

Volume 2 / Issue 4

### Welcome to our Newsletter!

Welcome to the Heritage Senior Care Inc. Newsletter, we are so excited to share this newsletter with our senior clients, their families and the community.

Heritage Senior Care Inc. has been serving the needs of seniors for over 34 years. Our mission is to help seniors who wish to remain in their homes, but may require assistance with activities of daily life, transportation and companionship.



*Mindfulness can occur at any location, but it helps to find a quiet location that you feel comfortable in, this could be your living room, backyard, a local park or the beach.*

*For more information on simple mindfulness exercises please visit:*

<https://www.pocketmindfulness.com/6-mindfulness-exercises-you-can-try-today/>

## Hot Topics: Mind & Body- Finding the Balance

Life may be a balance of family, work/hobbies and managing our health, but in today's fast paced world this notion of creating a balance in life could be somewhat difficult. The question is- How can we integrate new techniques into our life that could help us to achieve a sense of balance and wellbeing? In the pursuit of such enlightening information, we at Heritage Senior Care Inc. came across three exciting techniques that can apply to those who would like to be more active in their own homes, while also focusing on relaxation/stress reduction and even improving brain cognition.

**Mindfulness:** The human mind is quite complex, it is amazing what we can control despite the circumstance that we may be confronted with. Let's give an example: A person who has just learned that they have a scheduled surgery may be nervous about the event, especially if they don't know what to expect. Instead of worrying- visit a technique that may be utilized by the very surgeon who is going to perform your operation. The University of California, San Francisco has dedicated a Center to the study and research of Mindfulness & the overall contribution to the importance of stress reduction and heightened concentration, in a very detailed oriented, demanding position. In a nutshell, from a surgeon to your 'every-day joe,' we could all benefit from the advantages of this easy, yet effective technique.

**Mindfulness Exercise:** Take the time to sit up straight in a chair, in a room with no sound or distractions, & begin to breathe deeply through your nose, then exhale slowly through the mouth- repeat this exercise three times- repeat if necessary. Allow your mind drift to a space where you are only conscious of the sound and motion of your breaths- continue Mindfulness by giving life to objects around you appreciating the color, detail or even the aroma of your immediate surroundings.

**Make Exercise Easy:** Is it a requirement that you must leave your home to be fit? The solution could be incorporating a routine that works for you in the comfort of your own home.

For example, the fitness needs of an individual could vary: a person who may not want to do a walking activity, could also sit in the comfort of their own home and use a medical exercise peddler (in an upright chair). Furthermore, if a person had more mobility in the upper body they could use stretch bands or even a simple stress ball, which both are widely available at places such as chain drug stores or a local Medical Supplier.

**20 Minute Fitness Routine:** Go back and forth with your stretch band- alternating from front to back and stretching your arms far outwards- while sitting up in a chair- 5 minutes. Then alternate to the legs – repeat by stretching out each leg and push the stretch band back with the strength of your arms- 5 minutes- Muscle Strengthening. Finally, use the stretch ball – hold it- squeeze it and punch – 5 minutes & follow by bicycling on the pedal for 15 minutes- Cardio. Please consult your physician about what exercises are appropriate for your specific fitness goals.



*This piece of exercise equipment called a Medical Peddler- this simple exercise can help increase your mobility and circulation.*

## Contact Us

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**For More Information and additional resources that discuss exercises for the Mind and Body, please visit:**

<https://www.vivehealth.com/blogs/resources/chair-exercises-for-seniors>

<http://mindworks.org/meditation-knowledge/meditation-for-seniors/>

<https://www.vivehealth.com/blogs/resources/exercise-pedals-for-elderly>

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*“Happiness is a state of mind and depends very little on outward circumstances.”*

*Hellen Keller*

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