



Living **50** *Plus*

APRIL 2017

A Special Supplement to

Record-Herald
The Times-Gazette
News Journal

*Manage
your mind*

How seniors
can preserve
the health of
their brains

*Money
saving tips*

Travel tips for
seniors

Eating & Aging

Eat healthy at
50 and beyond

Hearing Loss Doesn't Just Effect You.



HEARING SOLUTIONS

hearingsolutionsohio.com

Click or call **888-663-1125** today for your **Free Evaluation** in our Hillsboro office

SAVE \$1000 OFF

On a set of Miniscopic Synergy Premier Hearing Aids

- Custom fit • Fits invisibly* in your ear- no one can see it!
- Equipped with tinnitus technogy • Amazing sound clarity!

*Invisibility based on ear anatomy. Limit one offer per customer, not valid with any other offers or promotions. Offer on Premier products only. Offer expires 5/12/2017. We have other hearing aids at comparable savings.



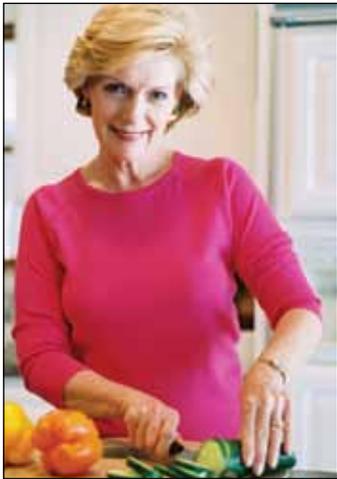
FINANCING AVAILABLE!



For more information on hearing loss, go to hearingsolutionsohio.com

Our Hillsboro Office is located at 695 Harry Sauner Rd., Hillsboro, OH 45133

Living 50Plus



- 3 **Did you know?** Physical activity
- 3 **Volunteering** as an older adult
- 4 **3 money-saving travel tips** for retirees
- 4 Addressing **feeling cold** often
- 5 Some potentially surprising **facts about menopause**
- 6 How seniors can **preserve their brains**
- 6 Understanding, preventing and managing **osteoarthritis**
- 8 Get the facts on **life insurance policies**
- 9 Some **benefits of growing older**
- 9 **Eat healthy at 50** and beyond
- 10 What is a **silent stroke**?
- 10 **Adopting a dog or cat** later in life
- 11 **Seniors and exercise:** Tips to avoid injuries, get healthy
- 12 Make **vacations and travel** a key component of retirement



Did you know?

According to the Centers for Disease Control and Prevention, regular physical activity is one of the most important things older adults can do to promote their long-term health. **The CDC recommends that men and women age 65 or older who are generally fit and have no limiting health conditions need at least two hours and 30 minutes of moderate-intensity aerobic activity, such as brisk walking, each week. In addition, such people should perform strength-training activities that work all major muscle groups at least two days per week. While many fit older men and women with no preexisting health conditions are capable of these activities, those able to push themselves a little further can opt for 75 minutes per week of vigorous-intensity aerobic activity, such as jogging or running, combined with the same strength-training regimen. A combination of moderate- and vigorous-intensity aerobic activity coupled with strength training may also provide adequate physical activity for aging men and women. Before beginning a new exercise regimen, men and women should consult with their physicians to discuss any limitations they may have and how to manage those risks while still being physically active.**

Volunteering as an older adult

How to find the right fit for your new lifestyle



Many parents feel involving their children in volunteering at an early age can have a profound, long-lasting impact on their kids. But youngsters are not the only ones who can reap great rewards from volunteering, as studies show that men and women at, beyond or approaching retirement age also benefit greatly from volunteer work.

Research from the Corporation for National and Community Service found that more than 20 million older adults contributed in excess of three billion hours of community service time each year from 2011 to 2013. The reasons why older adults volunteer are varied, but in its 2014 survey the AARP's Experience Corps found that 97 percent of its volunteers indicated that their volunteer work with the organization gave them a sense of purpose.

Older adults who want to volunteer but have little or no history with volunteering might not know where to begin with regard to finding the right opportunity. The right fit can make all the difference for volunteers and the people they help, and the following tips might help older adults as they look for an opportunity that best utilizes their skills and experience.

Know your schedule. Older adults who are still working but want to volunteer may have a firm grasp on their schedules, but even retirees should not overestimate how much time they have to volunteer. Before you begin to look for an opportunity, write down your commitments and daily schedule, using this list to determine how much free time you have to volunteer. Some opportunities require greater time commitments than others, so make sure you know just how much time you can devote to an opportunity before signing up.

Give due consideration to your experience. Older adults who have retired or are on the cusp of retirement have a lifetime of experience they can use to help others. Imparting wisdom learned in your professional life can provide a sense of purpose and even make you feel as though you are still actively involved in the industry where you built your professional reputation. But life experience can also prove invaluable in volunteering opportunities. Mentoring programs give volunteers the chance to help young people, and such opportunities can involve more than just offering professional advice.

Don't downplay the significance of certain opportunities. Volunteering opportunities come in many variations, and each is significant in its own right. Coaching a grandchild's soccer team can have as significant an impact on the people you help as other volunteering opportunities. Volunteers offer their time because they have a passion to help others, and that help can be given in a myriad of ways.

Leave time for the rest of your life. Volunteering is a selfless act, and volunteers are the backbone of many successful charitable organizations. But older men and women should leave time for the rest of their lives as well. Retirement should be fulfilling but also include time for recreation, so don't downplay how important hobbies are to you in an attempt to find more time to volunteer. No retiree wants to grow resentful of his or her volunteer work because it leaves little time for other pursuits, so do your best to balance your charitable endeavors with the other things in life that matter to you.

Finding the right volunteer opportunity can make all the difference for older men and women who want to give back to their communities.



3 money-saving travel tips for retirees

Though a transient lifestyle is something few people aspire to during much of their lives, come retirement, the idea of staying in a place for only a short time has more appeal.

According to a 2014 study from the Transamerica Center for Retirement Studies, 36 percent of baby boomers want to spend their retirements traveling. Many are succeeding in doing just that, as a study from the luxury travel network Virtuoso found that today's seniors spent an average of just over \$11,000 per year on travel. That was more than any other generation, highlighting just how much older adults like to get out and explore the world.

Retirees who fear they cannot afford to travel can explore the various ways for seniors to cut costs and still satisfy their wanderlust during retirement.

1. Take advantage of age-related discounts.

Some adults prefer to hide their ages, but when it comes time to travel during retirement, honesty is the best policy. Many businesses that cater to travelers offer discounts to seniors. Car rental agencies, hotels, travel agencies, and cruise lines may offer direct discounts to customers 65 and older, while membership in organizations such as AAA and AARP may make seniors eligible for additional discounts. Discounts on lodging and airfare might net the biggest savings, but even discounts on various smaller expenses can add up to big savings.

2. Don't overlook travel agencies.

While many prospective travelers' first instincts are now to visit various travel

websites in an effort to find the most affordable trips, it's important that travelers not overlook travel agencies when planning trips. Travel websites, though a valuable resource, only list the hotels and airlines that agree to be included on their sites. While many participate, some do not, and those that do not may instead work independent of travel websites or partner with travel agencies. Travel agencies have access to the latest information, and many specialize in certain countries, knowing all the attractions visitors to their countries want to see. Travel agencies may offer packages that include admissions to popular attractions, which can be more affordable than planning a trip a la carte.

3. Travel as part of a group.

Group travel may not appeal to everyone, but it should appeal to older, budget-conscious travelers. Retirees who are uncomfortable driving at home will likely be even less comfortable driving in foreign countries where the rules of the road are not the same. Traveling in groups, whether it's with a retirement community, religious organization or another program, can save travelers substantial amounts of money. Many hotels and tourist attractions offer steep discounts for group tours, which can even be arranged through travel agencies. A hidden benefit of signing up for a group tour is the chance to meet new people and develop new relationships with fellow globetrotters.

Many working professionals hope to spend the bulk of their retirement traveling the globe. While such a goal is potentially costly, there are various ways to save and still see the world

Addressing feeling cold often



As people age, many report feeling chilly even when the temperature outside is warm. Studies have shown that older people are more likely to have slightly colder body temperatures than their younger counterparts. Feeling cold can be the result of the natural aging process, or it may be symptomatic of a medical condition. Understanding the reasons behind chilliness can help people take proper action.

Aging adults can feel cold for various reasons. As people age, their metabolisms slow down, leading to decreased energy. During times of low energy output, one can feel cold. The American Geriatric Society Foundation for Health suggests that individuals with slower metabolisms may not produce enough heat from their own bodies to stay warm.

Circulation issues also may be a concern. As people age, the walls of their blood vessels may lose their elasticity, negatively affecting circulation as a result. Vasoreceptors also may no longer be as quick to direct blood vessels in order to constrict to keep body temperature up.

Inadequate fat storage may also be a contributor. Older people generally have less subcutaneous fat stores and muscle mass, both of which can insulate their bodies from cold weather. As a result, they may have trouble regulating body temperature. Exercise and healthy eating may help remedy this situation.

Certain medical conditions or medications

may be to blame, too. SUNY Upstate Medical University offers that some drugs, like beta blockers, can decrease heart rate, which can reduce circulation to the extremities. High cholesterol levels

can impair blood flow. Hypothyroidism, or an underperforming thyroid, also can affect a person's ability to regulate body temperature. It's imperative that people speak with their doctors to rule out any medical conditions or medication issues that may be contributing to their feelings of being cold.

The following are some additional steps aging men and women can take to stay warm.

Make sure you are at a healthy weight for your gender and age.

Get the cardiovascular system pumping by exercising more.

Layer clothing until you feel comfortable so that you are not adjusting the thermostat as frequently.

Wear a vest to keep your chest warm to prevent heat being drawn from the extremities. Often the body will sacrifice heat in the hands and feet to keep its core warm.

Invest in wool socks and blankets, as wool will help wick away moisture from the body.

Feeling cold is usually nothing out of the ordinary when a person gets older. Fortunately, there are ways that older men and women can stay warm.

Some potentially surprising facts about menopause

Menopause is a process nearly all healthy women will go through naturally. During menopause, women will begin to experience irregular menstrual cycles to the point where menstruation will cease altogether. WebMD states that most women will enter menopause — marked by not having a period for a duration of one year — on or around the age of 50. Some women experience menopause in their 40s, while others experience it closer to 60.



Many women find they are apprehensive about menopause, which is one of the biggest hormonal changes women experience. Difficulty understanding menopause may be fueled by misinformation, including misconceptions about this time of life. Becoming educated about menopause can help women alleviate any anxiety they feel.

Periods largely don't stop overnight.

In many cases, a woman entering menopause will not cease menstruating all at once. According to the North American Menopause Society, ovary fluctuations occur gradually. It can take anywhere from three to five years before menstruation fully ceases. As ovary function fluctuates, so do hormone levels. This leads to periods being closer together or further apart, lighter or heavier.

Weight gain can occur if women let it.

Menopausal women may need to reassess their diets and exercise habits. During menopause, ovaries make fewer sex hormones, and one might experience a hormonal imbalance. As a result, the body may respond by trying to protect itself by storing fat, especially around the waist, hips and thighs. Working with a nutritionist and a doctor may help women develop a plan to maintain healthy weights throughout menopause.

Hormone replacement therapy is an option.

England's National Institute of Health and Care Excellence recently changed its view of hormone replacement therapy, or HRT, which was once deemed dangerous due to the perception that it increased a woman's risk of developing breast cancer. In its review of the evidence, NICE found

Women can get the facts about menopause so they can make smart choices about lifestyle changes and possible treatment options.

that if 1,000 women aged 50 were not undergoing HRT, around 22 would be expected to develop breast cancer over seven years. If the same number were put on combined estrogen and progesterone treatment, there would be around five more cases and the slightly increased risk only lasts as long as women are on the therapy.

Everyone doesn't experience the same symptoms.

Many women are prone to hot flashes and mood changes, while others may sail through menopause without noticing much difference. It's an unpredictable time of life, and women should adapt as their symptoms appear.

Intimacy doesn't have to wane. While hormonal changes can affect libido, speaking with a doctor about symptoms, including vaginal dryness, can open up a discussion focusing on solutions.

Be on the lookout for mental symptoms as well. Changes in emotions, memory and concentration during perimenopause and menopause due to sudden shifts in hormones are possible. Be aware that these conditions may be linked to menopause and that they, too, can be managed.

Menopause is an inevitability for women. By removing the mystery, women approaching and entering menopause can get the understanding and relief they need.



CRAFTING
QUALITY MEMORIALS
*Dodds
Monuments*
SINCE 1864

*Like every other major decision in life
choosing a memorial should be done Don't
leave this important decision to others or
have your spouse do it alone.*

**Dodds Monuments is here to help guide
you in creating a lasting vision of love.**

Matthew Morrison

937.372.4408 ext 218

123 W. Main St. Xenia, OH 45385

matt@doddsmonuments.com

www.doddsmonuments.com

How seniors can preserve their brains

Physical activity and proper diet and nutrition can help people age 50 and older maintain their physical health. But there are also ways aging men and women can preserve brain health in an effort to prevent or delay the cognitive decline that affects millions of seniors across the globe.

It's easy to overlook the importance of keeping the brain healthy. However, a decline in brain function can result in poor concentration, memory loss and a host of other issues. Sometimes, by the time symptoms present themselves, it may be too late to reverse any damage.

Research suggests that a combination of nutrition and mental, social and physical activities may have a greater impact with regard to maintaining and improving brain health than any single activity. Harvard Medical School also states that volunteering, caring for others and pursuing hobbies may benefit the brains of older adults.

A study published in the *Archives of General Psychiatry* found participants who reported higher levels of purpose in life exhibited superior cognitive function despite the accumulation of abnormal protein depositions (amyloid plaques and neurofibrillary tangles) in the brain, a hallmark of Alzheimer's disease. Having a purpose also may help those who do not have Alzheimer's disease.

In addition to the suggestions mentioned above, those who want to boost brain health can consider these strategies.

Start exercising the brain early on. A study published in 2012 in the *British Medical Journal* examined cognitive function in people

ages 45 to 70. Researchers found evidence of cognitive decline in the 45-year-old participants as well as the older participants. It's never too early to put a brain health plan into motion.

Read more books. Reading can open individuals up to new vocabulary and scenarios that promote a stronger brain and recall ability. Enrolling in an education course at a local college, community center or online also may be beneficial.

Hit the gym. Several studies suggest an association between physical activity and reduced risk of cognitive decline. This could be because exercise elevates heart rate, which pumps more blood to the brain and body.

Supplement with DHA. DHA is an omega-3 fatty acid that is dominant in the brain. Adhere to a Mediterranean diet, which is generally high in natural sources of omega-3, including fish and mono-unsaturated fats from olives, olive oil, nuts and seeds. Supplements also may help, but individuals should consult with their doctors about which products to take.

Challenge the mind. Men and women can engage in challenging activities that stray from their routines. Puzzles, strategic games, jigsaw puzzles, or difficult hobbies can benefit the brain.

Keep a close-knit group of friends. Regular conversation and social interaction is a key component of any brain health wellness plan.

Slowing cognitive decline and promoting greater brain health should be a priority for adults of all ages.



Doing jigsaw and crossword puzzles can keep the brain sharp.

Kratzer's

Hometown Pharmacy

179 W. Locust St., Wilmington
937-382-0081

Town Drug

12459 US 22, Sabina
937-584-2424

Downtown Drug

111 S. High St., Hillsboro
937-840-0136

kratzerspharmacy.com • A Name You Can Trust



WILMINGTON Savings Bank

Come Grow With Us.

www.wilmingtonsavings.com

184 N. South Street

Wilmington, OH 45177

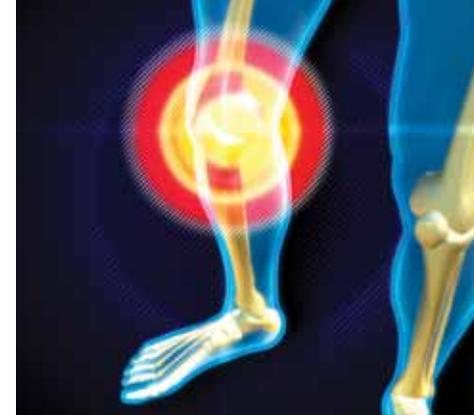
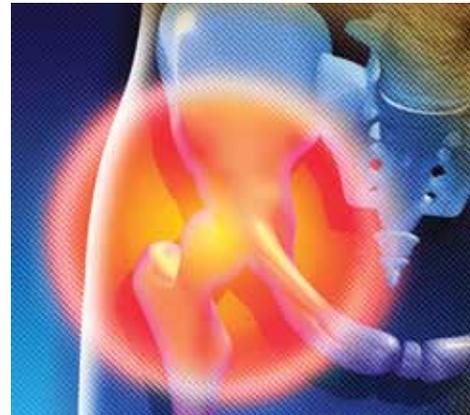


937-382-1659



Mortgage Loans
Consumer Loans
Construction Loans
Checking and Savings

Understanding, preventing and managing osteoarthritis



The most common chronic condition of the joints in both the United States and Canada, osteoarthritis affects roughly 30 million people in just those two countries alone.

While osteoarthritis, or OA, can affect people of all ages, it's most common in men and women over the age of 65. Understanding osteoarthritis and how to prevent and manage the disease can help men and women over the age of 50 reduce their risk and live more comfortably even if they develop OA.

What is osteoarthritis?

According to the Arthritis Foundation, healthy joints are covered by cartilage, a flexible connective tissue that covers the end of each bone. Cartilage facilitates motion of the joints and serves as a cushion between the bones. When a person has OA, cartilage breaks down, causing swelling and pain and affecting the mobility of the joint. Over time, OA can worsen and cause bones to break down and develop bone spurs, which form when bones meet each other in the joints. OA can even advance to a point where cartilage wears away and bone rubs against bone, creating even more pain while damaging the

joints even further.

What causes osteoarthritis?

Once considered a byproduct of the wear and tear the human body naturally endures over a lifetime, OA is now viewed as a disease, notes the AF. The following are some potential causes of OA.

- **Genes:** The AF notes that certain genetic traits can increase a person's likelihood of developing OA. Collagen is a protein that makes up cartilage, and, while rare, a genetic defect that affects the body's production of cartilage can lead to OA occurring in people as young as 20 years old. Researchers have also noted that the gene FAAH is more commonly found in people with OA of the knee than in people who don't have the disease. FAAH has been previously linked with pain sensitivity.

- **Weight:** Being overweight increases a person's risk for a host of ailments and diseases, and OA can be counted among them. Extra weight puts additional pressure on hips and joints, and over time those extra pounds can cause cartilage to break down more quickly than it would if the body was not carrying extra weight.

- **Preexisting conditions:** Conditions such as rheumatoid arthritis, hemochromatosis and acromegaly may also contribute to the development of OA among people diagnosed with such disorders.

Prevention and management of OA

Men and women who maintain healthy weights and exercise regularly and appropriately may be able to prevent the onset of OA. Appropriate exercises include strength training that focuses on building muscles around the joints, even if those joints are already affected by OA. Strong muscles around the joints can reduce the pain associated with OA, while range-of-motion exercises can improve flexibility of the joints and reduce stiffness. Aerobic exercise also helps men and women maintain healthy weights while facilitating weight loss for those who are already overweight.

Those already diagnosed with OA should speak with their physicians before beginning an exercise regimen, and such conversations can also include discussions about the various medications that can be used to reduce symptoms of OA.

More information about OA is available at www.arthritis.org.



Count on Naylor's for all your Furniture needs!

Naylor's FURNITURE

2291 S.R. 3 & 22 West • Wilmington, Ohio 45177

Phone: 937-382-3373 | www.naylorsfurniture.com



We always pay the sales tax for Veterans and Senior Citizens.



24 Hour Dispatch • (937) 780-6520 • 800-215-7366 • www.eastambulance.com

EAST Ambulance:

“Safely Carrying Those You Care For”

Handling all your transport needs:
Emergency - Non Emergency - Ambulette



THANK YOU FOR CHOOSING EAST AMBULANCE

Call EAST Ambulance
800-215-7366

“Going the Distance for Our Community”

Get the facts on life insurance policies

Few people want to face their own mortality when they are in the prime of their lives. However, thinking ahead and making advanced plans can save family members considerable heartache.

Life insurance policies can help men and women make things easier for their spouses, children or siblings. Life insurance provides financial security in the event of a person's death. Such insurance is a key element of estate planning and something all adults must consider.

It's smart to purchase life insurance at a relatively young age because the cost can be lower. Some people put off the process because it can be overwhelming. But *Forbes* magazine advises that once a person does a little research and learns the terminology associated with life insurance, choosing a policy is not so difficult.

Determine the amount of insurance you will need. Make a list of expected expenses after you pass away. These may include any residual mortgage payments, school tuitions, automotive payments, or funeral expenses. In addition, approximate how much your family will need to live comfortably in your absence. Online calculators can help determine life insurance coverage needs. The New York Life Insurance Company says a quick way to figure out how much

coverage you may need is to take your annual salary and multiply it by eight.

Decide on the type of policy. Life insurance policies come in two broad categories: term and whole life. Term life insurance may be less expensive upfront, as it only provides coverage for a set number of years. It will only pay out if the policy holder dies during this "term." Whole life insurance, also called "cash value," usually costs more, but accumulates a cash value that can be borrowed against, and it pays out whenever a person passes away.

Choose among reputable companies. You want to ensure the life insurance company you pick will be around for years and has a strong reputation, so give ample consideration to each company you explore before making a final decision.

Know the waiting period. Many policies establish a period of time on policies wherein there is very little cash-out value and the company will not pay out the full death benefit. This may be a year or two after opening the policy. Discuss this information with the insurance agent.

Life insurance can be a smart financial choice, helping men and women rest easy that their families will want for nothing in the wake of their deaths.



Whether it be a horse, a lamb, a cat or a dog...
*We're committed to providing compassionate,
comprehensive veterinary CARE to every pet*

Fayette Veterinary Hospital



Proudly Serving Fayette County Since 1960

740-335-6161

Gary D. Junk, D.V.M.

1974 Columbus Avenue

Daryl L. Waits, D.V.M.

Washington, C.H.

Like us on Facebook

40974984



CHRISTOPHER D. LAWLEY, D.O.
PHILIP C. ASCHI, D.O.

1150 W. Locust St. • Ste 600
Wilmington, Ohio 45177
937 / 382-1141

Specializing in:

- Adult and Pediatric Urology
- Prostate Disease
- Impotence
- Bladder Disorders
- Infertility
- Vasectomies
- Vasectomy Reversals
- Kidney Stones

40977059



Some benefits of growing older

Many people are quick to think of growing older in a negative light. Although there certainly are some side effects of aging that one may wish to avoid, people may find that the benefits of growing older outweigh the negatives.

Seniors are a rapidly growing segment of the population. In the United States, the Administration on Aging states that the older population — persons 65 years or older — numbered 46.2 million in 2014 (the latest year for which data is available). Statistics Canada reports that, in July 2015, estimates indicated that there were more persons aged 65 years and older in Canada than children aged 0 to 14 years for the first time in the country's history. Nearly one in six Canadians (16.1%) was at least 65 years old.

With so many people living longer, it's time to celebrate the perks of getting older rather than the drawbacks. Here are some great benefits to growing old.

Higher self-esteem: The insecurities of youth give way as one ages, and older people have less negativity and higher self-esteem. A University of Basel study of people ranging in ages from 18 to 89 found that regardless of demographic and social status, the older one gets the higher self-esteem climbs. Qualities like self-control and altruism can contribute to happiness.

Financial perks: Seniors are entitled to discounts on meals, museum entry fees,

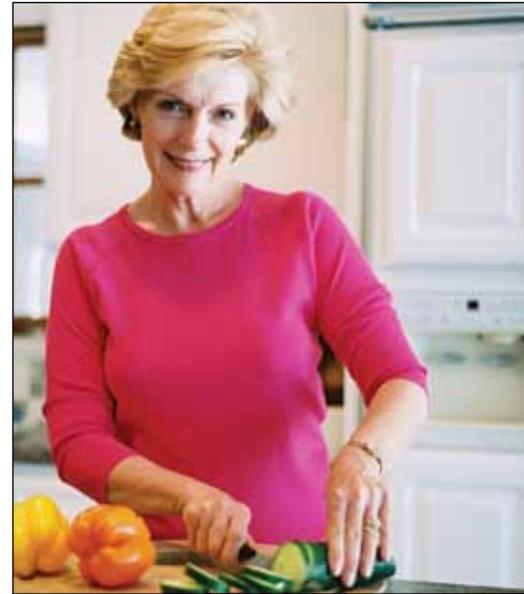
movies, and other entertainment if they're willing to disclose their ages. Discounts are available through an array of venues if one speaks up. Seniors also can enjoy travel perks, with slashed prices on resorts, plane tickets and more. The U.S. National Park Service offers citizens age 62 and older lifetime passes to more than 2,000 federal recreation sites for just \$10 in person (\$20 online or via mail).

Reasoning and problem-solving skills: Brain scans reveal that older adults are more likely to use both hemispheres of their brains simultaneously — something called bilateralization. This can sharpen reasoning skills. For example, in a University of Illinois study, older air traffic controllers excelled at their cognitively taxing jobs, despite some losses in short-term memory and visual spatial processing. Older controllers proved to be experts at navigating, juggling multiple aircrafts simultaneously and avoiding collisions.

Less stress: As people grow older, they are able to differentiate their needs from wants and focus on more important goals. This can alleviate worry over things that are beyond one's control. Seniors may realize how little the opinions of others truly mean in the larger picture, thereby feeling less stress about what others think of them.

Growing older may involve gray hair or wrinkling skin, but there are many positive things associated with aging.

Eat healthy at 50 and beyond



Women

- Not physically active: 1,600 calories
- Somewhat active: 1,800 calories
- Active lifestyle: between 2,000 and 2,200 calories

Men

- Not physically active: 2,000 calories
- Somewhat active: between 2,200 and 2,400 calories
- Active lifestyle: between 2,400 and 2,800 calories

A balanced diet is an integral element of a healthy lifestyle for men, women and children alike. But while kids and young adults might be able to get away with an extra cheeseburger here or there, men and women approaching 50 have less leeway.

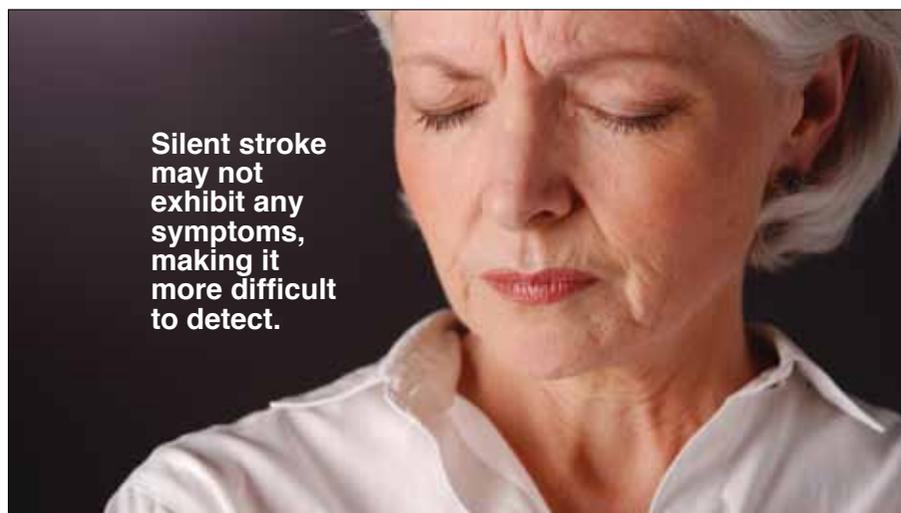
According to the National Institute on Aging, simply counting calories without regard for the foods being consumed is not enough for men and women 50 and older to maintain their long-term health. Rather, the NIA emphasizes the importance of choosing low-calorie foods that have a lot of the nutrients the body needs.

But counting calories can be an effective and simple way to maintain a healthy weight, provided those calories are coming from nutrient-rich foods. The NIA advises men and women over 50 adhere to the following daily calorie intake recommendations as they attempt to stay healthy into their golden years. When choosing foods to eat, the NIA recommends eating many different colors and types of vegetables and fruits. Phytochemicals are substances that occur naturally in plants, and there are thousands of these substances offering various benefits. The Produce for Better Health Foundation notes that a varied, colorful diet incorporates lots of different types of phytochemicals, which the PBH says have disease-preventing properties.

The NIA also advises that men and women over 50 make sure at least half the grains in their diets are whole grains. Numerous studies have discovered the various benefits of whole grains, which are loaded with protein, fiber, antioxidants and other nutrients. Whole grains have been shown to reduce the risk for diseases such as type 2 diabetes, heart disease and some types of cancer.

Another potential hurdle men and women over 50 may encounter is a change in their sense of smell and taste. A person's sense of smell may fade with age, and because smell and taste are so closely related, foods enjoyed for years may no longer tantalize the taste buds. That can be problematic, as many people instinctually add more salt to foods they find bland. According to the U.S. Office of Disease Prevention and Health Promotion, older adults should consume no more than 1,500 milligrams of sodium per day. That equates to roughly 3/4 teaspoon of salt. Older men and women should resist the temptation to use salt to add flavor to foods, instead opting for healthy foods that they can still smell and taste. In addition, men and women should mention any loss of their sense of smell to their physicians, as such a loss may indicate the presence of Parkinson's disease or Alzheimer's disease.

Maintaining a healthy diet after 50 may require some hard work and discipline. But the long-term benefits of a healthy diet make the extra effort well worth it.



Silent stroke may not exhibit any symptoms, making it more difficult to detect.

What is a silent stroke?

The brain is a complex organ responsible for controlling many different bodily functions. When working at optimal capacity, the brain is a wonder to behold. When illness or trauma affects the brain, various parts of the body may not work as they should.

One of the more devastating things that can affect the brain is stroke. Stroke describes a sudden stoppage of blood from reaching the brain. Harvard Medical School states that if a large number of brain cells are starved of blood supply, they can die. With their demise, a person's memory and ability to speak and move can be compromised.

While many strokes come on suddenly, certain factors may indicate a person is at risk. Such factors may include prior heart attacks, genetics, high blood pressure, smoking, or a prior stroke. However, in a particular type of stroke — a "silent stroke" — symptoms are far more subtle and difficult to spot.

Silent cerebral infarction, often referred to as "SCI" or "silent stroke," is a brain injury likely caused by a blood clot interrupting blood flow to the brain, offers the American Stroke Association. Silent strokes increase risk for other strokes and can be a sign of progressive brain damage. A silent stroke is typically only noticed as a side component of an MRI of the brain. Many times patients do not recall having a stroke and never felt any symptoms. Silent strokes should not be mistaken for mini-strokes. Mini-stroke is a brief but discrete and memorable event, with symptoms appearing for a few minutes or a few hours.

According to a study on silent stroke titled

"Functional and Cognitive Consequences of Silent Stroke Discovered Using Brain Magnetic Resonance Imaging in an Elderly Population" and published in the *Journal of the American Geriatrics Society*, silent strokes are quite common and can have serious consequences. Researchers have found that silent stroke is associated with impairments in tests of cognitive function rather than movement-oriented performance tests like rising from a chair. Almost 50 percent of studied silent strokes affected frontal circuit components of the brain, such as the frontal cortex, basal ganglia and thalamus. Lesions in these brain structures compromised executive functions and were related to vascular dementia. Another study showed associations between silent stroke and visual field deficits, weakness in walking on heels, history of memory loss, migraines, and lower scores in cognitive function tests.

The "silent" part of a silent stroke also refers to the areas of the brain that the stroke affects. Experts at Harvard Medical School explain that, during a silent stroke, an interruption in blood flow destroys areas of cells in a part of the brain that is "silent," meaning that it doesn't control any vital functions. Researchers say that, over time, the damage from silent strokes can accumulate, leading to more and more problems with memory. Collectively, silent strokes become silent no longer.

There are certain ways to reduce the risk of any type of stroke. These include:

- managing high blood pressure and high cholesterol levels
- quitting smoking
- reducing the risk of diabetes and effectively treat the condition if it is present
- losing weight to prevent obesity
- exercising and avoid a sedentary lifestyle
- taking a low-dose aspirin or a drug that prevents blood clots.

Silent strokes largely go unrecognized but can lead to significant brain injury. Getting the facts can help men and women reduce their risk for silent stroke.

Adopting a dog or cat later in life



Companion animals bring great joy to their owners. The unconditional love cats and dogs provide appeals to people of all ages. While many people associate pets with kids who can't wait to welcome the first cat or dog into their homes, pets can benefit aging men and women as well.

It's not uncommon for seniors to feel lonely or depressed when they retire, their children move away or they lose a spouse or close friend or friends. The American Humane Society states that studies show pets help seniors overcome loneliness and depression by providing affection, company and entertainment. Pets also provide much-needed mental stimulation, and many pet owners find their pets help them become more physically active as well.

Seniors who adopt pets may also feel a sense of purpose when helping animals who may not have anywhere to live. This is particularly true of older companion animals, which many young families are understandably hesitant to adopt. Mature pets might be an ideal fit for seniors. When seniors are looking to adopt a pet, there are

various reasons why older pets or particular animals might be the perfect fit for them.

• **Adult pets may already be house trained, saving seniors the trouble and effort of training them.**

• **Seniors may find cats fit their lifestyles more than dogs, as cats are less active and do not need to be walked or played with as much as dogs.** Cats also are small and easily maneuverable, meaning even seniors who have arthritis or other physical limitations can easily care for cats. Many cats are also content to spend long periods of time sleeping on their owners' laps.

• **Small dogs that can be active within the house might be a good idea as well, especially for seniors with mobility issues.** They're also easily transported to and from vet appointments.

It's important that seniors carefully weigh the benefits of adopting a pet against any limitations they may have. Having a backup plan for care is advantageous as well. Seniors should not adopt a pet if they anticipate frequent travel or medical care that requires they be away from home for long periods of time.

Seniors and exercise: Tips to avoid injuries, get healthy



Exercise is an important component of a healthy lifestyle. Daily exercise can improve mood, promote an active lifestyle and reduce a person's risk for a host of ailments, including diabetes and heart disease.

Despite the importance of exercise, many people live sedentary lifestyles into their golden years. Seniors who want to embrace a healthier way of life and get more physically active should first consult with their physicians before beginning an exercise regimen. Certain medications may limit just how far seniors can push themselves, while preexisting conditions may make specific types of exercise off limits. After discussing their limitations with their physicians and developing a safe exercise routine, seniors can heed the following tips to avoid injury but still get healthy.

Pick a partner. Whether it's a spouse or a friend who is physically active or wants to be, try exercising with a partner, at least initially. Doing so can provide the motivation you need and partners can serve as safety nets should you need assistance completing an exercise or suffer an injury and require medical attention. Personal trainers can serve as your partner, and many gyms offer discounts to seniors on personal training services.

Start slowly. Seniors who have not been physically active for some time should take a gradual approach

to exercise. Instead of heading right for the treadmill, exercise bike or elliptical machine, start walking every day. When it rains, find a treadmill you can walk on. The American Academy of Orthopaedic Surgeons recommends seniors begin by determining how many steps they can take in a day and then gradually working toward 10,000 to 15,000 steps per day. Utilize step counting apps on your smartphone to track your progress. Apply the same slow approach to strength training exercises, lifting only very light weights at first before gradually increasing weight as your body acclimates to the exercises.

Stretch. Bodies that have been inactive for lengthy periods of time are inflexible, and lack of flexibility increases your risk for injury. The AAOS recommends that seniors warm up their bodies before stretching with five to 10 minutes of low-intensity activity such as walking. Then stretch gently, remembering to relax and breathe during each stretch.

Switch things up. When strength training, do not work the same muscle group two days in a row. Muscles need time to recover. If you prefer circuit strength training where you exercise various muscle groups in one day, do not strength train on back-to-back days, leaving at least one day in between strength training sessions so muscles have ample time to recover.



 COURT HOUSE MANOR



Court House Manor
555 North Glenn Avenue | Washington C.H., OH
740.335.9290 | CourtHouseManor.com

Washington Court House's
Premier Rehab
& Skilled Nursing Center

*Offering out patient physical,
occupational and speech therapy*

Combined Services Include:

- Person Centered Care • Complex Medical Care • Pre-Surgery Registration
- Therapy offered up to 7 days a week • Physical, Occupational and Speech Therapy
- Inpatient and Outpatient Therapy • Surgeon and Hospital Preferred
- Private Rooms Available • Comprehensive Wound Care • Medication Management

St. Catherine's Manor
250 Glenn Avenue | Washington C.H., OH
740.335.6391 | StCatherinesCourtHouse.com



 ST. CATHERINE'S MANOR
OF WASHINGTON COURT HOUSE

Make vacations and travel a key component of retirement

When the time comes to bid farewell to conference calls, meetings and daily commutes, retirees have open schedules to fill with whichever activities they choose. Travel is one exciting way to pass the time.

Traveling can be a rewarding prospect for active seniors, particularly those who successfully preplanned for retirement and have the income to fund various excursions. Many seniors, both in the United States and Canada, find that travel tops their to-do lists once they retire. According to *Senior Travel* magazine, new travel options are emerging for newly minted retirees looking for something a little different from the status quo.

The list of destinations retirees have at their disposal is limitless. The following ideas are some of the more popular ways retirees choose to travel.

Road trips rule. Taking to the highways and byways is an excellent way to see the country. Seniors can customize their routes depending on which places they want to visit. RV travel can be as comfortable or as rustic as travelers prefer. Many seniors spend months traveling in their campers, which offer many of the same amenities of home. Campsites and special



RV hook-up sites offer the other necessities of traveling the open road.

Genealogical tourism is popular. People hoping to trace their ancestry and visit their ancestral homelands are one of the fastest-growing travel segments. Visiting an old church in Europe where ancestors were married or buying food from a market in which a great aunt

or uncle once worked leads retirees on many international adventures. Such trips provide travelers with a unique opportunity to understand their roots up close and personal while enjoying some international travel along the way.

Exotic tours can be exciting destinations. History buffs or adventure-seeking couples may be particularly attracted to exotic travel

destinations that are slightly off of the beaten path. Travel tours may take vacationers to destinations such as excavation sites or backpacking through the rainforest. With passport in hand, seniors can go just about anywhere their desires take them.

Enjoy a relaxing seaside trip. A seaside vacation can be the perfect trip for seniors who want to put their feet up and sip some cocktails while watching the waves lap the shores. Many beach resorts offer all-inclusive packages for different age groups. Meals, excursions and hotel rooms can be bundled into one affordable, confusion-free price.

Go cruising. Speaking of all-inclusive vacationing, cruising seems tailor-made for those ages 50 and older because it offers the convenience of accommodations, food, entertainment, and transportation all in one. The various activities offered on the ship mean travelers can find ways to spend their time how they see fit. Cruising couples can opt to spend all of their time on the ship enjoying carefully prepared meals and entertainment or disembark and explore the various ports of call along the way.

Now that they have more free time, retirees can gear up for travel adventures to remember.

Let's talk about getting you more from Medicare.



Talk with your local licensed Humana sales agent today.

Agent Sandy Bartels

(513) 374-6161

(TTY: 711)

9 a.m. to 5 p.m., Monday - Friday

sbartels2@humana.com

www.humana.com/sbartels

Humana

*No obligation to enroll.

Humana is a Medicare Advantage HMO, PPO and PFFS organization and a stand-alone prescription drug plan with a Medicare contract. Enrollment in any Humana plan depends on contract renewal. This information is available for free in other languages. Please contact a licensed Humana sales agent at 855-791-4087 (TTY: 711), 8 a.m. – 8 p.m., Monday – Friday. English: ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call 855-791-4087 (TTY: 711), 8 a.m. – 8 p.m., Monday – Friday. Y0040_GHHHXDEEN17 Accepted