



# Open Arms Senior Connection

## April 2017 Newsletter

### ***Changes in Sleep as We Age***

Sleep normally occurs in several stages. The sleep cycle includes:

- Dreamless periods of light and deep sleep
- Some periods of active dreaming (REM sleep)

The sleep cycle is repeated several times during the night.

With aging, sleep patterns tend to change. Most people find that aging causes them to have a harder time falling asleep. They awaken more often during the night and earlier in the morning.

Total sleep time stays the same or is slightly decreased. It may be harder to fall asleep and you may spend more total time in bed. The transition between sleep and waking up is often abrupt, which makes older people feel like they are a lighter sleeper than when they were younger.

Less time is spent in deep, dreamless sleep. Older people average three or four awakenings each night. They are also more aware of being awake.

Older people wake up more often because they spend less time in deep sleep. Other causes include needing to get up to go to the bathroom, anxiety, and discomfort or pain from chronic illnesses.

Sleeping difficulty is an annoying problem. Chronic insomnia is a major cause of depression. Because older people sleep more lightly and wake up more often, they may feel deprived of sleep even when their total sleep time has not changed.

Sleep deprivation can eventually cause confusion and other mental changes. It is treatable, though. You can reduce symptoms when you get enough sleep.

Sleep problems are also a common symptom of depression. See a health care provider to find out whether depression or another health condition is affecting your sleep.

### **COMMON PROBLEMS**

- Insomnia is one of the more common sleep problems in the elderly.
- Other sleep disorders, such as restless legs syndrome, narcolepsy, or hypersomnia can also occur.
- Sleep apnea, where breathing stops for a time during sleep, can cause severe problems.

### **PREVENTION**

Older adults respond differently to medicines than do younger adults. It is very important to talk with a provider before taking sleep medicines. Avoid sleep medicines, if possible. However, antidepressant medicines can be very helpful if depression affects your sleep. Some antidepressants do not cause the same side effects as sleep medicines.

Sometimes, a mild antihistamine works better than a sleeping pill for relieving short-term insomnia. However, most health experts do not recommend these types of medicines for older adults.

Use sleep medicines only as recommended, and only for a short time. Some of these medicines can lead to dependence (needing to take the drug to function) or addiction (compulsive use despite adverse consequences). Some of these drugs build up in your body. You can develop toxic effects such as confusion, delirium, and falls if you take them for a long time.

### **You can take measures to help you sleep:**

- A light bedtime snack may be helpful. Many people find that warm milk increases sleepiness, because it contains a natural, sedative-like amino acid.

- Avoid stimulants such as caffeine (found in coffee, tea, cola drinks, and chocolate) for at least 3 or 4 hours before bed.
- DO NOT take naps during the day.
- Exercise (moderately) in the afternoon.
- Avoid too much stimulation, such as violent TV shows or computer games, before sleep. Practice relaxation techniques at bedtime.
- Try to go to bed at the same time every night and wake at the same time each morning.
- Avoid tobacco products, especially before sleep.
- Avoid drinking alcohol. Alcohol at bedtime may make you sleepy, but it can make you wake up later in the night.
- Ask your provider if any of the medicines you take may affect your sleep.

If you cannot fall asleep after 20 minutes, get out of bed and do a quiet activity, such as reading or listening to music.

When you feel sleepy, get back in bed and try again. If you still cannot fall asleep in 20 minutes, repeat the process.

<https://medlineplus.gov/ency/article/004018.htm>

## It's our 7<sup>th</sup> Anniversary!

Open Arms Senior Connection is celebrating its seventh anniversary in April. Since Open Arms first opened on April 13<sup>th</sup>, 2010, the program has grown to include more than 150 registered participants and over 35 volunteers.

Please join us on April 11<sup>th</sup> for an anniversary luncheon and April 13<sup>th</sup> at 1:00 p.m. for cake and punch.

It's hard to believe Open Arms has been around for seven years. On the other hand, we feel we've known all of you for quite a long time.

The concept of Open Arms is really so simple – open our doors (and our hearts) – provide some beverages, snacks, programs and optional activities, and then let you choose what you'd like to participate in. We often say



it's not a job, but more like 'hanging out' with our friends. We're always so happy to see you and to welcome new participants into our Open Arms family.

During the month of April, let's celebrate this wonderful community outreach program for which Arndt's Lutheran Church provides the space and much support. ~ Karen & Alice

### Just in case...

#### OPEN ARMS WEATHER CLOSING POLICY

If the weather looks doubtful, please check your local TV or radio station for Easton Area School Districts closing. If schools are closed due to weather, we are closed! Questions:

Karen 610-252-2338 (home), 610-392-2840 (cell)  
or the church office at 610-253-3732.

### Special thanks to:

- **All of you who donated, helped and/or came** to our Potato Bar Luncheon – we had a delicious meal and earned over \$200 in donations which goes directly to the Open Arms operating budget!
- **All** who helped and donated items for our March lunch
- **Everyone** for your continuous donations to our donation jar – those donations warm our hearts and keep our doors open – thank you all!

### You won't want to miss:

- **Tuesday, April 11<sup>th</sup> – 10:00 a.m.** – “Safety for Seniors”, Greg Dorney, Forks Police Dept.
- **Tuesday, April 11<sup>th</sup> – NOON** – 7<sup>th</sup> Anniversary Luncheon
- **Thursday, April 13<sup>th</sup> – 1:00 p.m.** – Anniversary Cake and Punch
- **Thursday, April 27<sup>th</sup> – 12:30 p.m.** – April Birthdays are celebrated

---

“If your mind is a garden,  
your thoughts are the seeds.

You can grow *flowers*  
or you can grow *weeds*.”

Author Unknown

Open Arms Senior Connection  
A Ministry of Arndt's Lutheran Church  
1851 Arndt Road  
Easton, PA 18040

## Protect Yourself Against Fraud!




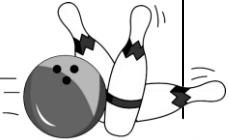

Older adults are often targets of scams. Tuesday, April 11<sup>th</sup> Open Arms will have a talk about "Safety for Seniors" by Greg Dorney from the Forks Township Police Department – please join us!

**If you think you are being scammed, here are some important tips to follow:**

1. The first is to **never, ever provide your private information**, such as your Social Security number, bank account or birth date to anyone who contacts you unsolicited.
2. Secondly, **never send a check or wire money to anyone who contacts you if you do not know them personally**. If you receive an unwanted call, piece of mail or email, hang up, shred it, delete it and **DO NOT RESPOND**.
3. **Make sure you're signed up for the Federal Do Not Call list**. You can visit [donotcall.gov](http://donotcall.gov) to submit your phone number. Your state may also have a state-specific No Call list, and it's a good idea to register your numbers on that list as well. The No Call list may not eliminate all calls, so you should also develop a **refusal script** – memorize it or put it on your fridge so that you don't get flustered and have a quick, easy way to just say no and to hang up. A sample refusal script might be "Sorry, I'm not interested. I don't make any financial decisions without consulting my \_\_\_\_\_ (fill in the blank – spouse, daughter, son, etc.)" and then hang up the phone. Don't worry about missing out on something – if it seems too good to be true, it probably is!
4. Lastly, **ask questions and do your homework**. Questions are empowering, and many scammers will shut down once you start asking them. However, it's a good idea not only to ask questions, but to do your homework on their answers. Research the company through an organization like the Better Business Bureau and talk to friends and family before taking any kind of action.



# April 2017 Arndt's Open Arms Senior Connection

SUN.	MON.	TUESDAY	WED.	THURSDAY	FRI.	SAT.
						1
2	3	4 10:00 AM – “Gathering” 10:30 AM - * 1:00 PM – Cards, games, socializing 	5	6 10:00 AM – “Gathering” 10:30 AM – Cards, games, socializing 1:00 PM – Entertainment & Snacks	7	8
<div style="display: flex; justify-content: space-between; align-items: center;">  <div style="text-align: center;"> <p><i>Happy memories...Happy times</i></p> <p><b>Happy 7<sup>th</sup> Anniversary Open Arms Senior Connection!</b></p> </div>  </div>						
9	10	11 10:00 AM – “Safety for Seniors” – Greg Dorney, Forks Police Dept. NOON – Anniversary Luncheon 1:30 PM – Cards, games, socializing 	12	13 10:00 AM – “Gathering” 10:30 AM – Share memories of how you came to Open Arms 12:30 PM – Anniversary Cake & Punch 1:00 PM – Cards, games, socializing	14	15
16 Easter Sunday	17	18 10:00 AM – “Gathering” 10:30 AM – Cards, games, socializing 1:00 PM – Wii games 	19	20 10:00 AM – “Gathering” 10:30 AM – Cards, games, socializing 1:00 PM – Cards, games, socializing	21	22
23	24	25 10:00 AM – “Gathering” 10:30 AM – Cards, games, socializing 1:00 PM – Merchandise Bingo (bring a small prize to share) 	26	27 10:00 AM – “Gathering” 10:30 AM – Cards, games, socializing 12:30 PM – April Birthdays Celebrated	28	29
30	<p><b>*Optional Worship Service</b> – an optional worship service with communion is offered the 1<sup>st</sup> Tuesday of the month  <b>PLEASE BRING A BAG LUNCH</b> unless the calendar says that lunch is provided  <i>Need transportation?</i> Call Karen at 610-392-2840  <b>Questions?</b> Call Karen at 610-252-2338 (home) or Karen at 610-392-2840 (cell phone), or the church office at 610-253-3732</p>					