

HENRY FORD VILLAGE

Senior Living



MOVING WITH MUSCLE

They don't call it moving for nothing. There's a lot of exercise involved! Just like warming up before a workout, stretching the right muscles before you move can make a world of difference.

NO BAKE ENERGY BALLS

Your body needs fuel. Even more so when you're moving. Make these energy balls and pack them into a bag so you have a sustainable snack while you're on the road.



SCRATCH THAT CREATIVE ITCH IN THE CERAMICS STUDIO

Residents will tell you, having a ceramics studio just steps from home is a real wonder. And the club is a blast.

IT'S NOT DOWNSIZING. IT'S GETTING IT JUST RIGHT.

Parting ways with things you're used to is tough. Better aligning yourself with the things you need to live your best makes it all worth it.



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MOVING WITH MUSCLE

One thing you never overhear at a cocktail party is, “Boy, I just love moving! Just can’t wait to start packing those boxes!” In fact, for most of us, it’s the exact opposite. Moving falls roughly at the same level as going to the dentist, and maybe even a step below sitting in traffic. While movers make the process relatively painless, taking your entire life, shoving it into boxes, dragging it to a new location, and taking everything out of those boxes is rough – especially on the body. All that lifting, shoving, pushing, and pulling can rival a pro-wrestling match, only without the tights. And when you are done, everything hurts for days. But what if all of that pain could be avoided? What if you could strengthen those parts of your body for weeks in advance, so that moving would be a breeze? Let’s look at what muscles we utilize during a move, and how we might get them in better shape...

CORE WORKOUT

Yes, everyone wants a six-pack. It means your core is strong and can help you to balance and stabilize weight, right? Unfortunately, the rectus abdominus, or the turtle shell, is only one of the many muscles that make up your core. There is also your obliques, the transverse abdominus, and the erector spinae, among others. All of these work together to keep you moving and balanced, and protect your lower back when lifting heavy loads. There are a lot of great exercises to work your core, including forearm plank, wood choppers, and one arm side balances, but your best bet is to take a pilates or yoga class. Both can be very core-intensive. Whatever you do, don’t settle for crunches or sit-ups. They only get a fraction of the job done.

QUADRICEPS/HAMSTRINGS

Your legs are, by far, the strongest part of your body. It’s also the part that propels you forward when you’re lugging that 80-inch plasma up the stairs. Without hamstring strength, lifting any object off of the ground would be difficult, and without the addition of your quads, moving it somewhere would be impossible. The great news is that there are a lot of ways to increase your leg strength. Squats, lunges, step-ups, and bent knee dead lifts are all amazing leg exercises – they actually mimic things we do while moving. They can each be done effectively with body weight, or dumbbells can be added to create more of a challenge. Running stairs or jump-based cardio workouts such as plyometrics are also great ways to work your legs.

SHOULDERS

Moving can make you feel like the weight of the world is on your shoulders, literally. Anytime you have to heave something over your head, your shoulders are engaged. By strengthening your shoulder muscles, the lifting will become safer and easier. Shoulder muscles can be strengthened with overhead presses, lateral raises, posterior flies, and anterior raises. If you’re not the weight-lifting type, swimming and rowing are also great ways to build up shoulder strength.

ARMS

Anytime you pull something, you use your biceps. Anytime you push, your triceps. Anytime you move, you will use both until they are numb. Having 13-inch biceps are not necessary when lifting boxes, but some functional strength is more than helpful. Biceps can be worked with curls but also with various back exercises, like pull ups and rows. Triceps can be worked with dips, extensions, and almost all chest exercises like pushups and presses.

HANDS/WRISTS

Although they seem resilient, your hands and wrists can take quite a beating throughout a move. Perhaps it is gripping on to a handle too tight to avoid dropping, or just the repetitive motion of wrapping breakables in bubble wrap. Whatever the case, strengthening your grip and wrists can only make the process go more smoothly. Set a tennis ball or a racket ball by your computer and whenever you're cruising the Internet, make a point of squeezing it and doing wrist rotations. That'll get these muscles ready to go in no time and, as a bonus, it's a great way to avoid carpal tunnel syndrome.

When you're moving, you don't begin packing the night before and you shouldn't begin training for it then, either. Give your body a few weeks to adjust to the workload, and to gain some actual strength. Who knows, maybe your newfound muscle awareness might make moving kind of fun. Perhaps not cocktail conversation fun, but fun nonetheless.

Learn more about moving and the maintenance-free lifestyle that residents at Henry Ford Village enjoy every day.



NO BAKE ENERGY BALLS

The only Energy Ball recipe you'll ever need, plus six no-bake energy ball flavors! Start with this easy base recipe, then add any of your favorite mix-ins.

ENERGY BALL BASE:

- 1/4 cups Bob's Red Mill Gluten Free Rolled Oats — you can also swap quick oats or a blend of half quick, half old fashioned
- 2 tablespoons "power mix-ins" — chia seeds, flaxseeds, hemp seeds, or additional rolled oats
- 1/2 cup nut butter of choice — peanut butter is my go-to
- 1/3 cup sticky liquid sweetener of choice — honey or maple syrup
- 1 teaspoon pure vanilla extract
- 1/4 teaspoon kosher salt
- 1/2 cup mix-ins — see below for flavor options

CLASSIC CHOCOLATE CHIP:

- Any nut butter
- Honey
- 1/2 cup chocolate chips

TRAIL MIX:

- Peanut butter
- Honey
- 3 tablespoons chocolate chips,
- 3 tablespoons chopped peanuts
- 2 tablespoons raisins

WHITE CHOCOLATE CRANBERRY:

- Almond butter, or cashew butter
- Honey
- 1/4 cup dried cranberries
- 1/4 cup white chocolate chips

ALMOND JOY:

- Replace 1/2 cup of the oatmeal with 1/2 cup unsweetened coconut flakes
- Almond butter
- Any sweetener
- 1/4 cup chocolate chips
- 1/4 cup chopped almonds

DOUBLE CHOCOLATE:

- Any nut butter
- Any sweetener
- 1/2 cup mini chocolate chips
- Add 2 tablespoons cocoa powder

OATMEAL RAISIN COOKIE:

- Almond butter, or cashew butter
- Maple syrup
- 1/2 cup raisins
- Add 1/4 teaspoon cinnamon

DIRECTIONS:

1. Place all of the ingredients in a large mixing bowl: oats, power mix-ins, nut butter, sweetener, vanilla extract, salt, mix-ins, and any other spices you'd like to add. Stir to combine. If the mixture seems too wet, add a bit more oats. If it's too dry, add a bit more nut butter. It should resemble a somewhat sticky dough that holds together when lightly squeezed. Place the bowl in the refrigerator for 30 minutes to set (this will make the balls easier to roll later on).
2. Remove the bowl from the refrigerator and portion the dough into balls of desired size. (I use a cookie scoop to make mine approximately 1 inch in diameter). Enjoy!

RECIPE NOTES:

Yield: approximately 18 (1 inch) balls; Prep Time: 10 minutes; Total Time: 40 minutes

Learn more about moving and the live-well lifestyle that residents at Henry Ford Village enjoy every day.



IT'S NOT DOWNSIZING. IT'S GETTING IT JUST RIGHT.

If you're thinking about moving from your current residence, how much living space you need is a key factor in the decision-making process. You can find quite a bit of information about downsizing, but what if you looked at it a different way? Rightsizing your life can open you up to a world of new possibilities for retirement living.

WHAT'S THE DIFFERENCE BETWEEN DOWNSIZING AND RIGHTSIZING?

Downsizing is the process of moving to a smaller residence and, therefore, getting rid of furniture and household items you don't need and won't fit into the new space. The definition of rightsizing is actually broader than that. Kathy Gottberg, author of "RightSizing: A Smart Living Guide to Reinventing Retirement," defines it like this: "Simply put, rightsizing is the conscious choice to create a life and a lifestyle that more sustainably aligns with your unique self in the best possible way at every stage." In other words, rightsizing your life means asking what's really important, then aligning the way you live with those values, goals and needs. When you do that, you're able to create a more fulfilling life.

RIGHTSIZING FOR SENIORS

For some, this may mean moving to a smaller residence, while others may decide they need more space than they currently have. But it could mean choosing the simplicity, convenience and opportunities that come with being part of a senior living community. How do you decide which is right for you? Start by taking an honest look at your values, goals and needs, both now and for the foreseeable future.

VALUES

There's more to your senior living choices than the size of your residence. Honestly evaluate these core values so you can make a decision that helps you live how you truly want to.

- Having a strong social network of friends
- Finding purpose and fulfillment
- Taking care of my mind, body and spirit
- Having quality health care available if I need it
- Having predictable living expenses

- Making my own choices
- Feeling true peace of mind about the future
- Protecting my estate for my loved ones
- Not burdening my family with becoming my caregiver

Now think about how your current residence — and its expenses — supports these values or gets in the way. How would your living situation need to change for you to align your lifestyle with these values?

GOALS

How do you want to spend your time and energy? What will make life more fulfilling for you? Use this list to start evaluating how you're currently spending your time and what you'd like to do more of if you could.

- Volunteering
- Attending cultural events
- Pursuing fitness activities
- Spending time with friends
- Gardening
- Attending a study group or book club
- Swimming, biking, hiking or golfing
- Creatively expressing myself
- Traveling
- Spending time with family
- Other

Again, how does your current residence support your goals? How would your living situation need to change for you to pursue these goals more easily?

NEEDS

Caring Transitions, a senior relocation service, recommends that before deciding whether downsizing or rightsizing is best for you, you should consider five key needs:

PHYSICAL HEALTH

You or your spouse/partner may have some health or mobility issues that make living in your current house more difficult. But even if you have good physical health now, you need to ensure your residence can accommodate potential future health or age-related needs. Why does that matter so much? Because 70% of people ages 65+ will need some type of long-term care services — and only about 1% of existing houses are conducive to aging in place. As you consider your housing options, be sure to factor in how they can accommodate your physical needs both now and in the future.

MENTAL WELL-BEING

Maintenance and upkeep can be stressful and costly. Living too far away from activities and opportunities that keep you intellectually stimulated can impact brain health. And living where you're isolated from others can increase your risk of cognitive decline. Seeking a residence that reduces your stress and increases the likelihood of improving your mental health is vital — no matter what the square footage is.

FINANCIAL PLANS

Many seniors worry about outliving their retirement funds. So as you evaluate your housing choices, factor in monthly expenses that come with each, as well as potential age-related home modifications and health care costs, so you can see how they'll impact your finances in the long term.

FAMILY

It's common for seniors to move closer to family so they can spend more time together. If your adult children are spread out around the country, you'll need to decide whether to move closer to one of them or to a more central location with a convenient travel hub.

Another family aspect to consider is whether or not you plan to have a relative become your caregiver, if the need ever arises. Be sure to ask questions like these:

- Should you and your caregiver live in the same house?
- Can that house accommodate such an arrangement, or will modifications need to be made?
- Do you really want a loved one to become your caregiver? While it has benefits, there are financial, emotional and relational drawbacks to consider.
- What if you don't have family who can care for you if you need it?

LIFESTYLE

What kind of lifestyle do you want? If you want to focus on travel, you may want to find a smaller residence to serve as your home base. If you want to open your doors to family, friends and out-of-town guests, a place with extra room for hosting and entertaining may be in order. Lifestyle needs can also inform the location you choose. A relaxing lifestyle in the country or the bustling life of a vibrant downtown? Warm weather all year, or four distinct seasons?

HOW SENIOR LIVING CAN FIT INTO YOUR RIGHTSIZING PLAN

A national survey of senior living residents found that the top reasons for choosing to live in a continuing care retirement community (also known as a Life Plan Community) were having access to a full continuum of care, the social aspects of community life, and regular health and wellness programs. A separate study comparing wellness outcomes found that, overall, residents of these types of communities reported their social, intellectual, physical, and emotional wellness have improved since moving to a Life Plan Community. Senior living communities offer maintenance-free apartments, townhomes, and free-standing villa and cottage-style residences that come in a range of floor plans and square footage. With access to activities and programs that

meet physical, social, emotional and intellectual needs, residents can easily create the lifestyle that suits the way they want to enjoy retirement. And many communities have health services available, such as assisted living, memory care, rehab and skilled nursing. So if your health needs change, you can have a plan in place to meet them.

WHAT NOW?

Knowing the difference between downsizing and rightsizing makes a big difference in the practical aspects of making a move — and in your mindset about it. Author Gottberg sums it up this way: “Rightsizing is about being honest with yourself enough to figure out what you are spending money on and whether that money is worth the time, effort and spirit you invest earning it. Best of all, rightsizing is about finding what brings your life meaning, makes you smile, and allows you to sleep well and deeply every single night. If you don’t have that now, maybe it’s time to rightsize your life.”

Learn more about how Henry Ford Village encourages wellness of the mind, body and spirit and all of its forms.