

# Living 50 Plus



BEING CREATIVE. Sinorris Branch is one of many members enjoying craft time at the Senior Center.



Joyce Cooke



Lillian Orton



Tonya Brodie



Lillian Orton



WINNERS! February cornhole tourney winners at the Louisburg Senior Center are left to right: third place JB Wheelles, first place Jerry Williams and second place Steve Ragaglia.



SPICE MAKE AND TAKE CLASS. Dominique Simon, Family & Consumer Sciences Agent with North Carolina Cooperative Extension shows participants how to create their own mixes to take home and try. The next class is Thursday, March 14, from 2:30-4:30 p.m. at the Louisburg Senior Center, 279 S. Bickett Boulevard. Contact Shelby Cash, 919-496-1131 for more information or to register.



BLACK HISTORY MONTH. Franklin County Department of Aging held their annual Black History Month Celebration recently. This year's program held a focus on the role and history of the African American elected officials here in our community. The program was followed by a floating reception that included lunch, fellowship, a Franklin County Board of Elections booth and a pop-up library from the Franklin County Library. Event guest speakers, left to right: Armenta Eaton, Franklin County Voter Protection Coordinator; Betty Wright, Town of Louisburg Council Member; DaLita Woods, Town of Louisburg Council Member; and Kelli London, Commissioner, Franklin County.

## Three questions to ask before beginning a new fitness regimen

Exercise is widely recognized as a vital component of a healthy lifestyle. Despite that, a recent analysis of data from the 2020 National Health Interview Survey found that more than two-thirds of individuals are not getting enough exercise. Though the survey was conducted amid the onset of the COVID-19 pandemic, which suggests the overall figures might be somewhat lower than they might have been had the data been collected in a more typical year, just 28 percent of respondents were meeting the physical activity guidelines established by the Centers for Disease Control and Prevention.

Routine exercise is beneficial for people of all ages, and seniors are no exception. Aging adults who want to be more physically active but think they are among the 72 percent of individuals who aren't meeting CDC exercise guidelines can speak with their physicians and ask these three questions to ensure the transition to a less sedentary lifestyle goes smoothly.

1. Should I get a heart checkup?

Doctors may already be monitoring aging individuals' hearts even if

they have not exhibited symptoms of heart problems in the past. However, it's best to discuss heart health in greater detail prior to beginning a new fitness regimen. In an interview with Penn Medicine, Neel Chokshi, MD, MBA, medical director of Penn Sports Cardiology and Fitness Program, noted the risk of heart attack or cardiac complications slightly increases when individuals begin to participate in a moderate or intense activity. So a physician might want to conduct a heart checkup in order to determine if a patient has an underlying heart condition.

2. Which types of activities should I look to?

A physician also can recommend certain activities depending on a person's age and medical background. Though exercise is beneficial for everyone, certain activities may not be. For example, AdventHealth notes that high-impact activities like jogging and jump rope may not be suited for individuals with arthritis. In addition, aging individuals with physical limitations that require them to use a wheelchair should not write off their ability to exercise, as physicians can recommend

exercises for patients with mobility issues as well.

3. Should I take extra caution while on medication?

Prescription medication use is another variable that must be taken into consideration before beginning a new exercise regimen. The CDC notes that roughly 84 percent of adults between the ages of 60 and 79 use one or more prescription medications. Each medication produces different effects, and a 2016 study published in the Methodist DeBakey Cardiovascular Journal noted that certain medications evoke an acute drop in blood pressure, which can disturb balance and increase fall risk, while others actually facilitate greater improvements in health outcomes. That means the dynamic between medications and exercise is unique to each medication, which underscores the importance of speaking with a physician whenever a fitness regimen is started or tweaked and/or a new medication is prescribed.

These are just three of the questions seniors can ask when discussing exercise with their physicians. Seniors are urged to ask any additional questions they might have during such discussions.

Have questions about Medicare?  
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Call your local **Seniors' Health Insurance Information Program** counseling site for information or an appointment.

Franklinton Senior Center:  
919-494-5611

Louisburg Senior Center:  
919-496-1131

  
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