

HENRY FORD VILLAGE



GO WITH THE FLOW

No doubt you've heard many suggestions for keeping busy lately. When choosing an activity, choose one that puts you in the "flow state." We explain what it is and why it's so beneficial to wellness.

YOU'RE GOING TO LOAF THIS

Everybody's making bread these days. Have you tried your hand at it? We've got a simple recipe here to get in on the delicious craze.



TRY TAI CHI

Let's slow things down. Take a look inside. Focus on our breath and our movements. Tai Chi is a wonderful way to get the juices flowing, and it's fun to learn. Give it a try with this helpful beginner's guide.

LOVE THAT FAITH FEELING

There's just something about living in a faith-based community that feels special. You feel supported.

Loved. At peace. It just feels so friendly. We're proud to be a welcoming place of religious practice and devotion. Schedule a virtual walkthrough and get the feeling for yourself.



HENRY FORD VILLAGE

Senior Living



Managed by
Life Care Services™





FLOW STATE: WHAT IT IS AND HOW TO ACHIEVE IT

Imagine the moment before running a race. Deep breaths behind the starting line keep your pounding heart at bay, and every second seems to be an eternity; yet, as soon as the starting gun sounds and your feet hit the track, every thought slides from your mind. You are focused and sure, challenging yourself to achieve something you know is right within your reach. Before you know it, time has flown past, the race is over, and though your chest is heaving, you barely notice that you are tired.

According to positive psychologist Mihály Csíkszentmihályi, what you experience in that moment is known as flow state, defined as an “optimal state of consciousness where we feel our best and perform our best.” Csíkszentmihályi, who popularized the term in his 1990 book, the mental state of flow involves “being completely involved in an activity for its own sake. The ego falls away. Time flies. Every action, movement, and thought follows inevitably from the previous one, like playing jazz. Your whole being is involved, and you’re using your skills to the utmost.” The ten factors that can accompany this state of flow are:

1. Having clear goals about what you want to achieve
2. Concentration and focus
3. Participating in an intrinsically rewarding activity
4. Losing feelings of self-consciousness
5. Timelessness; losing track of time passing
6. Being able to immediately judge your own progress; instant feedback on your performance
7. Knowing that your skills align with the goals of the task
8. Feeling control over the situation and the outcome
9. Lack of awareness of physical needs

10. Complete focus on the activity itself

Now, not all of these factors need to be present in order to achieve flow state, but they are the emotions and responses most often associated with this mental state.

So what can you do to increase your chances of achieving flow? In his book *Finding Flow*, Csíkszentmihályi explains that individuals can seek out activities that meet some of the factors of flow, like playing chess, playing a logic game or puzzle like Sudoku, participating in sports, engaging in a meaningful project at work or at school, drawing, or writing.

“Flow also happens when a person’s skills are fully involved in overcoming a challenge that is just about manageable, so it acts as a magnet for learning new skills and increasing challenges,” Csíkszentmihályi explains. “If challenges are too low, one gets back to flow by increasing them. If challenges are too great, one can return to the flow state by learning new skills.”

The importance of actively seeking out the flow state cannot be overstated. Research done by Harvard professor Teresa Amabile shows that people who have experienced this state of mind report higher levels of productivity, creativity, and happiness for up to three days after experiencing flow state. Pushing ourselves just outside our comfort zone, stretching to accomplish a set goal and working toward that goal with focus, determination, and little distraction expands our minds and teaches us to be creative and innovative—skills that increase the quality of both the work you do and the life you live.

For thousands of years mankind has looked up to the stars and formed intricate patterns, figures of hunters and heroes, out of the meaningless scatter of starshine; for we humans seek meaning wherever we can find it. Living a life of meaning and of depth requires us to step outside of our comfort zones, to challenge our own ideas and create innovative ways to optimize our time on this earth. The mental state of flow catapults our minds out of the mindless humdrum of everyday life and closer to a meaningful existence.

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

Sources:

https://www.huffpost.com/entry/flow-state-what-it-is-and_b_9607084?guccounter=1&guce_referrer=aHR0cHM6Ly93d3cuZ29vZ2xlLmNvbS8&guce_referrer_



EASY HOMEMADE BREAD RECIPE

Ahhh. Nothing like the smell of fresh bread and the promise of a delicious meal. We hope you enjoy making this simple, delicious homemade bread in the oven:

INGREDIENTS:

- 2 cups warm water (110 degrees F/45 degrees C)
- 1/2 cup white sugar
- 1 1/2 tablespoons active dry yeast
- 1 1/2 teaspoons salt
- 1/4 cup vegetable oil
- 5-6 cups flour –You can use all-purpose flour OR bread flour!

STEPS:

- 1: In a large bowl, dissolve the sugar in warm water and then stir in yeast. Allow to proof until yeast resembles a creamy foam, about 5 minutes.
- 2: Mix salt and oil into the yeast. Mix in flour one cup at a time.
- 3: Knead dough for 7 minutes. Place in a well oiled bowl, and turn dough to coat. Cover with a damp cloth. Allow to rise until doubled in bulk, about 1 hour.
- 4: Punch dough down. Knead for 1 minute and divide in half. Shape into loaves and place into two greased 9x5 inch loaf pans. Allow to rise for 30 minutes, or until dough has risen 1 inch above pans.
- 5: Bake at 350 degrees F (175 degrees C) for 30-40 minutes.
- 6: Cool, brush with butter and enjoy!

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

Source:
<https://butterwithasideofbread.com/homemade-bread/>



ENJOY THIS MEDITATION VIDEO BROUGHT TO YOU BY THE NATIONAL INSTITUTE FOR FITNESS AND SPORT

When you think of martial arts, you inevitably think of kicking, punching, rigorous training and body contact. Most martial arts involve vigorous fighting techniques. But there is an ancient martial art that does not promote violence or self-defense. It is perfect for seniors and older adults who look for a low-impact exercise that still improves their health.

WHAT IS TAI CHI?

There is a reason why Tai Chi has been around for so many centuries. Dubbed the 'longevity exercise', Tai Chi is an ancient Chinese martial art that practices meditation in motion. It involves a series of movements executed in a slow, rhythmic, and focused manner together with deep breathing. Each movement flows into the next without pausing, to ensure that your body is in constant motion.

These exercises are perfect for seniors since they are non-competitive, low impact, self-paced, and a gentle physical exercise combined with stretching of the muscles to prevent injury. Tai Chi's gentle and flowing actions promote relaxation, stress relief and a conscious awareness of the present.

WHAT ARE THE BENEFITS OF TAI CHI?

According to the Chinese who practice Tai Chi, this exercise is capable of delaying the aging process, prolonging life, increasing flexibility, strengthening muscles and tendons. Tai Chi also aids in the treatment of heart disease, high blood pressure, arthritis, skin diseases, and many other illnesses. But there has not been sufficient scientific evidence to support this claim.

However, a meta-analysis study (a study that combined the results of many different studies) conducted research on Tai Chi. Throughout the research, many subjects were observed. Researchers concluded that there are indeed, positive effects of tai chi on health, fitness, and balance.

Here are some of the supported health benefits of Tai Chi:

- Improves Balance
- Strength and Endurance
- Reduces Stress, Anxiety and Depression
- Eliminate the Fear of Falling
- Improves Self-Confidence
- Improves Aerobic Capacity
- Enhances Quality of Sleep
- Improves Overall Well-being

BASIC TAI CHI MOVEMENTS

1. Warm Up

Just like in every workout, warming up your body is important to prevent injuries and facilitate Tai Chi movements. Tai Chi instructor Ellae Elinwood wrote a book called “Stay Young with Tai Chi”. In her book she stated that Tai Chi warm ups “promote a relaxed attitude and encourage a state of well-being.”

An example of a basic Tai Chi warm up is the waist loosening exercise:

1. Stand with your feet flat on the floor – slightly wider than your hip-width distance apart.
2. Relax your arms by your sides.
3. Rotate your hips to the right and to the left while letting your arms hang loosely. With each rotation, your arms should flap against your body as you rotate.
4. Repeat for 1-2 minutes or when you feel like your body has warmed up.
5. You can then include your neck, shoulders, and spine in the rotations, making each movement smooth.

2. Touch the Sky

As described in Domingo Colon’s guide “Senior’s Tai Chi Workout: Improve Balance, Strength and Flexibility”, this is a simple exercise perfect for beginners in Tai Chi. This exercise is also a great warm up before proceeding to a more intensive workout as it synchronizes the breathing and movement.

1. Sit up straight in a comfortable chair.
2. Place your hands in your lap with your palms turned upward and your fingertips pointing toward one another.
3. As you inhale slowly and deeply, raise your hands to chest level in front of you, turn your palms outward and lift your hands above your head.
4. Do not reach too far with your arms; keep your elbows relaxed and slightly bent.

5. As you exhale slowly and deeply, relax your arms further and gently lower them to your sides.
6. At the end of the breath, return your hands to the starting position with your palms turned upward.
7. Repeat ten times.

3. Windmill Exercise

This basic exercise promotes flexibility and it opens up your spine.

1. Stand with your feet flat on the floor and slightly wider than shoulder-width apart.
2. Release tension and relax your shoulders. Let your arms hang loosely by your sides.
3. Bring your hands in front of your body with your fingers pointing down toward the floor.
4. Inhale and raise your arms up towards the center of your body and bring it over your head, fingers pointing as you go.
5. Stretch toward the ceiling and arch your spine slightly backward.
6. Exhale and slowly bend your back forward to the floor, moving your hands down through the center of your body.
7. Bend forward from your hip and let your arms to hang loosely in front of you.
8. Inhale and return to your starting position.

4. Hand Exercises

The Tai Chi hand exercises promote flexibility in your shoulders, arms and fingers.

1. Stand with your feet a bit wider than shoulder-width distance apart.
2. Raise your arms straight out in front of you, parallel to the floor, shoulder, wrists and elbows aligned.
3. Flex your hands and feel the stretch, then rotate your wrists to the left and then switch to the right.

5. Closing Posture

At the end of your Tai Chi session, you usually perform the Closing Posture to balance your energy, promote relaxation and serenity.

1. Stand with your feet shoulder-width distance apart. Relax your shoulders and bring your hands in a cupped position with your palms facing upwards, resting in front of your pelvic bone.
2. Close your eyes and imagine that you are pulling your energy upwards as you bring your hands up to the center of your body and onto your chest.

3. Exhale and turn your hands to the other direction so your palms are facing down. Imagine you are pushing your energy down as you push your hands toward the floor.
4. Repeat this exercise for 1 to 2 minutes.

6. Shooting the Bow

This is a simple standing exercise that you can easily do:

1. Stand with your feet spread about shoulder-width apart and your arms hanging loosely at your sides.
2. Round your back and bend your knees slightly, looking straight ahead with a relaxed posture.
3. Ball your fists and place them directly in front of your face with your fingers facing you and the heels of your palms touching the sides.
4. Breathe in slowly and deeply,
5. As you inhale slowly and deeply, rotate the waist to face to your left while extending your left hand directly in front of you.
6. Your left hand should open with your palm facing outward; your left arm should be relaxed and slightly bent.
7. Simultaneously, pull back slightly with your right fist as if shooting a bow and arrow.
8. Exhale slowly and deeply as you return to your starting position.
9. On your next breath, repeat the on the side.
10. Complete up to 10 repetitions.

7. The Golden Lion Shakes its Mane

This is a simple standing exercise that you can easily do:

1. Grab a comfortable chair and sit up straight, with hands resting lightly on your thighs.
2. Be comfortable and breathe in and out. As you exhale, feel the stretch in your lower back as you lean forward.
3. As you feel the stretch, twist your shoulders to one side, allowing your head and neck to turn with your shoulders and spine.

4. Inhale slowly as you twist your back facing forward and return to your starting position.
5. Repeat the movement facing the other side.
6. Reverse the movement again as you inhale, returning to the starting position.
7. Complete up to 10 repetitions on each side.

Seniors, even those with limited movement, are capable of Tai Chi. These exercises keep you fit without worrying about injuries that are caused by vigorous exercise. Relax, rejuvenate and keep your blood flowing through incorporating Tai Chi in your weekly activities.

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