

# In The Center

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## Now Hear This!

### **Summer Swim Lessons**

It's swim lesson time again! We will be offering four two-week group sessions in June and July (see dates below). The sessions will be offered at 8am, 1pm and 630pm, with each session lasting 45 minutes. As always, pool use is not restricted for our members during these times, just realize that we will have a little more activity and noise during the group sessions.

If you or someone you know are interested in signing-up contact Monica or Christina to register. Session dates are as follows:

- June 2 - 12
- June 16 - 26
- July 7 - 17
- July 21 - 31\_\_

### **Locker Space**

We wanted to take a minute to remind you about the locker policy. The lockers, in the shower and lobby areas, are for day use only! Please take your belonging home at the end of your exercise session. We strongly recommend that you bring a lock to place on the locker in order to keep your valuables secure. Please remove the lock at the end of your session!



### **Class Schedule Update**

We are now offering **SilverSneakers® Muscular Strength and Range of Movement (MSROM)** classes. These classes are designed to increase muscular strength, range of movement and activities of daily living.

Hand weights, elastic tubing and a SilverSneakers® ball are offered for resistance, and a chair is used for seated and/or standing support. Bring your water, wear comfortable clothing and shoes with lateral support and cushioning. The classes will be offered on **Tuesday and Thursday at 10:10am**. You can view a complete class schedule at [www.fontanacenter.com](http://www.fontanacenter.com).



### **Reminder...**

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](mailto:charlotte@fontanacenter.com).

## **Dining Out Don'ts...**

Heading out for a family dinner? Before making your selections, you may want to consider some of the worst food choices:



- X Worst Appetizer:** Chili's Awesome Blossom - 2,710 calories, 203 g fat, 194 g carbs, 6,360 mg sodium
- X Worst Sandwich:** Quizno's Large Classic Italian - 1370 calories, 86 g fat, 4490 mg sodium
- X Worst Fast Food Chicken:** McDonald's Chicken Breast Strips (5 piece) with ranch dipping sauce - 830 calories, 55g fat, 48 g carbs
- X Worst Supermarket Meal:** Pepperidge Farm Roasted Chicken Pot Pie (whole pie) - 1,020 calories, 64 g fat, 86 g carbs
- X Worst Desert:** Chili's Chocolate Chip Paradise Pie with Vanilla Ice Cream - 1,600 calories, 78 g fat, 215 g carbs
- X Worst Overall Choice:** Outback Steakhouse Aussie Cheese Fries with Ranch Dressing - 2,900 calories, 182 g fat, 240 g carbs

If you must order one of these items, consider sharing or bringing a portion home. Many times lighter, healthier versions can be ordered.

## **Home Readiness**

For most of us, our homes are a place for refuge and relaxation. But as we age, it can get harder to maintain that place of refuge. AARP has put together a guide to help keep you in your home for as long a possible. If you log onto [www.aarp.org/family/housing/](http://www.aarp.org/family/housing/) you can download The AARP Home Fit Guide. This Guide will give you information and tips to keep your home in tip top shape for comfort, safety and livability.

## **Warning Signs of Stroke**

Would you be able to identify the warning signs of a stroke? Unfortunately, most of us could not! The following is a list of stroke warning signs:

- X** sudden numbness or weakness of the face, arms or legs, especially on one side of the body
- X** sudden confusion, trouble speaking or understanding
- X** sudden trouble seeing out of one or both eyes
- X** sudden trouble walking, dizziness, loss of balance or coordination
- X** sudden, severe headache with no apparent cause

If any of these symptoms are presents, that does not necessarily mean a stroke in progress. But, it does mean dial 9-1-1 immediately, do not wait to see if symptoms subside.

If you are not sure of the symptoms, a simple "Smile Test" can be performed. The "Smile Test" (which is not endorsed by the American Stroke Association) can be a tool to help untrained bystanders identify symptoms of a stroke. The test includes these three simple questions:

- X** ask the person to smile
- X** ask the person to raise both arms
- X** ask the person to speak a simple sentence

If the person has trouble performing one or all of the following, call emergency personal (9-1-1) immediately! Again, if someone has difficulty performing the task listed, it does not always mean stroke, but if does mean that unusual symptoms are present and attention is needed. For more information on stroke, log on to: [www.strokeassociation.org](http://www.strokeassociation.org) or [www.americanheart.org](http://www.americanheart.org).