

Moving in your 70s, 80s... and 90s

BY LOIS BELL
SHERIDAN SENIOR CENTER



COURTESY PHOTO

In their 90s, Richard and Effie Rexroat are not the oldest participants in the popular Basic A.M. Moves exercise class that meets three times each week at the Sheridan Senior Center. The majority of the participants are in their 70s, 80s and six attendees are age 90 and older, demonstrating exercise can be incorporated in one's routine at any age.

SHERIDAN — “It’s the greatest exercise program. You don’t feel tired when you’re through,” said Effie Rexroat. Effie and her husband, Richard, attend the Basic A.M. Moves (BAM!) class that meets on Mondays, Wednesdays and Fridays at the Sheridan Senior Center. The Rexroats are unique: they are the only couple who are currently attending the class that has been known to have as many as 30 or more people in one class. What’s not so unique is that even though both Effie and Richard are in their 90s they are not the only ones — and they are not the oldest. Six regular participants in the BAM! class are in their 90s with the oldest participant exercising at age 96.

Does this come as a surprise? It shouldn’t. Exercise can be a part of anyone’s regimen at any age according to BAM! class instructor Eric Frey. “It’s about helping people stay active as long as they can that’s appropriate to them,” said Frey.

Frey is a certified exercise specialist in sports, nutrition and geriatric health. As the outpatient coordinator for the Sheridan Memorial Hospital’s Wyoming Rehab program, Frey contracted with the Senior Center in spring 2016 to teach the class that has had a popular draw for years.

Fun is an essential element of the class with the highlight on exercise. But Frey recognizes two other elements that are as important for participants.

“Getting everyone together as a group and them getting out makes the exercise easier,” Frey said.

Frey’s approach must be working: the BAM! class has been a continual draw for participants since it began years ago, with some classes hosting as many as 35 participants. “If it’s not fun, then it’s not fun,” Frey said.

What makes the BAM! class special is that the majority of its participants are ages 70 to 96, with a few in their 60s. Their age is a testimony that motion doesn’t stop if you choose so.

“Choosing whether you want to do this or not is much like eating,” Frey said, referencing that it’s often a matter of choice to exercise. The participants reflect this. One class attendee exercises from her wheelchair and another has rejoined the class after surgery.

Diane Peterson had total reconstructive knee surgery in November and returned to the BAM! class.

“I was coming several months (to BAM!) before and I think it really helped with the surgery in loosening up those muscles and making everything stronger,” Peterson said of the class. “It makes me feel better to come here and

exercise.”

“She did remarkably well,” Frey said of Peterson. “Not everyone would do as fast as she did but she (Diane) did all her homework.”

Frey, a certified exercise specialist, brings 16 years of experience in sports, nutrition and geriatric health to his instruction. He integrates 30 minutes of cardiovascular exercise to other exercise to improve range of motion such as reaching and stretching.

“We tend to age differently,” Frey said. “Someone at age 90 ages differently than someone at age 70. A lot of this depends on how you fed and exercised yourself during

your life. Some depends on your pre-disposition for illness such as arthritis.”

Frey encourages exercising every day for the BAM! participants and considers the BAM! class as a get-started class. Frey encourages participants to exercise every day whether it be by walking or attending classes at the YMCA.

Frey’s goal? “Helping people stay active as long as they can that’s appropriate for them,” Frey said.

Said BAM! participant Richard Rexroat of the class, “I’m going to be 93. I think it’s really good.”

CENTER STAGE

Quinoa – ‘The mother grain’

“While no single food can supply all the essential life sustaining nutrients, quinoa comes as close as any other in the plant or animal kingdom” (White, 1955).

While quinoa’s (pronounced keen-wah) health benefits were reported several decades ago (if not earlier), it wasn’t until more recently that these words, and the product, gained respect.

First, some history. Quinoa’s fascinating discovery and use dates back as far as the Incas, who referred to it as “the mother grain,” which is why it is considered an “ancient” grain in nutrition circles. Quinoa is often misidentified as a grain or cereal grain — most likely because it is typically used as a grain in recipes. The Whole Grains Council refers to quinoa as a “pseudo-cereal” as it has a similar nutrient

profile as do other grains. If we want to get technical, quinoa is related to spinach and chard and not grains.

Second, why is this “grain” gaining popularity and how can it help improve health? It’s unlikely that quinoa is the answer to all the maladies afflicting the health of the nation; however, quinoa is a clean food with some interesting benefits and characteristics. Preliminary research indicates consumption of quinoa may help reduce the risk of diabetes. Other quinoa facts and health benefits include:

- a high fiber content
- celiac and gluten-sensitive friendly
- complete protein (contains all the essential amino acids)
- high in potassium, which is necessary for blood pressure regulation
- helps keep you full and satisfied for longer
- over 100 varieties of quinoa are available
- can be used in savory and sweet dishes
- makes a great substitute for rice
- offers a robust and nutty flavor
- can be cooked using a variety of

methods

- easily absorbs the flavors of herbs and spices
- is a low glycemic food

While research is still gaining momentum, the results thus far provide compelling evidence for us to give this product a try. Use it as a nutty flavored topping on Greek Yogurt, or as the “rice” in stuffed peppers, or as a bed for grilled or baked salmon. For some creative recipe ideas, visit the following links.

- The Whole Grains Council
- The Food Network
- Cooking Light

It appears Mr. White and the Incas were on to the secret of this “mother grain.” The next time you visit the grocery store, be sure to search for that same secret.

DR. ERIN NITSCHKE is a health and human performance educator, NSCA Certified Personal Trainer, and ACE Health Coach & Fitness Nutrition Specialist. To contact Nitschke, email erinm03@gmail.com. Center Stage is written by friends of the Senior Center for the Sheridan Community. It is a collection of insights and stories related to living well at every age.

SENIOR CENTER HAPPENINGS

• The public is invited to learn more about the Senior Center and its mission. Meet with Executive Director, Carmen Rideout, on Monday, Jan. 16, 1-2:30 p.m. at 211 Smith St. Please call 672-2240 to let us know that you are coming.

• It’s not too early to get a jump on your taxes! The AARP Tax Foundation is offering free tax preparation services on Tuesdays at the Senior Center and on Thursdays at Fulmer Library for those ages 60 and older beginning Feb. 2. Call 672-2240 to make an appointment over the phone. Restrictions on what taxes can be pre-

pared apply.

• The January 2017 AARP Safe Driver Class is Saturday, Jan. 21, from 9 a.m. to 4 p.m. Sheridan Senior Center, 211 Smith St. Must call 672-2240 in advance to sign up for the class. Pay instructor at the class, \$15 for AARP members and \$20 for non-members.

• Rex Arney Photographic Journey presentation “Ultimate Churchill Polar Bear Tour,” Wednesday Jan. 18 at 12:45 p.m., Sheridan Senior Center, 211 Smith St. No charge.

• Wacky BINGO night at the Senior Center Jan. 25! Doors open at 5 p.m.

Supper served 5-6 p.m. and is a suggested contribution of \$5 per person for those ages 60 and older and registered with the Senior Center; \$8 per person for those under 60 or not registered with the Senior Center. No charge for BINGO. Must call 672-2240 in advance to reserve your spot or stop by the receptionist’s desk to sign up in the Activities Book.

• If it’s January, it’s JANE-uary! If your first, middle or last name is Jane no matter how to spell it — sign up for the 2017 JANE-uary celebration. Call 672-2240 to sign up and for more information.

Fewer Americans paid tax penalty for not having health insurance in 2015

BY PHIL GALEWITZ
KAISER HEALTH NEWS

About 6.5 million Americans paid an average penalty of \$470 for not having health insurance in 2015 — 20 percent fewer than the year before, according to data released Tuesday by the IRS.

The IRS collected \$3 billion, IRS

Commissioner John Koskinen said in a letter to members of Congress.

The individual mandate is the most unpopular part of Obamacare, surveys show, and both Republican congressional leaders and the incoming Trump administration have pledged to repeal it.

If they don’t, the IRS penalty for adults will be the same as in 2016

— \$695 or 2.5 percent of household income, whichever is higher. In 2015, the penalty was \$325 or 2.5 percent of income.

About 85 percent of 2015 tax returns processed so far indicated taxpayers had qualifying health coverage all year, up from 81 percent for 2014, which the IRS reported last January.

Just married...?



The Sheridan Press will publish wedding information and a photo up to 3 months after the wedding date.

Please submit wedding information at least 2 weeks before the 3 month deadline.

Wedding announcement forms may be picked up at the front desk at 144 Grinnell Ave., or may be submitted online at

THE SHERIDAN Press .com

Breathe Easy



Scott N. Bateman, M.D.

Allergy testing & treatment
Sublingual drops
Blocked sinuses opened

Call 6673
675-NOSE

Enjoy the outdoors
free from sinus &
allergy problems!

SHERIDAN
Ear, Nose & Throat
SheridanENT.com

Sheridan Senior Center
“Celebrating 40 Years of Service!”
www.sheridanseniorcenter.org

Fun and Food

BUILD YOUR OWN SALAD Mondays - Fridays
Entrees and kiosk include sides, dessert and drink.

Entrée Choice*

or

Soup Kiosk

Sun - Country Ribs		
Mon - Cheese Tortellini w/ Meat Sauce		Turkey Noodle Soup
Tue - Turkey Pot Pie		French Onion Soup
Wed - Swedish Meatballs		Butternut Bisque
Thu - BBQ Pork Wings		Creamy Mushroom Soup
Fri - Taco Salad		Creamy Turkey Soup
Sat - Parmesan Chicken		

*entrée only offered for Home Delivered Meals

Mon - Senior Center 101 w/ Carmen Rideout	1:00 p.m.	Conference Room
Tue - Blue Grass & Burgers	7:00 p.m.	Dining Room
Wed - Gentle Yoga	10:30a.m. - 11:30 a.m.	Community Room
Thu - Snap, Crackle, Pop Yoga	5:30 p.m. - 6:30 p.m.	Community Room
Fri - B.A.M. Exercise Class	9:30 a.m. - 10:30 a.m.	Community Room
Sat - AARP Smart Driver Course	9:30 a.m. - 4:00 p.m.	Community Room

Lunch Service Hours: 11:30 a.m. to 12:45 p.m., 365 days a year at 211 Smith Street
Building hours: 9:00 a.m. to 4:00 p.m. Mondays - Fridays
9:00 a.m. to 1:00 p.m. Weekends and Holidays
211 Smith Street Sheridan, WY 82801
Home Delivered Meals (307) 672-6079
Senior Center Main Phone: (307) 672-2240 9:00 a.m. to 4:00 p.m. Mon - Fri