

Summer 2007

FREE!

# Complementary Health & Exercise

## Falling

Everything you need to know; and  
everything you were afraid to learn

**Stress, Disease &  
Hypnotherapy**

**T'ai Chi for Older  
People Reduces  
Falls, May Help  
Maintain Strength**

From The National Institute on Aging



The Quarterly Magazine bringing you  
news and programs on complementary  
methods of healthcare and exercise

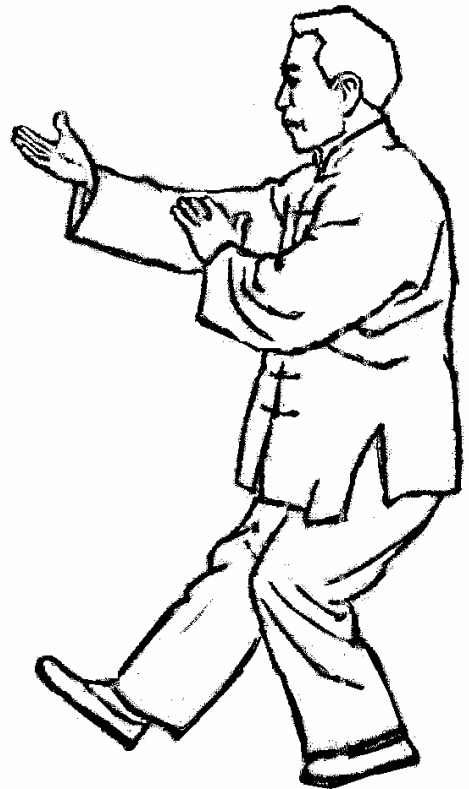


# Continuing T'ai Chi

Enjoy a happier, healthier, and more harmonious life through the practice of T'ai Chi Ch'uan.

T'ai Chi Ch'uan can relax the body, reduce stress, release tension, and you can expect a feeling of positive energy to flow through your body.

T'ai Chi Ch'uan is proven as the most effective way to delay the onset of falling.



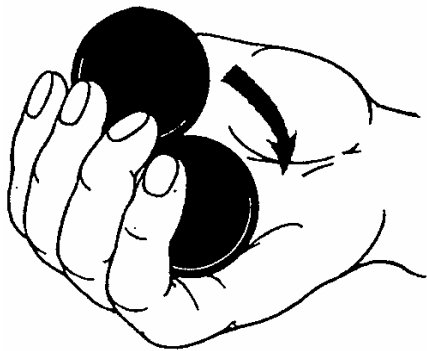
## **At EMHC in Villa Park on**

At 2:00p.m. every Tuesday and Thursday afternoon,  
our next session begins July 3<sup>rd</sup>

Elmhurst Memorial Health Education Centre  
for the Community of Villa Park  
318 S. Ardmore Avenue, Villa Park, IL 60181

**Call Carematch on 630 782 7878 to register**

# Discover the Secrets of Chinese Therapy Balls



Chinese Therapy Balls can:

- Improve Strength, dexterity and circulation in the hands and arms.
- Reduce stress and aid relaxation.
- Prevent and treat carpal tunnel syndrome, tendonitis, arthritis and repetitive strain injury.
- Improve overall health.
- Stimulate the mind.

**Monday,**  
**July 9<sup>th</sup>**  
**@ 8:30pm**

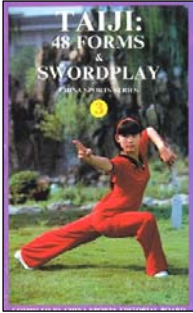
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## Gold Lion T'ai Chi Sword : \$60.00

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Beautifully hand-crafted, this hard-wood broad-sword is designed to have the look and feel of a real T'ai Chi sword but without the weight, hazard or expense. - Great for every-day training.



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As worn by the Shaolin monks! White canvas laced shoe with red and blue stripes and brown plastic sole. The solid sole makes them perfect for T'ai Chi and Qi Gong practice.

All designs, colours, products and prices are subject to availability. See your instructor to place an order.

# Complementary Health & Exercise

Summer 2007

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Martial Arts



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## The Wisdom of Confucius



“By three methods we may learn wisdom: First, by reflection, which is noblest; Second, by imitation, which is easiest; and third by experience, which is the bitterest.”

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## Editor's Notebook

Welcome to our latest issue, with a new name and new schedules. Our T'ai Chi programs will change in August to once a week for six weeks. These changes have been made to better serve our current students, and attract new students.

The once a week scheduling will allow new students to start more often, and to continue without interruption. Our current students can now opt to concentrate on the advanced sections, or work on the advanced sections and also refine the beginning sections.

There will be a break in classes during August as I will be travelling to China and South Korea as part of a martial arts delegation. During the trip we will be training with Qi Gong Masters at Beijing Sports University; T'ai Chi Ch'uan practitioners at the Chen village, the true home of T'ai Chi. And at the Shaolin Temple, the birthplace of Chinese martial arts, Shanxi Wushu Institute and Suwon Dojang in Seoul.

The trip will also be an opportunity to visit many historical sites such as the Great Wall, The Forbidden City, The Terracotta Warriors, The Summer Palace and more. It will be interesting to see how things have changed since my last visit to China in 2002.

We are always looking for contributions and advertisements to help out magazine grow, if you would like to contribute an article, or would like to advertise please e-mail your articles, pictures requests and adverts to [chilsungmoodo@yahoo.com](mailto:chilsungmoodo@yahoo.com).

We have Instructors available for talks, demonstrations, and lectures; classes are also available to private individuals and groups. Call 630-229-4434 or e-mail [chilsungmoodo@yahoo.com](mailto:chilsungmoodo@yahoo.com) to discuss your requirements.

*He lives most life whoever  
breathes most air*

## Chinese Therapy Balls : \$10.00



Available in most sizes from 1¼", through to 2½" in diameter.

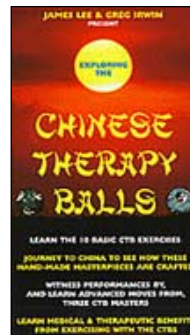
And in many different styles, our stocks changes frequently, so call to find out what we have available.

There are many more styles available such as solid jade, marble, wood & chromed solid steel, plus many different styles of cloisonne.

These are available by special order: \$15.00 and upwards!



## Exploring the Chinese Therapy Balls By James Lee & Greg Irwin : \$30.00

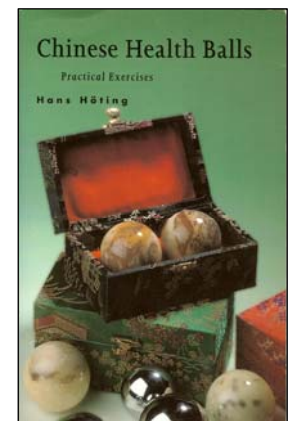


For expert instruction in using your Chinese Therapy Balls, Finger Fitness™ expert Greg Irwin leads you through uses of the balls. The video shows how the balls are manufactured in a

visit to one of the factories. Then Chinese Masters demonstrate advanced moves. Commentary is also provided from a certified hand therapist. Available on DVD and VHS.

## Chinese Health Balls by Hans Hoting : \$11.00

The author discusses meditation exercise, walking exercises, using them for massage, as well as working with the energy in the palms of your hands so that you can strengthen the yin/yang energy in your body. This is a very practical guide. Soft cover.





# “A Doctor’s Confession to the City of Warrenville”

Dear friend,

I want to give credit where credit is due. So, perhaps a confession can help clear the air so there is no misunderstanding. Before I talk about my confession, though, let me say a few other things first.

Let me start by explaining the photo in this letter. You know, when I have patients in my office and they see this picture, they always want to know who the adorable little girl is.

Well, first, I am the gal on the right. Six years ago, I was a student in nursing school, but I developed a painful back condition known as nerve pressure. In my case, it came on suddenly. The pain in my back was so intense that I couldn’t sit through my classes, go to a movie, or take long trips in the car. I was afraid that my grades would drop if the disability continued.

After considering expensive, long hourly treatments of physical therapy, I decided against it. A friend of mine convinced me to give a chiropractor a try. The chiropractor did an exam, and then “adjusted” my spine. The adjustment didn’t hurt. It actually felt good. I got relief, and I could sit through my classes comfortably. It worked so well that I went to chiropractic school myself.

It’s strange how life is, because now people come to see me with their back pain problems. Also they come to me with their headaches, migraines, chronic pain, neck pain, shoulder/arm pain, whiplash from car accidents, ear infections, asthma, allergies, numbness in arms and legs, athletic injuries, just to name a few.

Here’s what some of my patients had to say:

“I have not felt this good for at least five years. Dr. Borré has given me hope that I can indeed live a pain free life” - Linda

“I am happy to report that my shoulder pain is completely gone” - Mary



Now I’d like to tell another story, about Stephanie, the little girl in the picture. She is 5 years old and used to suffer from asthma, allergies, and chronic ear infections. After I started to adjust her, the asthma started to improve immediately. Her allergies have too. She only has had one ear infection since she started treatment. She knows enough to ask me to adjust her when she feels like she may be getting sick, or sometimes just to stay “tuned up.”

Several times a day patients thank me for helping them with their health problems, but I can’t really take the credit.

My confession is that I’ve never healed anyone of anything. What I do is perform a specific spinal adjustment to remove nerve pressure, and the body responds by healing itself. We get tremendous results. It’s as simple as that!

Forty five million Americans no longer have health insurance, and those who do have found that their benefits are reduced. That’s where I come in. I have a significantly lower fee plan so that more people are able to afford the care they need. A whole week of care in my office costs you what you would pay for one visit elsewhere. Another way to save....

Studies show that chiropractic can double your immune capacity, naturally and without drugs. The immune system fights colds, flu’s, and other sicknesses, so you may not be running off to the doctor as much. This is extremely important if you are self-employed.

Studies show that people actually pay less for their long-term overall health care expenses if they are seeing a chiropractor. You benefit from an Amazing offer-Look, it shouldn't cost you an arm and a leg to correct your health. When you bring in this article you will receive my entire new patient exam for \$50.00. That's with x-rays (if necessary), consultation...the whole ball of wax. "Further care" is very affordable.

You see I am not trying to seduce you to come see me with this low start up fee, then to only make it up with high fees after that. "Further care" is very important to consider when making your choice of doctor. High costs add up very quickly. Great care for a great fee.

Please, I hope that there's no misunderstanding about quality of care just because I have a lower fee. You'll get great care at a great fee. My qualifications...I'm a graduate of Logan College of Chiropractic who has toured several cities as a health awareness workshop instructor. I have been entrusted to take care of tiny babies (9 Hours old) to elderly grandpas (101 years old). After preceptoring in LaGrange Kentucky, I opened my practice in Warrenville. I just have that low fee to help more people who need care.

Dr. John Hosten is my wonderful associate who can help me to take great care of you! My

assistant is Deb McDevitt. She is a great person. Our office is both friendly and warm and we try our best to make you feel at home. We have medical massage therapy available to help as well as our chiropractic care.

Our office features the latest in new technologies while maintaining good, old-fashioned care. We have a wonderful service, at an exceptional fee. Our office is called Borré Chiropractic and it is at 2S610 Route 59 (behind McDonald's). Our phone number is (630) 393-2828. Call Deb or me today for an appointment. We can help you.

Thank you,

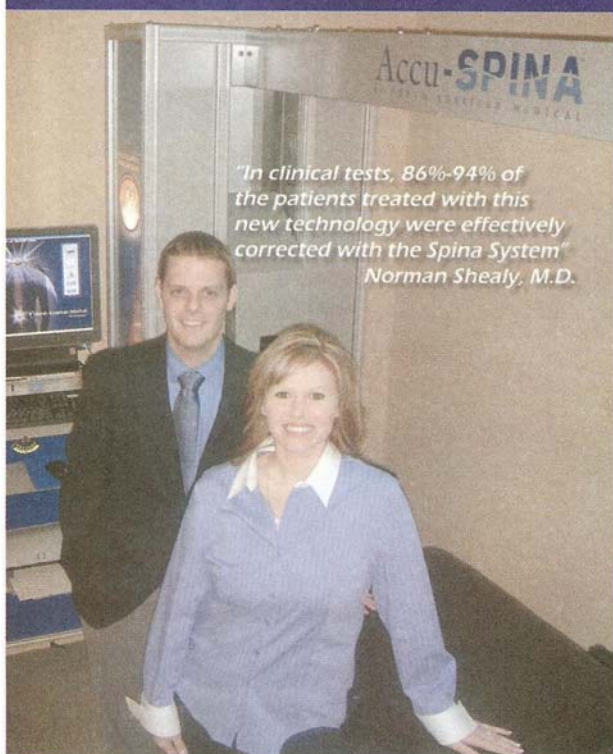
*Amanda Borré*

Dr. Amanda Borré

P.S. We are "In Network" doctors for plans that cover many state workers, as well as other local workers.

P.S.S. We value your time, it is as important as ours. Therefore, we have a no-wait policy and patients are seen within a few minutes of their appointments. We joke that you could leave your car running!

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My back has been pain free for months" W.T.*

# T'ai Chi for Older People Reduces Falls, May Help Maintain Strength

From The National Institute on Aging ~ leading the federal effort on aging research. May 2nd, 1996.

T'ai Chi, a martial arts form that enhances balance and body awareness through slow, graceful, and precise body movements, can significantly cut the risk of falls among older people and may be beneficial in maintaining gains made by people age 70 and older who undergo other types of balance and strength training. The news comes in two reports appearing in the May 1996 issue of the Journal of the American Geriatrics Society.

The two studies are the first involving Tai Chi to be reported by scientists in a special frailty reduction program sponsored by the National Institute on Aging (NIA).

In the first study, Steven L. Wolf, Ph.D., and colleagues at the Emory University School of Medicine, Atlanta, Ga., found that older people taking part in a 15-week T'ai Chi program reduced their risk of falling by 47.5 percent. A second study, by Leslie Wolfson, M.D., and colleagues at the University of Connecticut Health Center, Farmington, found that several interventions to improve balance and strength among older people were effective. These improvements, particularly in strength, were preserved over a 6-month period while participants did T'ai Chi exercises.

The projects are among several in the NIA's Frailty and Injuries: Cooperative Studies of Intervention Techniques, or FICSIT, initiative, launched in 1990 to improve physical function in old age.

Research from these and other FICSIT trials has demonstrated the benefits of strength training for older people and the value and cost-effectiveness of targeted, fall prevention programs for the elderly. It is estimated that each year falls are responsible for costs of over \$12 billion in the U.S., and the costs due to physical frailty are much higher.

The news on T'ai Chi is a reminder that relatively "low tech" approaches should not be overlooked in the search for ways to prevent disability and maintain physical performance in late life. "The FICSIT studies have shown that a range of

techniques, from the most sophisticated medical interventions to more 'low tech' methods, can help older people avoid frailty and falling," says Chhanda Dutta, Ph.D., Director of Musculoskeletal Research in the NIA's Geriatrics Program. "We must make sure that we look at every approach, especially relatively inexpensive ones like T'ai Chi," says Dutta. "People can do this at home and with friends once they have had the proper training."

The Wolf study included 200 participants age 70 and older. The participants were divided into groups for T'ai Chi, computerized balance training, and education. In addition to 15 weekly sessions in which they progressed to more complex forms of T'ai Chi, the participants were asked to practice at home at least 15 minutes, twice daily. Another group received balance training using a computer-operated balance platform in which participants tried to improve control of their body sway under increasingly difficult conditions. The education group was asked to not change any of its current exercise regimens, and took part in weekly meetings on a variety of topics with a nurse gerontologist.

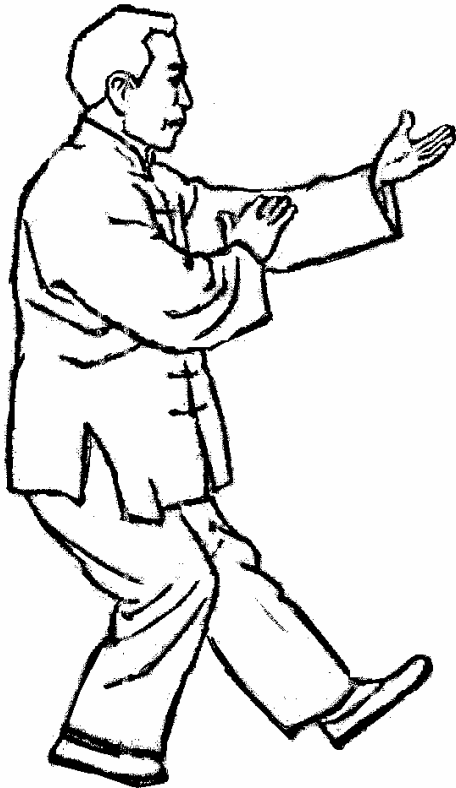
Wolf's group compared several factors before and after the interventions, and found improvements in certain key areas. The most notable change involved the reduction in the rate of falling for the T'ai Chi group. The groups receiving computerized balance platform training did not have significantly lower rates of falling. The T'ai Chi participants also took more deliberate steps and decreased their walking speed slightly compared to the other groups. Fear of falling also was reduced for the T'ai Chi group. After the intervention, only 8 percent of the T'ai Chi group said they feared falling, compared with 23 percent before they had the training.

"The T'ai Chi group seemed to have more confidence," says Wolf, noting that "they had an increased sense of being able to do all that they

Continued on page 10



# Continuing T'ai Chi



Prevent falls, improve balance and co-ordination, build strength, flexibility and bone mass through the practice of T'ai Chi Ch'uan.

Learn how T'ai Chi Ch'uan can relax the body, reduce stress, and release tension.

Gain a feeling of positive energy flowing through your body.

## At Courts Plus in Elmhurst

At 12:30p.m. every Tuesday and Thursday afternoon,  
our next session begins July 3<sup>rd</sup>

Courts Plus - A Centre for Sports, Health and Fitness  
186 S. West Avenue, Elmhurst, IL 60126

**Call Courts Plus on 630 833 5064 to register**

## Simplified "Taijiquan": \$10.00



Published as part of the China Sports Series, this is the version practiced by over 95% of the Chinese population. Each move in the form is described in detail, and illustrated with 174 drawings. It also includes sections on the

history and evolution of T'ai Chi, a medical assessment, and push hands. Soft cover.

## T'ai Chi Sneakers : \$25.00

As worn by the Shaolin monks! White or black canvas laced shoes with red, white and blue stripes and a brown plastic sole. The solid sole makes them perfect for T'ai Chi and Qi Gong practice.



black canvas laced shoes with red, white and blue stripes and a brown plastic sole. The solid sole makes them

## T'ai Chi Slippers : \$10.00

Our T'ai Chi slippers are an extremely lightweight shoe featuring a very flexible synthetic rubber sole and a rubberised canvas top.

These are especially suitable for Qi Gong, T'ai Chi, Yoga or Kungfu training!



## T'ai Chi Trousers : \$15.00

These loose fit cotton trousers with an elasticated drawstring waist, allow you to move more freely and make practice easier and more comfortable. Available in black, white and blue to order. As worn by your instructors.

## T'ai Chi for Older People Reduces Falls, May Help Maintain Strength Continued from page 8

would like to do." Wolf notes that almost half of the T'ai Chi participants chose to continue meeting informally after the study was finished.

The Connecticut FICSIT site used sophisticated techniques for balance and strength training. Some 110 participants, averaging age 80, received training for 3 months. They were divided into four groups: one group received balance training in 45-minute sessions three times per week, including a computerized balance platform (of a different type than the one used in the Wolf study) as well as low-tech balance exercises; another took part in resistance training and weight lifting three times a week to improve strength; a third group did both balance and strength training, and a fourth "education" group participated in sessions on fall prevention and stress management. Everyone in the study took part in weekly T'ai Chi classes for 6 months following the intensive training period.

The people in the study were evaluated before undergoing any training, immediately after the training, and after a 6-month follow-up T'ai Chi program. The interventions of major focus in the study -- intensive balance and strength training -- produced marked effects. Participants had a 25 to 50 percent improvement in three different measures of balance after completing balance training, while strength training resulted in a 17 percent improvement in strength. Some of the gains immediately following the balance and strength training were lost after 6 months of the T'ai Chi follow-up program. However, the participants tested significantly higher than they had before the interventions began.

Without a comparable group who did not receive T'ai Chi training after exercise training, it is difficult to know for certain whether the T'ai Chi contributed to maintaining gains in strength and balance. Wolfson noted that study participants might have done even better at the end of the maintenance phase had they continued the more intensive balance and strength training, but he also suggested that T'ai Chi might be further studied as a less intensive way to hold onto the benefits of prior strength and balance training.

The NIA, part of the National Institutes of Health, leads the Federal effort conducting and supporting research on the aging process and the diseases and disabilities that accompany advancing age. The Institute's program focuses on biomedical, clinical, and social and behavioural research, and supports the Claude D. Pepper Older American Independence Centers at medical centers across the U.S., whose research is aimed at maintaining healthy function well into old age.

# Discover the Secrets of Chinese Therapy Balls



Discover how they can improve strength, dexterity and circulation. Their use prevents and treats carpal tunnel, tendonitis, arthritis and repetitive strain injury. They can reduce stress, are deeply relaxing, and improve overall health.

**Tuesday, July 10<sup>th</sup> @ 7:00pm**

Elmhurst Memorial Health Education Centre  
for the Community of Villa Park  
318 S. Ardmore Avenue, Villa Park, IL 60181

**To register call  
Carematch on  
630 782 7878  
Today!**



Chinese exercises are suitable for participants of all ages and abilities, they are joy to do, energising and deeply relaxing; they bring health and vitality to all those who practice them.

# An Introduction to Traditional Chinese Exercise

Are you interested in traditional Chinese exercises such as Qi Gong, T'ai Chi Ch'uan, Simplified T'ai Chi or Chinese Therapy Balls?

Here is your opportunity to have all your questions answered.



**At Glenside Public Library  
25E Fullerton in Glendale Heights  
Tuesday, July 3<sup>rd</sup> at 7:00pm**

Registration is not necessary; but to reserve your place please call Glenside Public Library on 630 260 1550





# T'ai Chi Ch'uan



T'ai Chi Ch'uan is characterised by slow, graceful movements.

The gentle movements make it appropriate for participants at any age or fitness level.

Through practise you can expect to improve balance, co-ordination, flexibility & strength, and reduce blood pressure.

## At Eagle Academy in Warrenville

Beginners meet every Monday at 9:15a.m.,  
the next session starts August 27<sup>th</sup>

Advanced students meet every Wednesday at  
9:15a.m., the next session starts August 29<sup>th</sup>

**Eagle Academy of Martial Arts**

2 S 525 Route 59, Warrenville, IL 60555

Call Eagle Academy on 630 393 0033 to register

# Seniors & Falls

Falling is the leading cause of unintentional injury at home among Americans 65 and older.

A report issued by the National Safety Council and the U.S. Consumer Product Safety Commission in 2005 found that, although senior citizens in America are living longer and are more active than previous generations, they are also reporting to emergency rooms in greater numbers for fall-related injuries<sup>3</sup>.

Falling is the leading cause of injury death for Americans age 65 and older. In 2003 13,700 people over the age of 65 died in America as a result of a fall. Another 1.8 million were treated in emergency departments for nonfatal injuries related to falls. The total direct cost for falls among older adults in 2000 was about \$19 billion. Given the growing population of this age group, this cost is expected to reach \$43.8 billion by 2020<sup>2</sup>. More than one third of adults age 65 and older fall each year in the United States<sup>1</sup>.

National Safety Council president Alan McMillan says his group and others are finding almost all accidental injuries and fatalities are going down, with the exception of accidents in the home and community that are mostly driven by falls as Americans age<sup>3</sup>.

"In part, it's a good news-bad news situation," McMillan says. "We're living longer, and we're more independent and more mobile. Medical advances are helping us live longer. But, with that, there's been a steady rise in the accidental death rate caused by falls."<sup>3</sup>

He's also concerned that those numbers are going to increase as baby boomers age<sup>3</sup>.

"The real issue," McMillan stresses, "is that about 13,000 people over 65 will die in America of a fall every year. And 10,000 of them are dying in their homes or residential facilities they live in. And falls don't discriminate. They affect you whether you're wealthy, poor, male, female. They cut across all socio-economic lines."<sup>3</sup>

McMillan suggests part of the problem is complacency. We've just come to expect that the seniors in our lives will eventually fall and break a hip. He says, "Most of us accept falling as a byproduct of aging. It is not. Almost without exception, these falls are preventable."<sup>3</sup>

And have serious consequences if they result in broken hips. "The outcome for a person 65 or older with a serious fall who's broken a hip not good," McMillan laments. "Twenty-five percent of those people will die within six months. Another 25 percent

will never return to full, normal functioning. And another 35 percent will live a substantially disabled way of life."<sup>3</sup>

But, McMillan stresses, "If there's anything encouraging about this problem, it's that there are common sense and cost-effective solutions to help prevent falls. When you look at what people need to do, it's not difficult."<sup>3</sup>

He adds that the responsibility for prevention really falls to boomers, who need to think of ways to help their aging parents. It includes helping with prevention at home and in nursing homes, hospitals or other care facilities. Falls happen everywhere.<sup>3</sup>

He calls boomers "the prime audience." Adult children need to step up to help their aging parents. Do an audit of their home for safety, and do an audit of the medications they're taking."<sup>3</sup>

## What outcomes are linked to falls?<sup>2</sup>

- Twenty percent to 30% of people who fall suffer moderate to severe injuries such as bruises, hip fractures, or head traumas. These injuries can make it hard to get around and limit independent living. They also can increase the risk of early death (Alexander et al. 1992; Sterling et al. 2001).
- Falls are the most common cause of traumatic brain injuries, or TBI (Jager et al. 2000). In 2000, TBI accounted for 46% of fatal falls among older adults (Stevens et al. 2006).
- Most fractures among older adults are caused by falls (Bell et al. 2000).
- The most common fractures are of the spine, hip, forearm, leg, ankle, pelvis, upper arm, and hand (Scott 1990).
- Many people who fall, even those who are not injured, develop a fear of falling. This fear may cause them to limit their activities, leading to reduced mobility and physical fitness, increasing their actual risk of falling (Vellas et al. 1997).
- In 2000, direct medical costs totaled \$0.2 billion (\$179 million) for fatal falls and \$19 billion for nonfatal fall injuries (Stevens et al. 2006).

## Who is at risk?<sup>2</sup>

- Men are more likely to die from a fall. After adjusting for age, the fatality rate in 2003 was 49% higher for men than for women (CDC 2005).
- Women are much more likely than men to have nonfatal fall injuries (CDC 2005).

- Rates of fall-related fractures among older adults are more than twice as high for women as for men (Stevens et al. 2005).
- In 2003, about 72% of older adults admitted to the hospital for hip fractures were women (CDC 2005).
- The risk of being seriously injured in a fall increases with age. In 2001, the rates of fall injuries for adults 85 and older were four to five times that of adults 65 to 74 (Stevens et al. 2005)
- Nearly 85% of deaths from falls in 2003 were among people 75 and older (CDC 2005).
- People 75 and older who fall are four to five times more likely to be admitted to a long-term care facility for a year or longer (Donald et al. 1999).
- There is little difference in fatal fall rates between whites and blacks from ages 65 to 74. After age 75, white men have the highest rates, followed by white women, black men, and black women (CDC 2006).
- White women have significantly higher rates of fall-related hip fractures than black women (Stevens 2005).
- Among older adults, non-Hispanics have higher fatal fall rates than Hispanics (Stevens et al. 2002).

More than 95% of hip fractures among adults ages 65 and older are caused by falls (Grisso et al. 1991). These injuries can cause severe health problems and lead to reduced quality of life and premature death (Wolinsky et al. 1997; Hall et al. 2000).

#### **How big is the problem?**

- In 2003, there were more than 309,500 hospital admissions for hip fractures (NCHS 2006).
- From 1993 to 2003, the number of hip fracture hospitalizations increased 19%, from 261,000 to 309,500 (NCHS 2006).
- However, after adjusting for the increasing age of the U.S. population (U.S. Census Bureau 2006), the hip fracture rate decreased 14%, from 901 per 100,000 population in 1993 to 776 per 100,000 population in 2003 (NCHS 2006).
- In 1990, researchers estimated that the number of hip fractures would exceed 500,000 by the year 2040 (Cummings et al. 1990).

#### **What outcomes are linked to hip fractures?**

- As many as 20% of hip fracture patients die within a year of their injury (Leibson et al. 2002).
- Most patients with hip fractures are hospitalized for about one week (Popovic 2001).
- Up to 25% of adults who lived independently before their hip fracture have to stay in a nursing home for at least a year after their injury (Magaziner et al. 2000).
- In 1991, Medicare costs for hip fractures were estimated to be \$2.9 billion (CDC 1996).

#### **Who is at risk?**

- Women sustain about 80% of all hip fractures (Stevens et al. 2000).
- In 2003, 72% of hip fracture hospitalizations were among women (NCHS 2006).
- Among both sexes, hip fracture rates increase exponentially with age (Samelson et al. 2002). People 85 and older are 10 to 15 times more likely to sustain hip fractures than are people ages 60 to 65 (Scott et al. 1990).
- People with osteoporosis are more likely to sustain a hip fracture than those without this condition (Greenspan et al. 1994).

#### **The Major Causes Of Falls:**

- Poor eyesight or hearing caused by normal aging.
- Illness and physical conditions that affect balance and strength.
- Side effects of medication that may make you dizzy.
- Loss of strength, flexibility and balance caused by normal aging.

#### **Traumatic Consequences of Falling<sup>4</sup>**

- fracture
- exacerbation of arthritis
- hematoma
- bruising
- laceration

#### **Psychological Consequences of Falling<sup>4</sup>**

- loss of confidence
- social isolation
- depression
- dependency
- confusion
- institutionalization

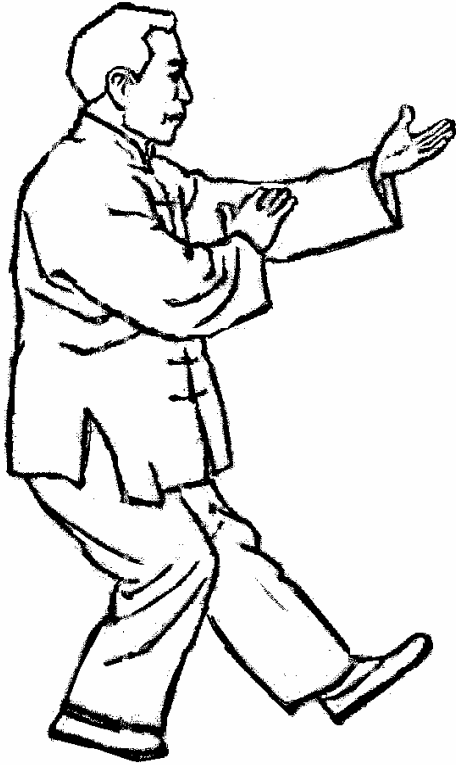
#### **After Falling Immobilization and its Consequences<sup>4</sup>**

- hypothermia
- chest infection
- thrombosis
- dehydration
- osteoporosis
- contractures
- pressure sores
- constipation/impaction
- urinary retention/incontinence
- institutionalization

#### **Sources:**

1. Hornbrook et al. 1994; Hausdorff et al. 2001
2. Centers For Disease Control And Prevention
3. National Safety Council and the U.S. Consumer Product Safety Commission
4. New York Medical College

# T'ai Chi For Seniors



Prevent falls, improve balance and coordination, build strength, flexibility and bone mass through the practice of T'ai Chi Ch'uan.

Learn how T'ai Chi Ch'uan can relax the body, reduce stress, and release tension.

Gain a feeling of positive energy flowing through your body.

## At Courts Plus in Elmhurst

Beginners meet every Tuesday afternoon at 12:30pm, the next session begins August 28<sup>th</sup>

Continuing students meet every Thursday afternoon at 12:30pm, the next session begins August 30<sup>th</sup>

Courts Plus - A Centre for Sports, Health and Fitness  
186 S. West Avenue, Elmhurst, IL 60126

**Call Courts Plus on 630 833 5064 to register**



# Notable Figures in T'ai Chi Ch'uan History

## Yang Chengfu

Yang Chengfu (Hanyu Pinyin), or Yang Ch'eng-fu (Wade-Giles) (楊澄甫, 1883-1936) is historically considered the best known teacher of the soft style martial art of T'ai Chi Chuan (Taijiquan).

His direct descendants, the many students he taught and their students have spread the art around the world. He was born into the famous Yang Taijiquan family, the son of Yang Chien-hou and grandson of Yang Lu-chan. With his older brother Yang Shao-hou (楊少侯) and colleagues Wu Jianquan (吳鑑泉) and Sun Lutang (孫祿堂), he was among the first teachers to offer T'ai Chi Chuan instruction to the general public at the Beijing Physical Culture Research Institute from 1914 until 1928. He moved to Shanghai in 1928. He is known for having "smoothed" out the somewhat more vigorous training routine he learned from his family as well as emphasising a "large frame" or "Da Jia 大架" with expansive movements in stepping and using large circular motions with the arms. His smooth, evenly-paced large frame form and its hundreds of offshoots has been the standard for Yang style Tai Chi Chuan (and overwhelmingly in the public imagination for Tai Chi Chuan in general) ever since.

Tung Ying-chieh (Dong Yingjie, 董英杰, 1898-1961), Ch'en Wei-



Yang Chen-Fu in 1933



Yang Chen-Fu in 1911

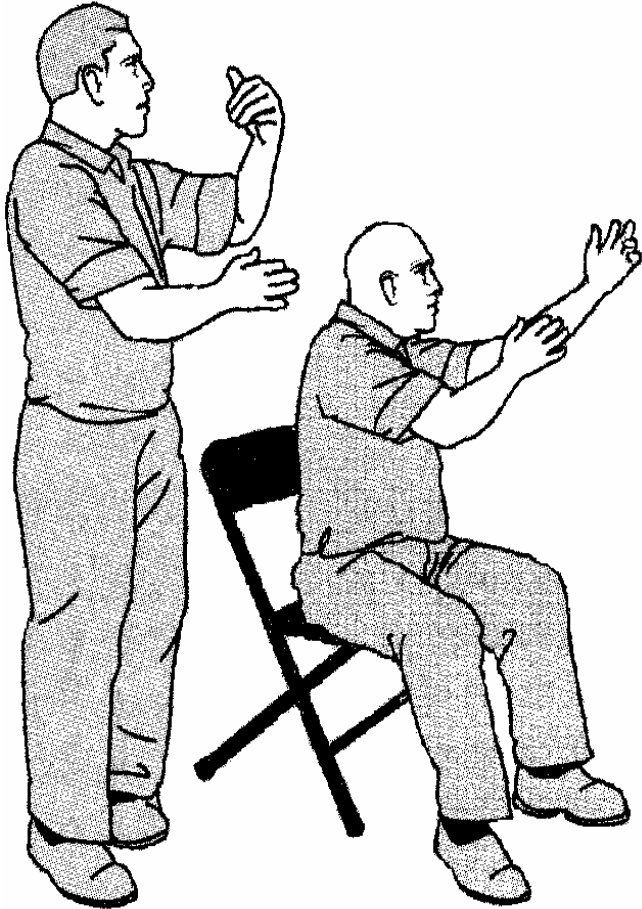
ming (Chen Weiming), Fu Zhongwen (Fu Chung-wen, 1903-1994), Li Yaxuan (李雅軒, 1894-1976) and Cheng Man-ch'ing were famous students of Yang Ch'eng-fu. Each of them taught extensively, founding groups teaching T'ai Chi to this day.

Cheng Man-ch'ing, perhaps the most famous outside of China, significantly shortened and simplified the traditional forms Yang taught him after his teacher's passing, supposedly to make them more accessible to larger numbers of students. Although Cheng's modifications are considered controversial by most other schools and are not recognized by the Yang family, Cheng Man-ch'ing is known as the first to teach T'ai Chi Ch'uan in the West.

Yang Chengfu's sons have continued to teach their father's Taijiquan, including his first son, the late Yang Zhenming (1910-1985) (a.k.a. Yang Shaozhong, Yang Shao-Chung, Yeung Shao-Chung; 楊守中), who brought Yang style Tai Chi Chuan to Hong Kong, his second son Yang Zhenji (born 1921, current head of the family), and his third son,

Yang Zhenduo (楊振鐸, born 1926), living in Shanxi Province, who is widely considered the most prominent of the Yang family Tai Chi Chuan instructors living today.

# Simplified T'ai Chi



Simplified T'ai Chi is a gentle, beautiful and flowing exercise routine that is a joy to do, energising and deeply relaxing; it brings health and vitality to all those who practice it.

The class can be done standing or seated as needed. It is suitable for students of all ages and abilities including those that have difficulty walking, standing, cannot stand, or are wheelchair bound.

**Tuesday and Thursday at 1:45pm**

**Next session begins August 28<sup>th</sup>**

Courts Plus - A Centre for Sports, Health and Fitness  
186 S. West Avenue, Elmhurst, IL 60126

**Call Courts Plus on 630 833 5064 to register**

# Preventing Falls

Some things you can do to prevent falls

Prevention is better than cure, and there are many simple precautions you can take to prevent a fall; physically, at home and when out and about. A few are listed here.

## What Can You Do To Prevent Falls?

- Have your eyesight tested every year.
- If your eye doctor recommends you wear glasses, wear them.
- Have your hearing tested every two years.
- Talk to your doctor about side effects from medication you may be taking.
- See your doctor straight away if you have dizzy or drowsy spells.
- If your doctor or physical therapist recommends you use a cane or walker, use it.
- Wear clothes that will not come loose and cause a trip.
- When getting out of bed sit on the edge for a couple of minutes before standing up. This allows blood pressure to adjust; if you move too quickly you may get dizzy and lose balance.
- Exercise regularly to maintain balance, strength and flexibility.
- Learn and practice T'ai Chi Ch'uan – an ancient Chinese exercise proven to be the most effective way of delaying the onset of falling.

## Preventing Falls At Home

- Make sure there is good lighting in every room; use nightlights in bathrooms, bedrooms and hallways.
- Install brighter lights.
- Always switch on lights, even in familiar rooms.
- Have flashlights handy in case of power outages.
- Move electrical and phone cords so they are not exposed.
- Keep everywhere free from clutter; pick up papers, shoes, books, clothes etc...
- Make sure things are within reach so you don't need to use stools or step ladders.

- If you do have to use a step stool, make sure someone else is home and use one with a handle that can be used on the top step.
- Ensure handrails are firmly attached and run the full length of stairs.
- Always hold handrails when using stairs.
- Add reflective strips to steps, stairs or other trip hazards.
- Secure loose rugs with carpet tape or buy rugs with a non-slip backing.
- Repair loose carpets and floorboards immediately.
- Avoid wearing slippers that may cause you to trip.
- Install handrails in the shower, bath and toilet.
- Use non-skid mats in the bath and shower.
- Use a shower bench.
- Use a raised toilet seat.
- Roll up hoses and pick up tools in the garage and yard.

## Preventing Falls When Out And About

- Always hold handrails when using stairs, escalators or moving walkways.
- Wear shoes with firm non-slip soles that are easy to walk in.
- Ask for assistance if you think you may need it.

## Getting Help

- If you live alone, or are afraid no-one will find you if you fall; ask a friend or neighbour to check on you every day.
- Keep phones in low easy to reach places, with emergency numbers next to the phone, or:
- Have a cordless phone, or a cell phone you can carry with you at all times, and ensure it is always fully charged, or:
- Consider an emergency monitoring service with 24 hour response.

Turn to page 21 for help on what to do if you do fall.

# Discover the Secrets of Chinese Therapy Balls



Discover how they can improve strength, dexterity and circulation. Their use prevents and treats carpal tunnel, tendonitis, arthritis and repetitive strain injury. They can reduce stress, are deeply relaxing, and improve overall health.

**Thursday, August 30<sup>th</sup> @ 3:00pm**

Courts Plus –

A Centre for Sports, Health and Fitness  
186 S. West Avenue, Elmhurst, IL 60126

**Call Courts  
Plus on 630  
833 5064  
to register**

***FREE!***  
***Set of Therapy  
Balls for each  
participant!***



# What To Do If You Do Fall

Practice your breathing to remain as calm as possible

Whether you are at home or somewhere else, a sudden fall can be startling and upsetting. If you do fall, stay as calm as possible. Take several deep breaths to try to relax.

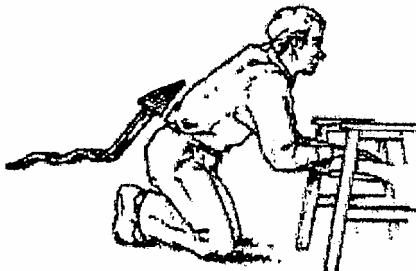
Remain still on the floor or ground for a few moments. This will help you get over the shock of falling. It will also give you time to decide if you're hurt before getting up.

Getting up too quickly or in the wrong way could make an injury worse.

If you think you can get up safely without help, roll over onto your side.

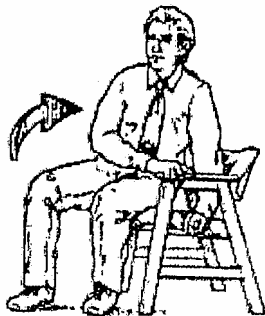


Push yourself up into a seated position. Rest again while your body and blood pressure adjust. Slowly get up on your hands and knees, and crawl to a sturdy chair.



Put your hands on the chair seat and slide one foot forward so that it is flat on the floor.

Keep the other leg bent so the knee is on the floor.



From this kneeling position, slowly rise and turn your body to sit in the chair.

If you're hurt or can't get up on your own, ask someone for help or call 911. If you're alone, try to get into a comfortable position and wait for help to arrive.

If you have problems with balance or dizziness and are often alone, consider getting a personal emergency response system. This service, which works through your telephone line, provides a button or bracelet to wear at all times in your home. If you fall or need emergency assistance for any reason, a push of the button will alert the service. Emergency medical services will be called. There is a fee for medical monitoring services, but your personal safety may be worth the cost.

Carrying a portable phone with you as you move about your house could make it easier to call someone if you need assistance. You might also put a telephone in a place that you can reach from the floor in case you fall and need help.

Be sure to discuss any fall with your doctor. Write down when, where, and how you fell so you can discuss the details with your doctor. The doctor can assess whether a medical issue or other cause of the fall needs to be addressed. Knowing the cause can help you plan to prevent future falls.

Many older people who have fallen are afraid of falling again. Even if a fall doesn't cause injury, the fear of falling again might prevent you from doing activities you enjoy or need to do.

Fear of falling also might cause you to stay at home away from your friends, family, and others.

Your muscles and bones can weaken over time without the physical activity that comes with doing daily tasks or exercise. As a result, you could become more -- not less -- likely to fall.

After a fall, your doctor might refer you to other health care providers who can help prevent future falls. A physical therapist can help with gait, balance, strength training, and walking aids.

An occupational therapist can suggest changes in your home that may lower your risk of falls.

If you're at high risk for falls and hip fractures, your doctor might suggest that you wear a padded "hip protector." A hip protector is worn over the hips under clothing. It absorbs some of the force of a fall and lessens the impact of the fall on the bones.

Hypnosis can treat insomnia, help you quit smoking, improve study habits, nail biting, stuttering, weight management - all without side effects.

Set yourself  
free with  
hypnosis

### Do you have stress in your life?

We all have to deal with stress every day. Stress is a natural part of life. The problem is when we are faced with too much stress for an extended period of time it affects our health. Stress has been linked to high blood pressure, trouble sleeping, chronic fatigue, heart disease, and many more health related issues.

Sitting in front of the television or going on vacation are all well and good but will not reduce the overall affect of stress in your life.

Through hypnotherapy I can teach you how to reduce the negative effects that stress has on your mind and body.

By using the technique I teach you, you will be able to calm yourself in a matter of seconds, making it possible for you to deal with the problem or issue at hand more effectively and efficiently.

### IMAGINE, EMPOWER, and ACCOMPLISH

Hypnosis and its uses in the practice of hypnotherapy is rapidly emerging as a highly effective science in solving people's problems. It can be beneficial in many cases as a therapy in itself and is a valuable adjunct in psychotherapy, psychiatry, and medical care.

If it is needed, or if you've been diagnosed with a specific medical or emotional problem. A professional referral will be required.

Before your first visit you will have a thirty minute consultation. You will learn about hypnosis and all your questions will be answered. Your interests and desires will be discussed and your goals defined. Through the course of three sessions you will learn self-hypnosis. You will then be able to use this incredible tool for future goals.

Private sessions and group rates are available.

**Mission Statement: To help people achieve a better quality of life using hypnotherapy alone, or as an adjunct to other therapies.**



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Fax: 847-930-1350  
E-mail: [darlaj1580@aol.com](mailto:darlaj1580@aol.com)



# Stress, Disease and Hypnotherapy

By Darla Tegtmeier October 2007

We all face stressful situations every day. It is impossible to totally remove all the stress that we encounter. If it were, we would all be sitting around like lumps of jello. Stress to a certain extent is a good thing. It helps us and heightens our senses in times of danger or crisis. That's the fight or flight response.

What is not good is the constant stress that bombards us in today's hectic world. For example Doctors and nurses in the emergency room or in the critical care, actually anyone who considers their job highly stressful.

Different people handle stress differently. Some people thrive on a larger amount of stress than others. Some people find it very stressful to pick out what color to paint their living room wall. How much stress a person can handle is really an individual thing. It is known and proven that large amounts of stress on a daily basis can have very serious repercussions. For thousands of years, people believed that stress made you sick.

Up until the nineteenth century, the idea that the passions and emotions were intimately linked to disease held sway, and people were told by their doctors to go to a spa or seaside resorts when they were ill. Gradually these ideas lost favour as more concrete causes and cures were found for illness. But in the last decade, scientists have been rediscovering the links between stress and disease.

Stress can affect your body, your thoughts and emotions, and your behaviour. Some of the effects on your body are headaches, chest pain, high blood pressure, muscle aches, back pain, stomach upset, sleeping problems, weight gain, weight loss and heart disease. Some of the effects on your thoughts and feelings are restlessness, irritability, sadness, anger, mood swings, burn out, inability to concentrate or focus, guilt and seeing only the negative. Some of the effects of stress on your behaviour are over eating, under eating, angry outbursts, social withdrawal, decreased productivity, excessive drinking and blaming others.

Now going to a spa or the seaside is very nice. In today's hectic, fast pace lifestyle we could all use a little more rest and fresh air. Unfortunately, it won't help you deal with the day to day stress that bombards us all.

While all those things are well and good but a state of deep relaxation is a learned response. It's a

highly specific neurological state of the body. You can't reach this state by simply sitting or lying down quietly. It requires a specific mental approach. Physiologically, the deep relaxation state amounts to the exact opposite of the fight or flight response. It involves the demobilization of the sympathetic nervous system and a complementary of the parasympathetic nervous system.

In the deeply relaxed condition, one feels physically relaxed, somewhat detached from his immediate environment, and is usually to some extent even detached from body sensation. It involves a feeling of voluntary and comfortable abandonment of one's conscious control over major body functions. This abandonment requires a distinctly passive attitude in which one simply turns over control of his body to its own built in autopilot. Through hypnosis one can learn to reach this deeply relaxed state in a relatively short period of time. With practice it becomes easier and can be achieved in a matter of seconds. This is an invaluable tool in counteracting the adverse effects of stress.

Many habitual habits that people have can be linked to stress. Most of us know someone that smokes and has tried to quit numerous times. They will stop smoking for a few days or weeks. Then something happens to elevate their stress level beyond what they are normally able to deal with. They then start to smoke. Whatever the habit is, it is of utmost importance to get to the cause of the habit, in most cases the cause is stress. People who are considered nervous, high strung or very emotional are usually the people who can not deal with the day to day stress that happens to every one. Once they have the tools to reduce their stress, it becomes much easier to cope with life in this hectic world. They become much more confident in themselves and most definitely have a greater ability to be a usefully member of society.

People who can handle large amounts of stress can also benefit from knowing how to reduce their stress naturally. At some time in every one's life a little rain must fall. Whether it's from marital problems, conflict at work, a death or illness of a loved one, a car accident or a house fire, a fast, effective means to calm the mind will make it possible to handle the situation in the most efficient way possible. This could mean the difference between life and death in an emergency situation.

Stress is known as the hidden epidemic. We need to take it upon ourselves to learn, practice and use an effective way to manage it.

# YES!

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extension 41095.

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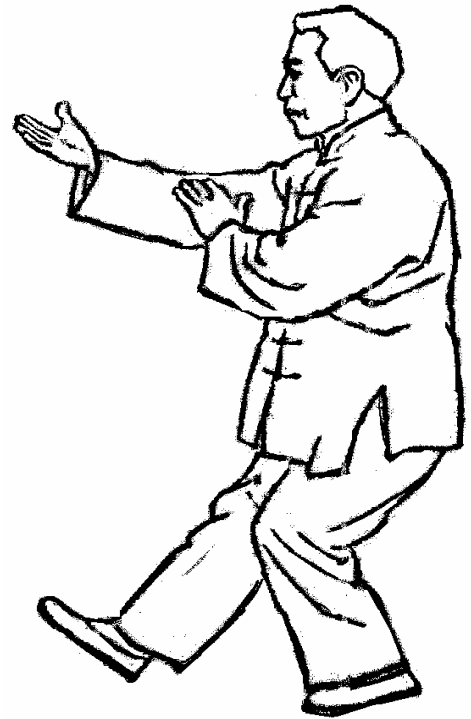
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# T'ai Chi For Seniors

Enjoy a happier, healthier, and more harmonious life through the practice of T'ai Chi Ch'uan.

T'ai Chi Ch'uan can relax the body, reduce stress, release tension, and you can expect a feeling of positive energy to flow through your body.

T'ai Chi Ch'uan is proven as the most effective way to delay the onset of falling.



## **At EMHC in Villa Park on**

Beginners meet every Tuesday afternoon at 2:00pm,  
the next session begins September 25<sup>th</sup>

Continuing students meet every Thursday afternoon at  
2:00pm, the next session begins September 27<sup>th</sup>

Elmhurst Memorial Health Education Centre  
for the Community of Villa Park

318 S. Ardmore Avenue, Villa Park, IL 60181

**Call Carematch on 630 782 7878 to register**

# Order Form

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Payment Method: \_\_\_\_\_ Date \_\_\_\_\_

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Item, size, colour etc	Qty	Price	Total
Total			
Shipping			
Total			

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Please use the order form on this page, list the item, size, colour, quantity, price and total price; your name, address, phone number etc.

Then pass the completed form, with your payment, to your instructor or send to:

John Robertson  
 2 S 525 Route 59  
 Warrenville, IL 60555  
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### Payment

Payment is due with your order, and can be made by cash, money order or credit cards via Paypal to:

Robertson\_j@hotmail.com

Please add 5% to the total if paying by Credit Card via Paypal. There will be a \$10.00 charge for returned checks.

### Delivery

Delivery can be by hand in class or by mail. Indicate your preferred method. Shipping charges are not applicable to items delivered in class.

### Shipping

We make every effort to deliver your merchandise promptly. You will be notified of any delays over 30 days. Shipments are made by U.S.P.S. or U.P.S..

For international rates contact us at chilsungmoodo@yahoo.com

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Shipping charges are not applicable to items delivered in class.

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Up to \$25.00.....	\$4.00
\$25.01-\$50.00 .....	\$5.50
\$50.01-\$75.00 .....	\$7.50
\$75.01-\$100.00 .....	\$8.50
Over \$100.00 .....	\$12.00

For Alaska, Hawaii and Puerto Rico add \$5.00 to the shipping charge.



# Class Calendar & Programs

## Villa Park

**Elmhurst Memorial Health  
Education Centre for the  
Community of Villa Park**  
318 S. Ardmore Avenue  
Villa Park, IL 60181

### Continuing T'ai Chi Ch'uan

Tuesday & Thursday @ 2:00pm  
July 3<sup>rd</sup>

Registration: 630 782 7878

### Beginners T'ai Chi

Tuesdays @ 2:00pm  
September 25<sup>th</sup>

Registration: 630 782 7878

### Continuing T'ai Chi

Thursdays @ 2:00pm  
September 27<sup>th</sup>

Registration: 630 782 7878

### Discovering The Secrets of Chinese Therapy Balls

Tuesday, July 10<sup>th</sup>  
@ 7:00pm

Registration: 630 782 7878

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## Lombard

**Elmhurst Memorial Lombard  
Health Center**  
130 South Main Street,  
Lombard, IL 60148

### Discovering The Secrets of Chinese Therapy Balls

Thursday, November 8<sup>th</sup>  
@ 7:00pm

Registration: 630 782 7878

## Elmhurst

**Courts Plus  
- A Centre for Sports,  
Health and Fitness**  
186 S. West Avenue  
Elmhurst, IL 60126

### T'ai Chi for Seniors

Tuesday & Thursday @ 12:30pm  
July 3<sup>rd</sup> (beginners)

Registration: 630 833 5064

### Beginners T'ai Chi

Tuesdays @ 12:30pm  
August 28<sup>th</sup>

Registration: 630 833 5064

### Continuing T'ai Chi

Thursdays @ 12:30pm  
August 30<sup>th</sup>

Registration: 630 833 5064

### Simplified T'ai Chi

Tuesday & Thursday @ 1:45pm  
August 28<sup>th</sup>

Registration: 630 833 5064

### Discovering The Secrets of Chinese Therapy Balls

Thursday, August 30<sup>th</sup>  
@ 3:00pm

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All class times and dates are  
subject to change.

All classes require a minimum  
number of students to run.

## Warrenville

**Eagle Academy of Martial Arts**  
2 S. 525 Route 59  
Warrenville, IL 60555

### Beginners T'ai Chi Ch'uan

Mondays @ 9:15am  
August 27<sup>th</sup>

### Continuing T'ai Chi Ch'uan

Wednesdays @ 9:15am  
August 29<sup>th</sup>

Registration: 630 393 0033

### Discovering The Secrets of Chinese Therapy Balls

Monday, July 9<sup>th</sup>  
@ 8:30pm

Registration: 630 393 0033

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## 2007 Calendar

June 24<sup>th</sup>  
Karate Spectacular  
Wheaton Warrenville South High  
School, Warrenville

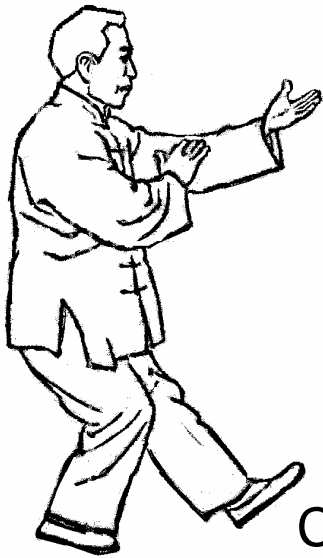
July 3<sup>rd</sup>  
An Introduction to T'ai Chi  
& Chinese Therapy Balls  
Glenside Public Library  
Glendale Heights

July 7<sup>th</sup> - 9<sup>th</sup>  
European Ki Gong Clinic  
Munich, Germany

August TBA  
West Coast Ki Gong Clinic  
Valley Forge, PA

Nov 3<sup>rd</sup> - 9:00am  
Courts Plus Open House  
Courts Plus, Elmhurst

# Building health and vitality through classes in

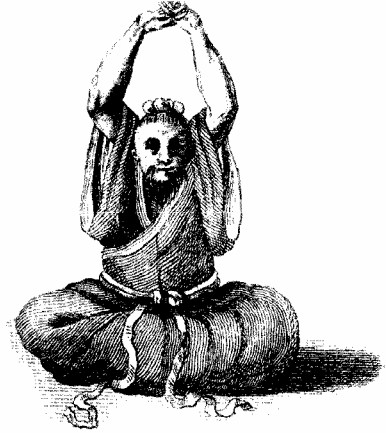


T'ai Chi Chu'an  
Simplified T'ai Chi

T'ai Chi Sword

Qi Gong

Chinese Therapy Balls



2 S 525 Route 59  
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[www.elmhurstsd.org/taichi/home](http://www.elmhurstsd.org/taichi/home)

[chilsungmoodo@yahoo.com](mailto:chilsungmoodo@yahoo.com)

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He lives most life whoever breathes most air

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