PINE NEWS 松年新聞

VOLUME 1. ISSUE 3 JUNE 6, 2015

Chinese Health, Aging, and Policy Program

華人老齡健康和政策研究中心

Dear PINE News Readers:

Thank you for supporting our PINE Study! We believe your contribution can help us to do better, and we hope you can attend more of our events! In this issue, we will cover our recent PINE event, Activities of Daily Living (ADLs) and Instrumental Activities of Daily Living (IADLs), a feature of some of our staff members and new exercises! and one of our partners: Xilin Asian Community Center! We will also be starting PINE 3.0 in the next few weeks. We wish you good health, long life, and happiness.

EVENTS

In the beginning of May, our PINE Team held a Health Fair! Our research team collaborated with Rush University Medical Students and offered free health screenings. The free health screenings included, hypertension tests and blood sugar tests.

Participants at this event were given more information on hypertension as well as diabetes. They learned what they can do to maintain a healthy and balanced diet.

Keep checking back on our website for future events. We hope to see you at the next one!

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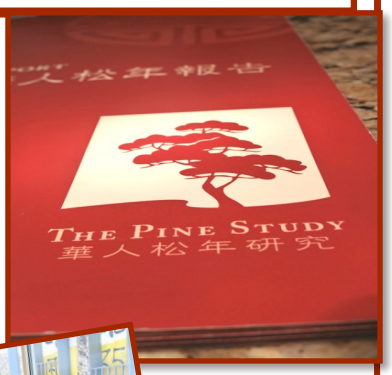
親愛的讀者：

感謝您對我們“松年研究”的支持！我們相信您的貢獻可以幫助我們做的更好。因此，我們希望您可以參與我們更多的活動！

本期“松年新聞”將有近期活動的報道，“日常生活活動”和“工具性日常生活活動”的咨詢，部分職員的介紹，和新的“鍛煉指南”。

此外，我們還將介紹我們新的合作伙伴，“希林協會”。“松年研究 3.0”會在數星期內推出。我們祝願您健康長壽，幸福平安！



近期活動

五月初，“松年”團隊舉辦了“健康日”活動。團隊成員與羅許大學醫學部通力合作，提供免費的健康檢查。

檢查包括高血壓測量和血糖檢測。我們還為參與者提供更多有關高血壓和糖尿病的健康咨詢，以便他們合理的安排膳食，保持健康。

請持續關注我們的網站，期待您參與我們日後的活動！

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What is ADL and IADL?

They are functional tasks in the daily lives of older seniors and are divided into two parts. ADL is short for Activities of Daily Living and IADL is short for Instrumental Activities of Daily Living. For ADLs, these tasks include: walking, bathing, dressing, brushing teeth, eating, using the restroom, etc. ADLs, are activities in which people engage on a day to day basis. IADLs, include tasks such as: cooking, driving, using the computer or telephone, keeping track of finances, and managing medication. IADLs activities are related to independent living. It is also valuable for evaluating persons with early stage disease and both to assess the level of disease and to determine the person's ability to care for himself or herself.

According to the *Journals of Gerontology Biological Sciences & Medical Sciences*, It addresses the Physical and Cognitive Function Assessments. Their findings expand current understanding of minority older adults' functional status by utilizing self-reported and performance based measures. The data they have collected revealed that 7.8% of the study participants experienced impairment in their Activities of Daily Living, 50.2% Experienced Instrumental Activities of Daily Living impairment, and 35.5% reported that they can not do heavy work around the house.

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什麼是“日常生活活動”和“工具性日常生活活動”？

它們是老年人日常生活的功能性任務，並且分為兩個部分。“日常生活活動”的英文縮寫為 ADLs，包括行走、洗澡、穿衣、刷牙、吃飯和如廁等，需要人們安排基本的日常生活。“工具性日常生活”的英文縮寫為 IADLs，包括烹飪、駕駛、使用計算機或電話，保持財政的跟蹤和管理用藥，與人們獨立生活的能力相關。“工具性日常生活”也可用以在疾病早期階段對患者情況進行評估，以此判斷患者自我康復的能力。

根據《老年醫學生物科學與醫學科學》的相關研究，“日常生活活動”和“工具性日常生活活動”針對身體和認知功能的評估。研究發現，利用自我評估和日常活動效績評估體系，可以發展對老年人身體功能狀況的理解。已有的研究數據表明，7.8%的受訪者有“日常生活活動”的障礙，50.2%的受訪者有“工具性日常生活”的障礙。此外，還有 35.5%的受訪者表示，他們不能在家中從事重體力勞動。

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Exercises

Maintaining an active lifestyle is very important! Keeping active into older age is the key to staying fit, mobile and independent! These exercises will focus on flexibility, strength, and balance. Check back for new exercises each week!

1. Leg Extensions (Strength)

- Rest your hands on the back of a chair for stability.
- Standing upright, raise your left leg backwards, keeping it straight. Avoid arching your back as you take your leg back. You should feel the effort in the back of your thigh and bottom. Repeat with other leg.
- Hold the lift for up to five seconds and repeat five times with each leg

2. Simple Grapevine (Balance)

- This involves walking sideways by crossing one foot over the other.
- Start by crossing your right foot over your left
- Bring your left foot to join it
- Attempt five cross steps on each side. If necessary put your fingers against a wall for stability. The smaller the step, the more you work on your balance

3. Sideways Bend (Flexibility)

- Stand upright with your feet hip-width apart and arms by your sides.
- Slide your left arm down your side as far as is comfortable. As you lower your arm, you should feel a stretch on the opposite hip.
- Repeat with your right arm down your right side.

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鍛煉指南

保持一個積極的生活方式十分重要！擁有 獨立、健康、自如的老年生活，關鍵要保持積極活躍的生活方式。 以下的健康指南側重訓練您的靈活性、力量和平衡力。請您每週關注我們新的鍛煉指南。

1. 腿部伸展運動（力量練習）

- 雙手搭在椅背上，保持身體穩定。
- 直立，左腿向後抬起，比直伸展。抬腿時避免弓背，您可以感受到大腿後側及臀部的用力。右腿重複如上動作。
- 抬腿后保持五秒，每條腿重複如上動作五次。

2. 簡單的交叉腿（平衡力練習）

- 交叉腿橫向行走。
- 將右腿從左腿前方交叉至左腿左側。
- 再將左腿移步至右腿左側，還原站立姿態
- 朝著一方行走五步。如果需要，可以雙手扶墻保持平衡。移動步伐越小，則越能夠鍛煉到平衡力。

3. 側身彎曲 （靈活性練習）

- 雙腳與髋同宽站立，雙手垂直放置身體兩側。
- 左側手臂盡可能向下放低。當放低一側手臂時，可以感到另側臀部肌肉的伸展。
- 重複以上動作，向下放低右側手臂。

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Staff Profile

Angie Wang

Angie Wang received her Master's Degree in Sociology at Columbia University. She joined the PINE Study in May 2015 as a Research Assistant is now responsible for conducting interviews and writing manuscripts. Prior to joining the PINE Study, she used to work for several international NGOs dedicated to eliminating the health and life disparities in underprivileged communities. Her research focuses on the intersection of immigration, identity and health among Chinese population.

Angie 畢業於哥倫比亞大學社會所碩班。他於 2015 年 5 月加入松年計計畫並負責訪談調查和撰寫手稿，在加入松年團隊之前，Angie 曾為多個致力於消除健康和生活資源不平等的跨國非盈利組織工作，他的研究主要專注在華人移民的身份任同與健康。

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Volunteer Profile

Ying Xu

Ying graduated from Syracuse University with a Master of Marriage and Family Therapy. Ying has 2 years of experience working with diverse population, providing mental health services and supporting individuals and families with community resources. She is currently working to understand how filial piety influence Chinese adults' physical and psychological well-being. Working with the Chinese Health, Aging, and Policy program, she developed great passions to help improving Chinese older adults' life quality and well-being.

Ying 畢業於雪城大學婚姻與家庭治療專業。Ying 有兩年的經驗，與不同人群工作，提供精神衛生服務，為個人和家庭提供社區資源。目前，她正努力了解孝道是如何影響華人的身心健康，熱忱希望幫助華裔老人提高生活質量。

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Pine Relax 遊戲環節

This Volume Question 本期問題

				8	2			
	8	2	9			4		
3	9				4	6		
5				2		9		1
		7				2		
1		4		5				6
		9	8				6	4
		6			3	7	8	
			2	4				

The answer will be in the next issue!
答案見下期

5	4	6	7	8	2	3	1	9
8	2	9	3	6	1	4	5	7
1	3	7	5	4	9	2	6	8
7	1	5	9	2	6	8	3	4
3	6	8	4	5	7	9	2	1
4	9	2	8	1	3	6	7	5
6	5	3	1	9	4	7	8	2
2	8	4	6	7	5	1	9	3
9	7	1	2	3	8	5	4	6

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PINE Partner 合作夥伴

Xilin Asian Community Center

Is a non-profit organization that is committed to serve Asian population's needs in the Greater Chicago Area. Xilin Center is a diverse community that provides exceptional resources for the educational, culture and social needs of families, children and the elderly. Xilin Asian Community Center is based in three different locations: Arlington Heights, Chicago, and Naperville.

Xilin Asian Community Center (Arlington heights)
145 E Algonquin Rd
Arlington Heights, IL 6005
Tel: 847-607-6555

Xilin Asian Community Center (Chicago)
2356 S. Wentworth Ave
Chicago, IL 60616

Xilin Asian Community Center (Naperville)
1163 E. Ogden Ave
Naperville, IL 605630
Tel: 630-355-4322

希林協會

Contact PINE 聯繫信息

您想要幫助我們改善華人老人健康問題嗎？
您想要加入我們的研究嗎？請與我們聯繫！

Do you want to help improve Chinese elder health problems?
Do you want to join our study? Feel free to contact us!

E-Shien (Iggy) Chang 張亦賢小姐
Research Manager 研究經理
(312) 942-3330
Eshien_chang@rush.edu