

December 2009

Origins

Wellspring. Wisdom. Within.



'TIS THE SEASON TO *Volunteer*

The holidays are a natural time for all of us to reflect on our families, friends and community. This year especially, many of our neighbors would benefit from the gift of your time.

The good news is, volunteering is good for your heart in more ways than one.

The Corporation for National and Community Service published a study in April 2007 entitled, *The Health Benefits of Volunteering: A Review of Recent Research*. This document, which reviews more than 30 rigorous studies, seeks to address the relationship between volunteering and good health. In it, they discuss the growing evidence that demonstrates a positive connection between volunteering and longevity, higher functional ability, lower rates of depression and less incidence of heart disease.

A study at Duke University investigated patients who engaged in volunteering activities after suffering heart attacks. They found that despair and depression, the two factors that have been connected to death after myocardial infarction, were both reduced. The data suggests that the threshold amount of volunteering time that produces significant health benefits is around the 100-hour mark. That's just about two hours per week for a year.

Research shows that volunteering makes you happier - and healthier.

If you've considered volunteering in your community, the holidays are a great time to begin! For more information, check with local schools, Silverton Hospital, shelters or log onto volunteer.gov. Start volunteering for health's sake!



December Calendar

For a complete list of classes, log onto iamwellspring.com



i am festivity

HEALTH MANAGEMENT

Information & Reservations 971.983.5212

Eating Through the Holiday Season, Healthfully

December 17 / 6-7:30pm Enjoy these festive new twists for the holiday dinner table. Entice your guests with these healthy, easy to prepare dishes. **\$15 / Free for WellspringHeart members. Call 971.983.5212**



Stress Relief Group Class

Tuesdays, 5-6pm "The Basics"
Wednesdays, 5-6pm "Beyond Basics"

Better understand the stress response, your unique stress triggers, and the risks associated with unhealthy coping choices. Experience the relaxing, refreshing effect of a guided practice. Develop a personal relaxation practice by learning to integrate stress relief techniques into your daily life. **Call 971.983.5212**

Cancer Fighting Compounds and Immune Boosting Foods

December 8 / 6-7:30pm / \$20

Both antioxidants and the body's immune system are critically important in fighting cancer. Studies have demonstrated the ability of diets rich in vegetables and fruits to boost immunity and to reduce the likelihood of developing cancer. Look forward to enjoying a colorful and scrumptious immune-boosting, cancer fighting meal. Pre-registration is required. **To register, visit www.cancerproject/classes. Call 971.983.5212**



Mindful Movement For Parkinson's

FREE INTRODUCTORY CLASS

Tuesday, December 15 / 1-2pm An exercise class for adults with Parkinson's Disease, Mindful Movement will enable participants to increase flexibility, strength, balance, coordination, voice power and speech clarity. **Pre-registration is required. Call 971.983.5212.**



Healthy Back

FREE INTRODUCTORY CLASS

Wednesday, December 16 / 10:45-11:30am Increase muscular strength and endurance in your back while increasing range of motion and flexibility. Exercises focus on postural alignment and deep breathing with easy- to-follow instruction. **Pre-registration is required. Call 971.983.5212.**

THE FITNESS CENTER

Information & Reservations 971.983.5230

Personal Training: Duet, Trio & Quartet Package Specials

MONTH OF DECEMBER
20% off regularly scheduled price

Gift yourself or loved ones with health & fitness this holiday season! All personal training, duet, trio & quartet (personal training or Pilates) sessions are 20% off when purchased during the month of December. May not be combined with any other offer or discount. **Call 971.983.5230.**



Foam Roller Workshop

With Andrea **Saturday, December 5 / Noon-1:30pm / \$25** Experience fun and creative ways to use the foam roller for exercise. Learn how it can be used for massage, stretching, balance and strength exercises. Please come dressed for movement. **Call 971.983.5230 to register by November 27.**

THE SPA & AESTHETIC CENTER

Information & Reservations 971.983.5270

Get Your Glow On!

Airbrush Tanning: \$25 (regularly \$35)

One-Hour Facial & Massage

Experience Package \$100 for both



VITALITY

Information & Reservations 971.983.5280

Thursday Morning Classes

11:35am / Free

December 3 Thanksgiving Leftovers
December 17 Potluck! Bring in your favorite Christmas dish



Saturday Night Dinners

Three courses / \$25 per person

December 5 Surf & Turf of the Valley
December 19 Luau

Kids Eat Free in Vitality!

With the purchase of a full-priced dinner entrée, a child 10 and younger can eat free from our children's menu.

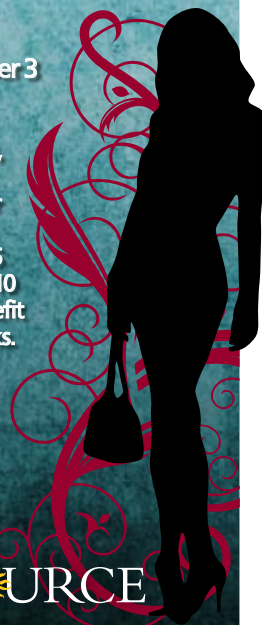
THE SOURCE

DISCOVERING THE glamour WITHIN

A FASHION SHOW EVENT

Thursday, December 3 6-8:30 pm

Enjoy hors d'oeuvres, wine and the latest fashions. Create your Christmas wish list! Reserved seating \$35 General admission \$10 Ticket proceeds benefit Family Building Blocks. Call to reserve by November 27, 971.983.5201.



THE SOURCE



Mindful Movement

LIVING WELL WITH PARKINSON'S DISEASE

Parkinson's disease (PD) is a neurological disorder that affects tens of thousands of Americans each year. The condition usually develops after the age of 60, and affects both men and women in almost equal numbers. But it doesn't have to be the end of the world.

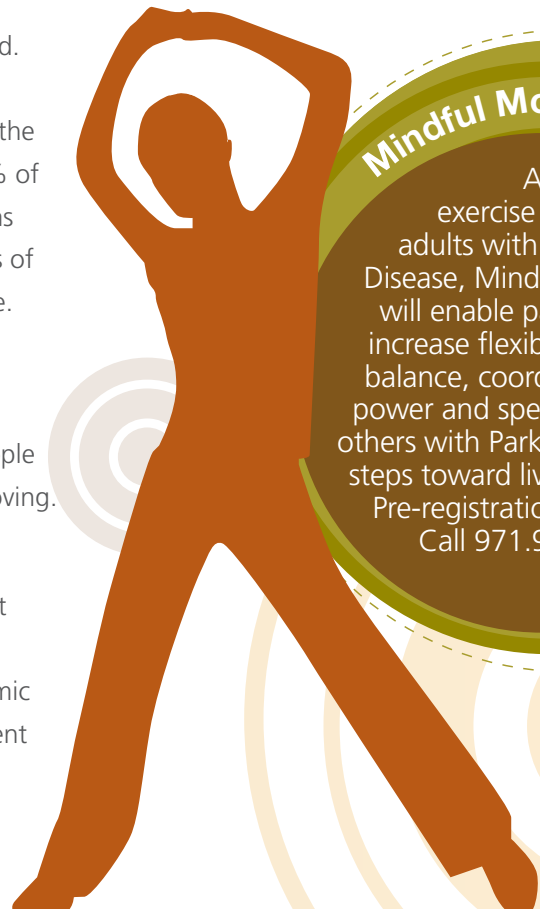
People don't have to sit back and let Parkinson's control their lives. There are steps one can take to manage the symptoms.

PD occurs when certain nerve cells die or become impaired. Normally, these cells produce a vital chemical known as dopamine which allows smooth, coordinated function of the body's muscles and movement. When approximately 80% of the dopamine-producing cells are damaged, the symptoms of Parkinson's disease appear - shaking of limbs, slowness of movement, rigidity of the limbs or trunk and poor balance.

Balance issues are a struggle for people with Parkinson's. However there are exercises that can increase flexibility, strength, balance and coordination. With these tools, people with PD can re-learn a graceful, artful, mindful way of moving.

There are a number of standard treatments that can be augmented by this balance and strength work. Since most symptoms are caused by lack of dopamine, the medicines most commonly used will attempt to either replace or mimic dopamine. Brain surgery is another, more invasive treatment in very severe cases. But it's still not a cure.

PD is a progressive disease; symptoms become worse over time. Impaired mobility and balance issues can interfere with daily activities and patients can be at risk for falls. The goal of Mindful Movement classes is to help the people with PD to function independently and live a more confident life.



Mindful Movement for Parkinson's

An exercise class for adults with Parkinson's Disease, Mindful Movement will enable participants to increase flexibility, strength, balance, coordination, voice power and speech clarity. Join others with Parkinson's and take steps toward living a fuller life. Pre-registration is required. Call 971.983.5212.

DECEMBER 15
1-2 PM / FREE

Make Your List and Check it Twice



The Holidays are in Full Swing at Wellspring Saturday Marketplace

December 5 is your last chance this season for the Wellspring Saturday Marketplace! Experience the best local artists, vendors and craftsmen have to offer and finish up your holiday shopping. Bring in donations for the Woodburn Food Bank and get a chance to meet Santa Claus. Chef Eric will also display Woodburn's largest gingerbread house.

COMFORTS AND JOYS

Wellspring Saturday Marketplace
Saturday, December 5
10 a.m. - 2 p.m.



1475 Mt. Hood Avenue
Woodburn, Oregon
971.983.5200
iamwellspring.com

Wellspring is wired.

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Wellspring

Center for
Extraordinary Living