

## Focus on Your Health at Any Age

Spring is here and summer is coming, which means many people are feeling more motivated and energized about focusing on their health. May 27<sup>th</sup> is Senior Health and Fitness day and June 1<sup>st</sup> is Family Health and Fitness Day, so even the nation puts an emphasis on health during this time of year.

There could be so many aspects of health and fitness, but I wanted to highlight all that Ridgecrest Regional Hospital does for seniors and families to help them get, and stay healthy. Through the Community Outreach department there are more than 15 classes offered weekly to help seniors focus on fitness and overall health. SilverSneakers and Gentle Chair Yoga are offered 4 days a week and the classes are FREE! The participants in these groups come together for fitness and encouragement. Friendships and relationships are made that help the individuals have a network of support they may not have had previously.

The Journey to Happiness Seniors group meets weekly to socialize and learn how to find joy in every circumstance. Being able to share the joys and struggles of life with those who are going through similar things is comforting, and has huge emotional and social benefits.

There are a variety of programs and services for families, but I wanted to highlight the annual RRH Health Fair, held June 25 from 7 a.m. to 2 p.m. at the Kerr McGee Center. After being canceled in 2020, then being held virtually in 2021, we are excited to bring this highly anticipated event back in person.

Business and organizations that focus on health and wellness have an opportunity to provide information about what they offer to the community. Members of the community enjoy walking through and learning about new organizations or programs. This year we will have the entire gym set up as a kid's activity center with a variety of offerings — including a kid's fitness obstacle provided by 760 Fitness.

The health fair also has reduced price screenings. What does this mean? Well, individuals can choose the blood panel screenings which has more than 20 different tests from cholesterol (full lipid panel), thyroid, glucose, iron, potassium and so much more. At the cost of just \$35 this is a huge benefit for anyone wanting to know their numbers. The results go straight to the individual and they can use it to share with their provider, as well as to be proactive about their health. Knowing what your numbers are early on can help you make any changes that may be needed. Comparing these results year after year is a great way to keep an eye on your health. In addition women can also get the ovarian cancer detection test (\$35) and men can get the prostate cancer detection test (\$35). All tests are done through a blood draw.

Lastly, the health fair will have three health talks provided by various providers and individuals. Presentations will be on "Men's Health and Urology", "Introduction to Mindfulness", and "Senior Care Connections".

If anyone would like to sign up for the screenings they can go to [rrh.org](http://rrh.org) and click on the 2022 Health Fair tab or they can call 760-499-3998. For questions about the health fair, including being a vendor or to sign up for the talks please call 760-499-3825.

I personally would like to invite the community to come out to the health fair and encourage everyone to take time to focus on their health and be proactive, whether you are young, a senior or in between — it's never too early or too late to get started.

Tera Moorehead is the Director of Community Outreach at Ridgecrest Regional Hospital. With dual master's degrees in nutrition and education, Tera shares her passion for health and wellness through various programs offered free to the community through RRH. You can contact her at 760-499-3825