

THE NEIGHBORHOODS AT


Acacia Village

FEBRUARY,
2022

UNDER THE ACACIA TREE



Don't wait for a Special Occasion!

Call anytime to schedule a no

obligation, no pressure

Personal Tour! Meet some residents

and plan for your future!

315-798-4775

LINDA'S LETTER

“To ensure good health; eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life.” William Londen

I think that is a great quote to commemorate Heart Month. February is the month that we dedicate to showing our loved ones how much they mean to us. What better way to show them, than to take care of our own heart and our own wellbeing.

I recently purchased a smartwatch to track the steps I take during the day. It's really helped me focus on moving more. Each day is different of course, but many days, I can reach my goals by walking inside while I'm here at work. I see many of the residents doing the same, happy in the fact that they don't have to brave the outside elements to get the exercise they crave. They can also attend one of the many exercise classes that are held throughout the week. We offer exercise with hand weights, chair yoga, line dancing and Tai Chi. The new fitness center has a nice array of equipment including elliptical trainers, NuStep machines and treadmills.

Our swimmers are thrilled to be back in the pool. The opening was delayed during the remodeling process as we waited for some parts we needed, due to supply chain issues. Now, it is so nice on a bitterly cold day to see everyone nice and toasty warm, doing their laps or an



aquatic workout and then relaxing in the Jacuzzi! Currently the pool is open, Monday through Friday 9:00am to noon and from 1:30 to 2:30, Tuesday and Sunday afternoon.

We have a new men's discussion group that recently formed. The guys get together before Happy Hour on Thursdays to discuss a wide range of topics. They talk about childhood memories, technology, sports, hobbies, and some of their favorite things. The group keeps growing, because they are having fun getting to know each other better and sharing common interests.

It's important to exercise, but its equally important to stay socially engaged.

Warmly, Linda

10 ways to lower your blood pressure

High Blood Pressure is often called the silent killer because it has no visible symptoms.

According to Dailycaring.com here are some ways that you can help to control your blood pressure.

1. **Regularly monitor blood pressure.** It's tough to improve something if you don't keep track of it.
2. **Take medications as prescribed.** Take pills on time, don't skip doses, and don't cut pills in half.
3. **Maintain a healthy weight.** Those who are overweight could lower blood pressure by losing just 10 pounds. That may even allow you to take less medication.
4. **Eat Heart Healthy Foods.** Eat whole foods, less fat, more fruits and vegetables.
5. **Use less salt (sodium).** The American Heart Association recommends staying under 1500mg. Of Sodium per day.
6. **Exercise regularly.** Aim for moderate exercise at least 2.5 hours a week.
7. **Don't smoke.** Nicotine can raise your heart rate and blood pressure.
8. **Drink less alcohol.** The recommendation is no more than 2 drinks per day for men and 1 drink per day for women.
9. **Manage Stress.** Some people enjoy meditation. Others find art, gardening or doing crossword or jigsaw puzzles to be helpful.
10. **Other helpful lifestyle habits.** Drink plenty of water and get a good nights sleep!



Acacia Village residents enjoy Tia Chi classes. According to Harvard Medical School, Tia Chi has many benefits !

1. Relieves the physical effects of stress.
2. Promotes deep breathing.
3. Reduces bone loss.
4. Improves lower body and leg strength.
5. Helps with arthritis pain.
6. Reduces blood pressure.
7. Requires mind and body integration.
8. Accumulates energy by releasing endorphins.
9. Enhances mental capacity and concentration.
10. Improves balance and stability.
11. Promotes faster recovery from Heart Attacks and Strokes.
12. Improves conditions of Alzheimer's, Multiple Sclerosis and Parkinson's.

ACACIA DIDN'T KNOW- BILL WHITEHILL IS AN ACCOMPLISHED WOOD SCULPTOR



We are so lucky to have an accomplished wood sculptor living here. Bill Whitehill spent much of last year carving this incredible Great Horned Owl in the den of his Waterside Cottage that he shares with his wife Jenifer. Bill is now teaching a group of residents beginning wood carving. For their 1st project they carved intricate wooden spoons. Now they are in the midst of sculpting Cardinals. They meet in our new activity room every Tuesday morning. The class starts at

9:00, but most of the group arrives around 8:30 so they can chat for awhile before class begins. If you visit the main lodge at the Neighborhoods at Acacia Village, be sure to check out another of Bill's pieces, the spectacular Red Tail Hawk taking off!

P.S. Bill is also the President of our Acacia Village Resident's Association.

(800) 593-3353 or (315) 798-4775.

NOW THIS IS LIVING

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ACACIA VILLAGE
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