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การประชุมวิชาการระดับนานาชาติ ครั้งที่ 1

เรื่อง **“Global Trends for Innovation of
Elderly Care”**

วันที่ 14 – 15 มีนาคม 2567 โดย มหาวิทยาลัยชินวัตร

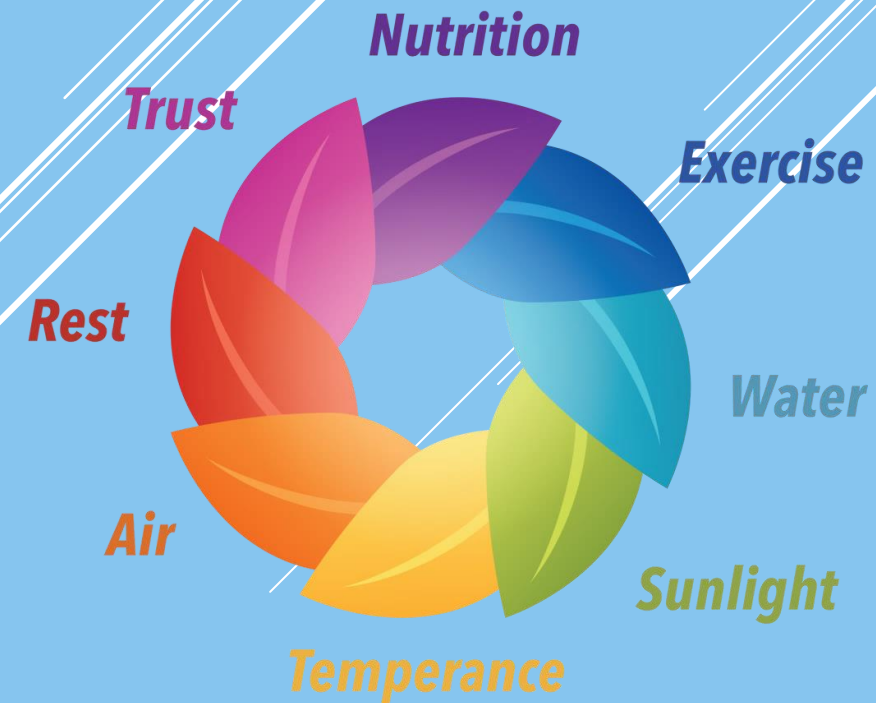


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NEWSTART

PRIMARY FOR ACTIVE AGING

Asst. Prof. Nirassiri Rojanadhamkul





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1. THE INTRODUCTION TO N-E-W-S-T-A-R-T
2. SELF-CARE ACCORDING TO THE CONCEPT OF NEWSTART
3. CONCEPT OF BEING A QUALITY SENIOR CITIZEN





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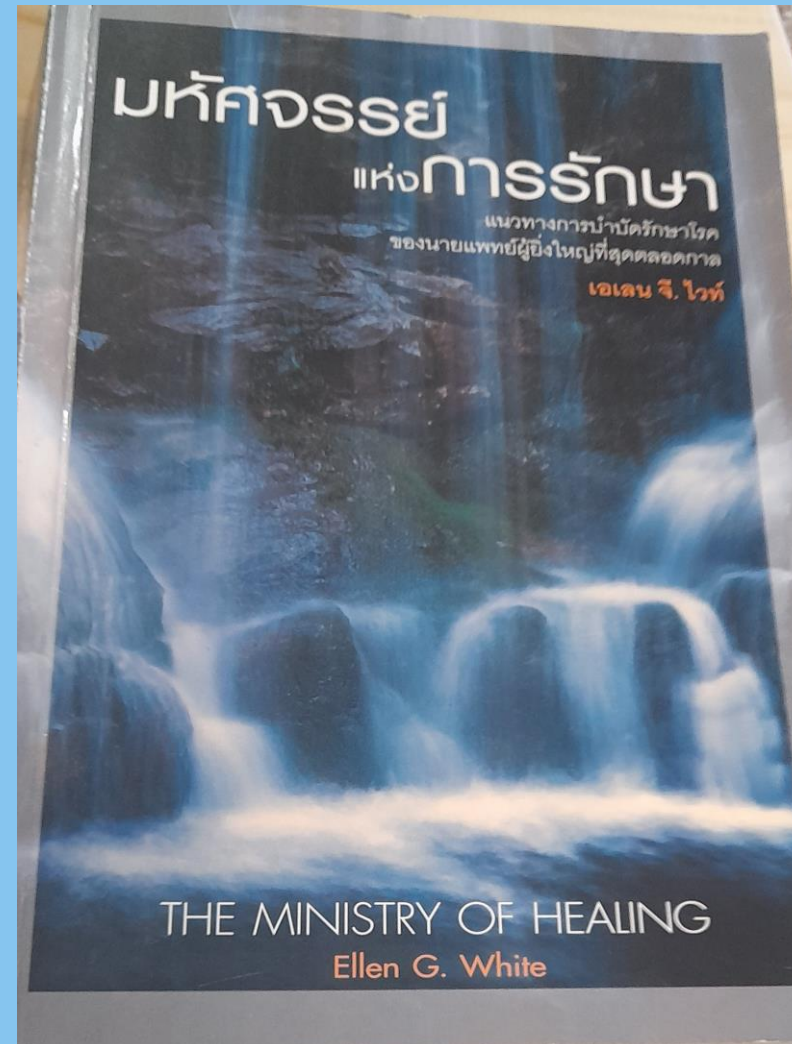
- ▶ White, E.G. (2013). The Ministry of Healing. Seventh-Day Adventist of Thailand.



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LOMALINDA University Health Research Center In the state of California, the United States has proposed simple principles of self-care that can be practiced in everyday life. This principle is called NEWSTART.

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- ▶ Ratanatharathorn, V.
(2020). Newstart. (6th
ed). Mission Hospital.



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คณะพยาบาลศาสตร์มิชชั่น
MISSION FACULTY OF NURSING

**สภากาพยาบาลรับรอง
คณะพยาบาลศาสตร์มิชชั่น 5 ปี
(พ.ศ.2566 - 2570)**

**THE THAILAND NURSING AND MIDWIFERY COUNCIL HAS GRANTED
ACCREDITATION TO
MISSION FACULTY OF NURSING
FOR 5 YEARS (2023-2027)**





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N (NUTRITION)



- ▶ **vegetables, fruits, and grains**
- ▶ **only appropriate protien**
- ▶ **variety of food**
- ▶ **Eat 3 meals per day**
- ▶ **Reduce consumption**



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E (EXERCISE)

- ▶ Frequency & regularly 4-5 times per week
- ▶ Intensity : Be sure to exert lots of energy when exercise
- ▶ Time: Spend at least 30 minutes a day in exercise
- ▶ Type: Choose aerobic exercise (which require a high intake of oxygen) such as swimming ,jogging
walk is the best from of aerobic exercise



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Best exercise is Walking.
Walk away from arguments
that lead to anger.
Walk away from thoughts
that steal your happiness.
The more you walk away from
things that destroy your soul,
the happier your life will be.



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คุณตาสว่าง “104 ปี” ยังแจ๋ว!
คว้าทองที่ 3 ไทยแลนด์ โอเพ่น



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W (WATER)



- ▶ Drink water adequately
- ▶ Secrets on How to Drink Water
 - Begin each day with drinking 2 glasses of water
 - Drink 8-10 glasses of water daily
 - Avoid drinking water in during the meal
 - Drinking water in between each meal





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S (SUNSHINE)

- ▶ **Expose to sunlight for refreshment & healthy bone**
- ▶ **Expose the hands ,feet, legs, head and neck to sunlight for 10-15 mins.**
- ▶ **Open the house windows to sunshine**
- ▶ **Exercise outdoors in the open air under the sun**
- ▶ **Avoid direct exposure to the sun during 10 AM-4 PM**
- ▶ **Protect the body from getting sunburn**



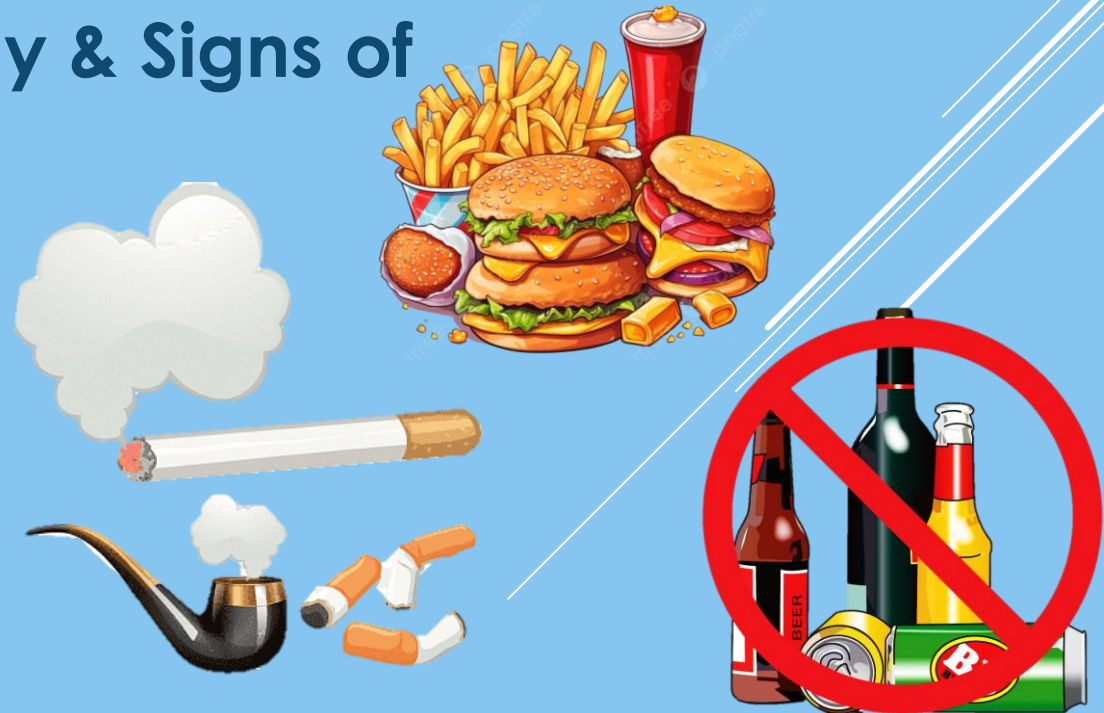
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T (TEMPERANCE)



Temperance- Practice self-control over desires

- ▶ Harmful Habits to Health Frequency & Signs of Addiction
- ▶ How to Stop Addictive Behavior
(K,A,P)

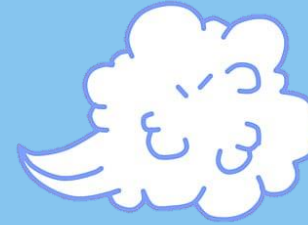




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A (AIR)



- ▶ **Air – Breathe in pure air**
- ▶ **How to Get clean Air**
 - Take 5 deep breaths with each time inhaling through the nose and slowly exhaling through the mouth
 - Avoid wearing tight clothing
 - Avoid areas which are high in air pollution



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R (REST)

- ▶ Get adequate rest and sleep
- ▶ Recreation : Reading your favorite book or strolling can help relax the mind
- ▶ Get 7-8 hours of sleep per night.
- ▶ Finish eating dinner at least 4 hours before bed time.

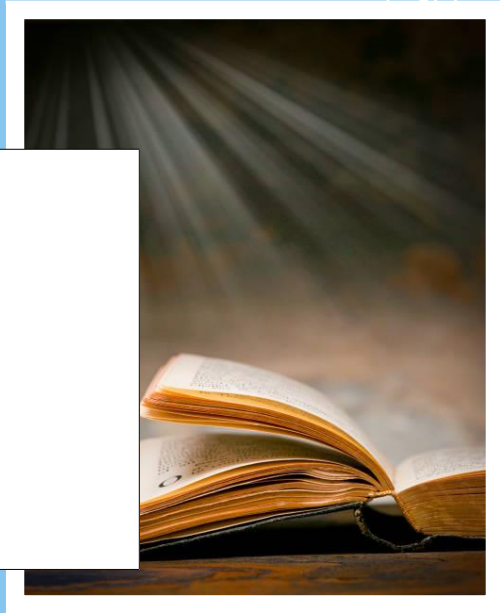




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T (TRUST)

- ▶ Trust – Commit your life to God
- ▶ Those who obey and trust in the power of God





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Attitude



BEHAVIOR



CONTINUITY



AGING





God bless
YOU ALL