

******what you need for this week's lesson******
wedge

Hello Turn Members,

The next best day to Christmas is coming!! Most of you know what I mean, because I say it every year. The 15th Annual Join The Turn Outing!!!! It will look a little different this year, but we will still have fun and enjoy the camaraderie. You can look for the flyer in your email or we will have them available at the North Olmsted Golf Club.

Our first week of programming went very well unfortunately rainouts prevented week 2 from happening, but we will get back on track. It was great seeing all of you and I want to thank you for following the new guidelines to keep everyone safe and healthy. A couple of observations made by staff and volunteers to increase your safety during your time here. **Please bring water, it is very warm under the tent and you want to stay hydrated. The second observation is we encourage you to please use the ramp by the back of the clubhouse rather than using the curb by the cart staging area. The ramp is there to provide you the safest option of getting to classes when you arrive**

Last, but not least your focus for the next 2 weeks will be Energy Conservation on the fitness side and your golf team will work on Angle of Attack!

Your Program Coordinator,
Shellie



**Five P's of
Energy Conservation**

Physical disabilities can place many demands on the body. Many environmental conditions, such as hot weather, can also increase the amount of energy the body is expending. Many occupational and physical therapists discuss the importance of energy conservation with their patients. During the first week of programming, it became apparent that many members of The Turn would benefit from some reminders. So here's a quick review of how to manage your energy using the 5 P's.

1. **P**lanning – Make a schedule, organize proper rest periods, spread out errands throughout the week and be realistic.
2. **P**rioritize – Ask yourself what tasks have to be done and what is most important to you. Make your list and don't hesitate to delegate tasks!
3. **P**acing – Balance your activity and rest. Determine what time of day should be reserved for difficult tasks and activities. Our members with Multiple Sclerosis, who tire as the day goes on, should schedule activities, including golf, in the morning when they have more energy and it is cooler. Don't rush and try to complete one task before starting another.
4. **P**osition and Posture – We talk about posture in our program as it relates to golf and everyday activities like sitting at a computer. Poor posture expends more energy. Avoid staying in one position. Try to sit instead of stand for tasks if you can. An example would be sitting to dry your hair or taking a shower.
5. **P**ower – Many of our members use adaptive devices to conserve energy. Walkers, canes and wheelchairs are essential for individuals who are dependent on adaptive equipment, to get through a full day of activities. We also use adaptive golf carts, including the Solorider and the Paramobile so our members can play more holes of golf before tiring.

By using the 5 P's of energy conservation, you will not only be able to manage your activities of daily living, you'll be able to enjoy a full round of golf!



**Attack Each Shot
(From the Proper Angle)**

This week's golf focus at The Turn involves Angle of Attack. Angle of attack is another very important in-swing fundamental (happens during the motion of swinging) and it affects every shot you take.

So let's breakdown angle of attack in very simple terms.

First and foremost, every single club in your bag is built on an angle. This angle is known as the club's lie angle. Lie angle is measured from the underside of the club shaft to the ground.

Secondly, every swing that you make, your club approaches (or attacks) the golf ball on an angle.

There are three results that can occur. The first, and most desirable, is that your club "attacks" the ball on the proper angle for that specific shot with that specific club. The second option is that your club approaches the ball from an angle that is too steep (too much from the air...or too downward. The third option is that your club attacks the ball from an angle that is too shallow or flat (too close to the ground or too level/upward).

An angle of attack that is too steep or too shallow usually results in poor contact which ultimately will affect both distance and direction. The most important thing is that you understand that angle of attack is an important factor for every shot, including putting, chipping, pitching, bunker and full swing. If you consistently make poor contact with a specific shot, try to "attack" the problem with the proper angle!