

In The Center

CWR @ The Fontana Center
709 Kaliste Saloom Rd.
Lafayette, CA 94508

March / April 2008
PH: 337-234-7018
Fax: 337-234-3347
www.fontanacenter.com

Now Hear This!

Easter Holiday Hours

Friday, March 21st _____ 5am - Noon

NO Classes!

Saturday, March 22nd _____ 7am - 3pm

NO Land Classes

9am PowerWaves

Sunday, March 23rd _____ Happy Easter!



Program Update

The Fontana Center is now a part of the Silver Sneakers Fitness Program! This program is part of Humana's Medicare Advantage Plan. As a member of this plan, you have access to a fitness center in your area without an additional fee. Fontana Center will be the fitness facility available to Silver Sneakers members in the Lafayette area. If you are already a member of the Humana Advantage Plan, look for more information in the mail. If you are not a current member of The Plan, please stop by the Fitness Office or log onto www.silversneaker.com for more information.



Lost & Found

Please remember to check the lost and found for any items you might be missing!

Class Schedule Update

Attached, you will find a new and updated class schedule. Please take a moment to review the schedule changes and additions, you don't want to miss out on our new and exciting classes. You can also view the schedule at www.fontanacenter.com.

Have Space to Share???

The Fontana Center will be welcoming an Occupation Therapy student from the University of Wisconsin. She is scheduled to arrive in mid June and do clinical training with us until September. She will be looking for a place to rent here in Lafayette. If you have a room to rent or know of someone who may be willing to house a student, please contact Paul Fontana's Administrative Assistant, **Charlotte Ryder at 337-234-7018** or charlotte@fontanacenter.com.

Goodbye to a Friend

The staff of the Fontana Center would like to send it's deepest sympathy to the family of Martha Bowen. Mrs. Bowen along with her husband, Shelton have been active members of the Fontana Center since 2003. Her smiling face, courage and persistence has been a motivation to us all.



Exercising with Chronic Pain

Years ago when individuals were in pain they were often advised to get as much rest as possible. But, now those recommendations have changed! Recent research from The Mayo Clinic in Rochester, Minnesota strongly encourages those in chronic pain to begin an exercise program. The research suggests that inactivity/rest causes the body to become deconditioned which can actually contribute to chronic pain.

Even though this may seem like the worst time to start an exercise program, it becomes a little more logical when you consider these facts:



- exercise can prompt your body to release endorphins (chemicals that block pain signal from reaching the brain and help to alleviate anxiety & depression)
- exercise will help to build strength - stronger muscles will help to take the load off of the bones and cartilage
- exercise increases flexibility - joints that move easier are less likely suffer aches & pains
- exercise improves sleep patterns
- exercise helps to boost energy levels - you might think exercise will wipe you out for the day, but the right amount of exercise will give you more energy to cope with the pain
- exercise promotes healthy weight - losing extra weight helps to relieve stress from the joints, reducing pain levels
- exercise enhances your mood - increased amounts of blood and oxygen flow through tissues causing a more "alive" feeling

- exercise protects your heart & blood vessels decreasing the risk of heart attack, high blood pressure, stroke and diabetes

It is normal to be concerned about getting started with a program when pain level is increased. This is why it is important to consult your physician about the types of exercises that may be recommended. It is always equally as important to start off slowly and be consistent with the routine.

(Mayo Clinic Staff - August 2007 www.mayoclinic.com)

An In-Home Healing Garden

Spring time is here and its time to add color and spice to our scenery. This year why not consider an in-home garden. These four plants will not only bring color and beauty, but health benefits as well.

- Aloe Vera - will help minor cuts, burns and may also help to reduce scarring. Best growing spot, near a sunny bathroom window
- Lavender - this fragrance will help to calm nerves and encourage more restful sleep. Best growing spot, on a night stand or a sunny bedroom window
- Gerbera daisy - helps to clean and purge your air of toxins and the festive colors can brighten any day. Best growing spot, in a home or office window
- Citrus tree (dwarf sized) - provides much needed vitamin C to your diet, the Meyer lemon is a good indoor choice. Best growing spot, any sunny south facing area



Monday, March 17th ...

HAPPY ST. PATRICK'S DAY