

SENIORS ROCK Magazine

AGING WITH GRACE, JOY & PURPOSE

MAIDEN EDITION

**STANDING
STRONG ON
SHIFTING
SAND!**

THE
PROVERBS
31
NURSE

**YOU
DID NOT
FORGET
US.**

Eating
WELL AS YOU AGE



**WILL YOU
STILL NEED
ME WHEN
I AM 84?**

Aging Alone Doesn't
Have to Mean Lonely



www.seniorsrockmagazine.com



precious
at Home

One®

SENIOR CARE

To us, it's Love, Care & Dedication

WHERE IS YOUR PRECIOUS ONE?



WHEREVER
THEY ARE

**WE PROMISE TO HELP
TAKE GOOD CARE
OF THEM.**

PLEASE CONTACT US NOW

402 813 3444

preciousoneathome@gmail.com | www.preciousoneathome.com

SENIORS ROCK Magazine
AGING WITH GRACE, JOY & PURPOSE MAIDEN EDITION

STANDING STRONG ON SHIFTING SAND!

YOU DID NOT FORGET US.

Eating WELL AS YOU AGE

THE PROVERBS 3 NURSE

WILL YOU STILL NEED ME WHEN I AM 84?
 Aging Alone Doesn't Have to Mean Lonely

www.seniorsrockmagazine.com

Download your free copy at
www.seniorsrockmagazine.com

To reserve space in

SENIORS ROCK Magazine

PLEASE CONTACT US.

402 813 3444

Email: seniorsrockmagazine@gmail.com



Come GROW with us by
 advertising in the SENIORS ROCK MAGAZINE

contents

6

THE JOY OF
SISTERHOOD

10

LIVING LIFE
@ 90

13

WILL YOU
STILL NEED ME
WHEN I AM 84?

14

WHAT IT'S
LIKE TO BE 90
SOMETHING

18

IT'S
ALL ABOUT
MAKING
MEMORIES

20

5 WAYS
TO REWIRE
YOUR
THOUGHTS
ON THE
AGING
PROCESS

22

ISOLATION-
INDUCED
DEPRESSION
IN SENIORS

26

AGING
GRACEFULLY

30

THEY DID NOT
FORGET US

34

STANDING
STRONG ON
SHIFTING
SAND

37

I STILL
KNOW WHO
SHE IS

38

THE
PROVERBS
31 NURSE

39

SEE ME

CLASSIFIED ADS

32

40

WE SEE YOU

42

THE REALITY
OF CARE-
GIVING

44

ENCOURAGE-
MENT FOR
CAREGIVERS

contents

46

**SMART
FINANCIAL
MOVES FOR
EVERY STAGE
OF LIFE**

47

**15 WAYS
SENIORS CAN
SAVE MONEY**

48

**SENIOR
SCAM ALERT**

50

**5 BENEFITS
OF EXERCISE
FOR SENIORS
AND AGING
ADULTS**

52

**4 TYPES OF
EXERCISE
EVERY SENIOR
NEEDS**

54

**EATING
HEALTHY
AS YOU AGE**

58

**JOKES
LET US HAVE
A GOOD
LAUGHTER**

60

**AGING
WITH GRACE,
JOY AND
PURPOSE**

Editor's Letter



It is an absolute pleasure to welcome you to your new magazine, **SENIORS ROCK**, a magazine for seniors, growing adults, caregivers and health workers.

After many years of working as a Caregiver and a Nursing Assistant, I've had many and different encounters with Seniors of all walks. To me, caregiving isn't just a job, it is a calling. That is where I get my energy, to do more for the senior community, hence the creation of **SENIORS ROCK MAGAZINE**.

We want **SENIORS ROCK** to be educative, entertaining, inspiring and informative, but above all useful. Inside you'll find a mixture of interesting and readable stories, on dementia, aging and health-related topics.

I believe there is something interesting in **SENIORS ROCK** for everyone to read, reflect on and get excited about.

Please make sure you take the time to relax and read the maiden edition of **SENIORS ROCK**! Don't forget to visit www.seniorsrockmagazine.com, and sign up for our digital edition to access anytime, anywhere, from your preferred device. You can also download it and share with your family and friends.

Keep in mind that balance is the key; be mindful of your personal well-being. Age gracefully and joyfully.

Thank you from the bottom of my heart for connecting with **SENIORS ROCK**. We hope you enjoy this maiden edition. You're a big part of our family now and we look forward to walking the journey with you.

We want and will welcome your feedback and input. We just want it to be the very best that it can be.

Here is to the promise of a new magazine, **SENIORS ROCK**!

PEACE BENNETT
Publisher & Editor-In-Chief



THE

JOY

OF

SISTERHOOD

“Loving friendships will nourish and enrich your life as you age. They're worth taking seriously.”

You support one another during times of major change like marriage, divorce, and retirement; you comfort one another during times of loss; you help one another find the humor in growing older. Female friendships can be the key to happiness in older women, but they're not often treated as such.

ARE FEMALE FRIENDSHIPS THE KEY TO HAPPINESS IN OLDER WOMEN?

We hear a lot about a healthy diet, regular exercise, and romantic relationships, but female friendships in older age are often treated in society as just good fodder for comedy (see: *Golden Girls*, *The*).

Friendships aren't just good for fun and games (although they're terrific for those, too), they're also vital to your physical and mental health-and your longevity. Human beings need relationships to survive. Infants can die if they go too long without being held, and the elderly experience an increased risk of mortality without social interactions.

Isolation and loneliness are major factors in depression and negatively affect mental, physical, and cognitive health.

According to one study published in *Industrial Psychiatry Journal* titled "Loneliness, depression and sociability in old age," "There is a growing body of evidence that suggests that psychological and



By Andrea Brandt Ph.D. M.F.T.

sociological factors have a significant influence on how well individuals age" (Singh & Misra, 2009). That's shown clearly in research led by William Chopik of Michigan State University who showed in a review of two surveys taken by about 280,000 people that "valuing friendships was related to better functioning, particularly among older adults," and that "only strain from friendships predicted more chronic illnesses over a six-year period" (Chopik, 2017).

Want to eat healthful foods and exercise every day? Grab a friend. It's a lot easier to eat well and go for long walks around your neighborhood when you've got a friend to dine and walk with you. Friends can encourage each other and push each other to be healthier (the positive kind of peer pressure).

I write about the connection between friendship and physical health in my book *Mindful Aging*,

and it's something I focus on with older adults who seek me out for therapy in Los Angeles.

How about mental health? Looking for someone to commiserate with or to validate your life choices? Look no further than your best girlfriend. While your children may not understand the struggles of older age and your spouse (if a man) may not understand the struggles of female older age, your best friend will. Whether it's menopause or choosing to start a new career rather than move to a retirement community, good friends will be there to complain with you or to support your life choices.

But friendships like these don't happen by accident. You may be used to the idea that romantic relationships "take work," but did you know friendships do, too? Relationships with friends require nurturing, which begins with having a friendship-focused mindset and intentions and extends to our daily priorities, choices, and interactions. The success or failure of friendships depends on our level of mindfulness.

Your genetics and early life experiences significantly influence your friendship skills. But even if you aren't naturally good at making or keeping friends, you can

“
**LOVING
FRIENDSHIPS
WILL NOURISH
AND ENRICH
YOUR LIFE
AS YOU AGE.
THEY ARE
WORTH TAKING
SERIOUSLY.**
”

learn how to connect positively with others. As old friends leave one's life through time or circumstance, one needs to rebuild one's social circle. It is never too late to build or repair yours.

When you look back on your life, it's likely you see the years of your most active and abundant friendships as your happiest ones. While it's probable that the most profound pains you've experienced in your life involved breaks within your social connections.

It should go without saying that the better you are at making and keeping healthy connections, the happier and healthier you will be.



Look What You Get For One Price

RESIDENT SERVICES

Social and leisure activities tailored to fit your lifestyle, including involvement in community activities Utilities (gas, electric, water, trash disposal) are paid Centrally located, individual mailboxes Multiple complimentary laundry facilities and washer/dryer hook-up in every apartment Courtesy transportation to medical appointments, shopping and recreational activities Use of all building common areas Personal banking services Complimentary storage space (availability)

DINING

Our flexible dining plan allows you to choose the meal program that fits your lifestyle. Full Continental breakfast. Elegant evening, chef-prepared meal with your choice of entree as well as salad and dessert selection. Lunch is an optional plan

HOUSEKEEPING / MAINTENANCE SERVICES

Housekeeping of your apartment twice a month
All building and ground maintenance
Trash removal from multiple, central sites

SECURITY PEACE OF MIND

Each individual apartment provides you with comfort, independence, and security, a discrete 24 hour emergency system features a waterproof, easy-to-wear wrist band activator. This allows you to alert our staff if you are in need of attention. In addition, the activator is GPS based so that we can locate you anywhere in the building. Dedicated staff that's available 24 hours a day, seven days a week. A safe, secure building that is fire rated and monitored by a local security company. An electrical outlet connected to emergency generator in every apartment in the event of a power outage Interior and exterior closed circuit security cameras Tornado shelter in underground parking

OPTIONAL SERVICES AVAILABLE AT AN ADDITIONAL CHARGE

Underground parking garage
On-site Health Care Center with Nurse practitioner
Beauty/barber Shop Services
Foot Care Clinic
Guest Meals
Overnight Guest Accommodations



RETIREMENT COMMUNITY IN OMAHA, NE

As one of Omaha's premier retirement communities for active senior living, you'll find an instant place to call home at **Sunridge Village**. Our independent living senior apartments are made to meet the unique needs of the 55+ community.



Live Worry Free!



13410 Blondo Street, Omaha, NE 68164
402.496.0116 | Email: info@sunridgeomaha.com
www.sunridgeomaha.com

IT LOVING Life

@





To look good and feel good is work. To look great and feel great is a full-time job. There is no cheating! It's daily! Minute-by-minute, second-by-second.

This is the process I love and love to work at. The reward is liking myself and living a creative life. I will turn 90 on April 4 and hope I can still create this in 10 years time.

Life in itself is a challenge and you can either, accept it and take action, or you can sit and do nothing. My advice is there is only one winner: accept the challenge, take action and get on with your life no matter what age.

I'm not aware of being 90. I'm aware of feeling physically as good as I have ever felt and mentally even better. I practice dance and workout every day. This body has to know who's boss and being 90 and feeling 20 is as good as it gets! People ask me all the time what's my secret. I tell them move, learn and listen.

Phyllis Sues

The reward is a healthy body and mind. I'm totally selfish in that me and my body and mind are one. We are partners and we work play and live as one. So if that is so, we can't sit around and think about tomorrow. Our body and mind has to be trained from the first breath, otherwise it's down hill all the way. Numbers and dwelling on age is a trap. There is no age, it's living each moment to it's fullest.

I started my own fashion label at 50, became a musician and learned Italian and French in my 70s, took tango and trapeze at 80 and walked into my first yoga class at 85. So, if you think you're old, think again!

What inspires me is the process of learning. Inspiration creates creativity and creativity creates a better life. I like experimenting and have no fear of trying something new, so flying high on a trapeze at 80 was never a question. Becoming a musician late in my life was not accidental. It was meant to be.

I love to move and exercise, so my work out regime consists of yoga, tango, jump rope, hiking with my poodle Nicko and playing tennis.

Yoga gives you a life you didn't have yesterday. It's a wakeup call to every cell in your body. Every muscle sits up and pays attention. I live to do yoga and I do it to live.

Do every pose as good as you can and then do it a little better. I have arthritis in my spine, but I can do a full back bend, headstand and splits.

**There is a way
to beat the clock.
Stay fit and enjoy
the journey.
Accept the challenge
and go for it!**

Dance has always been my passion. I had my first ballet lesson at 14 and knew then dance would be my life. Four years later I was performing in a night club in Boston and soon after that I was performing on Broadway.

Bloomer Girl, Oklahoma, Brigadoon, High Button Shoes and Kismet. I then went to Rio de Janeiro with the Ballet Russe De Monte Carlo. So from age 18, work was constant and life was and is really good. I'm still working creatively and love what I'm doing and have no intention of changing direction.

I have realized, that anything is possible, if you like who you are and what you do. Yes, anything is possible and even probable.

If you don't train the body every day it withers. If you don't train the mind everyday, you lose it. That's why I learned Italian and French, as learning a language is a great mental exercise. I then challenged myself to write music. I wrote the music and lyrics for my first song "Free Fall," which was inspired by flying on the trapeze. A CD followed with 12 songs: Scenes Of Passion. And then six tangos for Tango Insomnia. I now write short songs daily about things I do.

Tango dancing is a fantastic exercise, as it's physical and emotional. It's the only time, when I turn off my mind and just dance, so I am in the moment. To look effortless in dance is sheer beauty. That's my desire. I'm still

performing, as it keeps my body in tune, is good for my memory and it makes my life a joy. A triple Boleo in the air would make my journey complete. Marcos (my teacher/dance partner) says it will take two years. I tell him, I have time!

I admit, I'm driven but I'm driven by desire and that's the formula. Desire is so powerful, like you are propelled as if from a canon. Desire to me is the driving force, but action is the result.

Working and accomplishing something mental and physical makes my day worth living and suddenly there is a break through, another step on the ladder. I don't give up. The sun and moon are there for everyone. The journey is worth it! This trip has been good to me and I wouldn't trade it for all the stars in the universe.

There is a way to beat the clock. Stay fit and enjoy the journey. Accept the challenge and go for it!

**My name is Phyllis Sues
and that's what I did!**

Precious One
at Home
SENIOR CARE
To us, It's Love, Care & Dedication

WHERE IS YOUR PRECIOUS ONE?

WHEREVER THEY ARE WE PROMISE TO HELP TAKE GOOD CARE OF THEM

PLEASE CONTACT US NOW
402 813 3444
preciousoneathome@gmail.com | www.preciousoneathome.com

Will You

STILL NEED ME WHEN I AM 84?

Aging Alone Doesn't Have to Mean Lonely

People confuse the word “alone” with lonely. In a society where marriage has been held up as the ideal, they misunderstand how those who’ve never married, or who are widowed or divorced, experience living alone.

Loneliness is not tied to relationship status, and it’s a fallacy to assume that marriage or cohabitation is the solution. Ask anyone who’s been in an unhappy, non-communicative marriage. Eric Klinenberg, the author of “Going Solo,” a book about living alone, looks at the emergence of the one-person household as an increasingly preferred living choice. “People who live alone do get lonely,” Klinenberg says, “but so do people in marriages.”

Younger people have made living alone a choice; in the under-65 demographic, 15 million live alone and many are actively choosing single lives, at the same time proving that the old equation between living alone and being unhappy no longer holds true. Younger singles are just as happy and healthy as younger people in committed relationships. But what about the 11 million seniors who are leading single lives? According to researchers, many older singles are not doing so well.

As we age, many of us start worrying what living alone will be like. Who’ll help if I become ill? What if I feel lonely and isolated? We worry about maintaining social connections if we lose mobility.

Those of us who sought a single life and chose not to remarry after a divorce or spouse’s death might find ourselves rethinking our priorities.

Should advancing age cause people like me who are single to rethink our status? Is it time to find a partner?

In an effort to quantify the feeling of loneliness – a sense of not having meaningful contact with others, accompanied by painful distress – geriatric specialists at the University of California, San Francisco, asked 1,604 adults age 60 and older how often they felt isolated or left out, or lacked companionship. Sixty-two percent of those who reported being lonely were married.

Maybe what we need as we plan for old age is to expand our social connections and interactions – not look for a husband.

Words – and More – With Friends

We long for meaningful relationships and social connections. That may be why increasing numbers of older people are turning to online dating sites, which offer a way to connect with others and make new friends, even if they don’t deliver a life partner.

There are other ways to connect and grow our social circles, too. Facebook is a great place to chat, keep up with friends’ activities and even play games with them, like the popular game Word with Friends. Some websites offer forums and chat rooms that encourage users to interact with others. Online friendships can supplement real life relationships.

We need social interactions and people in our lives who care about us, but living alone doesn’t always lead to loneliness, just as living with others is no guarantee of happiness. We can maintain our independent lifestyles as we age and build strong social connections at the same time.

By Walker Thornton



What It's like to Be 90-Something

My preconceptions about older people first began to crumble when one of my congregants, a woman in her 80s, came into my office seeking pastoral care. It is a strange and wonderful feature of my job that I get to be a confidant and advisor to people at all stages of life.

She had been widowed for several years but the reason for her distress was not the loss of her husband. It was because she had fallen in love with a married man. As she shared with me her story over a cup of tea and kleenex, I tried as much as possible to keep a professional and compassionate countenance, though, internally, I was bewildered by this realization that people still fall in love in that teenage, butterflies-in-the-stomach kind of way even into their 80s.

I have a great privilege of working with people who are double and even triple my age. This is not the case for many as the economic structure and workforce are stratified in that people are employed within their own demographics. But because I am a minister in a mainline denomination with an aging base, the people I primarily interact with are over the age of 60. I came into my job assuming that I, a Korean-American woman in my mid-30s, would not be able to connect with these people from a completely different racial and cultural background. It did not take long for me to discover how very wrong I was.

We all have joys, hopes, fears and longings that never go away no matter how old we get. Until recently, I mistakenly associated deep yearnings and ambitions with the energy and idealism of youth. My unconscious and unexamined assumption was that the elderly transcend these desires because they become more stoic and sage-like over time. Or the opposite: they become disillusioned by life and gradually shed their vibrancy and vitality.

The initial realization that my assumptions might be wrong set me on a trajectory of further researching the internal lives of older people. Using my congregation as a resource, I interviewed several members in their 90s with a pen, notebook, a listening ear and a promise to keep everyone anonymous. I did not hold any of my curiosity back and asked them my burning questions about their fears, aging, sex lives or lack thereof. Fortunately, I had willing participants, many of whom were flattered that I was so interested in them as American society tends to pay less attention to people as they age.

I began each conversation by asking if they had any regrets. By this point, they have lived long enough to look at their lives from a very broad perspective so I knew their responses to this question would be insightful. Most of their regrets revolved around their family and how they wish relationships, usually either with their children or between their children, turned out differently. These relational fractures, I could see on their faces, still caused them much pain and sorrow.



REV. LYDIA SOHN

One of my interviewees has two children who have not seen or spoken to one another for over two decades. She lamented that this, among all the mistakes and regrets she could bring to mind, was the singular thing that kept her up at night.

I then moved onto the topic of the happiest times of their lives. Every single one of these 90-something-year-olds, all of whom are widowed, recalled a time when their spouses were still alive and when their children were younger and living at home. As a busy young mom and working professional who frequently fantasizes about the far away, imagined pleasures of retirement, I quickly responded, “But weren’t those the most stressful times of your lives?” To which they all agreed. There was no hesitation though, that those days were also the happiest.

Their responses intrigued me as it contradicted the well-known article on happiness in *The Economist* that went viral in 2010, “The U-bend of Life”. This was a common topic of conversation among my family and friends during this time as it had a particular resonance with people in both its counter-intuitive yet completely reasonable analyses. The theory of the U-bend came about as researchers discovered consistent findings from independent research projects on happiness and well-being all over the world. That is, happiness, pleasure and enjoyment are most tenuous during the middle-ages of life, starting in the 20s with depression peaking at 46, which the author described as “middle-age-misery.” The happiness of peoples’ youth however, not only returned but were experienced in higher levels in their 70s. Researchers hypothesized that middle-age-misery was due to the overwhelming number of familial, professional and financial demands during these years and that people became more self-accepting, less ambitious and more mindful of living

in the present moment instead of the future as people approached their 70s.

My interviewees’ contradicting thoughts on the happiest times of the lives led me to reflect upon the complex nature of happiness and possibly the changing understanding of happiness as people age. When we are younger, perhaps we think of happiness as a feeling than a state of fulfillment, meaning or abundance, which my interviewees were associating it with. Regardless, their responses came as a sobering reminder for me to fully appreciate and soak in these chaotic days of diaper changes, messiness and minimal me-time. They may just end up being my happiest times.

Another subject I was dying to know about was if their spouses of many decades were the loves of their lives. As it turns out, this was true for some and not for others. In both cases, it did not keep them from trying to make their marriages work. I got the sense from what they were sharing that after they had children, their marriages became much less important to their happiness than the overall nuclear family dynamic. This focus upon the family unit, however, did not mean that their sexual and romantic passion went away. They still longed to be wooed and pursued. They still experienced intense attraction to people who were not their spouses and continue to experience intense attraction for other people to this day. Of course, sex becomes more tiresome, as well as masturbation, but the desire for companionship is as present as it was during the height of their youth.

My interviewees’ thoughts on beauty and their aging bodies were also varied in that their changing physical appearances only mattered insofar as it mattered to them when they were younger. Those who were valued for their good looks or athleticism experienced much more grief in regards to their current bodies than those who derived confidence from admirable qualities that were much less time-fixed. A great example of this is one interviewee who was well-

90 SOMETHING

known in her community for being a writer and columnist in local newspapers. When I asked her if she was saddened by her aging appearance, she responded, “Well, I never thought I was pretty to begin with so, no.” The ones who did experience greater negative emotions about aging though, shared that the peak of that grief occurred in their 70s and has diminished since then.

The same woman who told me she wasn’t bothered by her aging appearance also shared with me that she wasn’t afraid of death but of dying. I found this to be a profound distinction. She believed in an afterlife, as one might expect given that she is a church member. She had an assurance that she would, in one way or another, be well taken care of after her time here came to an end. She is still very physically and mentally healthy so it was that final leg of her journey that worried her. Would she be restricted to a hospital bed, just a mess of tubes and needles? Would she still recognize family and friends? Would she be in constant pain? Being old didn’t bother her until it affected the quality of her life in an incredibly detrimental way. In fact, being old, she shared, brought a lot of advantages: more time, more perspective, less hustling to be the best and most successful and urgency to strengthen the important relationships in her life.

This radical relational orientation of all my subjects caught me by surprise. As someone who is entering the height of my career, I expend much more energy on my work than my relationships. And when I imagine my future, I envision what I will have accomplished rather than what my relationships will be like. These 90-something-year-olds emphasize the opposite when they look back on their lives. Their joys and regrets have nothing to do with their careers, but with their parents, children, spouses and friends. Put simply, when I asked one person, “Do you wish you accomplished more?” He responded, “No, I wished I loved more.”

My conversations challenged me. I certainly won’t be giving up my job to hang out with my family more because I also recognize that satisfying careers and financial stability are great sources of fulfillment, which in turn, affect family well-being. But these different perspectives helped me to focus on

DO YOU
WISH YOU
ACCOMPLISHED
MORE?”
HE RESPONDED,
“NO, I WISHED
I LOVED MORE.

what really matters in the face of competing responsibilities and priorities. That sermon really does not have to be the best sermon in the world when my son is starving for my attention. My husband really does not need to get the highest-paying job he can find if that means I can spend more time with him.

However, the biggest impact they left on me was not reprioritization but being okay with aging. I confess that prior to my conversations, I had an intense fear about growing old. This, I realize, was what motivated me to begin this research in the first place. I assumed the elderly lost their vibrancy and thirst for life. That couldn’t be further from the truth. They still laugh like crazy, fall in love like mad and pursue happiness fiercely

SENIORS ROCK Magazine
AGING WITH GRACE, JOY & PURPOSE MAIDEN EDITION

STANDING STRONG ON SHIFTING SAND!

YOU DID NOT FORGET US.

Eating WELL AS YOU AGE

THE PROVERBS 31 NURSE

WILL YOU STILL NEED ME WHEN I AM 84?
Aging Alone Doesn't Have to Mean Lonely

www.seniorsrockmagazine.com



HELP

Medical Equipment Rental
& Long-Term Care Planning

MEDICAL EQUIPMENT RENTAL AND SUPPLIES



Health Equipment & Long-Term Planning (**HELP**) is a unique, nonprofit organization that improves quality of life and independence for seniors, adults and teenagers. Serving more than 7,000 people in eastern Nebraska and southwest Iowa, HELP comprises two programs: low-cost medical equipment rentals and long-term care planning.

PROGRAMS SUPPORT INDEPENDENCE

HELP renovates gently used medical equipment and makes it available to those in need at a fraction of the retail cost, enabling individuals to maintain independence in their own homes. The long-term care planning program accepts all Douglas/Sarpy county residents, regardless of income or age, including those covered by Medicaid.

ENVIRONMENTALLY FRIENDLY RECYCLING

HELP's overhead costs are extremely low, with 93 cents of every dollar applied to our services. In addition, our environmentally friendly recycling program diverts thousands of pieces of medical equipment from landfills annually.

**“HELPING THE COMMUNITY
EVERY DAY”**

Location: Center Mall - 1941 S 42nd St #200, Omaha, NE 68105

Tel: 402-341-6559 www.helpequipment.org



MAN STARTS

NONPROFIT

TO HELP

SENIORS

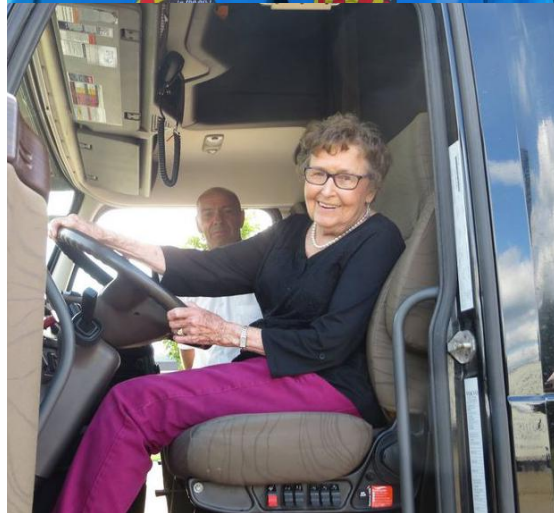
ACCOMPLISH

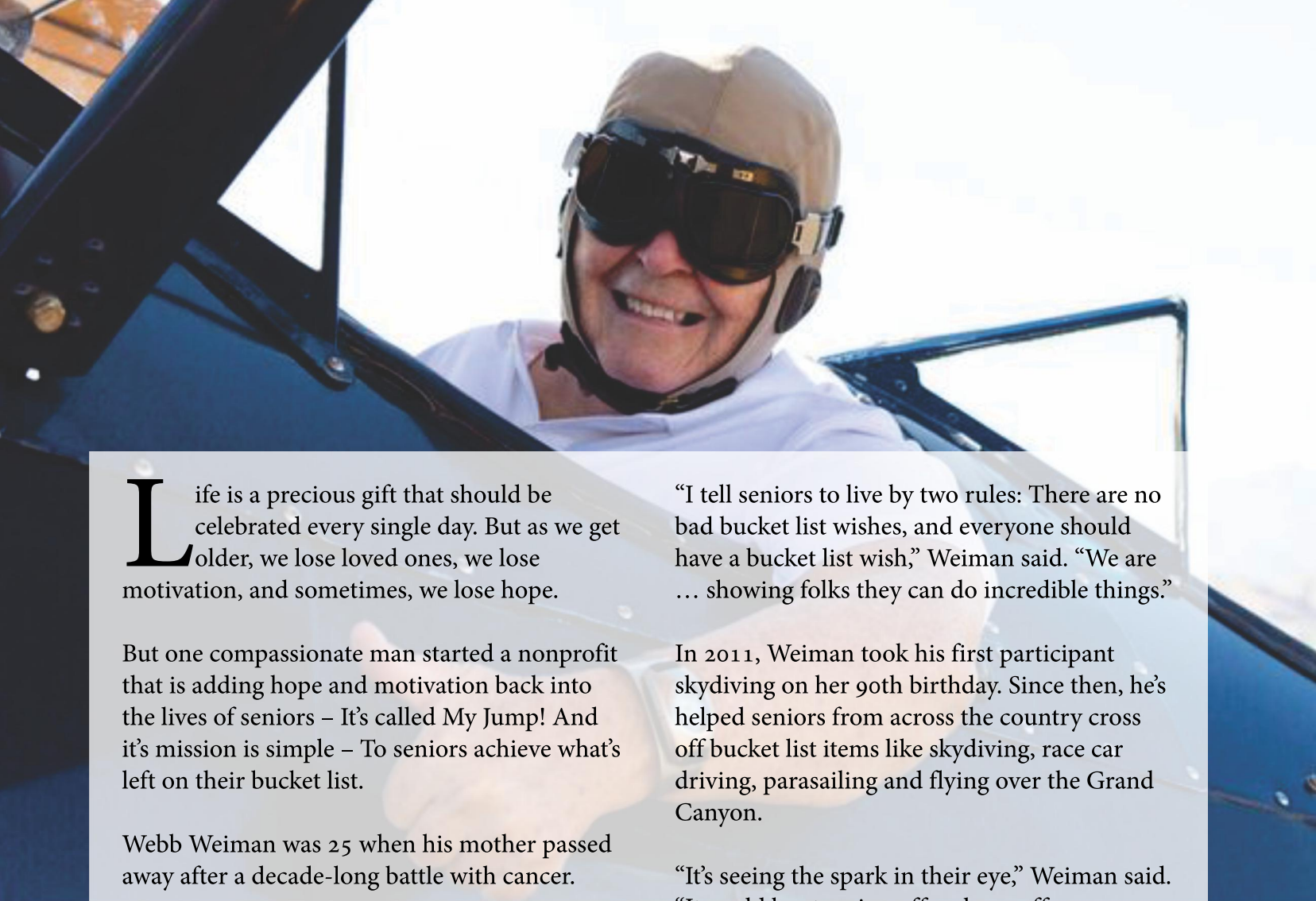
THEIR BUCKET

LIST

ADVENTURES

***“It’s All About Making
Memories”***





Life is a precious gift that should be celebrated every single day. But as we get older, we lose loved ones, we lose motivation, and sometimes, we lose hope.

But one compassionate man started a nonprofit that is adding hope and motivation back into the lives of seniors – It’s called My Jump! And it’s mission is simple – To seniors achieve what’s left on their bucket list.

Webb Weiman was 25 when his mother passed away after a decade-long battle with cancer.

After the loss, his father began to isolate himself and ceased living the vibrant life he once led.

“I’d come home and find my father alone in his dark bedroom,” Weiman said. “He was once so adventurous, but the loss just caused him to retreat.”

Weiman decided to intervene. He found his mother’s phone book and set his father up on a date. That date eventually led to marriage.

“It gave him a new lease on life,” Weiman said.

Through the experience, Weiman found a new passion: helping seniors achieve what’s left on their bucket lists.

Today his nonprofit, My Jump!, has taken more than 50 senior citizens on adventures.

“I tell seniors to live by two rules: There are no bad bucket list wishes, and everyone should have a bucket list wish,” Weiman said. “We are ... showing folks they can do incredible things.”

In 2011, Weiman took his first participant skydiving on her 90th birthday. Since then, he’s helped seniors from across the country cross off bucket list items like skydiving, race car driving, parasailing and flying over the Grand Canyon.

“It’s seeing the spark in their eye,” Weiman said. “It could be stepping off a plane, off a Goodyear blimp, off a purple Harley. It’s just knowing what you’ve done made a difference in their life.”

Weiman arranges all the details for each participant—all they need to do is show up. His group films each experience and creates videos he calls Jumpisodes for the participant to share with their family.

“This organization is all about making memories,” he said. “Every time they land on the ground or get out of the racecar, it’s a memory that will stay with them. And it is part of their legacy that their families will remember for many years to come.”

Source: CNN

5

WAYS TO REWIRE YOUR THOUGHTS ON THE AGING PROCESS

Why Resent Aging When You Can Celebrate The Triumph Of Still Being Here?

We all know the expression “to grow old gracefully.” I have been thinking a lot about why we would need “grace” to accept something that is so natural. What is it in us that rebels against the aging process or, at the very least, worries about it? When I was in my 20s, I had already started worrying about the one or two lines that appeared like a dark magic overnight on either side of my mouth. “Laugh lines,” my mother called them, when I complained. “We all get them; still, it is good to keep laughing.”

My mother at 80 had a face nearly devoid of wrinkles, and her hair was only gently salted with gray.

Nevertheless, she felt sad at aging and often complained, “Why do we have to get old?” My father was worse. He went around quoting T. S. Eliot’s “The Love Song of J. Alfred Prufrock,” a poem about the sufferings of middle age. He’d mutter to himself, “I grow old...I grow old... / I shall wear the bottoms of my trousers rolled,” as he struggled with the pains of middle age to get himself up from the sofa. He would say, “Oh Resa, it’s terrible getting old.”

At that faraway vantage point of my 20s while looking at laugh lines in the mirror, I wondered what 50 would feel like. Half a century! How could anyone be happy being that old? I felt

afraid of age and thought about ways to resist it. Would I be one of those people who opt for plastic surgery? Facelifts? Eyelifts? Growing up in L.A., I saw these procedures as normal and accepted. “It’s good to do something to make yourself feel younger,” people would say.

This thinking changed abruptly when I was in my mid-30s and diagnosed with a rare cancer. Suddenly I didn’t know if I would get to see 40, let alone 50. The aging process looked very different to me when I was faced with the possibility of not getting to experience it. After my diagnosis and dealing for more than a decade with the repercussions of recurrent sarcoma, I have made it my goal to become as old as I possibly can and find ways to revel in the sheer fact that I get the chance to age. The Tibetans say it is good to have as long a life as you can. We don’t know when we will get to be in human form again and must make the most of this rare opportunity not to be a frog or a goat and to develop our human consciousness, our reason, and our heart.

As I was facing my first surgery, I found myself wishing very strongly to know what it feels like to live a half century and well beyond. I had 3 surgeries in a 12-year span and I’m still here and on the other side of 50. I am now reaching for 70, 80, 90. My aunt Pearl will turn 90 soon. She lives a vibrant life filled with friends, grand- and now great grandchildren, and is greeting this milestone with joy. I want to greet 90 without regret that I don’t look or feel as I did at 20.

Sometimes I catch myself unhappy with the things that come with aging: problems with eyesight, changes in mobility, lowered energy, and I do feel pangs of longing each time in bright sunlight when, catching my reflection, I see more and more gray and fine wrinkles appearing on my forehead and neck. “Turkey neck,” I can hear my mother say. Should I hide my turkey neck in layers of brilliantly colored scarves? Or let it be another sign of my triumph over cancer, that I have now lived long enough to have the neck of a turkey?

In celebrating the triumph of still being here, I have devised 5 practices to rewire my way of thinking about aging that I’d like to share with you:

LIVE WITHOUT COMPARISON

Tibetans say that unhappiness arises in comparison. There will always be someone younger, prettier, richer, happier, more successful, more brilliant than you. So let go of comparing what you were like when younger with what you are like right now. Revel in the moment of being still here on this earth. For me, right now it is this perfection of the slightly oversteeped Earl Grey I am sipping as music nostalgic to me plays in this café as I write these words. First Lou Reed, then Bob Dylan. What is this moment for you?

REVEL IN EXPERIENCE

Embrace the wisdom that comes with aging, with the accumulated experience of having lived so many years. Celebrate your experience and

wisdom by writing in a journal or sharing your wisdom, stories, struggles, and the challenges you have overcome with friends, family, and those younger than you. Write a list of your major life experiences, both positive and negative, and revel in all these steps that have brought you to this moment and the person you are right now.

SEARCH YOUR HEART

What do you still want to do in life? There is so much to do, to learn, to create! Search your heart and mind and come up with a list of your dreams. Perhaps you want to learn a new language, travel to see where your grandparents came from, learn a new skill like weaving or pottery. Take up the drum or piano. Dance, keep a journal, paint. Write poems, sing in a choir, adopt a dog. Go someplace quiet and let your mind go wild with possibility. Let the dreams unfold, write them down, and see how many of them you can reach!

HEAL SOMETHING

We all have regrets, unfinished business, places in our lives where we don’t feel healthy enough, strong enough, wise enough. We haven’t joined the gym or are afraid of trying yoga. There is a pile of books still unread on our night table and a friend we had a falling out with and we feel sadness and regret. There is always something to heal. A need to eat more healthy food, get out into fresh air, recharge your career, declutter your home, begin or restart a meditation practice, ride a bike to work or walk instead of using a car. Now let

yourself dream about small improvements you can make right now. Make a list and let the healing begin!

CREATE A NEW IDEA OF BEAUTY

A lot of what makes us (especially women) sad about aging is connected with our concept of beauty and our current culture that reveres the young. So start actively seeking the beauty in aging itself. Trust that nature knows what it is doing. Just as we appreciate an aged wine or the rich reds and golds of autumn leaves, let’s appreciate the deeper beauty of a face carved with wrinkles that is like our map of experience, akin to a tree trunk with its many rings that show how many years the tree has lived. Revel in the beauty and wonder of silver and gray and don’t always feel the need to cover it with store-bought colors of youth. Enjoy the beauty of slower rhythms that we can fall into as we age. Be slow and still, so you can better notice and appreciate the



THE **D** depression **FACTOR**

“

**ISOLATION-
INDUCED
DEPRESSION IN
SENIORS**

”

More than 6.5 million Americans aged 65 and older are dealing with depression on some level, according to the National Alliance on mental illness (NAMI). For some in this range, these feelings of sadness or despair didn't appear until later in life, such as when faced with a loss of independence or increased disability due to the aging process. Yet, the NAMI says that for most people who are older and battling depression, it has been an ongoing struggle for quite some time.

(NIA) says that there is one factor that can potentially increase depressive symptoms beyond the more common causes of depression in older adults such as genetics, altered brain chemistry, a history of depressive issues, and high levels of stress. It is isolation.



WHAT IS ISOLATION-INDUCED DEPRESSION?

Isolation-induced depression appears because of a lack of social interaction. In other words, if the elder doesn't have a strong support network or spends a large amount of time alone, isolation (and subsequently depression) can sometimes set in. Some studies have even found that (The National Institute on Aging), can also have also have negative effects. Psychology Today notes that social isolation can occur by choice, like when the person makes a conscious decision to not be around others. This type of intentional isolation can be temporary, such as when someone's engaging in short-term home repair project and can't be disrupted for a few days or weeks. Or it can be more permanent in nature, which is when the person is typically referred to as a "shut-in."

In other cases, social isolation isn't so much a choice but more of a direct result of other circumstances, many of which beyond anyone's control. For instance, if it's the middle of winter and snow and ice starts to accumulate on the roads, the senior may have a difficult time getting out, which creates a lack of social interaction until the roads become clear. Or, if the senior has poor health, it may make it more difficult to go out in public or make social calls, leaving the senior with a lot of time alone.

Depression and aging do not go hand in hand; growing older does not mean that a person should be sad.

A GROWING PROBLEM

It's likely that the number of seniors struggling with depression will grow in the years ahead. The U.S. Census Bureau anticipates that the number of older Americans will more than double by the year 2060, increasing from 47.8 million to 98.2 million in total. To make matters worse, in many cases, these seniors are not getting the treatment they need for this potentially debilitating mental health condition.

The NAMI indicates that this is partly because many people associate depressive feelings with the "normal" aging process, particularly if there is an illness or a change in living arrangements involved. However, NAMI stresses that depression and aging do not go hand in hand. Growing older does not mean that a person should be sad.

The NAMI further states that, other times, seniors aren't being treated for their depression because they choose to keep their sadness to themselves. This is primarily out of fear of what their family and friends will think of them if they learn that the senior is feeling down.

ADDITIONAL EFFECTS OF ISOLATION ON SENIOR HEALTH AND HAPPINESS

Not only does this type of social isolation potentially lead to depression in the older population, but it can have other effects as well. Some of these are mental in nature, whereas others are more physical.

“Growing Older Does Not Mean That A Person Should Be Sad.”



MENTAL IMPACT OF SOCIAL ISOLATION

Research published in the Journal of Clinical & Diagnostic Research shares that social isolation can lead to loneliness, which can then lead to a variety of psychiatric disorders. Depression is one, but loneliness can also increase one's risk of personality disorders in addition to brain-based conditions such as Alzheimer's disease.

This study goes on to say that 40 percent of individuals over the age of 65 report feeling lonely at various times in their lives. Although individuals in this age group have usually developed effective skills at dealing with this type of feeling, many pieces of research have found that these skills aren't as helpful for those over age 70. This is especially true for seniors who are female, widowed, and living alone.

SOCIAL ISOLATION AND PHYSICAL HEALTH

Studies have found that social isolation can impact a senior's physical health, too. According to one piece of research, these physical effects include:

- An increased risk of cardiovascular disease with difficulties related to atherosclerosis, hypertension, coronary artery disease, stroke, heart attack, and cardiac failure
- Increased risk of type 2 diabetes and obesity
- Abnormal activity in the endocrine system (hypothalamus, pituitary gland, and adrenal glands)
- Reduced immune system function, increasing the risk of conditions such as the Epstein-Barr virus

This piece of research also found that social isolation decreases sleep quality. This can compound the senior's depression further, with the National Sleep Foundation reporting that "sleep problems may cause or contribute to depressive disorder"

Never miss any Edition of **SENIORS ROCK**.
Subscribe at www.seniorsrockmagazine.com
to receive subsequent Editions.



Beautiful Life
HOME CARE

Tel: 402 850 8438

Email: info@blifehomecare.com | www.blifehomecare.com

Office Location: 7905 L Street Suite # 440, Omaha, NE 68127

"We Stand by Our High Level of Professionalism"

aging S gracefully fully

Getting older doesn't mean decline or despair. It's a reason for celebration! There are plenty of ways we can age with grace, beauty, joy and purpose. We can experience more happiness, more success and get even better with age and experience.

"Don't regret growing older. It's a privilege denied to many." Nobody is sure who first uttered those words, but the sentiment is timeless. Although we're often surrounded by messages telling us that aging is a negative experience, growing older isn't a bad thing. With age comes experience, wisdom, peace and a certain level of respect and expertise.

Age is no longer what it used to be. Life expectancy from birth used to be 48 years old for women in 1900. Today, that's increased to over 80 with many people living healthy vibrant lives far beyond that. I've heard stories of 101-year-old runners, 98-year old yoga instructors and plenty of women who reinvent themselves, launch new careers

Here Are Some Secrets To Aging Gracefully

and lead businesses well into their senior years.

So, what are the secrets to aging gracefully? How can you ensure your best is yet to come?

1. Reduce Stress

The biggest way to age gracefully? Put a stop to all that stress! I know, it's easier said than done. We all face plenty of stressors and overwhelm in our lives. Unfortunately, stress and strain cause us to age. A furrowed brow may become a wrinkle. Smoking, drinking and other unhealthy ways to cope with stress also take a heavy toll.

Stress has many negative effects on our health too—higher blood pressure, poor sleep, weight gain and loss. Fortunately, you can fight stress by

adopting healthy habits. Drink water, exercise, maintain good dental hygiene and preventative medicine to combat stress. Keep your emotional habits healthy too by practicing gratitude, self-care, keeping your perspective and learning to let go.

2. Get Plenty of Sleep

Sleep! Burning the candle at both ends leaves us feeling frazzled and exhausted. Ever woken up from a restless night only to discover your skin looks dull, lifeless and old? Good sleep hygiene is vital! We've all heard of beauty rest, right? Most of us need 7-8 hours per night to look and feel our best. During sleep our skin cells build and repair themselves. Our cortisol (stress hormone) levels adjust and we feel renewed and rejuvenated.

3. Eat a Balanced Diet & Hydrate

Again, it's something we may "know" we need to do, but a balanced diet helps us ward off many aging-related effects. A diet rich in fruits and vegetables means we'll receive plenty of vitamins, minerals and antioxidants. It also means our weight will remain stable (fluctuations also cause us to appear older and take a toll on skin).

Getting proper nutrition also helps us prevent heart disease, diabetes and other illnesses. Lowering blood pressure prevents strokes. Nutrition also helps keep us mentally sharp and gives us more energy to enjoy activities.

Your body loses water every day when you breathe, perspire, urinate, and have bowel movements. For your body to work right, you need to keep it well hydrated.

As you age, your sense of thirst lessens and the kidney isn't able to conserve body water as well. Over the age of 50, you may feel tired and draggy rather than thirsty, and may opt for a nap instead of a tall glass of water. If you remain dehydrated, you can end up suffering complications, some of which can be serious. Stay hydrated by drinking plenty of fluids and eating fruit and vegetables

4. Reduce Sodium

Ever look in the mirror and wish you could drop your extra baggage? I'm not talking about emotional baggage, I'm talking about those lovely under-eye bags that never seem to disappear once we hit 35. To fend them off, reduce the sodium in your diet.

Once we reach a certain age, we may also notice an increase in our blood pressure. This leads to scary issues like hypertension and stroke. Decrease your sodium intake by using alternatives like spice, lemon and fresh herbs in foods. Watch for hidden sodium in processed

foods such as canned goods, cereal, frozen convenience foods, deli meats and carbonated beverages.

5. Move Often

Exercise keeps us young. In fact, moving more actually slows aging at the cellular level. Plus, you'll experience an increase in energy, flexibility and overall sense of well-being. You don't need to run marathons or torture yourself with the world's most challenging spin class. Simply put on your shoes and go for a walk.

As little as 150 minutes of moderate-to-vigorous activity per week shows plenty of benefits (for the record it comes out to about 20 minutes per day). Find exercise you enjoy, whether it's walking, jogging, yoga, weight lifting or a dance class. The most important factor is finding exercise you're motivated to stick with.

6. Learn Mindfulness

If we want to slow the turn of time (which, yes, seems to accelerate as we get older) we must learn to live in the moment. This is one of those practices I struggle with sometimes. It seems so easy to worry about the future, replay past events over, and get distracted by what's behind and ahead. Meditation and mindfulness bring us back to the moment at hand.

When we're fully aware in the moment, we're engaged, alive, connected to those around us and what's happening in front of us. As a planner, my eyes are often affixed on the horizon, but we also must learn to embrace the present. Check out a meditation app such as Headspace or Stop, Breathe & Think to help you live in the now.

7. Be Joyful

In truth, the best way to age gracefully is to simply focus on happiness. What brings you the most satisfaction and joy? Discover those activities and incorporate them into your day as often as possible. Life presents challenges.

There are plenty of bumps in the road as we roll along, but we can either choose to dwell on the stressful times or move forward after a tough time.

The good news is, adults often report increased peace and happiness as they get older. With the passage of time, we often gain perspective. We realize life is too short to sweat the small stuff. The times that truly matter are the joyful moments we spend with those we love.

**AGE
GRACEFULLY
BY BRINGING
MORE JOY AND
HAPPINESS
INTO YOUR LIFE.
LET GO OF THE
COMPLICATIONS,
LEARN TO SET
LIMITS AND CARE
FOR YOUR BODY.
THERE'S NO REASON
TO DESPAIR OVER
AGING, YOU'RE
HITTING YOUR STRIDE.
REMEMBER, THE
BEST IS YET TO
COME!**

Thank you



For 45 years of dedicated and committed service to the older Nebraskans.



SENIORS ROCK Magazine

AGING WITH GRACE, JOY & PURPOSE

MAIDEN EDITION

**STANDING
STRONG ON
SHIFTING
SAND!**

**YOU
DID NOT
FORGET
US.**

**Eating
WELL AS YOU AGE**

THE
PROVERBS
31
NURSE



**WILL YOU
STILL NEED
ME WHEN
I AM 84?**

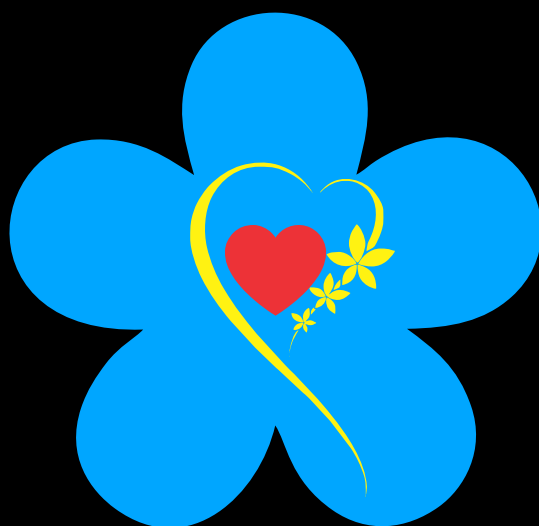
Aging Alone Doesn't
Have to Mean Lonely



www.seniorsrockmagazine.com

SUBSCRIBE at
www.seniorsrockmagazine.com
to receive subsequent Editions.

It's FREE



DEMENTIA

"YOU DID NOT FORGET US..."

Stories that will melt your heart, give you
hope, help and encouragement.



For Loretta Woodward Veney, it's important that she keeps her mother, Doris, active and on the move. Loretta Woodward Veney, 58, of Clinton, Md., is a caregiver for her mother, Doris Woodward, 88. Her mother was diagnosed with dementia in 2006 and lives in a group home 10 minutes away from Loretta's house; she goes to see her mother almost every day. Loretta is a contractor for the Department of Homeland Security and a motivational speaker for caregivers.

There's not one thing wrong with my mother but the dementia. She's totally healthy; she doesn't even have arthritis. She doesn't know who I am, but she knows that she knows me from somewhere. She always tells me I'm a very nice person and she's happy to see me. I bought her a stuffed dog, and she thinks it's real. She'll hold him and say, 'He's not going to pee on me, is he?' And I'll say, 'No. I just took him out.'

Because she's so healthy aside from the dementia, I'm not going to let her sit there and waste away. I do whatever I can to keep her busy and engaged. I'll pick her up in the car and take her on walks and hikes.

Before my husband passed away in 2016, we started an Easter egg hunt at our house, and let me tell you — my mother can really move, especially when she realizes there's candy in the eggs!

Every day is different, but we always find something that will appeal to her. We do activities like coloring, puzzles, listening to music or building with Lego. When I get the Lego out, her eyes get big, and she goes crazy. She doesn't

like the big ones that are for toddlers; she likes the little ones, and she'll just slap them together. It holds her attention for a long time. I like seeing her doing stuff, using her hands and her mind. I take lots of pictures because she doesn't remember what we did. We enjoy looking at them together.

My mom was a single mother. When we were little, she took my sister and me to the Smithsonian museums, dance performances at the Kennedy Center, Chinese New Year and other cultural events in D.C. every weekend. She exposed us to everything. I appreciated it then; now I'm giving back to her.

The main thing is, I can't stand that blank stare — it unnerves me — so I try to do whatever I can to keep her as active and involved as possible. Seeing her laugh and smile and enjoying herself — that's all that really matters. It makes me feel close to her again. I would do anything for that smile.

"I'm Not Going To Let Her Sit There And Waste Away."

— Loretta Woodward Veney



Precious One
at Home
SENIOR CARE
To us, it's Love, Care & Dedication

TEL: 402 813 3444
www.preciousoneathome.com



Sunridge Village
RETIREMENT COMMUNITY

402.496.0116
www.sunridgeomaha.com



Beautiful Life
HOME CARE

TEL: 402 850 8438
www.blifhomecare.com



Hillcrest
HEALTH SERVICES
Enhancing Lives

402 682 4800
www.hillcresthealth.com

Member SIPC

Edward Jones
INVESTMENTS

402-331-0510
www.edwardjones.com



HELP
Medical Equipment Rental
& Long-Term Care Planning

Tel: 402-341-6559
www.helpequipment.org

Heritage
POINTE
Senior Living

402-679-0343
heritage-communities.com



SIMPLE SENIOR SOLUTIONS
LLC

402 990 0341
www.sss0maha.com

CARING GUIDANCE TO FIND THE RIGHT:
Independent Living | Assisted Living | Memory Support



COUNTRYHOUSE
RESIDENCE *for memory care*

402-964-2060
www.countryhouse.net



Akkase
HOME HEALTH CARE

YOUR FAMILY. OUR PRIORITY.
www.akkaseomaha.com

402-359-1265



Keller Williams
Greater Omaha

"The Realtor That Cares"



402-850-4514
www.sherrihinkel.com



ENOA

TEL: 402-444-6536
www.enoa.org



To reserve space in

SENIORS ROCK Magazine

PLEASE CONTACT US.

402 813 3444

Email: seniorsrockmagazine@gmail.com



— — — — —

Come GROW with us by
advertising in the SENIORS ROCK MAGAZINE



SENIOR CARE

To us, it's Love, Care & Dedication

WHERE IS YOUR PRECIOUS ONE?



**WHEREVER
THEY ARE**

**WE PROMISE TO HELP
TAKE GOOD CARE
OF THEM.**

PLEASE CONTACT US NOW

402 813 3444

preciousoneathome@gmail.com | www.preciousoneathome.com

Standing Strong on Shifting Sand

(An Alzheimer's Advocate's Story)



My husband was just 59 years old when our journey began.

He, like his grandfather, mother, seven aunts and uncles and two older brothers before him was diagnosed with Alzheimer's disease. That was 10 years ago. My 89-year-old mother lives with us; four years ago, she was diagnosed with mild cognitive impairment. People with mild cognitive impairment have an increased risk of developing Alzheimer's or another dementia, and that's exactly what happened to my mother.

Alzheimer's has devastated our family. What was once normal for our family is no more. We're missing an important link. Our lives are forever changed. Throughout the Alzheimer's journey, everyone walks his or her own path. Life is ever changing in ways we never could have imagined, and not for the better. Alzheimer's is a disease of behavior. With each change in behavior, people with the disease and caregivers alike stand on shifting sand. The ground beneath our feet is never solid. It's always moving.

Brenda Bouchard is certainly qualified to

advocate on behalf of people affected by Alzheimer's.

The 58-year-old New Hampshire resident serves as a full-time caregiver for her mother with the disease, as well as for her husband, Ken, 69, who has younger-onset Alzheimer's.

THE MOST DIFFICULT ASPECT OF THIS EXPERIENCE IS THE LOSS OF MY HUSBAND AND MY MOTHER.

Their bodies and spirits are here, but their minds have been altered and the precious gift that was their memory is gone. It's a slow, agonizing loss and very, very difficult for them to cope with and extremely painful for us to watch.

In the early stage of the disease, it was very difficult to look at Ken and know he was a prisoner in his brain. He was aware of what was happening. He knew he was losing his mind and would continue to do so — he knew what was to come. Through the middle stage, it was heartbreaking to be a helpless bystander as Ken lost his ability to drive

and participate in all of the hobbies he loved so very much. He lost his independence. And then there was the sinking feeling as we stood by and watched him struggle to comprehend why he could no longer independently do so many of the things he loved, and there wasn't a thing we could do to stop the march of Alzheimer's or assuage the emotional pain he was enduring.

Ken is now in late stage. We're very fortunate as Ken has great care and a lot of love surrounding him. He's extremely happy in his new world, but I often wonder what the Ken of 10 years or more ago would think of his life today now that he can no longer take care of himself in any way. It's heartbreaking to contemplate.

AS I WATCHED THE GRUELING LOSSES AND CHANGES THIS DISEASE WAS WREAKING ON HIM AND OUR FAMILY, I RECOGNIZED I DIDN'T WANT TO SIT IDLY BY AND DO NOTHING.

We were very private people, and when my husband was diagnosed, he wasn't comfortable sharing his diagnosis. It was a very big decision to speak out publicly about Ken's diagnosis because at the outset I felt I was betraying him. Initially, I didn't realize that by speaking out, even in small ways, I was honoring Ken's life and the person he was and also giving a voice to many people who are in the same situation and yet unable to speak out.

I never thought I would become an Alzheimer's advocate, but out of all this loss and horror, I feel I'm joining voices with other advocates to make a difference. And we are making a difference. Every time we speak up and speak out, we're changing the culture and climate around Alzheimer's. We're collectively making a difference in Washington by making them aware that we're here and we're not going to stop speaking up and speaking out until Alzheimer's gets the attention it so greatly needs and deserves. I started advocating when our local chapter of the Alzheimer's Association asked me to come to our state capitol to testify on a bill that would put a plan in place for Alzheimer's and related dementias in our state.

At that time, New Hampshire was one of only 13 states without a plan. I made three trips to Concord to testify on that bill over the course of a year-and-a-half. It was signed into law in August of 2014. It was an extremely satisfying experience to realize that by sharing our story I may have contributed to making a difference for people who are just starting their journey.

This past summer, I met with one of our representatives and a representative from one of our senator's offices in New Hampshire to discuss Alzheimer's.

I'm very excited to attend the Advocacy Forum. Having done some advocacy work in my home state, I'm now anxious to advocate in Washington.

I'm looking forward to meeting with elected officials and

sharing my story and the heart-breaking stories of so many people I've met.

I'm also very excited to meet other advocates, hear their stories of advocacy, learn from them, share my personal lessons learned and continue to be inspired.

I believe I've been, and continue to be, one spoke in the wheel of Alzheimer's advocacy. We're all working together to be heard, make a difference and make change. I feel, sense and believe we're doing just that.

**With Each Change
in Behavior, People With
The Disease and Caregivers
alike Stand on Shifting Sand.
The Ground Beneath Our
Feet is Never Solid.
It's Always Moving.**

*“Remember
the dementia
patient is not
giving you
a hard time.
The
dementia
patient is
having a
hard time”*



To Love A Person Is To Learn The Song In Their Heart, And Sing It To Them When They Have Forgotten. Although Your Loved One May Not Remember You Or Might Do Things That Frustrate You, This Is The Time When He Or She Needs You The Most.

i Still Know Who She is

The story that is never out of season

It was a busy morning, about 8:30, when an elderly gentleman in his 80s arrived to have stitches removed from his thumb. He said he was in a hurry as he had an appointment at 9:00. I took his vital signs and had him take a seat, knowing it would be over an hour before someone would be able to see him.

I saw him looking at his watch and decided since I wasn't busy with

another patient, I would evaluate his wound.

On examining it I saw it was well healed, so I talked to one of the doctors and got the needed supplies to remove his sutures and redress his wound. While taking care of his wound, I asked him if he had another doctor's appointment this morning, as he was in such a hurry. The gentleman told me no, that he needed to go to the nursing home to eat breakfast with his wife. I inquired as to her health. He told me that she had been there for a while! As she is a victim of Alzheimer's disease.

As we talked, I asked if she would be upset if he was a bit late. He replied that she no longer knew who he was, that she had not recognized him in five years now. I was surprised and asked him, 'And you still go every morning, even though she doesn't know who you are?' He smiled as he patted my hand and said, 'She doesn't know me but I still know who she is.'

I had to hold back tears as he left, I had goose bumps on my arm and thought, 'That is the kind of love I want in my life:

True love is neither physical nor romantic'. True love is an acceptance of all that is, has been, will be, and will not be. Peace is seeing a sunset and knowing who to thank.

To love a person is to learn the song in their heart, and sing it to them when they have forgotten. Although

your loved one may not remember you or might do things that frustrate you, this is the time when he or she needs you the most.

The disease might high the person underneath but there is still a person in there who needs your love and attention.

"Love can be such a beautiful thing, especially when it triumphs through the Alzheimer journey.



THE PROVERBS

31 NURSE

WHO

can find a good natured Nurse?
For her price is far above silver
and gold.
She seeks medicines and skills,
and works willingly with others.

She gives of herself
and considers her own desires last.
A heartwarming smile is hers,
and is made beautiful in her eyes.

She girds herself with honor
and strengthens her ability with patience.
She perceives that her work is good.
Her candle does not go out by night.
She lays her hands upon understanding.

She stretches out her hand to the poor;
yet, she reaches forth hands to the needy.
She is not afraid of sorrow,
for her trust is in God.
Pride and humility are her clothing,
and she shall rejoice in time to come.

She opens her mouth with comfort,
and in her tongue is the law of kindness.
Her associates rise up and call her
blessed;
her patients also praise her kindness.

Many daughters have helped others,
but you excel them all.

Favor is deceitful,
and beauty is vain.
But a Nurse that
fears the Lord –
She shall be praised!

By Lois Sigmon Turley, RN

This poem was found among the possessions of an elderly lady who died in the geriatric ward of a hospital. No information is available concerning her — who she was or when she died. Reprinted from the “Assessment and Alternatives Help Guide” prepared by the Colorado Foundation for Medical Care.

What do you see, nurses, what do you see?
Are you thinking, when you look at me —
A crabby old woman, not very wise,
Uncertain of habit, with far-away eyes,
Who dribbles her food and makes no reply,
When you say in a loud voice — “I do wish you’d try.”

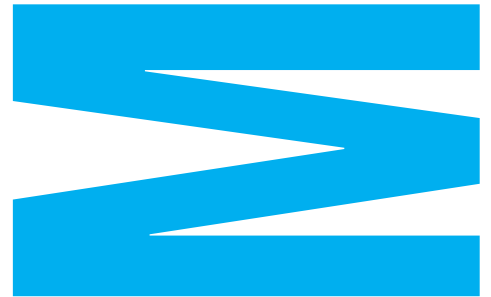
Who seems not to notice the things that you do,
And forever is losing a stocking or shoe,
Who unresisting or not, lets you do as you will,
With bathing and feeding, the long day to fill.
Is that what you’re thinking, is that what you see?
Then open your eyes, nurse, you’re looking at ME...
I’ll tell you who I am, as I sit here so still;
As I rise at your bidding, as I eat at your will.

I’m a small child of ten with a father and mother,
Brothers and sisters, who love one another,
A young girl of sixteen with wings on her feet.
Dreaming that soon now a lover she’ll meet;
A bride soon at twenty — my heart gives a leap,
Remembering the vows that I promised to keep;
At twenty-five now I have young of my own,
Who need me to build a secure, happy home;
A woman of thirty, my young now grow fast,
Bound to each other with ties that should last;
At forty, my young sons have grown and are gone,
But my man’s beside me to see I don’t mourn;
At fifty once more babies play ’round my knee,
Again we know children, my loved one and me.

Dark days are upon me, my husband is dead,
I look at the future, I shudder with dread,
For my young are all rearing young of their own,
And I think of the years and the love that I’ve known;
I’m an old woman now and nature is cruel —
‘Tis her jest to make old age look like a fool.

The body is crumbled, grace and vigor depart,
There is now a stone where once I had a heart,
But inside this old carcass a young girl still dwells,
And now and again my battered heart swells.

I remember the joys, I remember the pain,
And I’m loving and living life over again,
I think of the years, all too few — gone too fast,
And accept the stark fact that nothing can last —
So I open your eyes, nurses, open and see,
Not a crabby old woman, look closer, nurses — see ME!



WE SEE YOU

NURSE'S RESPONSE



What do we see, you ask, what do we see?

Yes, we are thinking when looking at thee!
We may seem to be hard when we hurry and fuss, but there's many of you, and too few of us.

We would like far more time to sit by you and talk, to bath you and feed you and help you to walk. To hear of your lives and the things you have done.

Your childhood, your husband, your daughter and your son.
But time is against us, there's too much to do – Patients too many, and nurses too few.

We grieve when we see you so sad and alone, with nobody near you, no friends of your own. We feel all your pain, and know of your fear that nobody cares now your end is so near.

But nurses are people with feelings as well, and when we're together you'll often hear tell of the dearest old Gran in the very end bed, and the lovely old Dad, and the things that he said.

We speak with compassion and love, and feel sad when we think of your lives and the joy that you've had.

When the time has arrived for you to depart,
You leave us behind with an ache in our heart. When you sleep the long sleep, no more worry or care.
There are other old people, and we must be there. So please understand if we hurry and fuss.
There are many of you, and too few of us.





HOMESAFE SYSTEMS FROM PHILIPS LIFELINE

HomeSafe

The HomeSafe Standard personal alert button gives you fast access to a highly trained Response Associate, with the simple press of a button. Select from either a pendant style button, or a button on slim, lightweight wristband.

HomeSafe with AutoAlert

HomeSafe with AutoAlert gives you an added layer of protection. It can automatically send a signal to the Philips Lifeline Response Center if it detects a fall, which is important during a serious emergency.

Features & Benefits

Not all medical alert systems are created equal. Philips Lifeline's HomeSafe options have important features to keep you safe in ways other personal emergency alert systems don't.

Fall Detection

Everyone asks, "but what happens if I can't, or don't remember to push the button"? That is where AutoAlert comes in. Using three different sensors, if AutoAlert detects a fall it will automatically send a signal to our Response Center, enabling us to get you the help you need. (HomeSafe with AutoAlert only)

Response Centers

Using your pendant or communicator, get connected to a highly trained Response Associate. Our Response Centers operate around the clock, every day of the year. Someone is always ready to assist you. Our Response Centers can also support over 200 languages, so we can assist you better.

Uninterrupted Support

The HomeSafe with AutoAlert button requires no charging. Simply wear and go. When the battery strength does get low, a signal will automatically be sent to Philips Lifeline, and we will ship you a replacement button. The button is also water resistant so you never have to take it off while at home.



Live your
life your
way, with

PHILIPS
Lifeline

Medical Alert Service

1-855-332-7799 | www.lifeline.philips.com

Caregivers Corner



THE REALITY OF CAREGIVING

To those on the outside, caregiving can sometimes seem simple. Yet, the role brings more challenges than most realize. Being able to care for yourself and realize your own limitations are critical skills.

Caregiving can be all-consuming, so it's easy to stop thinking about your own life. Bringing joy into someone's life isn't an easy task. Regardless of the physical demands of a caregiving role, the truth is that all caregiving is difficult. In particular, caregiving produces significant mental strain, especially if you are caring for the same person for many years.

With some conditions, that person's health may deteriorate, forcing you to take on new roles over time and also to confront new concepts and challenges. However, other

conditions may remain relatively consistent over time. Each situation brings its own mental strain and challenges. At the same time, caregiving is emotional. Even though your emotions are valid, clearly, you don't want to be angry or bitter at the person you are caring for, as that may simply make things worse. However, bottling up those emotions and pretending they don't exist isn't the answer either.



Regardless of the person that you're caring for or the extent of your role, caregiving is a huge responsibility. It is also a situation that people often underestimate.

Nobody is perfect, including you – and caregiving will tend to bring out the best and the worst in you. Sometimes you may be angry or scared or bitter, while other times you may simply be thankful for the time you have with the person you are caring for.



The Reality of CARE GIVING

DO NOT BE TOO HARD ON YOURSELF.

Caregivers are notoriously hard on themselves. Caregiving isn't easy. It's relentless, and you can't get it all "right." You can't go on three hours sleep, physically lift another human being from the bed to a potty chair, dress them, feed them, give them their morning meds, load them in a car, drive them to the doctors, fight with the doctors, beg for proper treatment and medicine, head to the pharmacy (for them not to have what you need), stop by the store, come home and fix dinner, bathe your loved one, dispense more medicine, be pleasant to a spouse, your kids, your dog, and fall in bed at midnight only to woken up at 2am— and still be nice! No way!

REMEMBER THAT YOU NEED TO TAKE CARE OF YOURSELF TO BE ABLE TO CARE FOR YOUR LOVED ONE.

Caregiving is a heavy responsibility, and lots of people suffer burnout, depression and anxiety as a result. So, do take time for your own needs and reach out to others. Be easy on yourself too because at the end of the day nobody is perfect and you're never going to get everything completely right all of the time. Taking care of yourself is one of the most important things you can do as a



caregiver—and one of the most often forgotten—things you can do as a caregiver. Make sure you're eating healthy, being active, and taking time for yourself.

When your needs are taken care of, the person you care for will benefit, too.

Consider joining a caregiver support group, either in your own community or online. Meeting other caregivers can relieve your sense of isolation and will give you a chance to exchange stories and ideas. If you need help, don't be afraid to ask for it.

Caregiving is one of the most touching things you can do for a loved one. Though

there are many struggles and challenges that a caregiver may go through, it feels good to be able to care for a loved one. Spending time together can give new meaning to your relationship. In the end, the rewards are something we can take with us for the rest of our lives.

But be careful not to fall into the trap of believing you're the only one who can provide care for your loved one.

“Remember that you need to take care of yourself to be able to care for your loved one.”

Encouragement for Caregivers

6 Bible Verses To Give You Strength For Your Care Giving Journey

In the year 2001, my father was diagnosed with progressive supranuclear palsy, (a degenerative condition similar to ALS), and my mother became his caregiver until he passed away seven years later. Although she did it lovingly and willingly, caregiving was also emotionally and physically demanding. Recently, I've taken on more of a caring role with my mother, and I now understand the difficulties even better.

ELIZABETH MANNEH



I organize uplifting worship songs into playlists so I can listen to them while I'm cleaning or doing the laundry. I draw or stitch Bible verses onto bookmarks, so I see them when I'm reading. Sometimes, I write out reassuring scripture on small cards or sticky notes and carry them round in my pocket to take out and read throughout the day.

It's not about telling myself how I should feel, but more about acknowledging my true feelings to God and looking to him to help me find a way through the difficult times. I hope you find these verses encouraging too.

It's not about telling myself how I should feel, but more about acknowledging my true feelings to God and looking to him to help me find a way through the difficult times. I hope you find these verses encouraging too.

I organize uplifting worship songs into playlists so I can listen to them while I'm cleaning or doing the laundry. I draw or stitch Bible verses onto bookmarks, so I see them when I'm reading. Sometimes, I write out reassuring scripture on small cards or sticky notes and carry them round in my pocket to take out and read throughout the day.

It's not about telling myself how I should feel, but more about acknowledging my true feelings to God and looking to him to help me find a way through the difficult times. I hope you find these verses encouraging too.

When a caregiving situation continues for weeks, months, or even years, it's challenging.

I've become very aware that I don't feel strong enough to handle the physical and especially the emotional demands of caregiving. I'd like to say I've always stayed positive and full of faith, but in reality, I've sometimes found it hard to keep going. I realized that I needed to learn to rely more fully on God to help me cope.

So, I've taken intentional steps to encourage myself and to keep communication lines with God open. Specific verses in my daily Bible reading sometimes jump out at me. Verses that remind me how much God loves me or promises that he will strengthen and protect me whatever the circumstances are hugely encouraging. But in the rush of everyday life, it's easy to forget, so I've been exploring ways to bring them to mind when I'm busy or feeling overwhelmed.

1. **WHEN THINGS FEEL OVERWHELMING**

When your loved one gets a serious diagnosis and you don't know what the future holds, it's easy to feel overwhelmed. But sometimes it's just the myriad of day-to-day tasks that seem overwhelming, so it helps to remember that God is our strength. When I'm in this situation, one of my favorite verses is *Psalm 3:3* **"For You, O Lord, are a shield about me, my glory and the lifter of my head."**

2. **WHEN YOU'RE AFRAID**

When you're faced with the suffering of a loved one, or the possibility of living life without them, the future can seem very dark. We all prefer to know that things will be OK, but God never promised us that life would be easy, only that He would always be with us. I've taken great comfort from *Isaiah 41:10*: **"Do not fear: I am with you; do not be anxious: I am your God. I will strengthen you, I will help you, I will uphold you with my victorious right hand."**

3. **WHEN YOU'RE WORRYING ABOUT THE FUTURE**

Perhaps you've got a hospital appointment tomorrow, or you're wondering who will look after your disabled child when you're gone? You're not sure how life is going to pan out. At times like this, I try to remember that God has already gone before me and has promised to be with me — no matter what. *Deuteronomy 31:8* tells us **"It is the Lord who goes before you; he will be with you and will never fail you or forsake you. So do not fear or be dismayed."**

4. **WHEN YOU'RE FEELING LONELY**

Caregiving can be lonely. You may be confined to the house with little opportunity to go out or spend time with others. If like my father, your loved one becomes unable to speak or respond to you, it's easy to feel terribly alone. But God is omnipresent — with us every moment of the day and night (and sometimes nights are the most difficult). We only need to reach out and God's there. This sentiment is affirmed in *Psalm 46:2*: **"God is our refuge and our strength, an ever-present help in distress."**

5. **WHEN YOU'RE EXPERIENCING DOUBT**

There may be moments in the midst of caregiving when we begin to doubt that God loves us and wants the best for us. In troubling situations, it can be easy to focus on the circumstances around us and not on God's faithfulness to us. But Jesus was kind to those who doubted and didn't accuse or blame them. When Thomas doubted the truth of His resurrection, Jesus allowed him to touch the wounds and see for himself (John 20:24-29).

When I'm feeling full of doubt, I remind myself not to rely on my own understanding but to trust in God: **"Trust in the Lord with all your heart and lean not on your own understanding. In all your ways submit to him and he will make your paths straight."** (*Proverbs 3:5-6*)

6. **WHEN YOU ARE WEARY**

Caregiving is physically demanding — you may be nursing someone who's sick or disabled, or lifting a child constantly. Just staying on top of the cooking, cleaning, and laundry can feel totally exhausting, in addition to the emotional stress you're experiencing. Sometimes, it's not easy to get as much rest as we need, and at times like these, I rely on God to give me strength. In Matthew 11:28-30, Jesus urges us to come to Him when we feel weary. I also love the image of an eagle rising above the storm in *Isaiah 40:29-31*: **"They that hope in the Lord will renew their strength, they will soar on eagles' wings."**

Caregiving can feel all-consuming, and at times, we may feel inadequate for the task. But placing daily reminders in my path reassures me of God's presence and helps make the task feel less daunting.

**"SOME DAYS THERE
WON'T BE A SONG IN YOUR
HEART. SING ANYWAY."**

— Emory Austin



Brian P. Overton
Financial Advisor

Regardless of what stage of life you're in, you must make financial and investment decisions that will be with you for the remainder of your years. But the moves you make when you're just starting out in your career may be quite different from when you're retired. So, let's look at some of these moves, stretched out across your lifetime.

In your 20s and 30s: During this period, you should strive to place yourself on a sound financial footing by taking steps such as reducing, and hopefully eliminating, your student loans and embarking on saving for retirement through investments such as a 401(k) and IRA. You also might buy a home, which offers some financial benefits, but be careful not to become "house poor" by devoting too much of your monthly income to mortgage payments. If you have young children, you might also want to start saving for college, possibly through a 529 plan, which offers tax benefits, high contribution limits and the ability to switch beneficiaries, as needed. And if you do have a family, you'll certainly need to maintain adequate life insurance.

SMART FINANCIAL MOVES FOR EVERY STAGE OF LIFE

Also, since you're at the early stages of your working life, you should chart a long-term financial and investment strategy with the help of a financial professional. Your strategy should encompass your important goals, risk tolerance and time horizon. And you'll want to revisit your strategy regularly to accommodate changes in your life and financial situation.

In your 40s and 50s: These are the years in which your career advances, leading to bigger salaries. The more you earn, the more you should be putting away in your 401(k) or other employer-sponsored retirement plan, along with your IRA. During the middle-to-end of this particular period, you might finish helping pay for your child's higher education – which should free up even more money to put away for retirement. You also may want to consider long-term care insurance, which can help protect you against the devastating costs of an extended stay in a nursing home.

In your 60s, 70s ... and beyond: Once you're in this age range, chances are pretty good that you'll either retire soon or are already retired. (Although, of course, you may well want to work part-time or do some consulting.) However, you certainly haven't "retired" the need to make financial and investment decisions, because you'll have plenty, including these: When should I take Social Security? Will

my investment portfolio provide me with enough income to help keep me ahead of inflation? How much can I afford to withdraw each year from my retirement accounts without outliving my resources? Again, a financial professional can help you deal with these and other issues.

Also, if you haven't done so, now is the time to draw up your estate plans, so you can leave the type of legacy you desire – one that provides for the next generation (or two) and the charitable organizations you support. You'll need to work with a legal professional to create estate planning documents and arrangements appropriate for your needs.

You will spend a lifetime making financial and investment decisions – so put in the time and effort, and get the help you need, to make the best decisions you can.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

Member SIPC



15 Ways Seniors Can Save Money.

Seniors Are Frequently On Fixed Income And Have A Lifestyle That Embraces A Selection Of Money-saving Options.

Here are some additional ways that seniors can save money:

1 BARGAIN FOR LOWER INTEREST RATES.

If you have any debt outstanding, now is the time to seek a better deal.

2 REFINANCE YOUR MORTGAGE.

With home loan rates at 50-year lows, take a careful look at refinancing. How much will it cost you? Divide this by the number of years you expect to stay in your home. Then look at how much your monthly payments would decline with a lower mortgage rate. If it makes financial sense, act now before interest rates rise.

3 PAY ANNUALLY IF YOU CAN.

Insurance and other annual services will let you pay the bill in smaller monthly installment payments. But while these monthly payments are not considered a loan, that is exactly what they are. You wind up paying the equivalent of interest in the form of higher payments.

4 TRY SHOPPING ONCE A WEEK.

This will limit impulse purchases, force you to do better meal-planning, and cut down on travel expenses.

5 SHARE GROCERIES.

If you shop for yourself alone, plan shopping for your weekly supermarket trip with a neighbor or friend. You'll get some good social time and save money by buying larger sizes and splitting them.

6 SHARE ON ERRANDS & TRAVEL, TOO.

Every time you find yourself going on an errand by yourself, ask if there might have been a friend you could have taken along. And many vacation costs will be cheaper when traveling with a companion.

7 AVOID LATE FEES.

Make a list of when all your payments are due. If you use online bill payments and are not worried about overdrafts on your bank account, set your recurring bills for automatic payment and save time along with those late fees.

8 UNPLUG UNUSED DEVICES.

Most electronic devices use a bit of power even when you're not using them. Make it a habit to only plug things in when you're using them. Using a power strip is a convenient way to handle multiple devices by only unplugging one element.

9 TURN OFF HEAT TO UNUSED ROOMS.

This is a no-brainer, but it's surprising how many obvious things we don't do. If you use hot-water radiators, make sure you bleed off any air pockets that have built up in them since last winter.

10 USE PROGRAMMABLE THERMOSTATS.

Why heat up (or cool down) your home when no one is there? It's one thing to turn down thermostats during the winter, but it's even better to program your home's temperatures to turn off the heat (without risking pipe damage) when you're not there or at night when you're sleeping.

11 NO PARTIAL LOADS.

Do not waste energy, water, and detergent by doing partial loads of dishes or laundry.

12 MERGE YOUR HOME PHONE AND CELLULAR SERVICES.

Fewer and fewer people now keep land lines along with their cell phone service, especially now that cell phones can have multiple phone lines. Revisit whether you feel you really need a land line along with a cell phone.

13 GENERIC IS GOOD.

Look for generic store brands and give them a try. And when it comes to prescriptions, there is even less reason to stick with branded drugs if identical generic versions are available.

14 DRINK WATER, NOT SODA.

And I don't mean bottled water. Changing this single habit will help your wallet gain weight while the rest of you slims down.

15 FLAUNT YOUR AGE FOR DISCOUNTS.

If there is one virtue of aging that is worth exploiting, it is senior discounts. You'll find lots of options if you search online.

Source: Caren Parnes for The Senior's Choice

SENIOR SCAM ALERT

The Transnational Elder Fraud Strike Force provides the following list to warn and educate the public about trending elder fraud threats. The Strike Force encourages use of the scheme names listed below to enable those combating financial exploitation to speak a common language in discussing and reporting incidences of elder fraud.

SOCIAL SECURITY ADMINISTRATION IMPOSTOR SCAM

Social Security Administration imposters contact prospective victims by telephone and falsely claim that the victim's Social Security number has been suspended because of suspicious activity, or because it has been involved in a crime. They ask to confirm the victim's Social Security number, or they may say they need to withdraw money from the victim's bank and to store it on gift cards or in other unusual ways for "safekeeping." Victims may be told their accounts will be seized or frozen if they fail to act quickly.

Perpetrators often use robocalls to reach victims. Victims may be told to "press 1" to speak to a

RECOGNIZE FINANCIAL EXPLOITATION AND SCAMS TO AVOID BECOMING VICTIMS

government "support representative" for help reactivating their Social Security number. They also use caller ID spoofing to make it look like the Social Security Administration is calling. With such trickery, perpetrators convince victims to give up their Social Security numbers and other personal information. Social Security Administration imposters operating from abroad often use U.S.-based money mules to receive victim payments and transmit proceeds to perpetrators.

*Source: Social Security Administration
Office of the Inspector General* —

TECH SUPPORT SCAM

Fraudsters make telephone calls and claim to be computer technicians associated with a well-known company or they may use internet pop-up messages to warn about non-existent computer problems. The scammers claim they have detected viruses, other malware, or hacking attempts on the victim's computer. They pretend to be "tech support" and ask that the victim give them remote access to his or her computer. Eventually, they diagnose a non-existent problem and ask the victim to pay large sums of money for

unnecessary – or even harmful – services. Tech Support Scams operating from abroad often use U.S.-based money mules (including legitimate-seeming businesses registered in the U.S.) to receive victim payments and transmit proceeds to perpetrators.

Refund scheme: After victims make payments, perpetrators often call back and offer refunds to victims, claiming their tech support services are no longer available. Perpetrators claim to send refund money to the victim's bank account but falsely claim that too much money was refunded. Perpetrators then induce victims to send payments (often through stored-value cards such as gift cards), purportedly to reimburse the tech support company for its "over-refund." Victims have lost hundreds or thousands of dollars to this refund scheme.

Source: Federal Trade Commission —

LOTTERY SCAM

Fraudulent telemarketers based in Jamaica and other countries are calling people in the U.S., telling them that they have won a sweepstakes or foreign lottery. The fraudulent telemarketers typically identify themselves as lawyers, customs

Officials, or lottery representatives, and tell people they have won vacations, cars or thousands — even millions — of dollars. “Winners” need only pay fees for shipping, insurance, customs duties, or taxes before they can claim their prizes. Victims pay hundreds or thousands of dollars and receive nothing in return, and often are revictimized until they have no money left. Lottery Scams operating from abroad often use U.S.-based money mules to receive victim payments and transmit proceeds to perpetrators.

Source: U.S. Embassy in Jamaica

IRS IMPOSTER SCAM

IRS Imposter Scams are aggressive and sophisticated phone scam targeting taxpayers. Callers claim to be employees of the IRS, but are not. They use fake names and bogus IRS identification badge numbers. Victims are told they owe money to the IRS and it must be paid promptly through a wire transfer or stored value card such as a gift card. Victims who refuse to cooperate are threatened with arrest, deportation, or suspension of a business or driver’s license. IRS Imposter Scams operating from abroad often use U.S.-based money mules to receive victim payments and transmit proceeds to perpetrators.

ROMANCE SCAM

Millions of Americans use dating sites, social networking sites, and chat rooms to meet people. And many forge successful relationships. But scammers also use these sites to meet potential victims. They create fake profiles to build online relationships, and eventually convince people to send money in the name of love. Some even make wedding plans before disappearing with the money. An online love interest who asks for money is almost certainly a scam artist. Romance Scams operating from abroad often use U.S.-based money mules to receive victim payments and transmit proceeds to perpetrators. Sometimes, perpetrators of Romance Scams convince victims to serve as money mules, receiving illegal proceeds of crime and forwarding those proceeds to perpetrators. For example, Romance Scam victims often are induced to receive payments and/or goods such as technology equipment procured through fraud and to forward those payments and goods directly or indirectly to perpetrators.

Source: Federal Trade Commission

BEWARE...

THE GRANDPARENT SCAM

The grandparent scam has been around for several years. In this approach, a person calls an older adult pretending to be a grandchild who’s been involved in an accident or legal trouble and needs money immediately.

Recently, the Federal Trade Commission (FTC) found that instead of using wire transfer or gift cards, an increasing number of older adults are mailing cash to these fraudsters, with a median individual loss of \$9,000. According to reports, the scammers often ask seniors to divide the bills into envelopes and place them between the pages of a magazine, then send them using various carriers, including UPS, FedEx, and the U.S. Postal Service.

The FTC warns that if you or a loved one receives one of these calls, don’t act right away. Call that grandchild back on a correct phone number and verify their whereabouts. If you’ve mailed cash, report it right away to the Postal Service or shipping company you used. Some people have been able to stop delivery by acting quickly and giving a tracking number. Be sure to also file a complaint to the FTC a [FTC.gov/complaint](http://www.ftc.gov/complaint).

Source: [//www.ncoa.org/blog/](http://www.ncoa.org/blog/)



Never miss any Edition of **SENIORS ROCK**. Subscribe at www.seniorsrockmagazine.com to receive subsequent Editions.

5 Benefits of Exercise

for Seniors and Aging Adults

You have heard it time and again: physical activity and exercise are good for you, and you should aim to make them part of your routine. There are countless studies that prove the important health benefits associated with exercise, and it becomes more important as we age. Regular physical activity helps improve mental and physical health, both of which will help you maintain your independence as you age. Below, we outline five benefits of exercise for seniors and aging adults.

1. Prevent Disease

Studies have shown that maintaining regular physical activity can help prevent many common diseases, such as heart disease and diabetes. Exercise improves overall immune function, which is important for seniors as their immune systems are often compromised. Even light exercise, such as walking, can be a powerful tool for preventable disease management.

2. Improved Mental Health

The mental health benefits of exercise are nearly endless. Exercise produces endorphins (the “feel good” hormone), which act as a stress reliever and leaves you feeling happy and satisfied. In addition, exercise has been linked to improving sleep, which is especially important for older adults who often suffer from insomnia and disrupted sleep patterns.

3. Decreased Risk of Falls

Older adults are at a higher risk of falls, which can prove to be potentially disastrous for maintaining independence. Exercise improves strength and flexibility, which also help improve balance and coordination, reducing the risk of falls. Seniors take much longer to recover from falls, so anything that helps avoid them in the first place is extremely important.

4. Social Engagement

Whether you join a walking group, go to group fitness classes or visit a gardening club, exercise can be made into a fun social event. Maintaining strong social ties is important for aging adults to feel a sense of purpose and avoid feelings of loneliness or depression. The key is to find a form of exercise you love, and it will never feel like a chore again.

5. Improved Cognitive Function

Regular physical activity and fine-tuned motor skills benefit cognitive function. Countless studies suggest a lower risk of dementia for physically active

individuals, regardless of when you begin a routine.

Conclusion

Exercise is good for you; it’s just a matter of making it a priority and a habit in your daily life. In the aging population, exercise has been shown to prevent disease, lower the risk of falls, improve mental health and well-being, strengthen social ties, and improve cognitive function.

*Regardless of your age,
we hope this will motivate
you to incorporate exercise
into your life.*



4 TYPES OF EXERCISE EVERY SENIOR NEEDS



Endurance / Aerobic

Endurance/Aerobic exercises increase your breathing and heart rate, **keeping your circulatory system healthy.**

Think **fast paced walking, jogging, dancing, or yard work.**

These exercises include 2 categories: Moderate intensity and vigorous intensity activities.



Strength

Strength exercises help **build and maintain muscles.**

Some examples of resistance training exercises are: **lifting weights, using resistance bands.**

No matter your age, regular exercise is an important aspect of living a healthy lifestyle. As you get older, exercise can help prevent many of the health issues that may arise, like heart disease, high blood pressure, obesity, and diabetes. A strong body will also allow seniors maintain an independent lifestyle.

Here are four categories of low-impact exercises that seniors should incorporate into their daily lives: strength, endurance, balance, and flexibility. A mixture of all four types will help seniors remain healthy while also protecting them from injury. The CDC recommends that older adults get at least 150 minutes of moderate endurance exercise and perform 2 strengthening sessions per week.

Any senior can create an effective, low-impact workout regimen at home by simply combining the following types of exercise.

ENDURANCE

Endurance, or cardio, exercises improve heart health, lower blood pressure, and speed up metabolism. If you are just beginning to incorporate cardio exercises into your routine, it is best to start slowly (5-minute increments) and gradually add more time as your endurance builds. The goal is to increase your heart rate and breathing, but not to get so out of breath that you can't carry on a conversation. If you reach this level, or experience any dizziness or pain, you are working too hard and should slow down to let yourself recover. Once your endurance has built up more, you should aim for cardio sessions of no less than 10 minutes at a time, adding up to at least 30 minutes per day. It is recommended that seniors get at least 150 minutes of moderate endurance activity per week. For beginners, it is best to start out with moderate endurance exercises, and build up to vigorous exercises with a doctor's permission.

Moderate endurance exercises:

- Brisk walking on a level surface
- Swimming
- Gardening or mowing the lawn,
- Stationary cycling
- Bicycling on a level surface

Vigorous endurance exercises:

- Climbing stairs or hills
- Shoveling snow
- Brisk bicycling uphill
- Jogging
- Digging holes

STRENGTH

Many seniors may be wary of strength exercises because they think it means lifting heavy weights. However, strength exercises can be done without dumbbells

and still be effective due to the resistance from your body weight. It is recommended that strength training be done two to three times per week in 30-minute sessions, with rest days in between to allow the muscle groups to recover. As your muscles become stronger, you can incorporate light weights or resistance bands (or even small household objects) to continue your progress. Click here to read about strength exercises for seniors that will boost metabolism, strengthen bones, and build muscles, making it easier for them to complete their everyday tasks around the house.

BALANCE

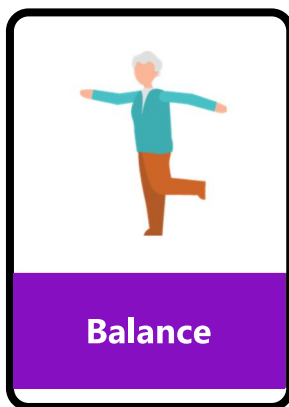
Incorporating exercise that improve a senior's balance could potentially be life-saving; according to the CDC, the leading cause of injury death in those over 65 is falls. Improving balance will overall help a senior live a safer and more independent life, while giving their family members peace of mind.

FLEXIBILITY

Maintaining flexibility as you age will provide more freedom of movement, allowing you to stay active longer. You should always stretch before doing endurance or strength exercises. You can also incorporate programs that specifically focus on flexibility. Many senior centers offer yoga and Tai Chi classes that keep the needs of older bodies in mind. Some of your favorite hobbies, like golfing or gardening, help keep you flexible and strong as well.

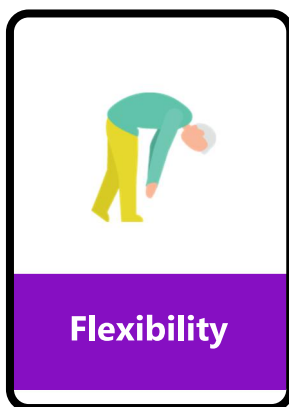
If you want to start incorporating any of these exercises into your weekly routine, be sure to check with your doctor beforehand to find out which exercises

would be the safest for you. It may seem daunting to begin an exercise regimen that includes all of the above, but you should remind yourself that something is better than nothing! Try incorporating 10-minute sessions into your daily routine – doing strength exercises while your coffee brews in the morning, going for a walk after lunch, or doing stretches while your favorite show is on. These short-term fitness goals will allow you to start living a healthy, active



Balance exercises are an important factor in **fall prevention**.

Participating in activities such as **Tai Chi or other low-impact movement exercises** are beneficial to balance.



Flexibility exercises consist mainly of **stretches and yoga** to help to keep your muscles limber.

This helps keep you lean and in good shape.

“Aging is not lost youth but a new stage of opportunity and strength”

- Betty Friedan

HEALTHY YOU

Eating Well as You Age

As you get older, eating well can help improve mental acuteness, boost your energy levels, and increase your resistance to illness. These nutrition and diet tips can help.





Feel better.

Wholesome meals can give you more energy and help you look better, resulting in a boost to your mood and self-esteem. It's all connected—when your body feels good, you feel happier inside and out.

Healthy eating is about more than just food.

Eating well as you age is about more than just the quality and variety of your food. It's also about the pleasure of eating, which increases when a meal is shared. Eating with others can be as important as adding vitamins to your diet. A social atmosphere stimulates your mind, makes meals more enjoyable, and can help you stick to your healthy eating plan.

Even if you live alone, you can make healthy meals more pleasurable by: Shopping with others.

Shopping with a friend can give you a chance to catch up without falling behind on your chores. It's also a great way to share new meal ideas and save money on discount deals like “buy one, get the second half price”.

Healthy eating is important at any age, but becomes even more so as we reach midlife and beyond. As you age, eating a healthy diet can help to improve mental acuteness, boost your energy levels, and increase your resistance to illness. Eating well can also be the key to a positive outlook and staying emotionally balanced. But healthy eating doesn't have to be about dieting and sacrifice. Rather, it should be all about enjoying fresh, tasty food, wholesome ingredients, and eating in the company of friends and family.

Healthy eating is important at any age, but becomes even more so as we reach midlife and beyond. As you age, eating a healthy diet can help to improve mental acuteness, boost your energy levels, and increase your resistance to illness. Eating well can also be the key to a positive outlook and staying emotionally balanced. But healthy eating doesn't have to be about dieting and sacrifice. Rather, it should be all about enjoying fresh, tasty food, wholesome ingredients, and eating in the company of friends and family.

No matter your age or your previous eating habits, it's never too late to change your diet and improve the way you think and feel. Improving your diet now can help you:

No matter your age or your previous eating habits, it's never too late to change your diet and improve the way you think and feel. Improving your diet now can help you:

Live longer and stronger.

Good nutrition can boost immunity, fight illness-causing toxins, keep weight in check, and reduce the risk of heart disease, stroke, high blood pressure, type-2 diabetes, bone loss, and cancer. Along with physical activity, a balanced diet can also contribute to enhanced independence as you age.

Live longer and stronger.

Good nutrition can boost immunity, fight illness-causing toxins, keep weight in check, and reduce the risk of heart disease, stroke, high blood pressure, type-2 diabetes, bone loss, and cancer. Along with physical activity, a balanced diet can also contribute to enhanced independence as you age.

Sharpen your mind.

People who eat fruit, leafy veggies, and fish and nuts packed with omega-3 fatty acids may be able to improve focus and decrease their risk of Alzheimer's disease. Antioxidant-rich green tea may also enhance memory and mental alertness as you age.

Sharpen your mind.

People who eat fruit, leafy veggies, and fish and nuts packed with omega-3 fatty acids may be able to improve focus and decrease their risk of Alzheimer's disease. Antioxidant-rich green tea may also enhance memory and mental alertness as you age.



Feel better.

Wholesome meals can give you more energy and help you look better, resulting in a boost to your mood and self-esteem. It's all connected—when your body feels good, you feel happier inside and out.

Healthy eating is about more than just food

Eating well as you age is about more than just the quality and variety of your food. It's also about the pleasure of eating, which increases when a meal is shared. Eating with others can be as important as adding vitamins to your diet. A social atmosphere stimulates your mind, makes meals more enjoyable, and can help you stick to your healthy eating plan.

Even if you live alone, you can make healthy meals more pleasurable by:

Shopping with others.

Shopping with a friend can give you a chance to catch up without falling behind on your chores. It's also a great way to share new meal ideas and save money on discount deals like “buy one, get the second half price”.

Cooking with others.

Invite a friend to share cooking responsibilities, one prepares the entrée, the other dessert, for example. Cooking with others can be a fun way to deepen your relationships, and splitting costs can make it cheaper for both of you.

Making mealtimes a social experience.

The simple act of talking to a friend or loved over the dinner table can play a big role in relieving stress and boosting mood. Gather the family together regularly and stay up to date on everyone's lives. Invite a friend, coworker, or neighbor over. Visiting an adult day care center or enrolling in a senior meal program can also provide both companionship and nutritious meals for older adults.

How to create a healthy diet

The key to healthy eating is to focus on the whole, minimally processed food that your body needs as you age—food that is as close to its natural form as possible. Our bodies respond differently to different foods, depending on genetics and other health factors, so finding the healthy diet that works best for you may take some experimentation. These tips are a good place to start:

Eat plenty of fruit and vegetables.

Break the apple and banana rut and go for color-rich pickings like berries or melons. Aim for 2-3 servings a day. When it comes to veggies, choose antioxidant-rich dark, leafy greens, such as kale, spinach, and broccoli as well as colorful vegetables such as carrots and squash. Make veggies more appetizing by drizzling them with olive oil, sprinkling with goat cheese, or frying with garlic or chili flakes. Try for 2-3 cups every day.

Choose calcium for bone health.

Maintaining bone health as you age depends on adequate calcium intake to prevent osteoporosis and bone fractures. Good sources include milk, yogurt, cheese or non-dairy sources such as tofu, broccoli, almonds, and kale.

Go “good fat” not “no fat”.

Rather than trying to cut out fat from your diet, focus on enjoying healthy fats—such as omega-3s—that can protect your body against disease and support your mood and brain function.

Vary your sources of protein.

As you age, eating enough high-quality protein can improve your mood, boost your resistance to stress, anxiety, and depression, and even help you think more clearly. However, eating too much protein from processed meat products such as hot dogs, bacon, and salami may increase your risk of heart disease, cancer, and other health problems. Vary your sources of protein instead of relying on just red meat by including more fish, beans, peas, eggs, nuts, and seeds in your diet.

Eat more fiber.

Dietary fiber can do so much more than keep you regular. It can lower your risk for heart disease, stroke, and diabetes, improve the health of your skin, and help you to lose weight. As you age, your digestion becomes less efficient, so it's important to include enough fiber in your diet. Women over 50 should aim to eat at least 21 grams of fiber per day, men over 50 at least 30 grams a day. Unfortunately, most of us aren't getting even half those amounts.

Be smart about carbs.

Choose whole grains over processed white flour for more nutrients and fiber and cut down on sugar and refined carbs. While our senses of taste and smell diminish with age, we retain the ability to distinguish sweet tastes the longest, leading many older people to consume more sugar and refined carbs than is healthy. Unlike complex carbs that are rich in fiber, refined or simple carbs (such as white rice, white flour, refined sugar) can lead to a dramatic spike in blood sugar, followed by a rapid crash which leaves you feeling hungry and prone to overeating.

<https://www.helpguide.org>



**No matter your Age
or your previous Eating
habits, it's never too late to
change your diet and
improve the way you
think and feel.**

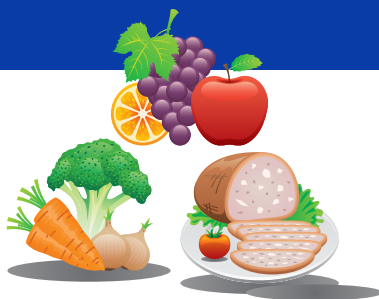
6 Ways to Eat Well As You Get Older



Know what a healthy plate looks like

See how to build a healthy plate at ChooseMyPlate.gov

1



Look for important nutrients

Eat enough protein, fruits and vegetables, whole grains, low-fat dairy, and Vitamin D.

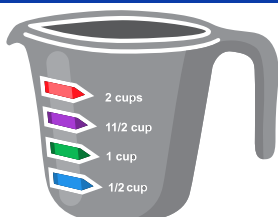
2



Read nutrition labels

Be a smart shopper! Find items that are lower in fat, added sugars, and sodium.

3



Use recommended servings

Learn the recommended daily servings for adults aged 60+ at heart.org

4



Stay hydrated

Water is an important nutrient too! Drink fluids consistently throughout the day.

5



Stretch your food budget

Get help paying for healthy food at BenefitsCheckUp.org/getSNAP

6

Jokes



REGARDLESS OF HOW YOUNG OR OLD
WE REALLY ARE, WE ALL APPRECIATE
A GOOD JOKE ONCE IN A WHILE.

LET'S HAVE A GOOD LAUGHTER

A DAY ON THE LINKS

Four men were out golfing. "These hills are getting steeper as the years go by," one complained.

"These fairways seem to be getting longer too," said one of the others.

"The sand traps seem to be bigger than I remember them too," said the third senior.

After hearing enough from his senior buddies, the oldest and the wisest of the four of them at 87 years old, piped up and said, "Just be thankful we're still on the right side of the grass!"

“
You Don't
Stop Laughing
When You
Grow Old,
You Grow Old
When You Stop
Laughing.

~George Bernard Shaw

”

WHAT'S YOUR NAME, AGAIN?

Two elderly ladies had been friends for many decades. Over the years they had shared all kinds of activities and adventures. Lately, their activities had been limited to playing cards a few times a week.

One day when playing cards, one looked at the other and said, "Now don't get mad at me. I know we've been friends a long time, but I just can't think of your name. I've thought and thought, but I can't remember it. Please tell me what your name is."

Her friend glared at her. For at least three minutes she just stared and glared. Finally she said, "How soon do you need to know?"

“I believe the second half
of one's life is meant to
be better than the first half.
The first half is finding out
how you do it. And the
second half is enjoying it.”

~Frances Lear

THE OLD-TIMERS' RIGHT

A group of Sun City Senior citizens was sitting around talking about their ailments:

"My arms are so weak I can barely hold a cup of coffee," said one.

"Yes, I know. My cataracts are so bad I can't even see my coffee," replied another.

"I can't turn my head because of arthritis in my neck," said a third, to which several nodded in agreement.

My blood pressure pills make me dizzy," another went on.

"I guess that's the price we pay for getting old," winced an old man as he shook his head.

Then there was a short moment of silence.

"Well, it's not that bad," said one woman cheerfully. "Thank God, we can all still drive!"

“The longer I live the more
beautiful life becomes.”
~ Frank Lloyd Wright

HAPPY ENDING

Jack decided to go skiing with his buddy, Bob. They loaded up Jack's minivan and headed north.

After driving for a few hours, they got caught in a terrible blizzard.

So they pulled into a nearby farm and asked the attractive lady who answered the door if they could spend the night.

"I realize it's terrible weather out there and I have this huge house all to myself, but I'm recently widowed," she explained. "I'm afraid the neighbors will talk if I let you stay in my house."

"Don't worry," Jack said. "We'll be happy to sleep in the barn. And if the weather breaks, we'll be gone at first light." The lady agreed, and the men settled in for the night.

Come morning, the weather had cleared, and they went on their way. They enjoyed a

great weekend of skiing.

But about nine months later, Jack got an unexpected letter from an attorney.

It took him a few minutes to figure it out, but he finally determined that it was from the attorney of that attractive widow he had met on the ski weekend.

He dropped in on his friend Bob and asked, "Bob, do you remember that good-looking widow from the farm we stayed at on our ski holiday up North about 9 months ago?"

"Yes, I do," said Bob.

"Did you, er, happen to get up in the middle of the night, go up to the house and pay her a visit?"

"Well, um, yes," Bob said, a little embarrassed about being found out. "I have to admit that I did."

"And did you happen to use my name instead of telling her your real name?"

Bob's face turned beet red and he said, "Yeah, look, I'm sorry, buddy. I'm afraid I did." "Why do you ask?"

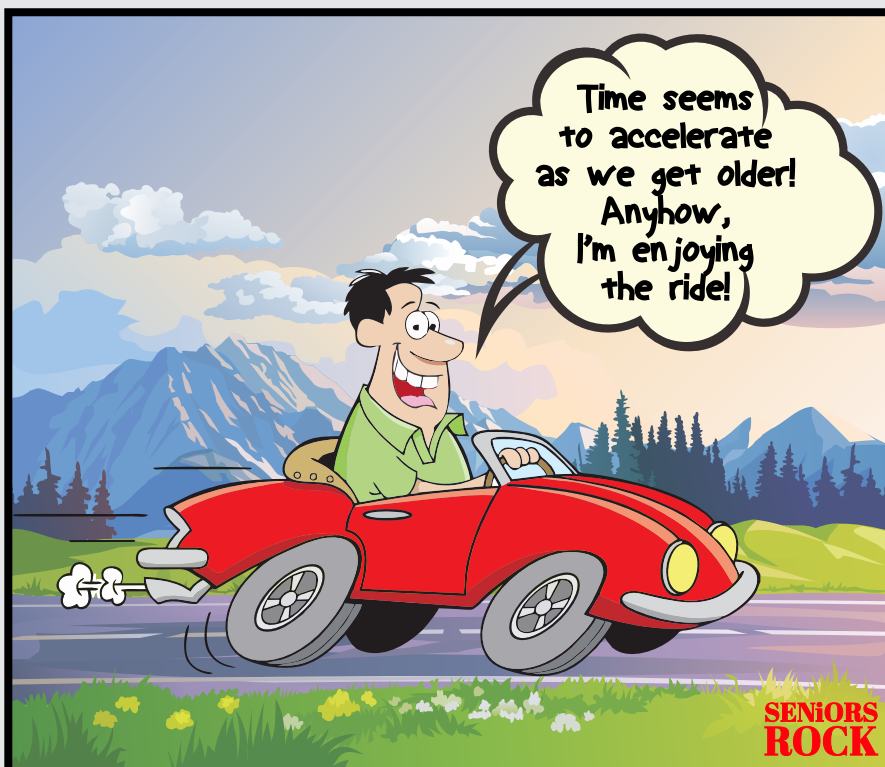
"She just died and left me everything."

**"Getting
old
is Like
climbing
a Mountain;
You Get
a Little
out of
Breath,
but the
View
is much
better!"**

~Ingrid Bergman

AGING

WITH GRACE, JOY & PURPOSE



One of the most concise and popular aging quotes is from Frank Lloyd Wright, the famous architect: *"The longer I live, the more beautiful life becomes."*

Although that outlook may not always be achievable when faced with setbacks or physical problems, it's important to remember that focusing on the positive aspects of this stage of life can help make growing older easier. If graceful and joyful aging means adapting to changes in a way that reflects our personal values, then remaining positive, open, and flexible is key.

Aging gracefully and joyfully is definitely possible. Sure, we may need help to overcome certain challenges sometimes. But growing older continues to have its own rewards.

Pay homage to yourself. Honor your age, your journey, and your being. Pay reverence to the life you have lived and, most importantly, believe in the beauty that lies ahead for you. The art of graceful and joyful aging truly begins with affirmation. Honoring yourself, eschewing the foolish notions of aging put forth by society, and having conviction in the beauty of your journey will be the point at which you truly learn how to age with grace, joy, purpose and the kind of beauty that matters.

Life will always present new challenges, but you can navigate right through them because you're a survivor; wise, resilient, capable, mature, and able to roll right along with any of life's punches. Today is the first day of your majestic new life.

Revel in the sheer joy of mapping out your life to maximize fun, excitement, learning, and self-discovery—and do it right around any medical conditions you may have. Your diagnoses do not define your life; rather they are just one part of your life that you address, reconcile, and strategically navigate to get going on experiencing the breathtakingly exciting endless number of experiences that await you. You have the power!!

One family. Many services.

Hillcrest Country Estates

Continuing care retirement community

Hwy 370 & 60th Street, Papillion • **(402) 885 7007**

Hillcrest Shadow Lake

Compassionate long-term care

1507 E. Gold Coast Road, Papillion • **(402) 339 6010**

Hillcrest Health & Rehab

In-patient rehabilitation & long-term care

1702 Hillcrest Drive, Bellevue • **(402) 291 8500**

Hillcrest Physical Therapy

Outpatient physical, occupational and speech therapy

1804 Hillcrest Drive, Bellevue • **(402) 682 4210**

Hillcrest Mable Rose & The Club

Assisted living, memory support & adult day services

Hwy 370 & 48th Street, Bellevue • **(402) 291 9777**

Hillcrest Home Care

Skilled home health and telehealth services

Serving 10 counties in NE and IA • **(402) 682 4808**

Hillcrest Hospice Care

Compassionate end-of-life support

Serving 7 counties in NE • **(402) 934 2282**

Hillcrest Caring Companions

In-home personal care

1820 Hillcrest Drive, Bellevue •

(402) 682 6599

Hillcrest Millard

Post-acute rehabilitation

13225 Westwood Lane, Omaha •

(402) 682 6880



Providing the region's widest array of aging-related services.

SENIORS ROCK Magazine

AGING WITH GRACE, JOY & PURPOSE

MAIDEN EDITION

**STANDING
STRONG ON
SHIFTING
SAND!**

THE
PROVERBS
31
NURSE

**YOU
DID NOT
FORGET
US.**

Eating
WELL AS YOU AGE

**WILL YOU
STILL NEED
ME WHEN
I AM 84?**

Aging Alone Doesn't
Have to Mean Lonely

www.seniorsrockmagazine.com

SUBSCRIBE at

www.seniorsrockmagazine.com

to receive subsequent Editions.

You are only a Click and a download away...

It's FREE



You're Retired. Your Money Isn't.

To learn why consolidating your retirement accounts to Edward Jones makes sense, contact your Edward Jones financial advisor today.



Brian P Overton
Financial Advisor

4868 S 96th St
Omaha, NE 68127

402-331-8840

Edward Jones[®]
MAKING SENSE OF INVESTING



WHERE IS YOUR PRECIOUS ONE?



WHEREVER
THEY ARE
WE PROMISE TO HELP
TAKE GOOD CARE
OF THEM.

PLEASE CONTACT US NOW

402 813 3444

preciousoneathome@gmail.com | www.preciousoneathome.com