

Stressed?

Learn to relax in one of our yoga classes—page 1

A lifestyle makeover

One man shares his successful methods of controlling diabetes

Robert Chevrier had no warning signs or symptoms that he had diabetes. The diagnosis came in January 2001 during knee replacement surgery at South Pointe Hospital. Blood tests showed a high blood sugar level. He was in the early stages of diabetes.

Because it was caught early, he is controlling it with diet and exercise. He takes no insulin or other medication. "I knew I would do what I needed to control it," says Chevrier, 65, of Twinsburg, a retired installer and repairman for ALLTEL Corp.

Chevrier gets help from education and support services through the comprehensive diabetes self-management program at South Pointe. "He puts knowledge he receives into action, so he is an inspiration to others," says Lynne Ruman, diabetes education coordinator.

Diabetes is a chronic disease in which the body fails to produce any or enough insulin, or properly use insulin to convert food into energy. Symptoms include frequent thirst, urination and hunger, and blurred vision. Risk factors include high cholesterol, high blood pressure and being overweight. Failure to treat the disease can result in heart or



Robert Chevrier and his wife, Maxine, enjoy an afternoon stroll.

kidney disease, blindness, loss of limbs or skin problems.

Chevrier walks several times a week for exercise, often with his wife, Maxine, 61, a homemaker. And Maxine serves him reduced portions of nutritional meals. He says he is grateful his disease was caught early and is happy to be an inspiration to other people with diabetes.

After joining the diabetes program, the couple joined the hospital's Senior Circle Plus group for another recreational outlet. Participants attend luncheons, play bingo and take field trips. "It gives us somewhere to go that's not too expensive," Maxine says.

—By Meta McMillian

SeniorCircleplus

NEWS AND HEALTH INFORMATION FOR SENIORS

WINTER 2004



Euclid
Hillcrest
Huron
South Pointe

Energize with exercise

The health benefits are tremendous

Many people dismiss exercise when they are 60-plus or have arthritis or some other ailment. But no matter what your age or physical state, exercise can do you a world of good—both physically and psychologically. Just ask Anne Mocarski, 81, a participant in weekly low-impact aerobics classes offered by Senior Circle Plus.

“I enjoy the exercise, which has helped me with my osteoporosis,” says Mocarski, a Euclid resident and volunteer at Euclid Hospital. “I’m in much less pain now because the exercise has strengthened muscles that support bone.”

According to Mocarski, another benefit of the class is the social aspect. “It’s a very friendly class, and you really get to know people,” she says.

Exercise-related classes are offered by Senior Circle Plus at a variety of locations. Call for more information.

● **Senior Circle Plus Fitness Program.** Low-impact aerobics class.

Call the Senior Circle Plus office nearest you:
Euclid, 216/692-8820;
Hillcrest, 440/449-4804;
Huron, 216/761-2806;
South Pointe, 216/491-6177.

● **Tai Chi for Health.**

A gentle, slow-moving exercise class.

Call 877/390-1732.

● **Yoga for Seniors.**

Stretch and relax those neglected parts of the mind and body.

Call 877/390-1732.

● **Gentle Yoga for Stress Relief and Wellness.**

This class can revitalize you while enhancing balance, flexibility, strength and focus.

Call 877/390-1732.

● **Line Dancing.**

A fun way to stay fit.

Call 877/390-1732.

—By Anne Gallagher



Anne Mocarski, 81

For a physician referral, call Medline at 440/449-4533 or 800/621-0004.