

# The Seasons

EAST GREENWICH

Vol. 2, No.2 Summer 2018



## HEALTHY IN BODY, MIND & SPIRIT

Welcome to another edition of our newsletter. As you look through this issue, you'll see that The Seasons is embracing this season called summer in more ways than one!

While our last issue highlighted our resident chair exercise program, our Grandview Gardens residents have been taking things a step further by practicing yoga. And since this is summer, we've tapped into our expert dietician, Robyn Riley Perry, in this issue to educate us on the effects of dehydration on our body and how to combat these symptoms.

We took a moment (or two) to listen to Dr. Alan R. Post about the benefits of meditation, practicing a few mindful exercises and techniques with him. Dr. Post asserts that learning to meditate accurately can ease physical and emotional stress, as well as spiritual isolation – from within. All the more reason to give it a try.

Socialization with friends, families, and even

strangers can do so much for one's spiritual health too and at this time of year, there seems to be no shortage of fun things to do. The warmer weather has made it a pleasure for residents and their families to enjoy our outdoor summer concerts. The marking of our 15<sup>th</sup> Anniversary added an air of celebration to our Annual Tea (although any time you have the opportunity to wear a fascinator is time for a party). And Grandview Gardens experienced a little animal therapy as they held baby bunnies – learning that even talking to the cutest animals can lift the spirit.

It is our goal to offer a variety of programs and activities to our residents, providing a number of ways to engage in life here, all while providing better health to the body, mind and spirit.

May you enjoy the rest of your summer,

Laurie Ann Oliveira  
Administrator



OUT  
&  
ABOUT





In May, The Seasons hosted its second Taste of the Seasons while recognizing our 15<sup>th</sup> Anniversary! Held at the Aldrich Mansion in Warwick, our Tasting welcomed residents, family members, vendor partners and friends for a night of fun for everyone. The Tasting featured a variety of wines from Greenvale Winery with the addition this year of a beer selection showcasing Grey Sail Brewing of Rhode Island. The Tasting also featured an assortment of hors d'oeuvres and light fare, a variety of wonderful silent auction items, as well as musical entertainment by jazz ensemble Take Two. What a wonderful way to celebrate our Community and this significant milestone!



## SUMMER HEALTH TIPS

Summer is here and so is the heat. Now is the time to take some precautions, as dehydration becomes a worry for many as temperatures rise.

### THINGS YOU SHOULD KNOW:

Water plays a crucial part in the functioning of our bodies: regulating body temperature, facilitating many metabolic processes by carrying nutrients where they need to be, lubricating joints and internal organs, aiding with digestion and flushing out waste.

### Signs & Symptoms of Dehydration

#### HOW DO I KNOW IF I AM DEHYDRATED?

- A dry tongue, mouth or dry skin and cracked lips
- Too little urine and too dark in color
- Less skin turgor, meaning if you pinch your arm gently, it takes longer to spring back
- Feeling nauseous, weak, and constipated
- More serious symptoms: feeling faint, lethargic, confused, disoriented and eventually developing a fever

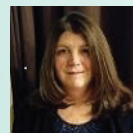
#### HOW MUCH WATER DO I NEED TO AVOID GETTING DEHYDRATED AND OPERATE AT FULL CAPACITY?

Body fluid needs are met by a combination of what we drink and eat. As a general rule, adults need eight 8-ounce glasses of water each day.

#### SOME HELPFUL TIPS:

- Make hydrating a habit. Drink water when you wake, with every meal and snack and your medications
- Eat foods that help with hydration. Watermelon, citrus fruits, cucumbers, lettuce and other vegetables are best.
- Bring your own water bottle everywhere, adding lemon, lime, oranges, mint, basil or veggies.
- Drink seltzer water, as a refreshing, calorie free, flavorful option

Hopefully, you are well on your way to being fully hydrated and feeling your best!



#### **Robyn Riley Perry**

*MS, RD, LDN, CDE, CDOE*

*Our expert author is a dietician who works with The Seasons culinary staff, reviewing our menus and ensuring that the meals and food items offered are at the highest nutritional content to meet residents' needs.*



# Meditation as Medication

**M**editation has been valued in the East for centuries as beneficial to physical, mental, and spiritual health. Now, Western medicine, through research-based studies performed in medical schools, universities, hospitals and research labs, is also recognizing the efficacy of meditation for improving wellness. With the amazing health benefits of meditation for our body, mind, and spirit well documented, Dr. Alan Post, a contributing author to the landmark book published in five languages; *“Meditation as Medication for The Soul”* offers a number of experiential classes and workshops on the topic. These sessions offer the opportunity to learn an ancient meditation practice that enables one to “still the mind” and open to the universal source of inner light, healing, and peace hidden deep within.

In this busy, fast-paced world, peace seems like an elusive commodity. On a recent visit to The Seasons, Dr. Post shared this simple, effective meditation technique to help one experience inner peace. Practicing meditation for over 40 years, he shared these thoughts. “By learning to meditate accurately, says Dr. Post, we can ease physical and emotional stress, as well as spiritual isolation—from within.”



**Alan R. Post D.C.**

*Dr. Post, a chiropractic physician since 1982, practices integrative medicine in North Kingstown.*

## Meditation as Medication FOR THE SOUL



RAJINDER SINGH

## *Benefits of Meditation for Seniors*

*Meditation  
HELPS MEMORY*

*Meditation  
HELPS DIGESTION*

*and makes the  
digestive system  
work better*

*Meditation  
ACTIVATES*

*the happy part of the brain*

*Meditation  
SHARPENS and FOCUSES  
the mind*

## THE SEASONS *Joins the* WALK TO END ALZHEIMER'S

**T**his September, The Seasons will participate in the Newport Walk to End Alzheimer's and we invite you to join us. Held annually in more than 600 communities nationwide, the Alzheimer's Association Walk to End Alzheimer's® is the world's largest event to raise awareness and funds for Alzheimer's care, support and research. This inspiring event calls on participants of all ages and abilities to join the fight against the disease!

There are many ways to get involved: join our team, sponsor one of our walkers or volunteer at the event. Whichever way you participate, your fundraising dollars help fuel the mission of the Association and your participation helps to change the level of Alzheimer's awareness in our community. To learn more, go online and type “Walk to End Alzheimer's Newport RI” for the walk site. There you can register or sponsor a walker by searching by walker or our team, The Seasons East Greenwich. Join the fight!



**SEPTEMBER 16**

**Registration - 8:30 am**  
**Ceremony - 9:45 am**  
**Walk - 10:00 am**  
Fort Adams State Park  
80 Fort Adams Drive  
Newport, RI



*Calendar of Events*

---

## SUMMER 2018

---

**August 23**

**East Greenwich Stroll  
The Taste of East Greenwich**

**Aug. 28, Sept. 25, Oct. 23**

**Family Night**

**September 16**

**Walk to End Alzheimer's**

**November 20**

**Resident/Family  
Christmas Concert**

**December 1**

**Resident Tree Lighting**

**December 8**

**Annual  
Family Christmas Brunch**



*If you or someone you know is  
interested in living at  
The Seasons, please call  
Lisa Toth for information.  
Admission packets are available.*

---

401.884.9099



## BOARD OF DIRECTORS

Julie H. Richard, NHA, MA  
*President*

J. Chris Woulfe  
*Vice President*

Craig T. Butzbach  
*Treasurer*

Julie L. Goulet  
*Secretary*

Donald C. Forster

George E. Manley, Jr.

Diane Steere Nobles, Ph.D.

Nicole Plante, RN, BSN, CRRN

## STAFF

Laurie Ann Oliveira, MSW  
*Administrator*

Lisa Toth  
*Marketing Director*

Jill Fallon, MBA  
*Fund Development*



5 Saint Elizabeth Way  
East Greenwich, RI 02818  
Phone: 401.884.9099  
Fax: 401.884.7439

*Celebrate life with us*

*The Seasons*  
EAST GREENWICH

**IN THIS EDITION**

**Healthy in Body, Mind & Spirit**

**Meditation as Medication**

**Summer Health Tips**

**Walk to End  
Alzheimer's**

**2018 Taste of the Seasons  
Highlights**

**Out & About**

**Calendar of Events**

**FYI** @ **The Seasons**  
SUMMER 2018

[theseasons.org](http://theseasons.org)