

SENIOR

Lifestyles



Valentine King and Queen photos inside for Gasconade Manor, Gasconade Terrace, Stone Bridge and Victorian Place

WEDNESDAY, FEB. 23, 2022
PAGES 1B-12B

GASCONADE
COUNTY **Republican**



February birthdays celebrated at senior center

Celebrating their birthday at Owensville Senior Center were Sharon Bacon (left) and Patsy Nelson (right). Holding the cake is Board President Linda Geisler. Keleigh Guinn was on hand as a representative for Maries County Bank who sponsors the meals for the birthday clients. Flowers are courtesy of Judy Morris, Old world Creations.

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How active seniors can lower their injury risk

Physical activity is one of the key components of a healthy lifestyle. Though physical activity benefits people of all ages, it can be especially helpful for seniors by making it easier for them to overcome some of the obstacles associated with aging.

According to the Centers for Disease Control and Prevention, physical activity supports daily living activities and independence. That's a significant benefit for seniors who are worried that age-related physical and mental decline might one day compromise their ability to live independently. The CDC also notes that physical activity lowers the risk for early death, heart disease, type 2 diabetes, and certain cancers.

The CDC reports that physical activity is generally safe for fit individuals who are 65 and older and have no existing conditions. Despite that, it's best for any senior to consult his or her physician prior to beginning a new exercise regimen. Once doctors give seniors the go-ahead to begin a new workout routine, seniors can take the following steps to reduce their risk for injury.

- Warm up before working out. Seniors may think they don't need to warm up before exercising because their workouts are not as



high-intensity as they might have been when they were younger. But Harvard Medical School notes that warming up pumps nutrient-rich, oxygenated blood to the muscles and helps increase heart rate. The American Council on Exercise reports that warming up helps reduce workout-related injury risk by improving tissue elasticity. So prior to beginning a workout, regardless of how moderate- or low-intensity that regimen will be, seniors should warm up for five to 10 minutes.

- Start with a routine that's commensurate with your abilities. Seniors excited by the prospect of working out must temper that excitement if they're not accustomed to physical activity. Such individuals should consider working with a personal trainer. Personal trainers design exercise regimens based on each individual client's fitness levels and goals. As clients make progress and their bodies become acclimated to routine physical activity, personal trainers can then tweak regimens to make them

more challenging. Seniors can take on these responsibilities themselves, but are urged to begin slowly and gradually build up their exercise tolerance.

- Don't skip strength training. Seniors may think lifting weights is for young people who want to look buff, but the AARP® notes that muscle-strengthening activities protect the joints, reducing seniors' risk for injury as a result. The Department of Health & Human Services recommends seniors who have been cleared to exercise engage in strength training at least twice per week.

- Stretch after your workout. Harvard Medical School reports that efforts to cool down after a workout, including stretching, can prevent muscle cramps and dizziness and lengthen muscles throughout the body, which improves range of motion. Harvard Medical School recommends holding each stretch for 10 to 30 seconds, as the longer a stretch can be held the more flexible individuals' muscles will be.

Physical activity is an essential component of a healthy lifestyle for seniors. Active seniors can take various steps to reduce their injury risk so they can continue to reap the rewards of exercising for years to come.

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What seniors should know about social media safety

Seniors might not be the demographic individuals initially associate with social media. However, Pew Research notes that seniors' social media usage has been steadily rising for a number of years, proving that individuals 65 and over are not tech-averse.

Pew data from 2019 indicates that 46 percent of individuals 65 and older use Facebook. Social media platforms like Facebook and Instagram can be a great way to stay connected with family and friends and stay up-to-date on community events. But social media usage is not without risks, especially in regard to users' safety. Seniors without much social media experience can heed these safety tips as they navigate popular platforms and discover all they have to offer.

- Examine your account settings. Social media users can control their privacy settings so they can decide who can (and can't) view their online activity. Each platform is different, but profiles set to public generally allow anyone to view individuals' activity, so seniors should set their profiles to private to limit access to their information.

- Be mindful of your social media social

circle. It's easy to make virtual friends via social media, but seniors should be mindful of who they accept as online friends. Carefully consider each friend request and decide just how big or small you want your social media community to be. Many individuals prefer to limit their online social circles to individuals they know well and want to stay in touch with, and that can serve as a good measuring stick when deciding whether or not to accept a friend request.

- Avoid sharing personal information. Seniors are no doubt aware that they should never share especially personal information, such as their Social Security number. However, seniors also should hesitate to share personal information like vacation plans. Seniors who post about upcoming trips could return home to find they've been victimized by criminals who scoured their social media accounts and learned when they were going to be away. A good rule of thumb is to keep personal information private and limit posts to information that is not overly specific or sensitive.

- Recognize the threat posed by scammers. Social media platforms have had varying degrees of success in regard to



keeping their sites scam-free. But scammers find a way, and users must take steps to avoid being victimized. Never click on a link within a post from someone you don't know and avoid anyone soliciting donations through social media platforms.

Seniors are engaging with social media more than ever. Such engagement requires seniors to be mindful of the many ways to protect their privacy when spending time online.

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Gasconade Manor selects Valentine's Court

Gasconade Manor recently selected their 2022 Valentine's Court. The Court members are (from left) king Clyde Withouse, queen Rosemary Durbin; prince David Linhardt and princess Lucretia White. Pictured with the king and prince is Kate Locklin, social service director. Dietary supervisor Nate Hendrickson is pictured with the princess.

Mark your Calendars! The Spring Area Wide Garage Sale is Scheduled For April 21, 22 & 23.

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Travel perks and discounts for seniors

Having made it to their golden years, seniors enjoy not only the privilege of earned wisdom, but also a few perks that come with aging. Many adults who have reached a certain age are entitled to an array of discounts, which take into consideration seniors' fixed retirement incomes. Discounts are available on various services, including many travel options.

Seniors have a lot of time to devote to recreational pursuits. This list of available travel discounts can help seniors get the most bang for their vacation bucks.

Airline tickets

Before booking a flight, it is worth investigating if a particular airline carrier offers senior discounts. The global pandemic has changed how some airlines do business, and many have faced significant adversity since early 2020. Airlines may offer more affordable flights to drum up business. In the past, American Airlines, Southwest Airlines, British Airlines, and United Airlines have offered various discounts for people ages 65 and older.

Ground travel



Flying isn't the only mode of travel available. AARP partners with various car rental companies to offer senior discounts. Seniors also may be entitled to discounts of 5 percent or more on tickets from Greyhound, Amtrak, and Trailways. Seniors who live in metropolitan areas also may get reduced

fares on public buses and trains through providers like New York City's Metropolitan Transportation Authority.

Accommodations

Getting there is one thing, but seniors also can receive discounts on hotel stays

or cruise cabins. AARP reports that many major hotel and motel chains offer senior discounts between 5 and 15 percent. Royal Caribbean has offered senior discounts on select sailings and stateroom categories. Smarter Travel notes that most chains require travelers to book directly rather than through an online booking agency/deal site to be eligible for discounts.

Dining out

Many restaurants, and national chains in particular, offer senior discounts with or without AARP membership. Applebee's offers 10 to 15 percent off to those age 60 or older. Brick House Tap & Tavern, Carrabba's Italian Grill, Denny's, IHOP, Outback Steakhouse, and many others provide discounts or special senior pricing.

Tours and more

Seniors also can speak with travel agents or booking services about discounts on sightseeing tours and other vacation excursions.

One of the perks of getting older is the chance to save money on travel-related services.

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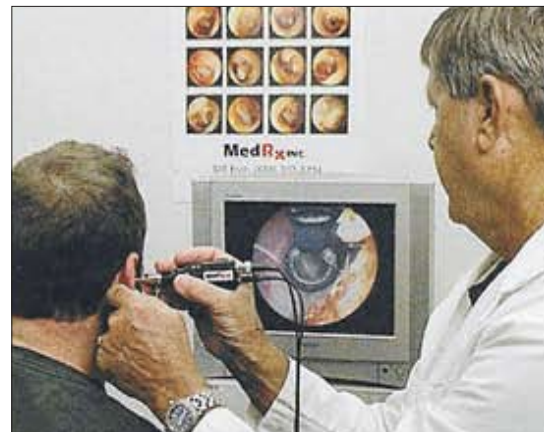
Terrace presents Valentine Royalty

Aaron and Jackie Kohrmann were selected as Valentine Royalty for Gasconade Terrace last week.

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How to determine if it's time to downsize

Individuals work hard to save enough money to purchase their homes. And the hard work doesn't end there. Once homeowners settle into a new home, they may set their sights on renovations that suit their individual needs. And even when buyers find a home that needs no such work, maintenance requires homeowners' utmost attention.



All that hard work is perhaps one reason why seniors may be a little reluctant to downsize as they advance through their golden years. In addition to the sweat equity homeowners put into their homes, all the memories they've made within their walls can make it harder to put a home on the market.

Downsizing is a difficult decision that's unique to each homeowner. Seniors who aren't quite certain if downsizing is right for them can consider three key factors to make a decision that's in their best interests.

- **Cost:** Perhaps no variable affects senior homeowners' decisions to downsize their homes as much as cost. No one wants to outlive their money, and downsizing to a smaller home can help seniors reduce their monthly expenses by a significant margin. Even homeowners who have long since paid off their mortgages can save substantial amounts of money by downsizing to a smaller home or even an apartment or condominium. Lower property taxes, reduced insurance premiums and the need to pay for fewer repairs are just some of the ways downsizing can save seniors money.

- **Space:** Many people love the extra space that single-family homes provide. But seniors can take a walk through their homes and see how many rooms they still use on a consistent basis. If much of the home is unused, seniors can probably downsize without adversely affecting their daily lives.

- **Market:** The real estate market is another factor to consider when deciding if the time is right to downsize. A seller's market can help seniors get the biggest return on their real estate investment, potentially helping them make up for meager retirement savings. For example, home prices skyrocketed across the country during the COVID-19 pandemic, making that a great time for sellers to put their homes on the market. Seniors selling to downsize may capitalize on such spikes since they won't be looking to turn around and buy larger, equally expensive homes once they sell their current place. If the market is down and seniors can withstand the work and cost a little longer, it may be best to wait until things bounce back in sellers' favor.

Downsizing requires careful consideration of a host of variables. No two situations are the same, so seniors should exercise due diligence to determine if downsizing is right for them.



King and Queen crowned at StoneBridge

Jack Tayloe and Norma Branstetter were crowned King and Queen last week at StoneBridge Senior Living of Owensville.

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Senior communities offering lifestyles

Early detection is crucial to overcoming serious illnesses. Preventive care is something parents prioritize when raising children, but it's a crucial component of healthy living as an adult as well.

Health professionals recommend various age-specific screenings and tests, and these can serve as a guideline for individuals as they navigate adulthood. The following age-specific health screening recommendations, courtesy of Beaumont Health and Columbia Doctors Primary Care, can serve as an preventive care guideline, though doctors may advise patients to get more frequent screenings depending on their medical histories.

18 to 39 years old

- **Cholesterol:** A cholesterol check should occur around age 20, then every five years until age 35. Afterward it can occur annually.
- **Skin screening:** An annual full body screening will identify any suspicious moles or skin lesions.
- **Cervical cancer:** Women in this age range should receive a Pap smear every three years and an annual pelvic exam.



- **Breast exam:** Self-examination of the breasts and examination by a clinical provider should take place every year.
- **Testicular exam:** Men should conduct self exams for testicular abnormalities. Doctors may examine the testicles during

annual physicals as well.

- **Tdap vaccine:** All adults should get the Tdap vaccine if they did not receive it as an adolescent to protect against pertussis, and then a Td (tetanus, diphtheria) booster shot every 10 years.

- **HPV vaccine:** The human papilloma virus vaccine is recommended if you did not receive it as an adolescent.

40 to 64

- **Zoster (Shingles) vaccine:** Two doses of this vaccine will be administered between two and six months apart starting at age 50 and up.

- **Colorectal screening:** A colonoscopy to detect any colorectal illnesses is recommended beginning at age 50.

- **Prostate screening:** Prostate screenings begin at age 50 unless you are a high-risk individual, in which case screenings begin at age 40.

- **Osteoporosis:** Doctors may recommend a bone density test and osteoporosis screening at age 50 and up if certain risk factors are present.

- **Lung cancer screening:** If you are a past or current smoker, it's wise to have an an-

nual lung cancer screening. The American Lung Association says adults age 55 and up can have this screening covered by health insurance.

- **Mammogram:** Women should begin receiving annual mammograms at age 40.

65 years and older

- **Cervical cancer:** Most women can stop getting Pap smears at this age if they have no history of cervical cancer. Women who have had a hysterectomy may no longer need pelvic exams after age 65.

- **Pneumococcal and pneumonia vaccines:** These are recommended every five years for certain conditions and risk factors.

- **Cognitive health:** Doctors may assess your cognitive health to see if there are any risk factors for dementias.

In addition to these screenings, doctors may conduct annual depression screenings to assess mental health. Routine blood glucose monitoring may be necessary based on risk factors for diabetes.

Individuals are urged to speak to their doctors to map out a health screening schedule specific to their needs.

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Simple strategies to stretch retirement savings



Running out of money is a common concern among retirees. And that anxiety is not necessarily unfounded, as a recent study from the Society of Actuaries found that people routinely underestimate just how much money they will need in retirement. Similarly, a 2019 model created by the employee benefit experts at EBRI found that nearly 41 percent of households in which the head of household is between the ages of 35 and 64 are projected to run short of money in retirement.

Such figures underscore how important it is for younger professionals to save for retirement, but what about current retirees or those on the cusp of retiring? Individuals who fit those descriptions may need to embrace these strategies designed to stretch their retirement savings.

- **Downsize your home.** Homes are many individuals' greatest expense, and that does not necessarily change in retirement. Downsizing to a smaller residence allows homeowners to pad their savings with money earned in the sale of their homes and also reduce their monthly overhead, as utilities, property taxes and maintenance expenditures are typically much lower in smaller homes than larger homes.

- **Look for other ways to downsize.** Individuals also can stretch their retirement savings by downsizing in other areas. Lower monthly expenses by shopping around for less expensive auto insurance policies, downgrading cable television packages or cutting the cord entirely. And though individual streaming services may not be too costly, these expenses can add up for individuals who have five or more subscriptions. Downsizing streaming services to one or two packages at a time can help individuals keep more money in their retirement savings accounts each month.

- **Be flexible with your withdrawals.** The "set it and forget it" model of retirement investing helps professionals avoid the tricky process of trying to predict the markets. Retirees may take the same approach when it comes to withdrawing their money, following the industry standard and automatically withdrawing 4 percent from their accounts each year. But individuals who want to stretch their savings should remain flexible with their annual withdrawals and routinely examine their spending habits. An individualized approach to retirement

withdrawals can help retirees avoid taking more than they need out of their accounts each year. The 4 percent rule has its merits, but retirees should recognize that they may not need to take that much out every year.

- **Work with a financial advisor.** Ensuring you don't outlive your retirement savings can be complicated, as it often involves navigating fluid concepts such as inflation. A certified financial professional can help retirees plan for changes that are beyond their control and even recommend when certain risks might be worth taking.

Many individuals will need to stretch their retirement savings in the years ahead, and various strategies can help individuals do so.

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Early signs of Alzheimer's

Alzheimer's disease is an insidious illness that slowly robs individuals of their memories, personalities and relationships. The Mayo Clinic says Alzheimer's is a progressive neurological disorder that causes brain atrophy and cell death, which contributes to continuous decline in thinking, behavioral and social skills.

The most common form of dementia is Alzheimer's disease, which is believed to affect approximately 5.8 million Americans age 65 and older. While there currently is no cure for Alzheimer's disease and other dementias, there are strategies that can help mitigate symptoms. An ability to recognize dementia symptoms early can help to improve quality of life.

Below are some early warning signs of Alzheimer's disease, courtesy of notable health organizations, including MJHS® Health System, the Alzheimer's Association, Alzheimer's New Zealand, and the Mayo Clinic.

- Recent memory loss that affects daily life. While it is normal to forget where you left keys, names or even telephone numbers from time to time, a person with dementia may have difficulty remembering recent events or where they live.

- Personality changes. Individuals may begin to show subtle differences in their personalities, including mood swings.

- Difficulty with familiar routes. A person with dementia may have regular difficulty finding the way home.

- Trouble finding the right words. Finding words to converse freely can be difficult for people with Alzheimer's. Such individuals may experience particular difficulty finding the right words to express their thoughts.

- Disorientation with time. Someone with Alzheimer's disease may be confused about the time of day and what is appropriate for that time.

- Decreased or poor judgement. Individuals with dementia may make consistently poor decisions and may start paying less attention to their physical appearance.

- Difficulty following a plan. A person with Alzheimer's disease may have challenges solving problems, such as working with numbers, following a recipe or keeping track of finances.

Early signs of dementia may be confused as normal age-related changes. However, when such signs present themselves, it is critical to speak with medical professionals to get a clear diagnosis.

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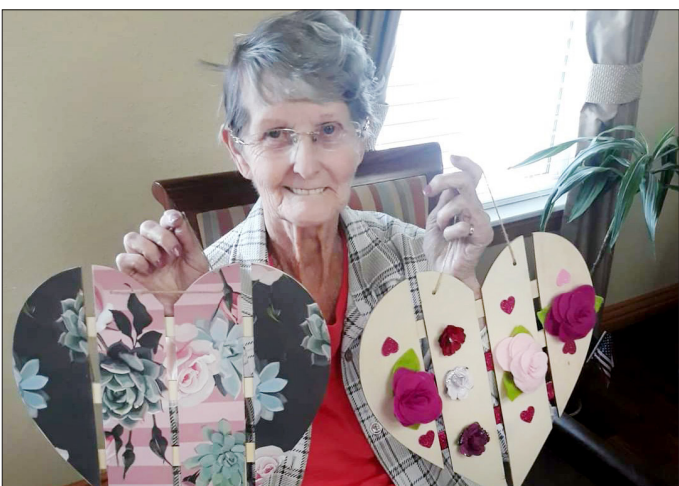
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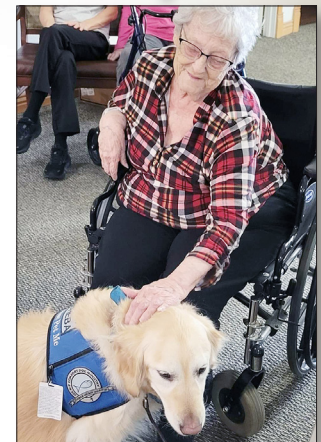


Victorian Place celebrates Valentines Day

Victorian Place Of Owensville crowned Harlan Meyer and Joyce Gregory, king and queen of valentines for 2022. The 'King' was also on hand to entertain the residents including Linda Lauth and Judy Rohlfing. Naomi Jones and Earline "Granny" Sickendick came out to celebrate valentines day. Gregory (bottom photo) holds up her valentine day crafts.

PHOTO SUBMITTED

Victorian Place Celebrates Valentine's Day and National Caregivers Day



On February 10, the seniors at VPO made valentine centerpieces to be displayed at our Valentine's party on February 14, (upper left Emma, Pearl, Linda and Judy participating in the craft).

On February 14, at the Valentine's day party we had the crowning of the king and queen, which was presented by Elvis himself, and goodies and treats prepared and donated by Simply Sweet, Coloring Pages by Ms. Woodruffs kindergarten class from Belle Elementary, and Valentines cards that were sent in by Jennifer McMullen, Katarina Eaker and Laura Boggs (lower left Colton presenting Emma with a Valentine card). Center Pic: Ruthine and the King Blowing Kisses.

On February 16, Sheba the Comfort Dog came to visit our seniors he made rounds and everyone sure enjoyed his visit. (Upper Right Ruthine with Sheba the Comfort Dog, and bottom right is Sheba the Comfort dog with the VPO staff: *Back row Chris Shaul, Community Manager, Mary Korhmann, Director of Nursing Services, Steve Belcher, Maint., Front Row Sara Wehmeyer, Dining Manager, Sheba the Comfort Dog, and Julia Smith, CMA.*

Lastly on February 18, we celebrated National Caregivers Day with pastries and goodies that were order in from Simply Sweet, as well as Domino's Pizza, which was set to arrive piping hot for the night shift crew to enjoy.

These are just some of the fun and exciting Activities that our seniors participate in at the community. If you would like an activity calendar or more information about Victorian Place please contact us, and will be happy schedule a tour for you!



Victorian Place of Owensville

Senior Living By AMERICARE Assisted Living
301 North 7th St. in Owensville | 573-437-5396