

WELLNESS CENTER

Tucson Community Connections

December 2016

Our Wellness Center

Sometimes it's hard to constantly stay fit, especially when it's so easy to not be fit. Without a set routine to help ourselves continue on the fitness path, it's no wonder we stray off it once in a while. Luckily at TCC we have a building fully dedicated to staying fit and addressing each one of our unique sensory needs. Our staff are all so hardworking and committed to keeping us happy, healthy, and engaged in enjoying our lives to their fullest.

Toni, diligent supervisor of the wellness center, explained that "staying fit is very important to a happier, longer life." it's easy to maintain a carefree unhealthy lifestyle, but it's unsustainable. In the end, the only true way to live carefree at all is to pursue a healthy lifestyle, because that works on multiple levels of your wellness. Our Wellness Center concentrates on several wellness levels: Sensory Integration, OT/PT, Yoga, Community recreation, Swimming, Workout Group, and our "50 Club."

Read Ahead and you'll learn all about our staff and the many wonderful classes we have in the Wellness Center

"Staying fit is very important to a happier, longer life."

- Toni, head supervisor in our Wellness Center building



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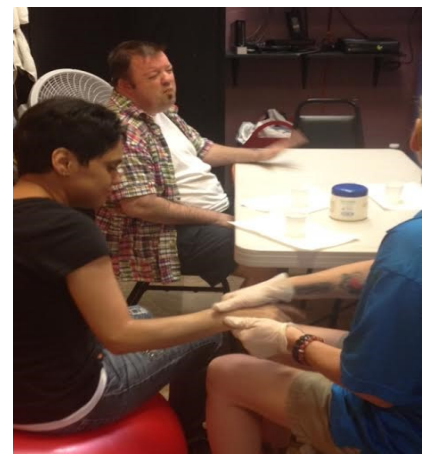


If only we had a weights like these!

Fun Facts for Your Health

- ◆ Happiness and stress are contagious: Surrounding yourself with positive people will make you happier, too.
- ◆ If every muscle in your body could pull in one direction, you could lift up to nearly 25 tons.
- ◆ Sleeping on your stomach can produce weirder and scarier dreams.
- ◆ The average person's skin weighs more than their brain.
- ◆ Men get hiccups more.

Facts taken from funfactz.com



Receiving a hand massage

Sensory Integration

Some people experience what we call "sensory overload" and therefore sensitive to particular types of stimulation. This leads to trouble processing or filtering multiple sensations all at once. Others are under sensitive and have difficulty processing messages quickly and efficiently. Most of us have all five senses that mix together in different ways.

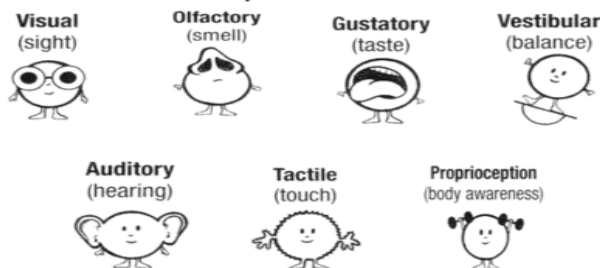
The Function of Sensory

The function of Sensory Integration is to filter and organize all the things we see, hear, feel, smell, and taste, so that we understand the world and know what to do with it. When we have trouble with sensory integration, we can get very overwhelmed or confused, which is quite easy to do. SI therapy helps our system build stronger integration skills. We do this through massage, play, body wrapping, therapy balls, and much, much more. It all depends on what sense we individually need to focus on. Everyone needs something different, but it's always fun.

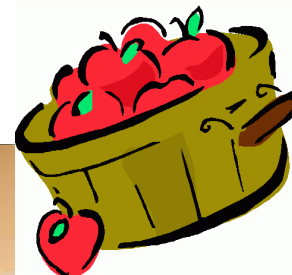
Types of Sensory:

While there are several types of senses to focus on, we spend our time on these three - touch/tactile, proprioceptive (body's ability to sense itself), and vestibular (hearing).

Sensory Differences



Kaleidoscopes enhance our vision AND relaxes us!



Interesting and Useful Nutritious Facts:

- ◆ Eggs are among the healthiest, most nutritious food you could eat.
- ◆ Some people are prone to food addictions, namely with fats.
- ◆ As technology has advanced, manufacturers have learned to sell food that elicits the brain to send out dopamine.
- ◆ Lemons are one of the healthiest foods in the entire world. Add some to your water each morning to boost your immune system.
- ◆ Turkey, fish, and cheese have the highest protein-to-calorie ration of any other food.
- ◆ Vitamin D is one of the most important vitamins, so you better make sure you go outside every day!
- ◆ Most of the nutrients in a potato reside just below the skin layer.
- ◆ Studies show that even a minimal deficiency of zinc impairs thinking and memory. Make sure to eat your fish or fish oil.



Tom and Noemi Stretching in Wellness Before a Yoga Session

Yoga

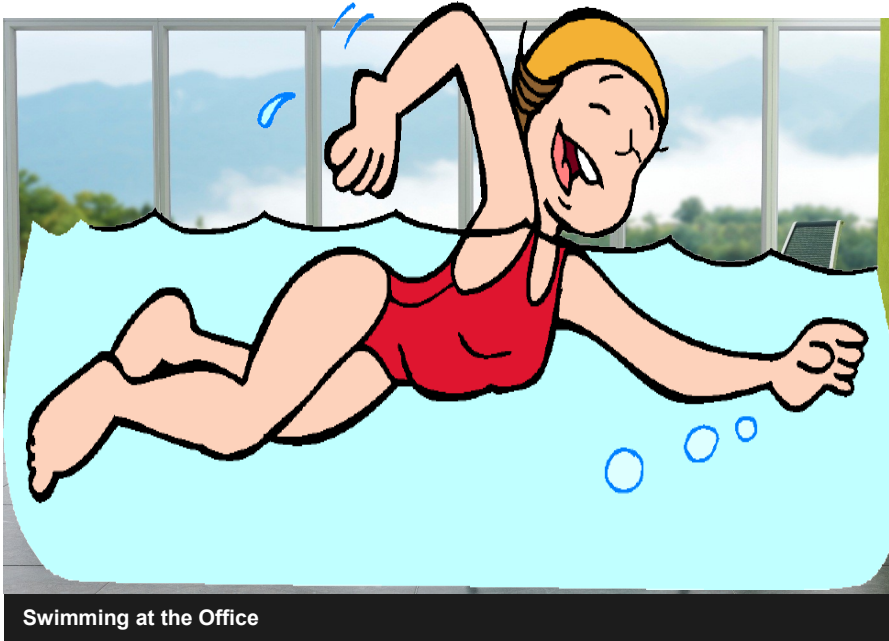
The world can be a busy, loud, constantly moving, chaotic place - no surprise. The trick is to find a way to celebrate and enjoy a moment alone with a mind that is wholly at peace. Now, we all do that in different ways, but studies show it is important to practice self-help and fitness regularly both of which yoga offers to participants.

Each Monday we have classes specifically catered to yoga taught by Mr. Jerry and Nuria. In the past, we have had some classes that were more advanced than others in yoga, but we decided to keep it simple so everyone could be involved. We practice several yoga positions during our sessions which we pair with relaxing music to set the mood and let ourselves escape into our minds.

Yoga is a constant in the wellness building, sometimes added into other classes to help participants concentrate on themselves and their well-being.

Mr. Jerry said "occasionally, we go out into the community, specifically bookman's, to practice. We have some folks who have trouble with gross motor skills, so the Monday class is a mix between exercise and stretching, which makes the yoga class a little less intensive than the yoga outing to bookman's.

Overall, participants leave the yoga class with a piece of mind, rendering them ready for the day and perhaps even the entire week.



Work Out Group

For those of us who are not swimmers, there are lots of other fitness activities here at TCC.

Tammy says, "In Work Out Group, we do arms and legs with the bands, flat skate exercises and biking. We walk on the treadmill sometimes and take turns with all the equipment."

Additionally, we have therapy balls to bounce on, space to stretch out, and a beautiful neighborhood to walk around in. During the fall and spring are the best times of year to go outside and get some exercise.

Therapeutic Swimming

Living in the desert has its perks. For one, swimming is almost always an option at any point in the year. Additionally, swimming is perhaps one of the best full-body workouts someone could do AND it's way fun!

Every Friday the swimming group ventures to Udall and working on swimming in loops, floating on their backs. They practice underwater exercises, and even experiencing the thrill of the diving board! Sometimes the group works out by playing ball and developing their hand-eye coordination.

The Benefits of Swimming

Swimming is one of the top cardio work-outs available at TCC. It works out your arms, core, lower extremities, glutes, and pumps your heart up. If sweating is perceived as a drawback, swimming is a perfect alternative as no one can see sweat in all that water and it's a great way to escape the exhausting heat. If flexibility and strength is an interest for you, then swimming is the way to make that happen quick and efficiently. That's why we love swimming here at Tucson Community Connections.

What the Staff and Participants are saying:

Shannon: "Swimming is very beneficial to our well-being. It helps your body but also your mind as it's quite relaxing in the water."

Sierra: "I love playing in the water. I like to squirt the water at my friends."

Tyson: "Swimming relaxes your back and is fun. It's exciting to get exercise in the water, which is better than exercising out of the water."



Examples of what we do!



Personal Workout Routines

Many of us here at TCC have certain needs that require special attention in order to meet our fitness goals. Since we are all different, several of us have individual stretching routines that cater to our flexibility, strength, and overall well-being.

Everyone that works in the Wellness Center is trained to implement our specific exercises. We love them for their dedication and support in enriching our lives.



Above: Toni helps Todd with his individual specific workout.
Left Top: Jessica stretches using a ball and roller skate
Left Bottom: Micah is taught how to stretch with Eddie



The Wellness Center Staff

Our Wellness Center staff are probably the busiest staff in the entire program as they are constantly getting us moving, shaking, and stretching which is why we are so thankful for each one of them. Toni leads our wellness building. We love her for her charisma, dedication to our health and well-being, and her fantastic teaching skills. She teaches OT/PT mostly; however, she is always ready and willing to help out any participants or staff.

Nuria is so funny and “always entertaining us with her lively personality”, Tyson says she also teaches an OT/PT Class in addition to sensory integration, and yoga. Eddie is a new staff member but he brings a lot to the table with his athletic skills. “He takes some of us to play basketball.” says Jaide. It’s one of her favorite sports to play.

Cindy teaches Sensory Integration, OT/PT, sensory integration, and even a work out group. She’s quite busy. We really enjoy spending time with her and we are thankful she works so hard with us.

We also have a few extra staff members that help us. Shannon helps us with therapeutic swimming. Rodney gets us moving and exploring in our walking group.

We love everyone that helps us. Wellness wouldn’t be nearly as fun without our dynamic and passionate staff.

Sponsored by:

Honest John

This magazine is supported and encouraged by our community Honest John classes in the job skills building.

Honest John is composed of participants who love supporting our program and experiencing what it's like to run a business. The groups each build boxes that contain various snacks that we gather and then distribute to other businesses that have signed a contract with us. These businesses can pick from the snacks and the put in our desired amounts labeled on the side of the boxes. We even have one here at TCC!

If you have any interest in signing a contract with our Honest John groups, feel free to contact us here at TCC. You may contact us through our Facebook group or by phone: 520-326-5717

Contact Us

Give us a call for more information about our services and products

Tucson Community Connections—Honest John

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