

August  
2019

## Evolve at Rye

295 Lafayette Rd.  
Rye, NH 03870



### Today's Trend Yoga and Seniors

Yoga instructors often build seniors' confidence by allowing them to work at their own speed and helping them become more aware of their abilities. This awareness helps participants grow comfortable with their bodies, which, along with gentle stretching that increases range of motion and flexibility, can help prevent falls.

The exercise is especially beneficial for seniors in other ways, too. In addition to providing relief to people with arthritis and other bone and joint pain, yoga can also increase blood circulation and help control blood sugar levels. Breathing exercises and meditation—two essential features of yoga—work to improve respiratory function and boost energy. And don't forget that yoga is good for the mind as well.

### ***Upcoming Events in Our Community:***

Our **Happy Birthday Bash** will be Thursday, August 22nd at 3:00 p.m.

Our **Taste and Tell** will be held on Tuesday, August 27th at 1:30 p.m.

Our **Courtyard Celebration Barbecue** will be held Thursday, August 29th at 4:30 p.m.

***Looking Forward to Seeing You!***



Taste and Tell

**"Oh, the summer night,  
Has a smile of light,  
And she sits on a sapphire throne."**

-Barry Cornwall

## **Animal Experience with Seniors:**

Petting a dog or cuddling a kitty can be a joyful, heartwarming experience. There's evidence those warm, fuzzy feelings have health benefits. While history shows that animals were used to lift people's spirits as far back as the Middle Ages, little research was done on the subject until the 1960s. After observing the positive effect his dog had on a young patient, American psychologist Boris Levinson began to explore the connection. He coined the term "pet therapy," believing animals could aid people in therapeutic ways. Studies show that spending time with animals on a regular basis can improve a person's emotional and physical quality of life.

Animal therapy programs offer unique opportunities for interaction and socializing with others. Pets supply companionship and affection, which help calm anxiety and increase self-esteem. Walking, grooming and petting animals are physical activities that can improve mobility and motor skills as well as boost in energy. Animal therapy is used in a variety of settings, including senior care centers, hospitals, veterans organizations and schools.

***Evolve at Rye Wishes Our Residents a Very Happy Birthday!***

Miriam H August 1st  
Bette H August 11th  
Loretta B August 16th  
Sally L August 17th

