself about the disease.

The more you know, the more you can be prepared. The Alzheimer's Foundation of America and the Alzheimer's Association are two great resources.

2. Take care of financial, legal, and long-term care planning issues.

Discuss wishes related to future care and end-of-life issues.

3. Employ cognitive stimulation.

Listening to music, word puzzles and memory games can help and can provide a positive experience for the patient and caregivers.

4. Arrange respite and/or regular professional care.

Even if you are willing and able to be a primary caregiver for an Alzheimer's patient, you will need help, if only to take a short break. Plus, it helps to introduce a professional caregiver while a person is still in the early stages of Alzheimer's, because once the disease progresses it can be more difficult and upsetting to change routines. Look to hire home care help who have training or experience with dementia care clients.

5. Build a support system.

Being a caregiver for someone with Alzheimer's can be stressful and overwhelming. Find people to talk to, reach out for help, and always make time to maintain your own physical and mental health. Many hospitals and departments of aging offer free support groups.

If you or your loved one has been diagnosed with Alzheimer's or a related dementia, know that you are not alone.



VITA

UNDERSTANDING THE VOLUNTEER INCOME TAX ASSISTANCE PROGRAM

Doing your taxes can often be intimidating, and even expensive. The Volunteer Income Tax Assistance Program (VITA) knows this.

That is why each year the organizations work together with the support of a dedicated group of volunteers and site sponsors to help members of the community complete their taxes, free of charge.

The VITA program is sponsored by Salvation Army and 125 Live along with additional support from United Way of Olmsted County. The tax assistance program has been operating in this area for over 25 years and was formally known as AARP Foundation Tax - Aide.

“I think taxes scare people, so it feels good to help people in an area that otherwise makes them nervous.” explains David Oeth, a retired accountant who now volunteers his time through the tax help service.

With assistance from IRS-certified volunteer tax preparers,



Form **1040** Department of the Treasury—Internal Revenue Service
U.S. Individual Income Tax Return

Filing Status Single Married filing jointly Married filing separately

Check only one box.
If you checked the MFS box, enter the name of the person who is a child but not your dependent ▶

Your first name and middle initial


For joint return, spouse's first name and middle initial

Home address (number and street, apartment, P.O. box, see instructions)

City, town, or post office. If you have a foreign address, also include the country name.

upwards of 3,000, people in our area were able to get their taxes filed last year at no cost. Volunteers describe the best moments as being when they can tell someone they are getting a refund, or owe less than they anticipated. The impact can be especially profound on people with low or moderate incomes.

“The program helps people who otherwise might not be able to afford the cost of paid preparers.” says Susan



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Shepard, a musical liturgist who donates time to the free tax prep service. “That is why I contribute.”

To be as accessible as possible, volunteers set up shop at six different sites in Olmsted, Dodge and Fillmore counties, the largest being 125 LIVE, and the Salvation Army. They also conduct outreach at various senior living centers. In the event there is a language barrier, VITA works closely with the United Way of Olmsted County to find an interpreter.

The program would not be effective without the contributions of all of these program partners and is made possible through a grant provided by the State of Minnesota.

Becoming a volunteer:

While some volunteers have experience in the financial services area, that is not the norm. In fact, most volunteers do not have experience in tax preparation prior to taking the required training. They are often retirees, stay-at-home parents, or professionals in other industries.

It is not to say this far-ranging group has nothing in common. The volunteers we spoke with all say they enjoy working with numbers, giving back to the community, and most of all, meeting new people. “It has been enlightening, because I am able to meet taxpayers who I otherwise would not have an opportunity to interact with” says Mary Ellen Dreher, a retired nurse anesthetist.

Barbara Parks, a volunteer for more than 25 years, agrees. She gave her time to numerous organizations over the years, and says interacting with new people is a big part of why she stays involved in the program.

“We get to meet so many people,” she says. “We’re almost as good as the mayor.”

In addition to making the work more enjoyable, those relationships among volunteers can contribute to a sense of collaboration and teamwork -- helping deliver better results for the clients they are serving.

“We are able to bounce questions and look for guidance from other people,” explains volunteer Leah Palen. “It’s just a great community of people with which to work.”

Right now, there are about 90 volunteers who give their time as tax preparers and greeters. With hundreds of people left on the waitlist each year, the program is always looking for more. If you are interested in contributing your time, you can email RochesterTaxVolunteers@gmail.com or visit <https://www.semntaxes.org/home>. Orientation sessions are held in December with training occurring in December and January.

This story was published in partnership with VITA volunteers and funded by the state of Minnesota.



WHAT SHOULD YOU DO IF YOU SUDDENLY LOSE YOUR HEARING?

GUIDE TO SUDDEN SENSORINEURAL HEARING LOSS

BY DR. MACKENZIE SPRINGMAN
AUDIOLOGIST AT AMY SWAIN HEARING CENTERS

What is sudden sensorineural hearing loss (SSHL)?

Typical hearing loss occurs gradually as we age. It is uncommon to notice a change in your hearing from day to day. In fact, most people do not even realize that they have a hearing loss unless a friend or family member mentions it because the change is so gradual. But imagine waking up one day and you realize that there was a drastic change in your hearing. A sudden sensorineural hearing loss is an unexplained rapid hearing loss that can happen all at once, or over a few days. It more commonly occurs in just one ear but can, on occasion, occur in both ears.

This type of hearing loss can be accompanied by a loud pop in your ear, loud ringing in your ear before the hearing fades. It might also accompany dizziness or vertigo. Sometimes it just happens suddenly or while you are sleeping. SSHL arises from an issue within the inner ear or hearing nerve and not in the middle or outer ear. In many cases, the cause cannot be officially determined. Most are thought to be caused by a viral infection, stroke, blood flow issues, or damage to the inner ear. The hearing loss can either be temporary or permanent. Sudden hearing loss is not something that should be ignored or put off.



What should I do if I think I have a sudden sensorineural hearing loss?

Don't put it off! Get medical attention as soon as possible. Sometimes, people with SSHL put off seeing a doctor because they think their hearing loss is due to allergies, a sinus infection, earwax plugging the ear canal, or some other common condition. However, you should consider sudden deafness symptoms a medical emergency and visit a doctor immediately. Although about half of people experiencing SSHL recover some or all their hearing spontaneously within one to two weeks from onset, delaying SSHL diagnosis and treatment can decrease treatment effectiveness. In other words, receiving timely treatment greatly increases the chance that you will recover at least some of your hearing. It is best to see an ENT (Ear Nose & Throat doctor) for optimal diagnosis and treatment of SSHL. If you are unable to see an ENT, then go to an emergency room or urgent care. If you mention to them that your hearing loss came on very suddenly they might be able to get you in sooner for an appointment. Sudden sensorineural hearing loss is usually treated with a course of high dose steroids or an intratympanic injection of steroids into the middle ear; the medication then flows into the inner ear. The injections can be performed by an ENT, and are a good option for people who cannot take oral steroids or want to avoid their side effects. Getting treatment within the first 48 hours will give you a better chance at restoring your hearing.

Is there any follow up care?

In the first couple of weeks, follow up care is typically provided by the ENT or primary care doctor. Once your hearing becomes stable, it is recommended to come in and see your primary Audiologist. It is possible that the treatment can return your hearing back to normal but if you have a hearing loss that is permanent, you will want to think about getting hearing aids.

It is hard to know exactly how common SSHL is because not everyone will seek medical attention, but it is estimated to be between one and six people out of every 5000. SSHL can happen at any age but tends to be most common in 40- and 50-year-olds.

Hearing is so important and can really affect your quality of life. If you, a friend, or family member ever experience a sudden hearing loss then please remember to seek medical treatment as soon as possible. In the meantime, protect your hearing from noise with noise protection. Noise induced hearing loss can be prevented with proper ear plugs or earmuffs.

Article written by Dr. Mackenzie Springman who is an audiologist at Amy Swain Hearing Centers of Rochester, Austin, Owatonna and Waseca.



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 Participate in one or all activities.

Contact Julie Kiehne, Winona State University, jkiehne@winona.edu



FORTÉ LIVING



The Pickleball Craze: A Community Phenomenon

Pickleball, a fast-growing sport that blends elements of tennis, badminton, and ping-pong, has captured the hearts of millions across the globe. Its appeal lies in its accessibility—easy to learn for beginners yet challenging for seasoned athletes. As communities embrace the pickleball craze, it’s becoming more than just a game; it’s a social and fitness revolution.

Pickleball is played on a badminton-sized court with a slightly modified tennis net. Players use paddles made of wood or composite materials to hit a perforated polymer ball, similar to a wiffle ball, over the net. The game can be played in singles or doubles format. The objective is to score points by successfully hitting the ball over the net and into the opponent’s court without them being able to return it. The first side to score 11 points and lead by at least two points wins. The unique blend of strategic shot placement, quick reflexes, and teamwork makes pickleball an engaging and dynamic sport.

The Rise of Pickleball

Originating in the mid-1960s, pickleball started as a family pastime. Today, it boasts a dedicated following, with courts springing up in parks, schools, and community centers worldwide. Its popularity has soared due to its inclusive nature, attracting players of all ages and fitness levels. Whether you’re a competitive athlete or someone looking to enjoy a leisurely game, pickleball offers a fun and engaging way to stay active.



Pickleball at Forté Living of Rochester Forté Living of Rochester proudly joins the pickleball movement with our two full-sized pickleball courts. Recognizing the sport’s growing popularity and its benefits for physical and social well-being, we have integrated pickleball into our array of community activities. Residents can reserve the courts



at any time, ensuring they have ample opportunity to enjoy the game at their convenience.



Our commitment to fostering an active lifestyle is reflected in our hosting of the Rochester Pickleball Association. We have hosted the association a few times, bringing together enthusiasts from across the region and promoting a vibrant, engaged community.

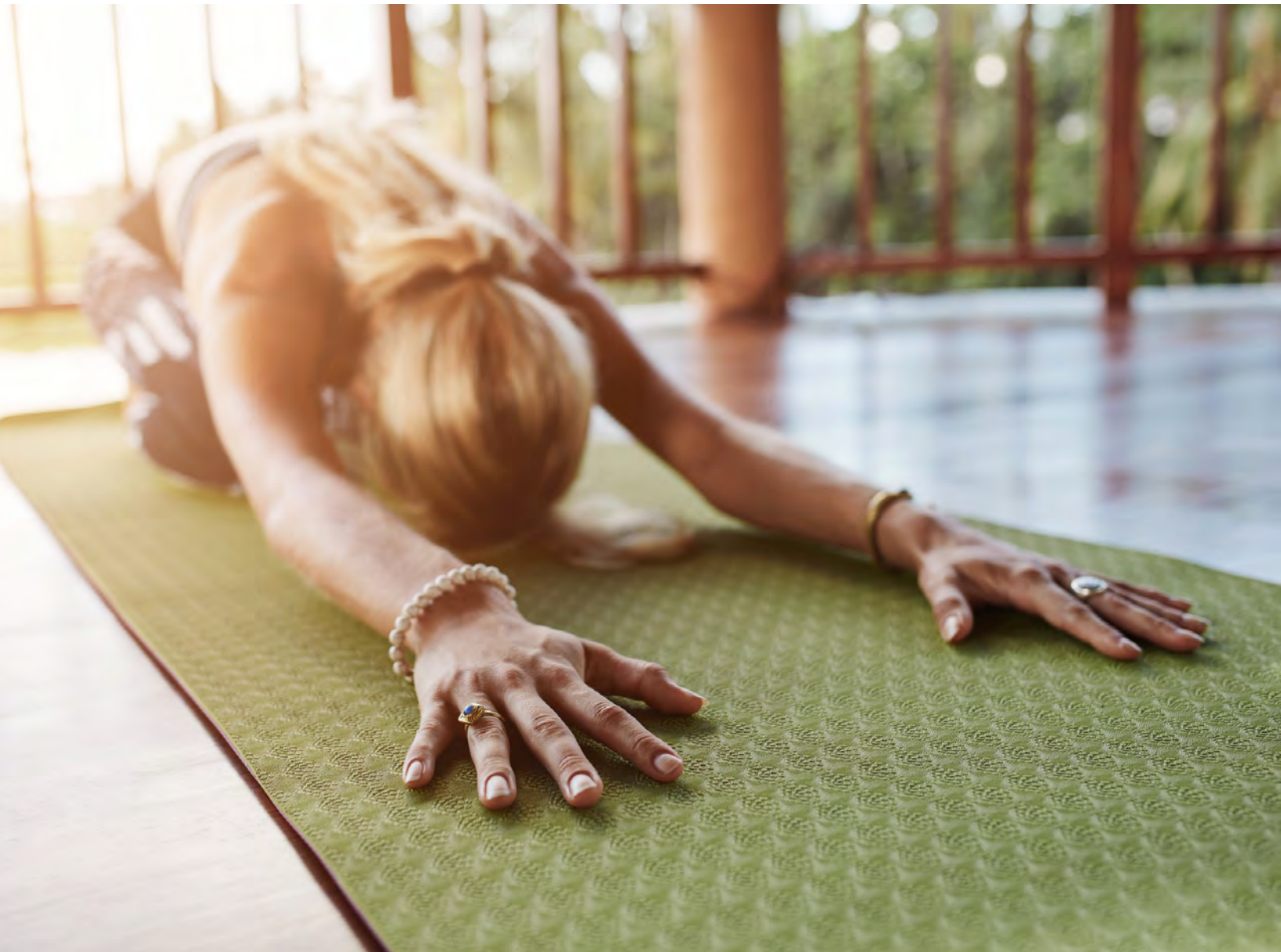
Forté Living’s Commitment to Active Living

At Forté Living of Rochester, we believe in promoting active lifestyles through diverse recreational opportunities. Our pickleball courts are a testament to this commitment, providing residents and guests with a premier facility to enjoy the sport. By hosting events like those with the Rochester Pickleball Association, we aim to create an environment where physical activity and community engagement go hand in hand.

Pickleball is more than just a game; it’s a movement that brings people together, fostering health, happiness, and community spirit. At Forté Living, we’re excited to be part of this growing phenomenon, championing active living through the dynamic and inclusive world of pickleball.



THE IMPORTANCE OF STRETCHING



As we age, maintaining physical health and flexibility becomes increasingly important for a high quality of life. Stretching, often overlooked, plays a crucial role in successful aging by enhancing flexibility, reducing the risk of injuries, and supporting overall mobility. By incorporating regular stretching into daily routines, active adults can significantly improve their physical well-being and maintain their independence.

One of the primary benefits of stretching is improved flexibility. As the body ages, muscles and joints naturally become stiffer, which can lead to decreased range of motion. Regular stretching helps counteract this process by keeping muscles supple and joints flexible. This increased flexibility not only makes everyday activities easier but also reduces the likelihood of strains and sprains.

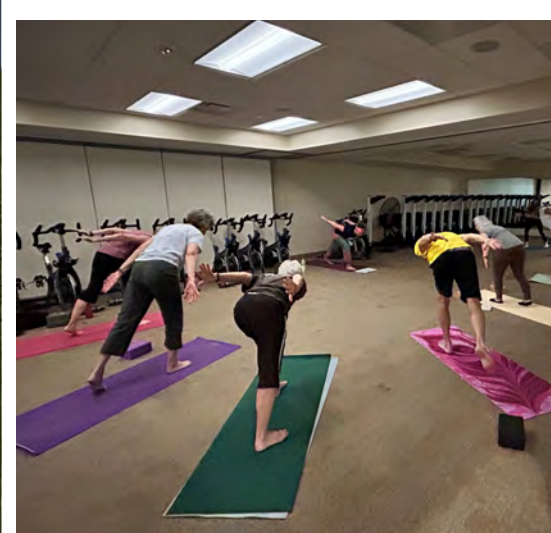
Moreover, stretching enhances mobility, which is essential for performing daily tasks and staying active. By improving the range of motion in joints and lengthening muscles, stretching can make movements more fluid and less painful. This increased mobility is crucial for maintaining independence, allowing active adults to continue enjoying activities they love without discomfort or restriction.

Another significant advantage of stretching is its role in improving circulation. Stretching encourages blood flow to the muscles, delivering oxygen and essential nutrients while removing waste products. This enhanced circulation can lead to reduced muscle stiffness and soreness, making movement more comfortable and less taxing.

Additionally, regular stretching can help improve posture, a common concern as people age. Poor posture can lead to back pain and other musculoskeletal issues. Stretching exercises that focus on the back, shoulders, and neck can help align the spine and support better posture, reducing pain and enhancing overall well-being.

Stretching also contributes to mental health by promoting relaxation and reducing stress levels. The act of stretching can be meditative, providing a moment of calm and mindfulness that benefits both the body and mind. This mental relaxation can further support physical health by reducing tension and promoting a sense of well-being.

We highly encourage everyone to incorporate stretching into a daily routine. This can help to maintain the independence and quality of life.



COMPRESSION THERAPY



In recent years, compression therapy has emerged as a popular and effective method for enhancing both medical treatment and athletic performance. Known for its ability to improve circulation, reduce swelling, and expedite recovery, this therapeutic approach has gained traction among a diverse range of individuals—from competitive athletes pushing their physical limits to those seeking relief from medical conditions like chronic venous insufficiency and lymphedema. As more people discover its myriad benefits, compression therapy stands out as a versatile tool for promoting overall health and well-being. These seven bullet points highlight the many advantages and applications of this remarkable therapy, exploring how it can transform lives and elevate performance.

1. IMPROVES CIRCULATION: Compression therapy helps enhance blood flow by gently applying pressure to your legs, which supports the veins and improves circulation. This can be particularly beneficial for individuals with poor circulation or those who spend long periods sitting or standing.

2. REDUCES SWELLING: By promoting better circulation, compression therapy can effectively decrease swelling and inflammation, especially in the lower extremities. This is often beneficial for individuals experiencing edema or those who have recently undergone surgery.

3. AIDS IN MUSCLE RECOVERY: Athletes and fitness enthusiasts can benefit from compression therapy as it helps speed up muscle recovery. By improving blood flow and reducing muscle soreness, compression garments can facilitate quicker recovery times after intense workouts or competitions.

4. PREVENTS DEEP VEIN THROMBOSIS (DVT): Compression therapy is often recommended for preventing DVT, a condition where blood clots form in deep veins, typically in the legs. By keeping blood circulating efficiently, compression garments can reduce the risk of clot formation.

5. ENHANCES ATHLETIC PERFORMANCE: Many athletes use compression wear to boost their performance. The increased oxygen delivery and reduced muscle oscillation can lead to improved endurance and decreased fatigue during physical activities.

6. ALLEVIATES PAIN AND DISCOMFORT: Compression garments can provide support and alleviate pain in conditions such as varicose veins and chronic venous insufficiency. The added support can also help in reducing the discomfort associated with these conditions.

7. IMPROVES LYMPHATIC DRAINAGE: Beyond blood circulation, compression therapy aids in lymphatic drainage, which can help detoxify the body and reduce the systemic swelling often caused by an inactive lymphatic system.



By incorporating compression therapy into your health regimen, you can experience a wide range of physical benefits that support overall well-being and enhance your active lifestyle.



the world of BILLIARDS



Billiards, often seen as a classic pastime, offers more than just a way to pass the time—it provides a perfect blend of skill development, social interaction, and relaxation. Whether you're a seasoned player or a curious beginner, there are compelling reasons to embrace the world of billiards and make it a regular part of your recreational activities.

One of the most appealing aspects of playing billiards is its ability to enhance focus and strategic thinking. As players line up their shots and plan

BY PLAYING BILLIARDS, YOU CAN IMPROVE FOCUS, ENHANCE HAND-EYE COORDINATION, AND MEET NEW PEOPLE, ALL WHILE HAVING FUN.



their moves, they engage in a mental workout that sharpens concentration and decision-making skills. This strategic element not only makes the game intellectually stimulating but also translates into improved problem-solving abilities in everyday life.

Billiards also offers significant benefits for hand-eye coordination. The precision required to control the cue and predict the ball's trajectory demands acute coordination, which can improve over time with practice. This skill development is beneficial for people of all ages, contributing to better overall motor skills and dexterity.

Beyond the individual benefits, billiards is an inherently social game. It creates a relaxed environment where people can meet new friends, enjoy friendly competition, and engage in lively conversations. Playing billiards in a club or community setting opens up opportunities to connect with others who share similar interests, fostering a sense of camaraderie and belonging.

Another great advantage of billiards is its accessibility. It

can be enjoyed by people of all ages and skill levels, making it a perfect family activity or a way to bridge generational gaps. Whether you're a beginner learning the basics or an experienced player refining your skills, billiards offers something for everyone. It's a game that doesn't require peak physical fitness, so it can be a lifelong hobby that adapts to your pace and lifestyle.

For those just starting out, here are a few tips to get you going: Begin by familiarizing yourself with the basic rules and techniques of billiards. Consider taking a lesson or two to help build a solid foundation. Look for local billiards clubs or venues in your area where you can practice and play with others. Many communities have clubs or leagues that welcome newcomers, providing a supportive environment to learn and enjoy the game.

In conclusion, billiards is not just a game—it's a rewarding activity that combines skill development, social interaction, and relaxation. By playing billiards, you can improve focus, enhance hand-eye coordination, and meet new people, all while having fun. Whether you're looking for a new hobby, a way to unwind, or a social outlet, billiards is a fantastic choice that brings joy and benefits to players of all ages and backgrounds. So grab a cue, find a local venue, and discover the delightful world of billiards today!



GET STRONGER LEANER HEALTHIER



PLANK:

Begin on all fours, with your hands under your shoulders and your knees under your hips.

Exhale and push back to child's pose, with your hips on your heels and your arms stretched out in front of you.

Hinge forward to plank pose, with your body in a straight line from your head to your heels and your core engaged.

Hold the plank for as long as you can, breathing deeply and keeping your back flat.

Drop down to your forearms if you want to make the plank more challenging, or lift one arm at a time if you want to add some variation.

Return to child's pose to rest and repeat the plank as desired.



BICEP CURL:

Stand with your feet hip-width apart, holding a pair of dumbbells in a neutral grip (palms facing each other). Squeeze your shoulder blades, abs, and glutes to create full-body tension.

Curl the dumbbell up, moving only at the elbow joint and release back down slowly. Keep your upper arms still and perpendicular to the floor.



PUSH UP:

Start down on all fours with your hands just wider than your shoulders.

Extend your legs so they form a straight line with your back.

Lower yourself to the floor until your elbows are at 90 degrees.

Push yourself back up until your arms are straight.

Try to do as many push-ups as you can with good form.



CHEST PRESS:

Lie on a flat bench with your feet pressing into the floor.

Hold two dumbbells with palms facing forward and your thumbs wrapped around the handle.

On an inhale, lower the dumbbells slightly wider than your mid-chest, slowly and with control.

Gently touch the dumbbells to your chest and lift back up slowly.



SQUAT:

Stand with your feet hip-width apart.

Engage your core muscles.

Lower down, as if sitting in an invisible chair.

Lift back up to the standing position.

Strengthens leg and back muscles, improves core strength.



DEADLIFT:

Start with a shoulder-width apart stance.

Bend down and hold a dumbbell in each hand.

Keep your back straight. Drive yourself up and squeeze your glutes.

Slowly come back down to your starting position.



ACTIVE

YOUR ACTIVE

LIFESTYLE

Embarking on a journey towards an active lifestyle can be both exciting and daunting, especially if you're just starting out and the winter weather is right ahead of us. The benefits of staying active are immense, from boosting your mood and energy levels to reducing the risk of chronic diseases, and even helping you sleep better.

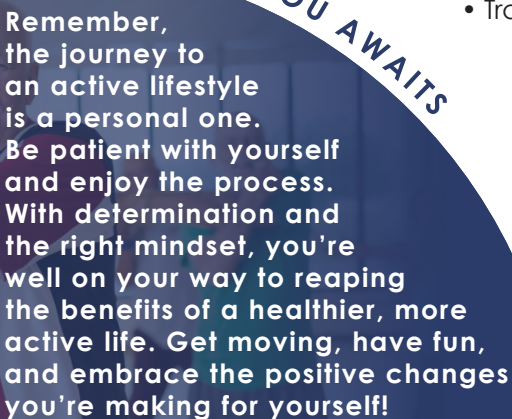
GETTING STARTED: Simple Steps for Beginners

Starting an active lifestyle doesn't mean you need to dive into intense workouts right away. Here are some simple, manageable steps to get you going:

1. **Set Realistic Goals:** Start small. Aim for 15-20 minutes of activity a day and gradually increase the duration and intensity as your fitness level improves. Setting achievable goals will keep you motivated and prevent burnout.
2. **Find Activities You Enjoy:** Exercise should never feel like a chore. Whether it's dancing, cycling, swimming, or yoga, find something you love and look forward to. Enjoyable activities are more sustainable in the long run.
3. **Incorporate Activity into Your Daily Routine:** Look for opportunities to be active throughout the day. Take the stairs instead of the elevator, walk or bike to nearby destinations, or even focus on a quick stretching session during a break.
4. **Create a Schedule:** Consistency is key. Set aside specific times in your week dedicated to physical activity to build a routine. Whether it's a morning jog or an evening walk, stick to your schedule as much as possible.

Maintaining motivation is crucial for sustaining an active lifestyle. Here are some tips to keep you inspired:

- **Track Your Progress:** Keep a journal or use a fitness app to monitor your progress. Seeing how far you've come can be incredibly motivating and encourage you to keep pushing forward.
- **Join a Community:** Exercising with a friend or joining a local fitness group can make your workouts more enjoyable and hold you accountable. The social aspect can also be a great motivator.
- **Mix It Up:** Prevent boredom by diversifying your activities. Try new workouts, explore different environments, or set new challenges to keep things exciting.
- **Reward Yourself:** Celebrate your milestones, no matter how small. Treat yourself to something you enjoy when you stick to your routine or achieve a personal best.



A HEALTHIER YOU AWAITS

Remember, the journey to an active lifestyle is a personal one. Be patient with yourself and enjoy the process. With determination and the right mindset, you're well on your way to reaping the benefits of a healthier, more active life. Get moving, have fun, and embrace the positive changes you're making for yourself!

ADVANTAGES OF WARM WATER POOL ACTIVITIES

Warm water pools offer a sanctuary of therapeutic benefits that can significantly enhance your health and well-being. The soothing warmth of the water is a natural remedy for muscle relaxation, helping to ease tension and alleviate soreness. As the heat penetrates your muscles, it encourages improved circulation, which can aid in the delivery of oxygen and nutrients throughout your body. This boost in blood flow not only supports healing but also promotes overall cardiovascular health.

Beyond physical benefits, warm water pools are a haven for stress relief. Immersing yourself in warm water can lower stress levels by calming the nervous system and encouraging the release of endorphins—those feel-good hormones that elevate mood and promote relaxation. This tranquil environment provides an ideal setting for unwinding and disconnecting from daily stressors.

This low-impact environment allows for gentle strengthening and flexibility exercises, facilitating recovery from injuries or surgeries. The buoyancy of water reduces the impact on joints, making exercise more accessible and less painful for individuals with mobility issues.





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