



**“Spring is proof
that there is beauty
in new beginnings.”**

– Matshona Dhlwazo

Embracing Spring: A season of rejuvenation for everyone

As the chill of winter fades away, the gentle warmth of spring begins to breathe new life into the world around us. It brings with it a sense of rejuvenation and vitality, especially for seniors. As winter in much of the country includes a lot of time spent indoors due to the cold weather, the arrival of spring promises the much-needed opportunity to reconnect with not only friends and family, but with the natural world.

Warmer temperatures and longer daylight hours beckons everyone to get outside and embrace the beauty of nature, no matter what physical ability, or limitations one might have. There are many different ways to experience the

joy of the outdoors. Whether it's a leisurely stroll along a paved path at the neighborhood park with your caregiver, a hike along a bird-watching trail, or simply sitting on a bench and soaking in a little sunshine, spending time outdoors is sure to invigorate the senses and lift your mood.

If you have a green thumb, now is the time to plan your garden. Tending to a garden, whether it's a small patch of flowers, or a collection of potted herbs, provides seniors with a sense of purpose and accomplishment. Growing and nurturing plants can be therapeutic for everyone. It's great to do with a friend or loved one as well, and reduce stress together!

Speaking of together, it's time to socialize and reconnect with friends and loved ones. Whether its attending community events, going to senior activities, joining outdoor exercise classes, or simply getting together for a picnic, the season encourages meaningful interactions that will help combat feelings of isolation and loneliness.

Being outdoors feeds our senses with seasonal delights. From the sweet scent of blooming flowers, to the melody of chirping birds, spring engages the senses in delightful ways. Take a moment to take in the sights, sounds, and smells of the season, savoring each moment of nature's awakening.

Encourage each other to take in spring's offerings for both physical and mental well-being. Enjoying the outdoors allows us to flourish and thrive, embracing each day with a new sense of joy and gratitude!

Fun Facts: March

The month of March is named After Mars: The name "March" comes from Martius, the first month of the earliest Roman calendar. It was named after Mars, the Roman god of war.

Spring Equinox: March marks the beginning of spring in the Northern Hemisphere. The spring equinox usually occurs around March 20th or 21st, when day and night are approximately equal in length.

St. Patrick's Day: Celebrated on March 17th, St. Patrick's Day commemorates the

patron saint of Ireland, St. Patrick. It's a cultural and religious holiday celebrated with parades, wearing green, and enjoying Irish food and drink.

Women's History Month: March is Women's History Month in the United States, dedicated to celebrating the contributions and achievements of women throughout history.

National Reading Month: In the U.S., March is also National Reading Month, encouraging people of all ages to develop a love for reading and literacy.

April is Parkinson's Awareness Month

Parkinson's Exercise Recommendations

Parkinson's is a progressive disease of the nervous system marked by tremor, stiffness, slow movement and balance problems.

Exercise and physical activity can improve many motor and non-motor Parkinson's symptoms:



Aerobic Activity

3 days/week for at least 30 mins per session of continuous or intermittent at moderate to vigorous intensity

TYPE: Continuous, rhythmic activities such as brisk walking, running, cycling, swimming, aerobics class

CONSIDERATIONS: Safety concerns due to risks of freezing of gait, low blood pressure, blunted heart rate response. Supervision may be required.



Strength Training

2-3 non-consecutive days/ week for at least 30 mins per session of 10-15 reps for major muscle groups; resistance, speed or power focus

TYPE: Major muscle groups of upper/lower extremities such as using weight machines, resistance bands, light/moderate handheld weights or body weight

CONSIDERATIONS: Muscle stiffness or postural instability may hinder full range of motion.



Balance, Agility & Multitasking

2-3 days/week with daily integration if possible

TYPE: Multi-directional stepping, weight shifting, dynamic balance activities, large movements, multitasking such as yoga, tai chi, dance, boxing

CONSIDERATIONS: Safety concerns with cognitive and balance problems. Hold on to something stable as needed. Supervision may be required.



Stretching

>2-3 days/week with daily being most effective

TYPE: Sustained stretching with deep breathing or dynamic stretching before exercise

CONSIDERATIONS: May require adaptations for flexed posture, osteoporosis and pain.



See a physical therapist specializing in Parkinson's for full functional evaluation and recommendations.



Safety first: Exercise during on periods, when taking medication. If not safe to exercise on your own, have someone with you.



It's important to **modify and progress** your exercise routine over time.



Participate in **150 minutes** of moderate-to-vigorous exercise per week.



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Parkinson's
Foundation

Helpline: 800.473.4636/Parkinson.org

2

Just for Fun: SPRING WORD SEARCH

K L S O I L L I R P A D U O L C R R
I D T C E S N I O S H O V E L G A L
T P R G O F W O R M Z S W D N L H G
E B U A R E W O H S T A E I L T V A
B E L D I X P F T O H E R I R W X R
I B W O D N H I O T S P P A P S M D
R R A V O L C R C W S R E K L E A E
D L R I W M E O O N E F C L A A R N
E E M O M A Y B A T I I C F N S C G
N A B L L Y N R A T H C S L T O H R
E F U E I I E C S C D I G P I N J O
S F T T A T H A T C H P W S R L R W
T R T R A W D A F F O D I L T O A K
U X E W J I S U N S H I N E W O U C
I K R L G N S F R A I N Y E O E R T
Z C F K X D Q A P I L U T X G E E M
M C L M E T S L L A B E S A B G Q D
O M Y F L O W E R G A L L E R B M U

FIND THE FOLLOWING SPRINGTIME WORDS:

April
baseball
bird
bloom
butterfly
caterpillar
chick
cloud
daffodil
dig

earth
egg
flower
fog
garden
grow
hatch
insect
kite
leaf

lilac
March
May
nest
picnic
plant
puddle
rainbow
raincoat
rainy

roots
season
seed
shovel
shower
soil
spring
sprout
stem
storm

sunshine
thaw
tulip
umbrella
violet
warm
water
weed
wind
worm

Simply Delicious



Asparagus 'n' Shrimp with Angel Hair

Prep/Total Time: 30 min; **Yield:** 2 servings

Ingredients

- 3 ounces uncooked angel hair pasta
- 1/2 pound uncooked shrimp (16-20 per pound), peeled and deveined
- 1/4 teaspoon salt
- 1/8 teaspoon crushed red pepper flakes
- 2 tablespoons olive oil, divided
- 8 fresh asparagus spears, trimmed and cut into 2-inch pieces
- 1/2 cup sliced fresh mushrooms
- 1/4 cup chopped seeded tomato, peeled
- 4 garlic cloves, minced
- 2 teaspoons chopped green onion
- 1/2 cup white wine or chicken broth
- 1-1/2 teaspoons minced fresh basil
- 1-1/2 teaspoons minced fresh oregano
- 1-1/2 teaspoons minced fresh parsley
- 1-1/2 teaspoons minced fresh thyme
- 1/4 cup grated Parmesan cheese
- Lemon wedges



Directions

1. Cook pasta according to package directions. Meanwhile, sprinkle shrimp with salt and pepper flakes. In a large skillet or wok, heat 1 tablespoon oil over medium-high heat. Add shrimp; stir-fry until pink, 2-3 minutes. Remove; keep warm.

2. In same skillet, stir-fry the next 5 ingredients in remaining oil until vegetables are crisp-tender, about 5 minutes. Add wine and seasonings. Return shrimp to pan.

3. Drain pasta; add to shrimp mixture and toss gently. Cook and stir until heated through, 1-2 minutes. Sprinkle with Parmesan cheese. Serve with lemon wedges.



Easy Fresh Strawberry Pie

Prep Time: 20 min. + cooling; **Bake Time:** 15 min. + chilling; **Yield:** 8 servings

Ingredients

- 1 sheet refrigerated pie crust
- 3/4 cup sugar
- 2 tablespoons cornstarch
- 1 cup water
- 1 package (3 ounces) strawberry gelatin
- 4 cups sliced fresh strawberries
- Whipped cream, optional

Directions

1. Preheat oven to 450°. Unroll crust into a 9-in. pie plate. Trim edge. Line unpricked crust with a double thickness of heavy-duty foil or parchment. Bake 8 minutes. Remove foil; bake 5 minutes longer. Cool on a wire rack.

2. In a small saucepan, combine the sugar, cornstarch and water until smooth. Bring to a boil; cook and stir until thickened, about 2 minutes. Remove from the heat; stir in gelatin until dissolved. Refrigerate until slightly cooled, 15-20 minutes.

3. Meanwhile, arrange strawberries in the crust. Pour gelatin mixture over berries. Refrigerate until set. If desired, serve with whipped cream.

– courtesy of TasteofHome.com