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KARYN CORTEZ AND LINDA PRITCHETT

Author Henry James once said, "Summer afternoon; to me those have always been the two most beautiful words in the English language." I think I would have to agree. Why is it that we're always more relaxed in the summer? Maybe it's because of the beaches, the lakes, the pools, the cookouts and all the outdoor activities. Or maybe our kids and our grandkids are not experiencing the stresses of school and are more joyful to be around. I'm not sure, but I know I love summer, and hope you do too!

This month we're putting an emphasis on caregiving. Statistics show that 1 out of 4 Americans are dealing with their aging parents in one way or another and with that comes a lot of responsibility. There are companies that will help

and if you turn to pages 8 and 9, you will meet Patty Aiken and her wonderful staff at Home Instead Senior Care. See what makes them a leader in providing care to those in our community.

On page 11 we talk about one of the fastest growing trends—dating amongst older adults. Does Mom or Dad have a new boyfriend or girlfriend? Learn why that might be a good thing after all! And if you have travel plans this summer, read up on ways to pack smart for your trip!

As usual, we try to bring you lots of relevant information to keep you happy, healthy, wealthy and wise throughout your life. Please take your time reading this month's issue and have a wonderful summer!

*Linda and Karyn*

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# Five Ways to Improve Your Health

By Michael Roizen, MD, and Mehmet Oz, MD

You're in an exam room, wearing a blue paper robe, as the doctor checks your blood pressure, heart rate, breathing, and weight. Afterwards he reaches into his pocket, takes out five oversized pills, and places them on the counter. Something is written on each one: 1) Begin exercising regularly; 2) Continue to not smoke; 3) Eat a healthy diet; 4) If you drink alcohol, do so moderately; and 5) Maintain a healthy weight.

"You need all of these," he says, "but it's hard to swallow five at once. So today you're taking just one. Guess which is the best to start with?"

If you guessed "begin exercising regularly" you're right! When you start to improve your health with physical activity—and stick with it—other health-boosting habits naturally follow.

1 Start a walking program (get a buddy and a pedometer). Aim for 10,000 steps a day. As you get stronger, insert stretches of intense walking so you break a sweat and your respiration rate goes up.

2 That'll make it easier to stay off cigarettes. (People who exercise are 55% more likely to quit smoking successfully.)

3 Expending all that energy makes your body crave nutritious fuel. You'll banish the Five Food Felons. They are:

- Saturated fat, the kind found in meat, poultry skin, full-fat dairy foods, and palm and coconut oils.
- Trans fats, the ugly stuff still pumped into many snack foods and commercial desserts.
- Simple sugars.
- Added sugars including syrup.
- Any grain that's not a 100% whole grain.

4 And you'll start drinking less. Alcohol dehydrates and interferes with large muscle control (hard to keep walking!).

5 All of that helps shed excess pounds! Your reward? You'll cut your risk for dementia by 60% and for diabetes and heart attack by 70%!

Source: [Realage.com](http://Realage.com)



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# Clues to Your Overall Health Lie In Your Mouth

By Dr. Robert Arm, DMD

Did you know that your oral health can offer clues about your overall health—and that problems in your mouth can affect the rest of your body? Here are just a couple of examples of the intimate connection between oral health and overall health and what you can do to protect yourself.

## Brush Your Teeth; Protect Your Heart

There are billions of bacteria and microscopic critters that live in your mouth. Ordinarily, they cause absolutely no harm, but if you suffer from *periodontitis* (erosion of the tissue and bone that support the teeth), every time you chew or brush your teeth you might be releasing that bacteria into your bloodstream. In fact, studies show that several species of bacteria that cause periodontitis have been found in the atherosclerotic plaque in arteries in the heart

and elsewhere, possibly contributing to the risk of heart attacks.

Bacteria can also lodge on sickened parts of the heart and cause *endocarditis*—an infection of the heart. Endocarditis occurs when bacteria enter the bloodstream (bacteremia) and attach to a damaged portion of the inner lining of the heart or abnormal heart valves. Not all bacteria entering the bloodstream are capable of causing endocarditis. Only those bacteria that are able to stick to the surface lining of the heart and to abnormal valves tend to cause endocarditis. The ability of these bacteria to stick to the surface lining is aided by a preexisting microscopic clot that often forms at these abnormal sites.

It is for this reason—to reduce the chance of infection—that many heart surgeons advise their patients to have a dental checkup before surgery. Most anesthesiologists also want patients checked to be sure

there are no loose teeth that may fall out during anesthesia. Regular dental checkups will help avoid these problems.

## Breathe Right; Save Your Life

Consider also the critical relationship between jaw positioning and your breathing. In life support training (CPR), one of the first things we learn is how to position the jaws. This includes head tilt and jaw thrust, which aides breathing and can save lives. Take this a step further. In patients that have breathing problems, are overweight, or snore, we worry about sleep apnea—a common disorder in which you have one or more pauses in breathing or shallow breaths while you sleep. Treatment for severe sleep apnea often involves use of a CPAP machine, a device with an air mask that continuously blows air into your lungs while you sleep. When patients don't use the CPAP, they may have life threatening issues related to sleep apnea. As an alter-



native to, or in addition to, a CPAP machine, a special “night guard” can be provided from your dental professional to move the lower jaw forward, creating a “jaw thrust” and opening the airway. Sleep apnea can be dangerous, and as part of a team, your dentist may help save your life.

Remember—the key to all treatment and to overall health is to **prevent disease**. Go to your dentist for routine checkups, examinations and cleanings. Maintain your dental health to help avoid complications to your overall health.

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## Social Security Q&A

**When a person who has worked and paid Social Security taxes dies, who is eligible for survivors benefits?**

Social Security survivors benefits can be paid to:

- Widows or widowers—unreduced benefits at full retirement age, or reduced benefits as early as age 60;
- Disabled widows or widowers—as early as age 50;
- Widows or widowers at any age if they take care of the deceased's child who is under age 16 or disabled and receiving Social Security benefits;
- Unmarried children under age 18, or up to age 19 if they are attending secondary school full time. Under certain circumstances, benefits can be paid to stepchildren and grandchildren;
- Children at any age who were disabled before age 22 and remain disabled; and
- Dependent parents age 62 or older.

Even if you are divorced, you still may qualify for survivors benefits. For more information, go to [www.socialsecurity.gov](http://www.socialsecurity.gov).

# You, the Caregiver, Are Very Important!

By Fatima Jordan and Tamara Asad

Our population is aging and the average life expectancy is increasing. Subsequently, increasing numbers of men and women are having to partake in the caregiving role. Whether done out of love, or a sense of responsibility, caregiving can be an extremely personally fulfilling act that leads to personal growth and a greater sense of meaning and purpose in the caregiver's life. Few people are prepared for the responsibilities and tasks involved in caring for others. To help make the task easier, it is important to have a game plan in life which helps determine where you are headed and how you are going to get there. It cannot be stated strongly enough; the caregiver is a very important part of the care giving equation. The success of this equation and the continuance of its success is actually dependent on how well the caregiver cares for him/herself. In other words, if the caregiver becomes ill, who will care for the care receiver? Before you get to that place, explore your options.

## Take a Break with Respite Care

Respite care services provide practical, temporary and much needed relief from caregiving duties. Find a Companion Care agency and take a few hours, or even a weekend to do something you enjoy. Go to a movie, take a walk in the park, or even stay in a nice hotel for the weekend. Treat yourself, you deserve it!

## Take Care of Yourself

Your general well-being affects your outlook on life and your ability to cope. Taking care of yourself is important and involves a balanced diet, exercising, enough sleep/rest and allowing yourself leisure time.

- Food is fuel for your body. Skipping meals, eating poorly, and drinking lots of caffeine is not good for you.
- Being physically active can provide you with an outlet that is relaxing and makes you feel good. Stretching, walking, jogging, swimming, and bicycling are examples of invigorating exercises.
- Leisure time allows you to feel better and more able to cope with your situation. Having time to yourself to

read a book, visit a friend, or watch TV can also bring enjoyment and relaxation, and break the constant pattern and pressure of care giving.

- Sleep refreshes and enables you to function throughout the day. If your care receiver is restless at night and disturbs your sleep, consult your doctor and fellow caregivers on possible ways to handle the situation. You may need to have outside help in the evenings to allow you time to sleep.

If you are unable to sleep, practice relaxation exercises. Deep breathing or visualizing pleasant scenes can be helpful. Continued sleep disturbance may be a sign of major depression, which may need medical attention.

## Seek Help

As we have stated repeatedly, care giving is a very stressful situation. Stress either causes or exacerbates some 70 to 90 percent of all medical complaints, including tension and migraine headaches, high blood pressure, asthma, nervous stomach, bowel problems, and chronic lower back pains. There is research evidence indicating stress plays a role in a person's susceptibility to heart disease, stroke, and cancer.

Stress has also been implicated in psychological disorders such as anxiety reactions, depressions and phobias, as well as poor work performance, drug and alcohol abuse, insomnia, and unexplained violence. If you are experiencing any of the above, it is extremely important that you learn and use various techniques for stress reduction.

Below are some tell-tale signs which can help you assess when you have reached this fork in the road:

- snapping at the care receiver constantly even over little things—being constantly irritated
- seldom laughing anymore
- feeling constantly tired or pressured
- losing sleep, failing to fall asleep for hours, sleeping restlessly all night long
- yelling, screaming, crying or frequent fits of rage—withholding affection, feelings of goodwill from the care-recipient—withholding

food, baths, dressing changes, etc.

- constantly blaming the care receiver for your being in this situation
- refusing to go out anymore, even for a walk because ‘he/she needs me’—withholding expenditures for goods or services he/she needs because you feel it to be a waste of money due to the uncertainty of his/her illness

While these are not exclusive, they indicate a classic picture of “caregiver burnout”. The treatment for caregiver burnout is simple—get help!

## What Can I Do To Help Myself?

Be proactive in your emotional self-care. Speaking with a counselor who understands and specializes in the complex and overlooked dynamics of caregiving could be extremely helpful. Utilizing a caregiver counselor may be

extremely beneficial in stress reduction and in adjusting to your role as a caregiver. Counselors provide a safe, confidential, and nonjudgmental environment in which you can vent any negative feelings or issues you may have pent up inside of you. They can also help you to identify and understand faulty patterns that may be negatively impacting your ability to cope as a caregiver and teach you new strategies to do so.

## Again...You Are Important!

No one can remain a full-time caregiver forever; the job is much too strenuous and stressful. The point we wish to set forth is: Know your limit! Be honest with yourself, and when “that limit” has been reached, STOP! Consider the alternatives, request help from qualified agencies, and rest easy, because you did the right thing!

# Improve Your Balance

By Kate Maliha, MA

Older adults tend to be at an increased risk of falling compared to when they were younger for a variety of reasons. Some factors affecting balance in seniors are: having experienced recent changes to their vision; having conditions such as Parkinson's, osteoporosis, cognitive impairment, or stroke; and having to take more than four prescription medications daily. Other risks for falling include not having full sensation in the feet or ankles (neuropathy), and having limited lower body strength and range of motion. Often, seniors have minimal control over many of these risk factors; however, exercise is beneficial in ameliorating many of the conditions that present risk factors. In addition, specific balancing exercises can be incorporated into seniors' overall fitness routines, and thereby help them to avoid future falls. Here is one simple balance exercise that can be done at home, with a bed pillow or throw cushion:

## Pillow Stand

Stand near a rescue surface such as a wall or a heavy chair, so that you have something to hold on to if you become wobbly. Start by placing your feet about shoulder width apart on a pillow or cushion. See if you can balance well on both feet while on the pillow, without holding on to anything (keep your hand near something solid though, just in case). Try to balance for up to 30 seconds without holding on to your rescue surface. Once you have progressed to 30 seconds, you are ready to proceed to the next level of difficulty. Now, try shifting your body weight (center of gravity) to one hip, and then to the other for a total of 20 seconds. Finally, if this exercise still is not challenging, you can progress to the final step by keeping your eyes closed while standing on the pillow (without moving). Please make sure you have your hand on a wall or heavy chair in case you sway!

Please consult a medical professional before starting this or any other exercise program. This article does not constitute medical advice.



## Where, Oh Where Have the Coin Collectors Gone?

By C. Ashmore Harrison

If you are over 55 years old, it's extremely likely you either collected coins or stamps or baseball cards when you were a kid. Am I right? The 50's and 60's were arguably the best times in the collecting world, because just about everyone had some sort of collection. Well, times have changed and now it seems that only a fraction of the collectors are still around.

This means that literally thousands of collections—large and small—are now surfacing, because the primary collectors are passing away and leaving them to their heirs, or they are downsizing and need to “unclutter” their lives. Many of the people responsible for the collections are at the mercy of the coin dealer, and I'm sorry to say that there are some predatory dealers out there. It seems that every week we see something somewhere that the dealers are coming to some hotel and will be paying “top dollar” and “up to” some wonderful amount for coins and metals. However, as a rule, they are NOT. This is not to say there are no fair deals made, but the vast majority of people attending these events are returning

with much less than a great deal. The BEST way to move a collection is with a reputable, local dealer who has great contacts in the industry.

Here's an example: A couple came into our place of business earlier this year and said they had done some research, but didn't know exactly what they had. We immediately noticed they had an outstanding collection of Morgan Dollars, and after reviewing the coins in the set, it turned out to be worth over \$50,000. In addition, there were a few other coins they had that were not part of the dollar set, and one of those coins turned out to be a one-of-a-kind rarity, having recently brought over \$43,000 at auction. This couple thought they might have \$30,000 worth of coins, and ended up with over \$100,000 in CASH! The point being it's very important to find a trustworthy dealer to work with, who has global contacts and is VERY well respected in the coin business. It takes 10-20 years to become an “expert.” When you go out searching for YOUR dealer, make sure you do your homework and get their credentials.

For more information on valuing coin collections or getting the most for you gold, call Ash Harrison at 336-337-8086 or email him at [ash@ashmore.com](mailto:ash@ashmore.com).



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## Could Your Parents Outlive Their Money?

Now and over the next several decades, boomers are expecting the biggest transfer of wealth in history. Most boomers will get an inheritance. But will you?

Consider Daniel. His dad's 97; Mom is 95. They had owned two lovely homes and lived the luxurious lifestyle befitting the successful business tycoon Daniel's dad had been for many years. He retired and they continued to spend lavishly. The years passed and they grew infirm.

They sold their homes at a loss during the economic downturn and moved to a high-end assisted living facility. There was no long-term care insurance and the cost of assisted living was not covered by Medicare. The cost for the two of them was over \$15,000 a month.

Then Dad had a stroke. The cost of care went up. Mom lost her vision.

More cost increases for more care. The bill was now over \$10,000 per month for each parent.

When Daniel finally had a discussion with his parents, he was horrified to learn that they had no savings. They were rapidly selling the stocks in their investment portfolio, often at inopportune times because they needed the cash. They were going to need his financial help!

Daniel had never talked to his parents about what he might expect to inherit. He just assumed that he'd get a chunk of money to help with his own retirement. After all, they never held back on spending and he figured things were fine. Now he writes a monthly check to help support them.

### Could this happen to you?

Few of us take the time to actually calculate the cost of care in a facil-

ity or for full-time home health care. It's time to do this. Full-time home caregivers can run \$50- \$100,000 per year. Costs can be similar in a nursing home or assisted living facility. If that goes on for 10+ years, parents can easily burn through savings and assets.

Parents are living longer than ever. It's likely your parents paid little attention to the cost of care when (if) they did any estate planning. No one wants to accept the possibility of needing help and paying big bucks for it.

If this could be you, it's time to meet with your parents and their financial advisor. Plans need to include the possibility of long-term care. It's too late to get long-term care insurance when your parents are ill, disabled or in their 80's or 90's. No one will insure them, or the cost will be prohibitive.

Daniel's parents might have avoided needing Daniel's support had they been more prudent. Daniel would have been better off had he asked them about the possible need for care at the time he first saw changes in their health: decreasing vision in Mom, more and more unstable health conditions in Dad. Reining in spending, getting professional financial planning advice, and setting up a way to pay for the cost of care would have helped.

We can all do better than Daniel did. I urge everyone, even those whose aging parents seem just fine now, to talk to your parents about the cost of future care and how to pay for it. Do this even if they think they'll never need it.

*Carolyn Rosenblatt, RN, elder law attorney, worked as a visiting nurse for 10 years before becoming an attorney and practicing law for 27 years. More of Carolyn's blogs can be found at her website, [www.AgingParents.com](http://www.AgingParents.com).*

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*"We worked with someone from American Senior Benefits and boy am I glad we did. They helped us with our Medicare enrollment and Long Term Care planning. Last year, my wife had a stroke while we were on vacation. It was the hardest thing we've ever lived through. She's getting better now, but there's no doubt we were more prepared because of working with them."*

— Richard B., Greensboro, NC





*To them,  
it's personal.*

This month we sat down with Patty Aiken, owner of Home Instead Senior Care and had an opportunity to see, first hand, why Home Instead Senior Care is a community leader when it comes to In-Home care.



CO-OWNER, PATTY AIKEN

#### How do you describe In-Home Care?

In Home Care can be a variety of services ranging from basic companion care to domestic care to more advanced skilled care, offered by companies such as licensed nursing agencies. These levels of care provide seniors with the ability to remain in their homes for as long possible.

#### What are some of the services offered by Home Instead Senior Care?

Home Instead Senior Care provides companionship, light housekeeping, meal preparation, medication reminders, transportation to appointments, as well as personal care such as assisting with grooming, mobility and hygiene. Our goal for our clients is to allow them to maintain their independence and the opportunity to do the things that THEY want to do.

#### Why is it important to use a licensed agency when choosing an in-home care provider?

Today, all agencies that provide both companionship care and personal

care must be licensed. With that said, an advantage in licensing is that everyone is held to quality standards but licensing also requires continual training and education. Another is that most agencies are required to bond the caregivers in the event of theft and provide liability and workers compensation insurance. Since the caregivers are employees, the agencies are responsible for performance management, conducting background checks, drug screening, as well as handling all payroll related matters. Adhering to these standards means that the families can have peace of mind knowing the caregivers are of the highest quality. Clients can choose to hire caregivers privately, but there's often no recourse during events such as an accident or theft. Another risk is dependability and not having flexibility in the event the caregiver cannot get to work.

#### What are the steps that need to be taken when deciding if in-home care is an appropriate solution?

Aging in place allows seniors to live safely and comfortably; however, in order to accomplish this goal, certain steps need to be taken so that making this transition is successful for all. Being "at home" has tremendous advantages including being in a familiar environment, maintaining social networks, and can provide cost savings over other options. Here are some points to consider.....

- Start to plan by getting organized and surveying all the resources available including caregiving resources and financial resources. The senior must participate in this event if at all possible.
- Does the senior have long term care insurance to help with caregiving costs? What does their policy cover?
- Prepare to be flexible and understand that no matter which path is chosen, it is likely going to change over time.
- Does the home need modifications such as changes in the bathrooms or kitchens to accommodate a wheelchair or walker? Or does a main floor room need to be modified to become a bedroom when the regular bedroom is on another floor? What is going to be the cost of these changes?

- Choose the caregivers in a way that you would hire an employee. Make sure they have experience, are insured and bonded, and are

reliable and trustworthy (conduct background checks). A respectable agency will conduct all of these tasks for the client relieving them of that burden.

#### Why has Home Instead been so successful?

We are proud to say that, over the last fourteen years, we have built a reputation for providing reliable and compassionate caregivers, dedicated and responsive staff, and we truly care about our clients and their well being. Our network of other franchise owners provides tremendous support, in that we have a wealth of information at our fingertips.

#### What makes Home Instead different from other in-home care agencies?

Without giving away some of our "secrets", I can truly say that our staff is the most dedicated group of people we could have ever wished to have in our company. Our people are what differentiate us. From our caregivers to our office staff, they are truly the best team with whom I have had the opportunity to work. There is rarely a time when you hear a "no" in our office! It's so refreshing and makes coming to work every day a pleasure. They "get it" and know what this service is about. All of us just expect the best and it shows.

#### Are your caregivers specially trained to deal with Alzheimer's and Dementia?

Yes they are. We provide training to all of our caregiving staff initially

and at various stages during their employment. Initially, they are required to complete our specialized program that is designed specifically for working with clients who have Alzheimer's and other forms of dementia. We also provide our advanced program titled Alzheimer's "CARE" Training (Changing Aging Through Research and Education®) to our most experienced staff. This program is a much more comprehensive and in depth study program to enhance their skills and education.

#### What are some ways Home Instead gives back to the community?

We are so thankful for the support has been given to us over the years from our community and want to continue to give back. We support organizations and programs that enhance the quality of the lives of all of our seniors in our community, not just for our clients. Many of these programs are provided through the Adult Center for Enrichment, the Mobile Meals program supported by Senior Resources of Guilford County, and the Alzheimer's Association.

Home Instead has been the sponsor and coordinator for our own giving program during the Christmas holiday season for over 10 years. The program is called "Be a Santa to a Senior". Walgreens Drug stores provides tremendous support to us by placing Christmas trees in many of their stores in the area. Several senior communities provide us with names of their residents who have little or no family support and these names (first only!) are placed on ornaments on these trees with their gift preferences. Anyone who comes into these stores can take an ornament from the tree and purchase the requested gifts. They leave the gifts the stores for our staff and many community volunteers to collect for wrapping and delivery. Each gift is individually wrapped for the recipient. Last year, we delivered over 2,000 gifts to over 500 residents in about 20 or so nursing homes and assisted living communities. These recipients would otherwise receive little or nothing during the holiday season. Making the deliveries to these communities give us a wonderful feeling of gratitude and the hope that we can make a difference in their lives.



STAFF IN TRAINING

**"Mom's getting more confused.**  
*She forgot to eat again."*


**"What if she wanders off?**  
*That would be horrible."*

**"We need to keep her safe at home.**  
*We need more help."*

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*To us, it's personal.*



# How to Keep Fruit and Veggies Fresher, Longer

By Jessica Harlan

Fresh fruit and vegetables are some of the best warm weather treats, but their pleasures can be fleeting. How often have you reached for the container of berries, only to discover they've gone moldy, or planned to cook greens, but found that they're now badly wilted?

A little bit of preparation when you get your fruits and veggies home from the market can help keep them in great shape, and even extend the length of time they stay fresh. By giving yourself more time to eat up all those goodies, you'll likely decrease food waste that would otherwise end up in the landfill, where they could then contribute to greenhouse gas production. Use these tips so that you can enjoy the season's bounty a little bit longer!

**Make a bouquet.** Store asparagus and cut herbs in a glass of water or even a vase, on a shelf in your refrigerator. You can keep them even fresher by loosely wrapping the tops with

damp paper towels. This method also works for other stem veggies, such as rhubarb, chard, or kale.

**Bag your greens.** Wash lettuce leaves by dipping them into cold water, then thoroughly dry them by "spinning" them with a salad spinner. Wrap the dried leaves loosely in paper towels and place them in a Ziploc® bag in the crisper drawer of your refrigerator. The crisper drawer's vents allow air circulation that will keep greens crisp. Like all Ziploc® brand bags, these can be recycled at thousands of retail locations near you, after being cleaned and dried.

**DIY frozen berries.** Have a surplus of berries from a berry picking expedition? Freeze them so you can use them beyond summer! Arrange stemmed, unwashed berries such as blueberries, raspberries, blackberries, or strawberries, on a baking sheet. Freeze them until they're frozen solid, then transfer them to a freezer bag. Press as much air out of the bag as possible before freezing to minimize freezer burn. The berries will keep

for months, and can be used thawed or frozen (rinse them off first!) for smoothies, as a topping for yogurt or ice cream, or in baked goods. With this method, berries freeze individually as opposed to a big solid clump, so you'll be able to take out just what you need.

**Give them a bath.** If you'd rather keep your berries fresh for eating, foodie site The Kitchn suggests washing them in a diluted vinegar bath, drying them well in a salad spinner, and storing them in a closed container lined with paper towels.

**Prep it for snacking.** You're less likely to let produce languish if it's easy to grab and go. When you bring a watermelon home from the store, cut it up right away into bite-sized cubes and put it in a reusable container so that it'll be easy to snack on whenever you like. The same goes for raw veggies: wash them and peel if needed, and cut veggies like carrots and celery



into sticks, and broccoli into individual florets, and store them in a handy container. Grab a handful when mid-afternoon hunger hits.

**Keep the good from the bad.** That expression about one bad apple is apt. If you have a berry that's molding, an apple that's badly bruised, or any piece of produce that is showing signs of deterioration, eat it right away. If it isn't edible, compost it. Mold and rot tends to spread among fruits and vegetables that are sharing the same space.

*Look years younger with a beautiful smile*



  
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# Senior Dating: How to React When Mom Gets a Boyfriend

The possibility of your senior parent or loved one reentering the dating world can cause a range of emotional stress. *Is it safe? Is it appropriate? How soon is too soon after the loss of a spouse?* The answers to these questions vary with each family's unique situation, but there are some common factors to consider as you and your senior loved one broach this topic.

Here are four thoughts to keep in mind as you talk to your senior about dating:

**1 It might be awkward. (But that's ok!)** No matter how close you are to your senior parent, discussing the details of your loved one's dating life will likely be a little awkward for the both of you. He or she may feel embarrassed or may not want to talk about it at all. That's okay; do not force the issue unless you suspect an extreme circumstance such as physical, emotional or financial abuse. Simply continue to show interest and concern in a way that invites open conversation.

**2 It's important to have "the talk" (Yes, that one.)** A significant number of seniors are not only dating, but are also sexually active, according to a recent study on seniors and sex. The number

of seniors who are dating and sexually active tops 25 percent for the 75 to 85 age bracket, indicating that safe sex, privacy and STD awareness are real concerns. The lesson here? Senior dating may not be a comfortable topic to discuss, but the risks of ignoring it are far worse. Stay the course.

**3 Companionship is healthy!** As with men and women of any age, relationships are vital to a senior's overall wellbeing. Loneliness can have negative physical and emotional consequences that increase as we age. High blood pressure, depression and loss of appetite are just a few ways the physical and emotional stress of loneliness can manifest itself in a senior's life. Dating and other social activities can help to reverse this dangerous cycle.

**4 Your senior loved one needs your support.** Whatever your senior loved one's dating status and desires, try to be as encouraging and supportive as possible. From making new friends at the community center, to going on a blind date, your support will help your loved one feel confident and not alone.

In this digital age, online dating can be one fun and effective way to find a kindred spirit. Sites like



SeniorMatch.com specialize not only in romantic connections, but in friendships as well. Consider helping your senior set up an online dating profile. It could be a fun way to spend time together and gives you the opportunity to stay in the loop on the dating situation!

While a busier social life for Mom or Dad may introduce new stress for you, these activities and relationships can do wonders for their overall health and emotional wellbeing.

*Brought to you by your friends at Home Instead Senior Care. For more information visit [homeinstead.com](http://homeinstead.com) or call 336-294-0081.*

## Pack Smart

Vacation season is here! Use this list to help you think of things to pack in your travel health kit. Be sure to think about where you are going and whether you will have access to health items and supplies, check the TSA website ([tsa.gov](http://tsa.gov)) for updates on permitted and prohibited items, including medicines that you are allowed to carry onto an airplane, and check the Customs and Import Restrictions section of the U.S. Department of State Tips for Traveling Abroad since some items may not be allowed in other countries.

### Medicines

**■ Prescription medicines you usually take**  
– If you have a severe allergy and epinephrine has been prescribed by your doctor, bring your Epinephrine auto-injector (for example, an EpiPen).

Special note about prescription medicines:  
• Pack your prescription medications

in your carry-on luggage.

- Pack copies of all prescriptions, including the generic names for medications.
- Pack a note on letterhead stationery from the prescribing physician for controlled substances and injectable medications.
- Leave a copy of your prescriptions at home with a friend or relative.
- Check with the American Embassy or Consulate to make sure that your medicines will be allowed into the country you are visiting. Some countries do not let visitors bring certain medicines into the country.

### ■ Special prescriptions for the trip

- Medicines to prevent malaria, if needed
- Antibiotic prescribed by your doctor for self-treatment of moderate to severe diarrhea

### ■ Over-the-counter medicines

- Anti-diarrheal medication (for example, bismuth subsalicylate, loperamide)
- Antihistamine

- Decongestant, alone or in combination with antihistamine
- Anti-motion sickness medication
- Medicine for pain or fever (such as acetaminophen, aspirin, or ibuprofen)
- Mild laxative
- Cough suppressant/expectorant
- Cough drops
- Antacid
- Antifungal and antibacterial ointments or creams
- 1% hydrocortisone cream

### Other important items

- **Supplies to prevent illness or injury**
  - Insect repellent containing DEET (30%-50%) or picaridin (up to 15%)
  - Sunscreen (preferably SPF 15 or greater) that has both UVA and UVB protection
  - Antibacterial hand wipes or alcohol-based hand sanitizer containing at least 60% alcohol
  - Lubricating eye drops
- **First-aid supplies**

- First aid quick reference card
- Basic first-aid items (bandages, gauze, ace bandage, antiseptic, tweezers, scissors, cotton-tipped applicators)
- Moleskin for blisters
- Aloe gel for sunburns
- Digital thermometer
- Oral rehydration solution packets

■ **Health insurance card (either your regular plan or supplemental travel health insurance plan) and copies of claim forms**

### Other items that may be useful in certain circumstances

- **Mild sedative or other sleep aid**
- **Medicine to prevent altitude sickness**
- **Water purification tablets**
- **Commercial suture/syringe kits to be used by local health-care provider.** (These items will also require a letter on letterhead stationery from the prescribing physician.)



The conditions that affect many seniors can also increase your risk of falling.

Since physical changes and many conditions are a part of aging, it's not always possible to remove these blocks from your risk tower. Learning how these medical conditions lead to falls is the first step towards understanding the risks.

If you have...	...then falls can be a concern because
Heart disease or failure (CHF)	Heart conditions can cause dizziness, balance problems, muscle weakness and fatigue, even with only slight exertion. Heart disease is also frequently associated with respiratory difficulties, which can result in many of the same falls-related conditions.
Had a stroke	Strokes often result in muscle weakness, and/or sensory imbalances on one side of the body, which can compromise one's ability to move about safely.
Parkinson's Disease	Tremors, stiff aching muscles, and slow limited movement (especially when the person tries to move from a resting position) are all falls risks associated with Parkinson's. A person with Parkinson's disease is likely to take small steps and shuffle with his or her feet close together, bend forward slightly at the waist (stooped posture), and have trouble turning around. Balance and posture problems may result in frequent falls, especially as the disease progresses.
Low blood pressure	Low blood pressure, particularly when rising from a lying or sitting position, is a common cause of falls due to dizziness and/or fainting.
Chronic obstructive pulmonary disease (COPD)	The shortness of breath that is caused by COPD (chronic bronchitis and/or emphysema) can make you feel weak, dizzy or faint, even when you do simple things like get dressed or fix a meal.
Diabetes	Diabetes can cause a loss of feeling in the feet (diabetic 'neuropathy'), which compromises your balance and sense of where obstacles and uneven footing may be a hazard.
Arthritis	The loss of joint flexibility due to arthritis makes it difficult to maintain a safe gait, to avoid potentially dangerous obstacles, and maintain balance.
Vision problems	A decrease in vision, whether caused by glaucoma and cataracts, or just aging eyes, makes it far more difficult to judge distance and avoid obstacles that could trip you up. This is naturally a particular concern at night or when in the dark.
Mental confusion	Mental confusion can increase the chance of a fall since it may be more difficult to determine whether an activity is putting one at greater risk, or it may take longer to respond to a situation where a fall might otherwise be averted.



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# The Hardest Conversation To Have With Aging Parents

By Carolyn Rosenblatt

In a new report by Pfizer on difficult conversations to have with parents, respondents said the hardest conversation to have with elderly parents is telling them to stop driving and hand over their car keys—more difficult than talking to parents about their final wishes or wills.

The explanation as to why respondents found it difficult is quite understandable. Driving is perhaps the ultimate symbol of independence and control. An elder is likely going to feel trapped if he/she is required to give up driving when accustomed to that freedom. Loss of control is a fear for anyone, especially for aging parents, who may be also feeling loss of control of their physical health.

From studies on the subject, we know that most people will relinquish the keys when asked to do so and when the time comes. But there is still a sizable number of seniors who adamantly refuse to even consider it, in spite of accidents, and urgings of family.

If you are facing the problem of an aging parent who should give up driving and don't know how to begin, here are some tips:

**1 Get in the car with an aging parent whom you suspect is not safe behind the wheel.** Observe her driving. She should be able to follow all the rules of the road without prompting. Keep notes. Notice how your aging parent handles turning, changing lanes, maintain-

ing safe speed and being alert for oncoming traffic. Your observations can become part of the discussion about your parent's driving and you can explain why you are afraid of their driving now. A checklist to help you is available at [http://www.caregiverslibrary.org/Portals0/ChecklistsandForms\\_DrivingAssessment-Checklist.pdf](http://www.caregiverslibrary.org/Portals0/ChecklistsandForms_DrivingAssessment-Checklist.pdf)

**2 Acknowledge that this is difficult for your aging parent and approach the subject respectfully.** You can say, "Dad, I know this must be hard for you, but we need to talk about your driving". Then use whatever incidents you are aware of that led you to understand that Dad should not be driving. Accidents, vision problems, dementia, small strokes, etc. can all be very good reasons to give up the keys.

**3 Figure out alternative transportation.** Whether it will involve hiring a driver, using community based senior transport services, or having family members pitch in, you do not want to leave your elder feeling or being trapped and deprived of participation in his normal outside activities.

**4 Request retesting for the driver's license if your state allows you to do so.** Many people who should not be driving can't pass the driving test, but have a license that is not going to expire for a long time. Retesting will reveal that they should stop driving. In some states the request for retesting

driving can be anonymous. A physician can make the request as well. Contact your department of motor vehicles website to find out what is needed in your state to request re-testing.

**5 Have a family meeting about the subject of driving.** This should be done with advance planning by all concerned. Respect and tact are essential. If you are worried and others in the family will back you up, it may be enough to convince your aging parent to give up the keys. Be politely insistent. The safety of every person on the road and every pedestrian in your parent's path is at stake.

Most adult children do not realize that memory loss in an aging parent and driving problems are linked. One may lose track of the task of

driving in the same way she loses track of the conversation. Driving is a very complex task, requiring attentiveness to numerous stimuli at once. There is a lot at risk with any parent who has memory loss and is still behind the wheel.

Even if the conversation about giving up the keys is difficult, it is important for adult children to initiate it. Elders may not have the courage to self limit driving and may need a prompt from you to take that painful step. Your kind help can keep your aging parent and others a lot safer.

Source: AgingParents.com

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# FISH TACOS WITH SUMMER SALSA

**MAKES:** 4 servings  
**PREP:** 30 minutes  
**COOK:** 8 minutes

- INGREDIENTS:**
- 1 pound halibut or other meaty white fish fillets
  - Juice of 2 limes
  - 1 eleven ounce can whole tomatillos, drained
  - 4 small zucchini peeled, seeded and cut into small cubes
  - ¼ cup chopped cilantro leaves and stems
  - 2½ tps coarse salt, plus more to taste
  - 8 six inch corn tortillas
  - 2 tbs chili powder
  - ¼ tsp cayenne pepper, or to taste
  - 1 tbs extra-virgin olive oil
  - 1 Hass avocado, peeled and thinly sliced



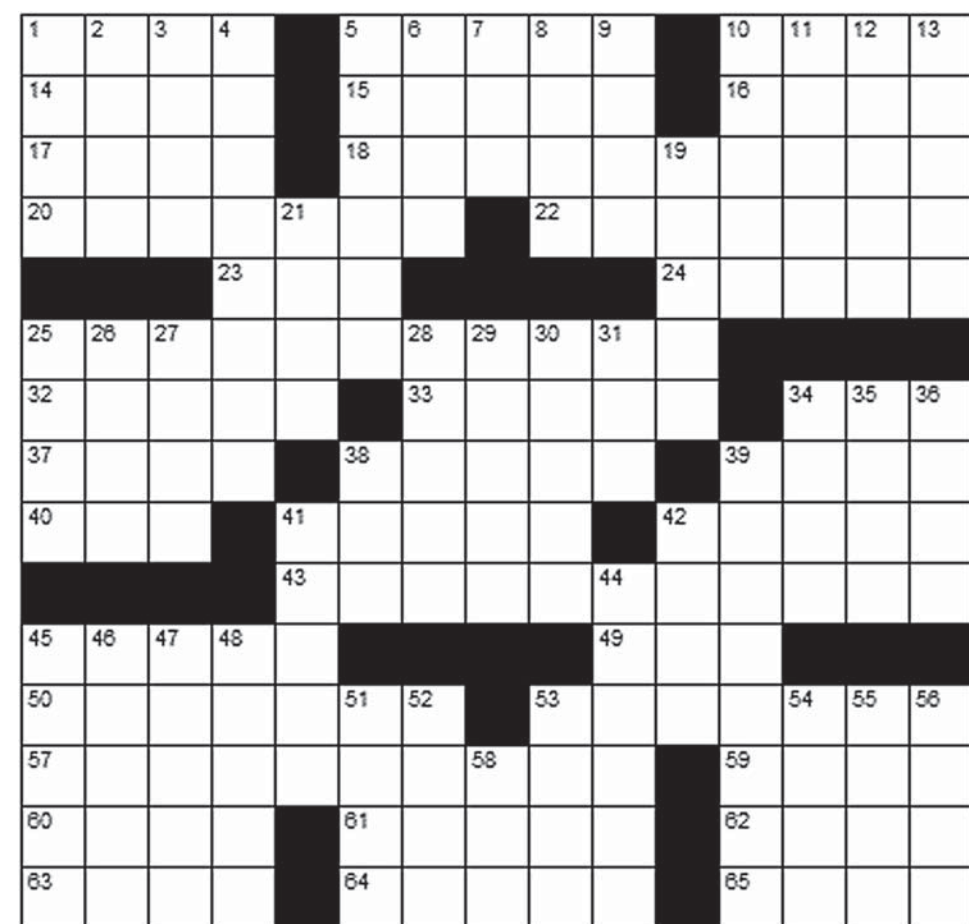
- DIRECTIONS:**
- Preheat the oven to 225 degrees . Place the fish in a medium bowl and drizzle with half of the lime juice. Cover and refrigerate for 15 minutes.
  - Using your hands, squeeze the juice and flesh from the tomatillos, 1 at a time, into a medium bowl; discard the skins. Mash the tomatillos with a fork. Add the zucchini, the remaining lime juice, the cilantro and 2 teaspoons of the salt and toss.
  - Spread the tortillas on 2 baking sheets and warm in the oven for about 10 minutes.
  - In a small bowl, combine the chili powder, cayenne pepper and 1/2 teaspoon of the salt. Remove the fish from the lime juice, pat dry and cover with the spice rub. Heat the olive oil in a large nonstick skillet over medium heat and cook the fish, about 4 minutes on each side. Break the fish into bite-size pieces and season to taste with salt. Arrange the fish in the tortillas with some of the salsa and avocado slices.

## WORDS OF WISDOM

Often when things appear to be falling apart...  
They're actually falling into place on a much grander scale.

# Crossword

By Dave Fisher      Answers on page 13

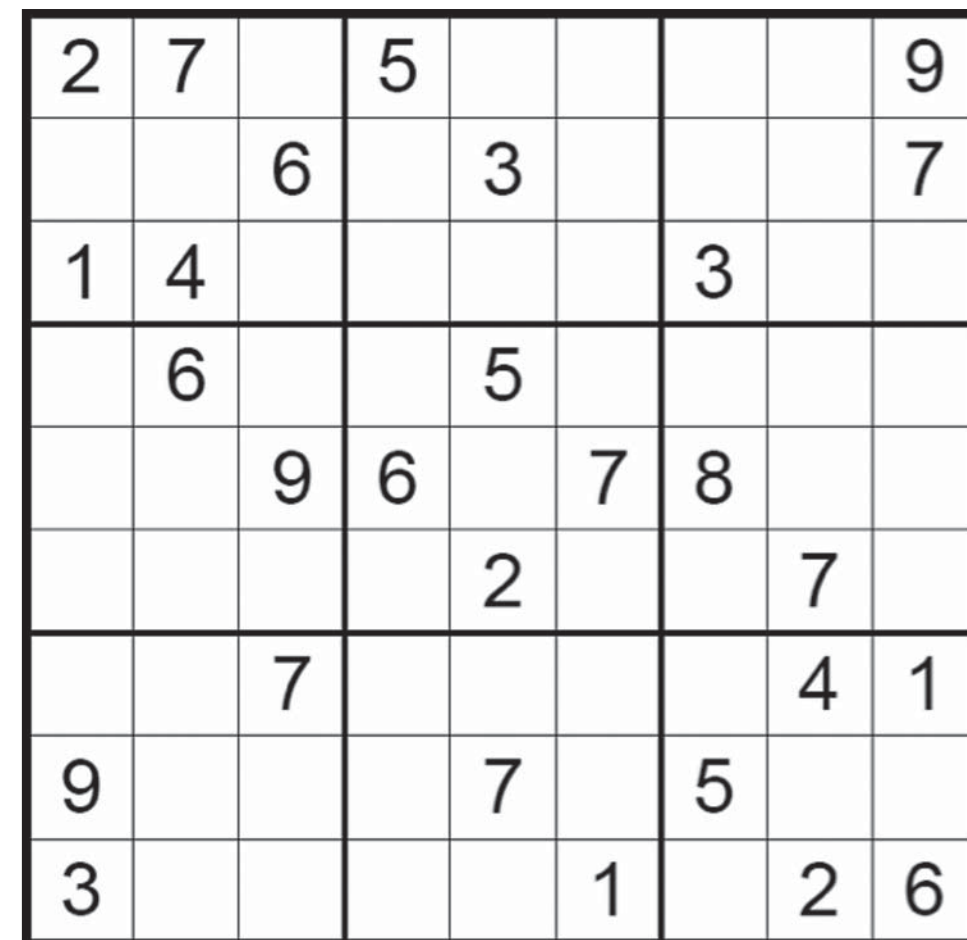


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- ACROSS**
- 1. Stair
  - 5. Small fatty European fish
  - 10. Skittles
  - 14. A flexible pipe
  - 15. Small African antelope
  - 16. Modify
  - 17. By mouth
  - 18. Rejuvenate
  - 20. Domestic fowl
  - 22. Instructor
  - 23. Utilize
  - 24. Beach
  - 25. Wrist (Scottish)
  - 32. Fertile area in a desert
  - 33. City in France
  - 34. Animal doctor
  - 37. Desiccated
  - 38. Rope fiber
  - 39. Workbench attachment
  - 40. New Zealand parrot
  - 41. Allowed
  - 42. French for "Queen"
  - 43. Profanities
  - 45. Blackthorn fruits
  - 49. Gorilla
  - 50. Control and direct
  - 53. Green gem
  - 57. Incriminating
  - 59. Diva's solo
  - 60. Sweet gritty-textured fruit
  - 61. Tag
  - 62. A noble gas
  - 63. Being
  - 64. Hard wood
  - 65. Went under
- DOWN**
- 1. Store
  - 2. Lawn mower brand
  - 3. Brother of Jacob
  - 4. Transparent
  - 5. Reddish brown
  - 6. Quarry
  - 7. 18-wheeler
  - 8. Assist in crime
  - 9. Prong
  - 10. Alight
  - 11. Potato state
  - 12. Fertilizer ingredient
  - 13. Cubic meter
  - 19. Relieves
  - 21. Sounds of disapproval
  - 25. Saturate
  - 26. Rabbit
  - 27. Largest continent
  - 28. Long stories
  - 29. Introductory
  - 30. Give a speech
  - 31. Zero
  - 34. 8 in Roman numerals
  - 35. Feudal worker
  - 36. TTTT
  - 38. Bro or sis
  - 39. Former soldiers
  - 41. Fails to win
  - 42. Fully developed
  - 44. To wit
  - 45. Appearance
  - 46. Shoestrings
  - 47. Killer whales
  - 48. Habituate
  - 51. An exchange involving money
  - 52. Knife
  - 53. Not odd
  - 54. District
  - 55. King of the jungle
  - 56. Musty
  - 58. Nigerian tribesman

# Sudoku

Fill in the blank squares so that each row, each column and each 3-by-3 block contain all of the digits 1 thru 9.



Answers on page 13

(courtesy of KrazyDad.com)

## Fun Facts for National Ice Cream Month

- It takes 12 lbs. of milk to make just one gallon of ice cream.
- The average person eats about 22 quarts of ice cream a year.
- 80 percent of the world's Vanilla Bean used for ice cream is grown in Madagascar.
- It takes an average of 50 licks to polish off a single-scoop ice cream cone.
- Immigrants at Ellis Island were served vanilla ice cream as part of their Welcome to America meal.
- The biggest ice cream sundae in history was made in Edmonton, Alberta, Canada, in 1988, and weighed in at over 24 tons.
- In 2003, Portland, Oregon bought more ice cream per person than any other U.S. city.
- The ice cream cone's invention is linked to the 1904 World's Fair in St. Louis. An ice cream vendor reportedly didn't have enough dishes to keep up with the demand, so he teamed up with a waffle vendor who rolled his waffles into cones!



# THE FUNNY BONE

A couple in their nineties was having trouble remembering things so they went to their doctor for a checkup. The doctor told them that they were both physically fine and advised them to write things down to help them remember.

Later that evening while watching television, the husband got up from his chair to go to the kitchen for a snack. He asked his wife if she wanted anything.

"Could you bring me a bowl of ice cream?" she asked.

"Sure," he replied.

"Do you think you should write that down to remember it?" she asked.

"No, I can remember that," he said.

"I'd like some strawberries on it, too. Do you need to write that down?" she said.

"No, I can remember that, too. Ice cream with strawberries," he said, becoming a little irritated.

"I'd like some whipped cream on it, too. Can you remember all that? The doctor said you should write things down," she said.

"For goodness sakes, I can remember that. I don't need to write it down. A bowl of ice cream with strawberries and whipped cream," he said, now more than a little irritated.

Off he went to the kitchen. About 20 minutes later he returned with a plate of bacon and eggs. The wife stared at it for a moment and said, "Where's my toast?"

A man driving erratically was stopped by the police around 2 a.m. and asked where he was going that time of night.

The man replied, "I'm on my way to a lecture about alcohol abuse, smoking, staying out late and the negative effects it has on the human body."

The officer then asked, "Oh, really? And who's giving that lecture at this time of night?"

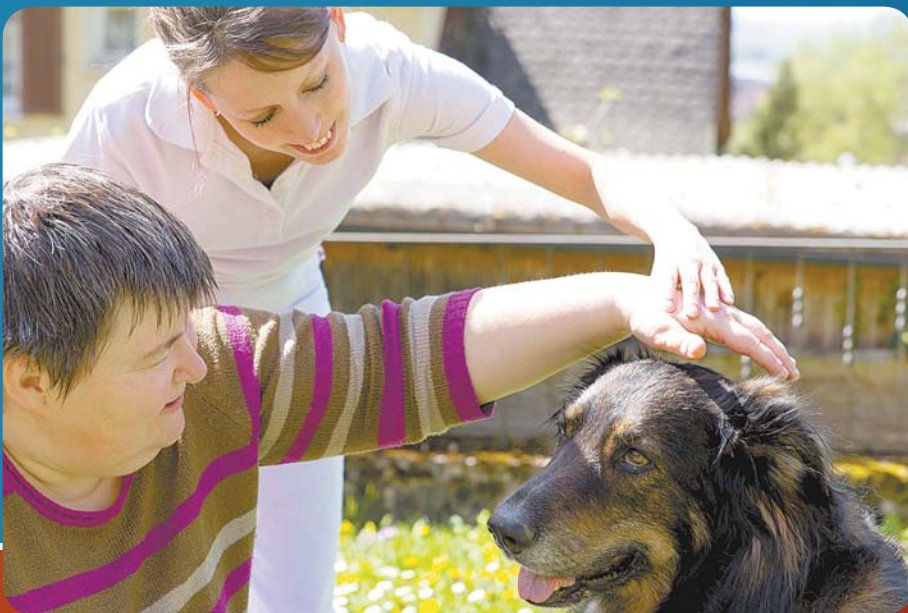
"Well Officer," the man replied, "That would be my wife."



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