

Photo by Mike Bullock

## Happy New Year!

There are a couple new events scheduled at the center. All information about these upcoming programs can be found on the activities calendar pg. 6-7.

The AARP safe driving course: register by calling Kent Haddock 435-890-5901.

If you know of a caregiver caring for someone that has dementia, join us for our Dementia Dialogues series. This program designed to go over topics that support the caregiver. This group will meet every Monday starting January 22nd at 1:00pm.

This month Common Ground is hosting a snow shoeing activity. If you are interested in attending I highly recommend you get your name on the list ASAP as we predict this to be a very popular event with limited seating.

With the rise in food costs, as of January 1, 2024 the NON-senior lunch price will be \$12.00. This price is only for persons that are not yet 60 years of age.

For adults 60+, the suggested price is a \$4.00 donation per the Area Agency on Aging (AAA).

We encourage you to join us in the challenge to try new classes. Be sure to check in with Jesse so that you can be entered into a drawing. If you visit ten classes, of at least three different types, you have a chance to win a fantastic prize.

This year I hope you try new things, expand your knowledge and join us in all the fun events we have planned!

*-Giselle Madrid - Sr. Center Director*



## Chicken Wild Rice Soup

This creamy Chicken Wild Rice Soup is thick, flavorful, and easy to make. Full of vegetables and tender chicken, its savory warmth is delicious.

### Ingredients

1/4 cup olive oil  
1 pound boneless skinless chicken thighs chopped  
1 yellow onion finely chopped  
3 medium carrots diced  
2 stalks celery diced  
3 cloves garlic minced  
8 oz baby Bella mushrooms sliced  
3/4 cup wild rice blend any brand works  
1/4 cup all-purpose flour  
10 cups chicken broth  
2 1/2 teaspoon salt  
1/4 teaspoon black pepper  
1/2 teaspoon dried thyme leaves  
1/2 teaspoon dried oregano  
1 cup heavy cream



### Instructions

Start off by adding 1/4 cup of olive oil to a large pot and bring the heat to medium-high.

Then add 1 pound of chopped chicken thighs. Cook until the chicken is fully cooked through.

Add 1 finely chopped yellow onion, 3 medium diced carrots, 2 diced celery stalks, and 3 minced garlic cloves. Sauté until the onion becomes translucent.

Then add in 8 oz of sliced baby Bella mushrooms and stir them for about 3-4 minutes until they become tender.

Add in 3/4 cup of any wild rice blend. Then add 1/4 cup all-purpose flour. Stir for about 1 minute.

Now pour in 10 cups of chicken broth and let the rice simmer over medium heat for about 40 minutes or until fully cooked through.

Season with 1 teaspoon salt, 1/4 teaspoon black pepper, 1/2 teaspoon dried thyme leaves, and 1/2 teaspoon dried oregano.

Pour in 1 cup of heavy cream and let the soup come to a simmer one last time.

<https://simplyhomecooked.com/creamy-chicken-and-wild-rice-soup/>

# Resources

## Transportation Vouchers

Clients can be reimbursed for travel costs to doctor appts. and or other medical care. This is a needs based program. Call BRAG to schedule an assessment and see if you qualify for this program that can reimburse friends and family for taking you to your Dr. appts. 752-7242.

## Medicare Cost Sharing Program

Medicare Savings Programs help individuals with some of the out-of-pocket costs for Medicare, including Medicare Part A and Part B premiums, deductibles, copayments and coinsurance. Eligibility for certain Medicare Savings Programs automatically qualifies you for the Extra Help program as well, which helps pay the cost of prescription drugs. Contact Giselle or Colby to see what cost sharing program works best. For an appt. please call 755-1720.

## Extra Help

Do you need help paying for your prescriptions? You could qualify for a federal program that helps pay some or in some cases all of the part D drug plan. If you make less than \$1,843.00 a month (\$2,845 for married couples), and your assets are below \$16,660 (\$33,240 for married couples) you may qualify for the "Extra Help" program. It could reduce your prescription costs for generics and for brand-name drugs. Contact Giselle or Colby for an appt. at 755-1720

## VA Benefit Program

A representative from the VA will assist you with all of your benefit needs. Please call Shanna Andersen at 435-713-1460.

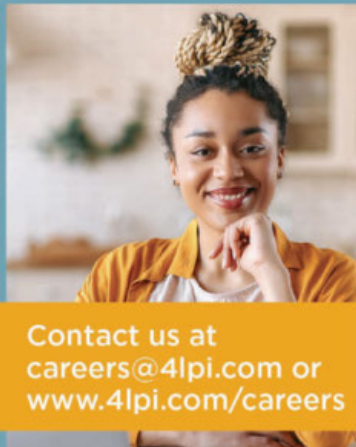
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## Does it matter what kind of provider I see?

Dear Marci,

I recently enrolled in Original Medicare. I know that with Original Medicare, I can see most any provider. Will my costs be the same regardless of which provider I see? Or is there anything else I should consider to get the best costs for my care?

-Iris (Huntington, NY)

Dear Iris,

If you have Original Medicare, your [Part B costs](#) once you have met your deductible can vary depending on the type of provider you see. For cost purposes, there are three types of providers, meaning three different relationships a provider can have with Medicare. A provider's type determines how much you will pay for Part B-covered services.

**Participating providers** accept Medicare and always take assignment. Taking assignment means that the provider accepts Medicare's approved amount for health care services as full payment. These providers are required to submit a bill (also called filing a claim) to Medicare for care you receive. Medicare will process the bill and pay your provider directly for your care. If your provider does not file a claim for your care, there are [troubleshooting steps to help resolve the problem](#). If you see a participating provider, you are responsible for paying a 20% coinsurance for Medicare-covered services. Certain providers, such as clinical social workers and physician assistants, must always take assignment if they accept Medicare.

### Non-participating

**providers** accept Medicare but do not agree to take assignment in all cases (they may on a case-by-case basis). This means that while non-participating providers have signed up to accept Medicare insurance, they do not accept Medicare's approved amount for health care services as full payment. Non-participating providers can charge up to 15% more than Medicare's approved amount for the cost of services you receive (known as the limiting charge). This means you are responsible for up to 35% (20% coinsurance + 15% limiting charge) of Medicare's approved amount for covered services. Some states may restrict the limiting charge when you see non-participating providers. For example, New York State's limiting charge is set at 5%, instead of 15%, for most services. For more information, contact your [State Health Insurance Assistance Program \(SHIP\)](#).

**Opt-out providers** do not accept Medicare at all and have signed an agreement to be excluded from the Medicare program. This means they can charge whatever they want for services but must follow certain rules to do so. Medicare will not pay for care you receive from an opt-out provider (except in emergencies). You are responsible for the entire cost of your care. The provider must give you a private contract describing their charges and confirming that you understand you are responsible for the full cost of your care and that Medicare will not reimburse you. Opt-out providers do not bill Medicare for services you receive. Many psychiatrists opt out of Medicare.

Be sure to ask your provider if they are participating, non-participating, or opt-out.

-Marci



## Health Tip

Here are some tips from the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) that can help you take charge of your health and prevent diabetes health problems.

- Manage your blood glucose, blood pressure, and cholesterol levels.
- Take small steps toward health habits.
- Take your medicines on time.
- Reach or maintain a healthy weight.
- Take care of your mental health.
- Work with your health care team.



Dementia Dialogues is a free multi-session training course designed to educate the community and individuals who care for persons who exhibit signs and symptoms associated with Alzheimer's disease or related dementias. Each week we will discuss:

- The Basic Facts: An Overview of Alzheimer's Disease
- Keep the Dialogue Going: Strategies for Effective Communication
- It's a Different World: Understanding the Impact of the Environment & Ways to Promote Independence
- It's Nothing Personal: Addressing Challenging Behaviors
- Now What do We do? Creative Problem Solving

Join us on Mondays starting January 22nd at 1:00pm

## Lunch Series | Tuesday Movies

### January Lunch Events



*Unless otherwise specified, these events start at 12:10 in the cafeteria*

- Jan 4: Lunchtime Trivia
- Jan 8: Muscle Asymmetry and Aging
- Jan 12: Happiness Tips: USU Extension: Dave Schramm
- Jan 23: An overview of the Molluscs!



# NOW SHOWING

Movies every Tuesday at 1pm

- Jan 02:** The Bucket List (2007, PG-13, 1h 37m)
- Jan 09:** In Defense of Food (2015, NR, 1h 57m)
- Jan 16:** Big (1998, PG, 1h 44m)
- Jan 23:** Carousel (1956, G, 2h 28m)
- Jan 30:** 2001: A Space Odyssey (1968, G, 2h 19m)

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# January 2024

Monday	Tuesday	Wednesday
<p><b>1</b></p>  <p><b>Center Closed in Observance</b></p>	<p><b>2</b></p> <p>11:00 Socialization and Mind Fitness 1:00 Movie: <i>The Bucket List</i> (2007)</p>	<p><b>3</b></p> <p>11:00 NO Line Dancing</p> 
<p><b>8</b> <i>Elvis' Birthday</i></p> <p><b>10:00 Creative Aging Ceramics Class (1 of 6; \$15)</b> 11:00 Music Bingo: Elvis Songs 12:10 L&amp;L: Muscle Asymmetry 12-4 AARP Safe Driving 12:30 Jeopardy 2:00 Knitting Group</p>	<p><b>9</b></p> <p>11:00 Class: Personal Values and Goal Setting! 1:00 Movie: <i>In Defense of Food</i> (2015)</p>	<p><b>10</b></p> <p>11:00 Craft (\$5) 11:00 NO Line Dancing</p>
<p><b>15</b></p> 	<p><b>16</b></p> <p>11:00 Origami <b>12:45-3:00 Commodities</b> 1:00 Movie: <i>Big</i> (1988)</p> 	<p><b>17</b></p> <p><b>10:00 Field Trip: Snowshoeing up Green Canyon (\$9)</b> 11:00 NO Line Dancing</p>
<p><b>22</b></p> <p><b>10:00 Creative Aging Ceramics Class (2 of 6)</b> 11:00 Bingo 12:30 Jeopardy 1:00 Dementia Dialogues</p> 	<p><b>23</b></p> <p>11:00 Socialization and Mind Fitness 12:10 Lunch &amp; Learn: An Overview of the Molluscs 1:00 Movie: <i>Carousel</i> (1956)</p>	<p><b>24</b></p> <p>11:00 Cooking Class w/ Tori (\$2)- Pretzels</p> 
<p><b>29</b></p> <p><b>10:00 Creative Aging Ceramics Class (3 of 6)</b> 11:00 Bingo 12:30 Jeopardy 1:00 Dementia Dialogues</p>	<p><b>30</b></p> <p>11:00 Socialization and Mind Fitness 1:00 Movie: <i>2001: A Space Odyssey</i> (1968)</p>	<p><b>31</b> <i>National Hot Chocolate Day</i></p> <p>11:00 Hot Chocolate Social 2:15 Book Club: <i>Tales of a Female Nomad</i></p>



# January 2024

Thursday	Friday
<b>4</b> 11:15 Card-making w/ Brenda 12:10 Lunchtime Trivia 12:45 TED Talk: <i>Why you should define your fears instead of your goals</i> 	<b>5</b> 10:30 Sewing (\$2) 11:00 Blood Pressure 11:00 Craft: Pine Cone Bird Feeders (\$1) 1:00 Technology Assistance 2:15 Mindfulness Group
<b>11</b> 11:00 Poker <b>11:30 Out to Lunch Bunch: Juniper Takeout (\$2)</b>	<b>12</b> 10:30 Sewing (\$2) 12:10 L&L: USU Extension: Happiness Tips: Dave Schramm 11:00 Music-making with Boomwhackers 1:00 Technology Assistance
<b>18</b> 1:00 Role-playing Game: Dungeons & Dragons 	<b>19</b> 10:30 Sewing (\$2) 11:00 Blood Pressure 1:00 Technology Assistance 2:15 Mindfulness Group  <i>* National Popcorn Day– Grab some popcorn at Lunch*</i>
<b>25</b> 11:00 Poker 12:30 Craft & Chit Chat (\$3) 12:45 TED Talk: <i>Psychological flexibility: How love turns pain into purpose</i>	<b>26</b> 10:30 Sewing (\$2) 1:00 Technology Assistance 2:15 Mindfulness Group 

## Daily Activities

**8:30-2:30 Computers**  
**8:30 Fitness Room**  
**8:30 Library**  
**12:00-1:00 Lunch**  
**8:30 Pool Tables**  
**8:30-2:30 Quilting**

### Monday

**11:00 Bingo**  
**12:30 Jeopardy**  
**1:00 Tai Chi**

### Tuesday

**8:30 Ceramics**  
**10:30 Tai Chi**  
**10:30 Writers Group**  
**12:30 Mahjong**  
**1:00 Movie**

### Wednesday

**11:00 Line Dancing**  
**1:00 Bobbin Lace Group**  
**1:00 Bridge**  
**1:00 Tai Chi**

### Thursday

**8:30 Ceramics**  
**10:00 Bingocize**  
**10:30 Sit & Be Fit w/ Darrell**  
**11:00 Chair Yoga**  
**12:30 Mahjong**

### Friday

**10:00 Painting Group**  
**10:00 Sewing**  
**11:00 Scrabble**  
**1:00 Tai Chi**  
**1:00 Tech Assistance**  
**2:15 Mindfulness Group**

**"Darkness cannot drive out darkness;  
 Only light can do that. Hate cannot drive  
 out hate; Only love can do that."**

*-Dr. Martin Luther King*

# Medicare ( Spanish )

**¿Qué es una Explicación de Beneficios (EOB, por sus siglas en inglés) y por qué es importante revisarla para detectar posibles fraudes, errores o abusos?**

Una Explicación de Beneficios (EOB, por sus siglas en inglés) es el estado de cuenta que su Plan Medicare Advantage o su plan de medicamentos recetados de la Parte D generalmente le envía después de que usted recibe servicios o artículos médicos. Usted solo recibe una EOB si tiene un Plan Medicare Advantage o plan de la Parte D. Es importante recordar que una EOB no es una factura.

Las EOB generalmente se envían una vez al mes. Algunos planes le dan la opción de acceder a su EOB en línea. Su EOB es una explicación de los servicios y artículos que usted ha recibido y cuánto puede tener que pagar por ellos. Le indica la cantidad que su proveedor facturó, la cantidad aprobada que su plan pagará y cuánto puede deberle usted al proveedor. Si mantiene un registro de las consultas médicas, las pruebas y los recibos de los servicios y el equipo recibido con su "Mi Rastreador de Atención de Salud" de la SMP, puede comparar sus estados de cuenta con lo que registró en su rastreador.

Es importante que lea su EOB tan pronto como la reciba para verificar que usted realmente recibió todos los medicamentos y servicios mencionados. Si no se corrigen los posibles errores, si tiene preguntas adicionales o si necesita un "Mi Rastreador de Atención de Salud", contacte a su Patrulla de Medicare para Adultos Mayores (SMP, por sus siglas en inglés). El programa de la SMP habilita y ayuda a los beneficiarios de Medicare, a sus familias y a los cuidadores a prevenir, detectar y reportar fraudes, errores y abusos relacionados con la atención de salud.

**¿A quién puedo llamar si tengo alguna pregunta?**

**Programa Estatal de Asistencia sobre Seguro Médico (SHIP, por sus siglas en inglés):** contacte a su SHIP si tiene preguntas sobre cómo elegir un plan de la Parte D o Plan Medicare Advantage. Los asesores del SHIP también pueden ayudarle a usar el buscador de planes para revisar sus opciones y elegir un plan que se adapte a sus necesidades. La información de contacto de su SHIP local se encuentra en la última página de este documento.

**Patrulla de Medicare para Adultos Mayores (SMP, por sus siglas en inglés):** comuníquese con su SMP si detecta cargos sospechosos en su EOB o si cree que está experimentando un posible fraude, abuso o error contra Medicare. La información de contacto de su SMP local se encuentra en la última página de este documento.

**Medicare:** Contacte a Medicare al 1-800-MEDICARE quiere cambiar su plan de la Parte D o Plan Medicare Advantage. También puede llamar a Medicare para que le ayuden a encontrar planes en su área o puede visitar [www.medicare.gov/plan-compare](http://www.medicare.gov/plan-compare) para usar la herramienta de búsqueda de planes.





## Events & Activities



### **FIELD TRIP: SNOWSHOEING** with Common Ground, at Green Canyon

**Tuesday, January 17th, 10:00am**

No experience required. Bring warm layers.  
Equipment provided. Back in time for lunch.

Cost: \$7 activity fee + \$2 bus fee

To RSVP Fill out the Activity Sign-Up Sheet on the back of the newsletter return and pay the front desk.

### **Out to Lunch Bunch is visiting...**

# JUNIPER

TAKE OUT & RESTAURANT

**Thursday, January 11th**

Leaving the center at 11:30am

\$2 bus fee | To RSVP Fill out the Activity Sign-Up Sheet on the back of the newsletter return and pay the front desk.

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# January 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>  	<b>2</b> <b>Chefs Choice</b> 	<b>3</b> <b>Garden Cheese Omelet</b> Hash Browns Sliced Oranges V8  *Can Be Vegetarian	<b>4</b> <b>Tortellini Soup</b> Ham Sandwich Crudit�e Peaches	<b>5</b> <b>Salisbury Steak</b> Mashed Potatoes & Gravy Sun-Shine Carrots Mixed Fruit
<b>8</b> <b>Beef Pot Pie</b> Green Beans 5-Cup Fruit Salad Wheat Roll 	<b>9</b> <b>Pizza</b> Italian Vegetables Mixed Fruit Bread Stick	<b>10</b> <b>Chicken &amp; Broccoli Casserole</b> Glazed Brussel Sprouts Melon	<b>11</b> <b>Tomato Beefy Mac Soup</b> Grilled Cheese Roasted Zucchini Grapes  *Can Be Vegetarian	<b>12</b> <b>Orange Chicken</b> Fried Rice Oriental Veggies Egg Roll Melon Cup Fortune Cookie
<b>15</b> 	<b>16</b> <b>Chefs Choice</b> 	<b>17</b> <b>Meatball Sandwich</b> Tater Tots Peas & Carrots Fresh Fruit Cookie 	<b>18</b> <b>Tilapia</b> Wild Rice Roasted Fresh Vegetable Mix Fresh Fruit	<b>19</b> <b>Loaded Baked Potato</b> Buttered Peas Grape Salad  *Can Be Vegetarian
<b>22</b> <b>Tuna Croissant Sandwich</b> Broccoli Salad Grapes Chips *Can Be Vegetarian	<b>23</b> <b>Chicken Cordon Bleu Casserole</b> Capri Veggies Sliced Oranges	<b>24</b> <b>Turkey Burger</b> Fresh Vegetable Mixed Fruit Chips	<b>25</b> <b>Lasagna</b> Italian Vegetables Spiced Pears Garlic Bread	<b>26</b> <b>BBQ Ribs</b> Macaroni & Cheese Carrot & Raisin Salad Sliced Apples
<b>29</b> <b>Chefs Choice</b> 	<b>30</b> <b>Hawaiian Haystacks</b> Pineapple Peas Cookie *Can Be Vegetarian	<b>31</b> <b>Roast Beef</b> Mashed Potatoes & Gravy Carrots Apple Crisp	For those 60+ and their spouse the suggested donation is \$4.00. Don't forget to call in by 3:00 p.m. the day before. The full cost of the meal is \$12.00 for those under age 60. Please pay at the front desk to receive your meal.	

# Events & Activities



**HAPPY NEW YEAR!**  
**GOAL SETTING SESSION**

Join us for setting and sharing a few personal resolutions for the New Year  
Tuesday, January 9th at 11am!

## Who wants to play?

# DUNGEONS & DRAGONS

We'll be playing this cooperative storytelling role-playing game together on

**Thursday, Jan 18th @ 1:00pm**


No cost. All are welcome to join the fun!  
RSVP with Jesse: 435-755-1730



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## Weekend Warriors Just as Healthy as Everyday Exercisers

Cramming your weekly workouts into a day or two doesn't diminish health benefits, research suggests

By Rachel Nania, AARP  
Published November 27, 2023

It doesn't take much to derail a weekday workout: an unexpected meeting, family obligations, a last-minute dinner with friends. Before you know it, there's no time to squeeze in a spin class.

Sound familiar? Don't sweat it, says Wes Troyer, D.O., a physical medicine and rehabilitation specialist at the Mayo Clinic, as long as you're making time for exercise on the weekends. Accumulating research suggests that people who pack in the recommended weekly 150 minutes of physical activity over one to two days can reap the same health benefits as those who spread it out over the week.

"There's hope for people who are weekend warriors, or people that are putting in most of their time on the weekends," Troyer says — and the data suggests that's a lot of us.

A 2023 JAMA study of nearly 90,000 individuals found that roughly 42 percent of participants saved their workouts for the weekend, or at least condensed them to one or two days. And doing so still resulted in heart-health benefits.

Compared with inactive adults, the so-called weekend warriors had lower risks for heart disease and stroke, and these lower risks were similar to the benefits seen among individuals who distributed their exercise more evenly throughout the week. The weekend exercisers also had similarly lower risks of heart failure and atrial fibrillation, an irregular heart rhythm that can increase the risk of a cardiovascular event.

"Our findings suggest that interventions to increase physical activity, even when concentrated within a day or two each week, may [improve] cardiovascular outcomes," senior author Patrick T. Ellinor, M.D., acting chief of the Cardiology Division at Massachusetts General Hospital, said in a news release.

Another study, published this year in JAMA Network Open, found that adults who took at least 8,000 steps one or two days per week reduced their risk of dying from cardiovascular disease by 8.1 percent compared to less active adults. Study participants who hit the 8,000-step benchmark three to seven days per week

cut their risk by 8.4 percent.

And a 2022 study published in JAMA Internal Medicine found that adults who were physically active, either throughout the week or just a few days a week, were much less likely to die prematurely than inactive adults. What's more, the weekend warrior study participants had mortality rates similar to those of the participants who had multiple workout sessions during the week, "suggesting that when performing the same amount of physical activity, spreading it over more days or concentrating it into fewer days may not influence mortality outcomes," the researchers note.

"Just getting exercise is the important part of all this," Troyer says, pointing to physical activity's ability to help prevent heart disease, diabetes and certain types of cancer. "It's not so much the number of days that you're doing it, but the amount of time that you're doing it — that's the important part."

Current guidelines say adults need at least 150 minutes of moderate-intensity exercise a week (a brisk walk counts) or 75 minutes of vigorous exercise, like jogging or playing tennis, plus at least two days of muscle-strengthening activity. Still, most adults in the U.S. fall short; more than 60 percent don't meet these recommendations, according to a report from the Surgeon General.

### Staying injury-free

If going all in on the weekend sounds like a recipe for injury, know that the researchers from Massachusetts General Hospital who led the 2023 JAMA study found that weekend warriors were no more likely to pull, break or tear something than study participants who were active several days a week.

Still, if you decide to condense your workouts, there are some steps you can take to lower your odds of getting hurt. (If you're new to exercise or have any chronic medical conditions, Troyer says, you should start by talking to your health care provider about the safest way to be active.)

Warming up is important, Troyer says. He recommends starting a workout with dynamic stretching or by moving while doing a series of stretches — think of leg swings or side lunges, for example. This type of stretching has been shown to improve performance and reduce the risk of injuries.

Static stretching at the end of your workout is also important. It can help increase the range of motion in your joints, according to Glenn Shi, M.D., a Mayo Clinic orthopedic surgeon.

Stretching can also keep the muscles from becoming tight and tense.

What's key to being an injury-free weekend warrior, however, is listening to your body and knowing when to switch up your routine — or back off completely.

If you like running or playing an intense game of basketball but back-to-back days don't feel great, opt for an activity that's easier on the joints when stacking your workouts, like swimming, biking or doing the elliptical. According to the Centers for Disease Control and Prevention, yoga, boxing with a punching bag, dancing, badminton, snorkeling, and some types of gardening and yard work all count as moderate-intensity activities too.

"That way you can still stay active and get the benefits of the cardiovascular activity, but you're not paying for it later," Troyer says.

# Caregiver Support

## How can I find support as a caregiver?

Taking care of another person can be very stressful. It's important to also take care of yourself. Your own mental health is important for its own sake—and being mentally healthy will also make you a better caregiver! There are many ways to take care of yourself, including taking time to do things you enjoy and making sure you get a break from caregiving every now and then. Another important way to get help is to find support. This can come from many places:

- Friends and family who can help you with caregiving duties, or who can simply provide you with emotional support.
- A therapist or someone similar you can confide in about your own feelings.
- Support groups for caregivers. These are often made up of other caregivers, who meet together in person or online to talk about their experiences. These groups are great places to find emotional support, but also helpful advice.
- Formal supports, such as educational or government

agencies that provide information and support to caregivers or to the people they take care of.

## General caregiving resources

- CaregiverAction.org: Education, peer support, and resources for family caregivers.
- ChoicesInRecovery.com: Support and information for people with schizophrenia, schizoaffective, and bipolar disorder and their caregivers, including resources for having conversations with treatment professionals.
- MoreThanMyDiagnosis.com: Stories and advice from people who either live with mental health issues or care for someone who does.

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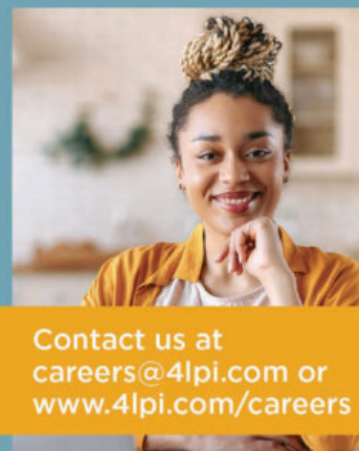
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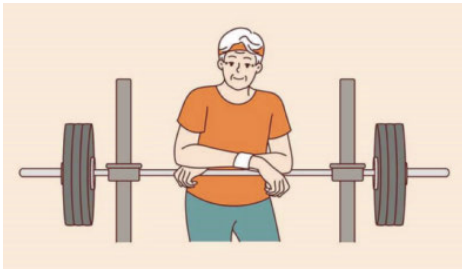


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## Quienes se ejercitan solo los fines de semana son tan saludables como quienes hacen ejercicio todos los días

*Concentrar todos tus ejercicios semanales en uno o dos días no disminuye los beneficios para la salud, sugiere la investigación.*

By Rachel Nania, AARP  
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No es difícil que se interrumpa una sesión de ejercicio en la semana: una reunión inesperada, obligaciones familiares, una cena de última hora con amigos. Antes de que te des cuenta, no hay tiempo para asistir a esa clase de spinning.

¿Te suena familiar? No te preocupes, dice el Dr. Wes Troyer, especialista en medicina y rehabilitación física de Mayo Clinic, siempre y cuando dediques tiempo a hacer ejercicio los fines de semana.

Cada vez más investigaciones sugieren que las personas que realizan los 150 minutos semanales recomendados de actividad física durante uno o dos días pueden obtener los mismos beneficios para la salud que quienes los distribuyen a lo largo de la semana.

“Hay esperanza para quienes son "guerreros de fin de semana", o para las personas que hacen la mayoría de sus ejercicios los fines de semana”, afirma Troyer, y los datos sugieren que somos muchos.

Un estudio (en inglés) publicado en JAMA en el 2023 de casi 90,000 personas determinó que aproximadamente el 42% de los participantes programaron sus ejercicios para el fin de semana, o al menos los condensaron en uno o dos días. Aun así, esto resultó en beneficios para la salud cardíaca.

En comparación con los adultos inactivos, los llamados guerreros de fin de semana tuvieron menos riesgos de enfermedades cardíacas y derrames cerebrales, y estos riesgos más bajos fueron similares a los beneficios que se observaron entre las personas que distribuyeron su ejercicio de manera más uniforme durante toda la semana. De igual manera, quienes hicieron ejercicio el fin de semana también tuvieron un riesgo más bajo de insuficiencia cardíaca y fibrilación auricular, un ritmo cardíaco irregular que puede aumentar el riesgo de un episodio cardiovascular.

“Nuestros hallazgos sugieren que las intervenciones para aumentar la actividad física, incluso cuando se concentran en un día o dos cada semana, pueden [mejorar] los resultados cardiovasculares”, dijo en un comunicado de prensa el Dr. Patrick T. Ellinor, jefe interino de la División de Cardiología del Hospital General de Massachusetts.

Otro estudio (en inglés), publicado este año en JAMA Network Open, determinó que los adultos que dieron al menos 8,000 pasos uno o dos días a la semana redujeron en un 8.1% su riesgo de morir a causa de enfermedades cardiovasculares en comparación con los adultos menos activos. Los participantes del estudio que alcanzaron el punto de referencia de 8,000 pasos entre tres y siete días a la semana redujeron su riesgo en un 8.4%.

Y un estudio (en inglés) del 2022 publicado en JAMA Internal

Medicine halló que los adultos físicamente activos, ya sea que se ejercitaban a lo largo de la semana o solo unos días a la semana, tenían muchas menos probabilidades de morir prematuramente que los adultos inactivos. Además, los "guerreros de fin de semana" que participaron en el estudio tuvieron tasas de mortalidad similares a las de los participantes que realizaban varias sesiones de ejercicio durante la semana, “lo que sugiere que cuando se hace la misma cantidad de actividad física, distribuirla entre más días o concentrarla en menos días quizá no influya en los resultados de mortalidad”, señalan los investigadores.

“Hacer ejercicio es la parte importante de todo esto”, dice Troyer, y señala la capacidad de la actividad física para ayudar a prevenir las enfermedades cardíacas, la diabetes y ciertos tipos de cáncer. “No importa tanto el número de días que te ejercitas, sino la cantidad de tiempo que te ejercitas; esa es la parte importante”.

Las pautas actuales dicen que los adultos necesitan por lo menos 150 minutos de ejercicio de intensidad moderada a la semana (una caminata a paso ligero cuenta) o 75 minutos de ejercicio vigoroso, como trotar o jugar al tenis, además de al menos dos días de actividad para fortalecer los músculos. Aun así, la mayoría de los adultos en Estados Unidos se quedan cortos; más del 60% no cumplen con estas recomendaciones, según un informe del cirujano general.

### Mantenerse libre de lesiones

Si hacer todo tu ejercicio el fin de semana suena como una forma segura de sufrir una lesión, ten en cuenta que los investigadores del Hospital General de Massachusetts que lideraron el estudio publicado en JAMA en el 2023 descubrieron que los guerreros de fin de semana no eran más propensos a desgarrarse ni romperse algo que los participantes del estudio que hacían actividad física varios días a la semana.

Aun así, si decides condensar tus ejercicios, hay algunos pasos que puedes tomar para reducir tus probabilidades de sufrir una lesión. (Si recién empiezas a hacer ejercicio o tienes alguna enfermedad crónica, debes empezar por hablar con tu proveedor de atención médica sobre la manera más segura de mantenerte activo, sugiere Troyer).

El calentamiento es importante, afirma Troyer. Él recomienda comenzar una sesión de ejercicio con estiramientos dinámicos o moviéndote mientras haces varios estiramientos; por ejemplo, puedes girar las piernas o hacer zancadas laterales. Se ha demostrado que este tipo de estiramiento mejora el rendimiento y reduce el riesgo de lesiones.

El estiramiento estático al final de tu sesión de ejercicio también es importante. Puede ayudar a aumentar la amplitud de movimiento en las articulaciones, según el Dr. Glenn Shi, cirujano ortopédico de Mayo Clinic. El estiramiento también puede evitar que los músculos se vuelvan tensos.

Sin embargo, la clave para ser un guerrero de fin de semana libre de lesiones es escuchar a tu cuerpo y saber cuándo cambiar tu rutina, o abandonarla por completo.

Si te gusta correr o jugar un partido intenso de baloncesto, pero realizar estas actividades durante días consecutivos no te hace sentir muy bien, opta por una actividad con un menor impacto en las articulaciones al concentrar tus sesiones de ejercicio, como nadar, montar en bicicleta o ejercitarte en la máquina elíptica. Según los Centros para el Control y la Prevención de Enfermedades, el yoga, el boxeo con bolsa, el baile, el bádminton, el esnórquel y algunos tipos de trabajos de jardinería también cuentan como actividades de intensidad moderada.

“De esa manera, todavía puedes mantenerte activo y obtener los beneficios de la actividad cardiovascular sin tener consecuencias más tarde”, dice Troyer.



# January Exercise Challenge

Get your new year off to a great start with our exercise classes!  
Attend 10 classes this month (at least 3 different types)  
and you'll be entered in a drawing to win a prize! If interested in participating be  
sure to visit with Jesse to be entered into the drawing.

## Choose From:

### Tai Chi

Jan 2 Jan 19  
Jan 3 Jan 22  
Jan 5 Jan 23  
Jan 8 Jan 24  
Jan 9 Jan 26  
Jan 10 Jan 29  
Jan 12 Jan 30  
Jan 16 Jan 31  
Jan 17

### Bingocize

Jan 4  
Jan 11  
Jan 18  
Jan 25

### Chair Yoga

Jan 4  
Jan 11  
Jan 18  
Jan 25

### Sit & Be Fit

Jan 4  
Jan 11  
Jan 18  
Jan 25

### Line Dancing

Jan 24  
Jan 31



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# Activity Sign Up Sheet– January

As we work to make the procedures at the front office more efficient you will now be asked to fill out this activity sheet prior to paying for activities. This will help us tremendously as we process receipts. We appreciate your help in this endeavor.

Please place a “X” in the left column and place the dollar amount or N/C ( No Cost) in the right column for each activity that you would like to participate in.

*The day that the newsletter is available for all patrons is when you will be able to sign up for activities. Please note: The senior center will no longer be able to offer refunds. You can transfer funds to another activity.*

X	Date	Activity	Time	Cost	Total
	01/05	Sewing	10:30	\$2	
	01/05	Craft: Pine Cone Bird Feeders	11:00	\$1	
	01/08	Creative Aging Ceramics Class	10:00	\$15	
	01/10	Craft w/ Jesse	11:00	\$5	
	01/11	Out to Lunch Bunch: Juniper Takeout	11:30	\$2	
	01/12	Sewing	10:30	\$2	
	01/17	Field Trip: Snowshoeing up Green Canyon	10:00	\$9	
	01/19	Sewing	10:30	\$2	
	01/24	Cooking Class– Pretzels w/ Tori	11:00	\$2	
	01/25	Craft & Chit Chat	12:30	\$3	
	01/26	Sewing	10:30	\$2	
				<b>Total :</b>	_____

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