

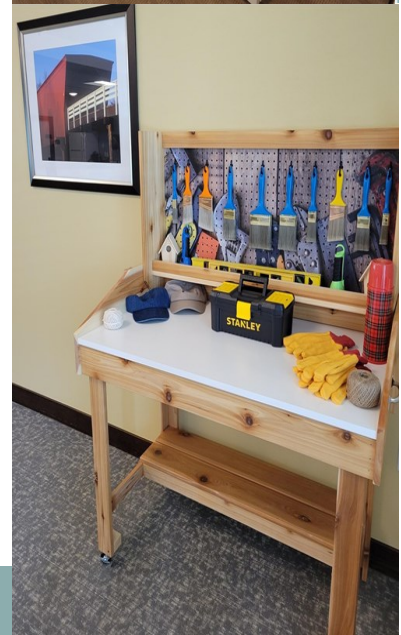
Edencrest at Tuscany

August 2021

Tuscany Traditions

Home

...where our story begins



Arthritis & Exercise

43 million Americans have Arthritis. Arthritis causes limitations in ability to perform many activities, especially in elder generations. The good news is exercise can help to decrease pain, improve function, and delay disability. Participating in a program like Live 2 B Healthy® can help manage or decrease your risk of arthritis. Live 2 B Healthy® represents the definition of active aging, challenging the stereotypes associated with elder capabilities, and are enhancing the lives of seniors, families, and communities.



A person has an increased risk of Arthritis when the following factors are present.

- ❖ Age: Your risk increases with age.
- ❖ Gender: Women are more likely to develop arthritis than men.
- ❖ Genetics
- ❖ Joint Damage: Joints that have been damaged through infection, injury, or repetitive motion can develop arthritis.
- ❖ Obesity: can increase your risk

If you have Arthritis, CDC recommends the following strategies to help you manage it. Taking the proper steps to manage your arthritis will help to control pain, minimize joint damage, and improve or help you to maintain your quality of life.

- ❖ Be Active—Getting at least 30 minutes per day of exercise can help to decrease pain, improve function, and delay disability.
- ❖ Watch Your Weight—Reducing weight may help to reduce pain and slow the progression of the disease.
- ❖ See Your Doctor—There are many different types of arthritis, your doctor can help you manage the type of arthritis you have.
- ❖ Protect Your Joints—Joint injury can lead to osteoarthritis. Avoid joint injury to reduce your risk of developing osteoarthritis.

Specific physical activity can target reduce risk of developing arthritis and can also help improve symptoms. The Live 2 B Healthy® programs are proven to improve balance, strength, and mobility. But more than that, our services offer seniors the freedom, independence, and dignity that accompany reclaimed health.

Believe you can and you are half way there!

Fun Facts

- In a lifetime, you make 396 **friends**, but only 1 out of 12 **friendships** lasts!
- At just 9 months old, most babies understand the concept of **friendship**.

LET'S CELEBRATE FRIENDSHIP DAY!

Friendship Day is celebrated on the first Sunday in August. Just like the name sounds, Friendship Day is a day to honor and celebrate our friends. Good friends can be one of the great joys in life and this is a great time to let your friends know how much





Iowa State Fair

IOWA STATE FAIR STARTS AUGUST 12 –22

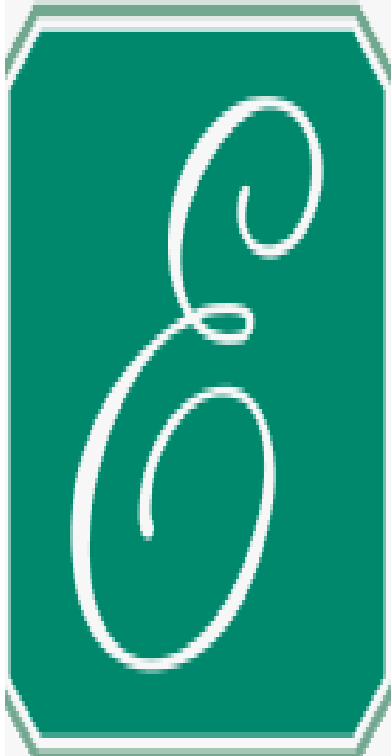
Who loves going to the fair? Many gather for a great day of fun and creating memories with family and friends! Here are a few fun facts about the Iowa State Fair!

1. The very first Iowa State Fair was held in Fairfield, October 15-17, 1854 .
2. The largest fair turn out was in 2008, with 1,109,150 total attendees. The second highest attendance was in 2011.
3. August 16, 1983 was the hottest day recorded at The Iowa State Fair, at 108 degrees!
4. Sonny & Cher had the largest concert back in 1972, with 26,200 people over two shows.
5. The Iowa State Fair showcases 60+ foods on-a-stick!

Here are some of the foods on-a-stick!

Smoothie On-a-stick
 Bacon Wrapped Riblet
 Deep Fried Brownie
 Coconut Mountain
 Soft Salted Chocolate Dipped Almond Pretzel
 Deep Fried Sweet Corn Corndog
 Rib Shack Cowboy
 Jalapeno Corndog
 Chocolate-Covered Chocolate Chip Cannoli
 Chocolate-Covered Chocolate Chip Cookie Dough Pop
 Fruit
 Double Bacon Corn Dog
 Bacon
 Chocolate-Covered Frozen S'more
 Peanut Butter & Jelly
 Chocolate-Covered Deep Fried Cheesecake
 Griddle Stick
 Cake Pops
 Fair Square
 Chocolate-Covered Tiramisu
 Chocolate-Covered Turtle Mousse Bar
 Twinkie Log
 Octodog
 Chocolate-Covered Peanut Butter Bar
 Chocolate-Covered Key Lime Dream Bar
 Carmellows
 Pickle
 Pork Chop
 Corn Dog
 Cheese
 Cajun Chicken
 Sesame Chicken
 Carmel Apple
 German Sausage
 Teriyaki Beef
 Corn on the Cob
 Cotton Candy
 Veggie Corndog
 Turkey Drumstick
 Nutty Bar
 Hot Bologna
 Chicken
 Monkey Tail
 Honey
 Ice Cream Wonder Bar
 Deep-Fried Snickers
 Deep-Fried Milky Way

MEMORY CARE AQUARIUM



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