



# SENIORS STAYING HEALTHY

## NEW PROGRAM IN PIKE HELPS SENIORS SHARE HOUSING

By Wayne Witkowski

MILFORD — Senior citizens looking for housing or fearing where they can go if they lose their homes have an alternative for the months ahead.

Robin LoDolce, executive director of the Pike County Agency on Aging, spoke at a Pike County Board of Commissioners meeting last week about SHARE, a federal program new to the Pike County area.

It is an affordable housing choice bringing together homeowners who want to share their home with home seekers who need housing in exchange for rent, help around the house or a combination of both. The home seekers receive their own bedroom and agreed use of the common areas.

It varies, depending on needs, preferences and abilities of the participants.

LoDolce was joined by Shared Housing Counsel-

ors Laris Yusko of Wayne and Pike Counties and Ryan Lohman of Monroe County.

The program under SHARE launched locally in June with a Money Follows the Person Grant for Pike, Wayne, and Monroe of \$846,495 for all three counties jointly participating.

"We're the lead county and we're excited it's come to fruition," LoDolce said.

A brochure points out that some older homeowners may like the idea of having another person around the house as well as financial relief.

Yursko said the program helps place people after rigorous background and reference checks. One or more persons, including couples, could be placed with someone living in a private home or apartment and the arrangement could increase up to a reasonable number of people for



Pike County Board of Commission Chairman Matt Osterberg shows and talks during last week's meeting about the Recovery is Reachable wristbands being distributed around the county offering support to those fighting through the throes of addiction.

the living space. The program has been in place in Montgomery County as well as in New England.

Along with seniors facing homelessness, the program can help persons with disabilities, veterans,

working professionals and single parents.

Call Yusko at (570) 832-5133 for more details.

Also at the meeting, Jill Gamboni, district outreach specialist to state Rep. Mike Peifer, R-139, said plans are falling into place for a Senior Expo with 60 vendors taking place from 10 a.m. to 2 p.m. on Sept. 8 at the Dingman Fire Hall.

Pike Board of Commissioners Chairman Matt Osterberg handed out purple wristbands reading "Recovery is Reachable" with a helpline number on the back from the Carbon/Monroe/Pike Drug & Alcohol alliance. He said 100 bands have been distributed and more are being sent to organizations that show support for those fighting the throes of addiction.

The Stronger Women/Growing Stronger program meets on Tuesdays and Thursdays starting this week through Nov. 9. Call (570) 296-3400 for details.



(Photos by Wayne Witkowski)

Robin LoDolce, executive director of the Pike County Agency on Aging, right, and Shared Housing Counselors Laris Yusko of Wayne and Pike counties spoke at a Pike County Board of Commissioners meeting last week about SHARE, a program that enables seniors to keep their homes and helps others in search of housing.

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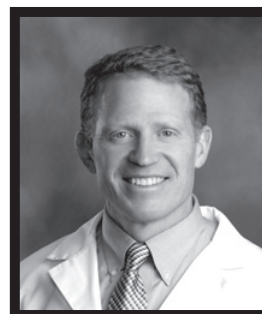
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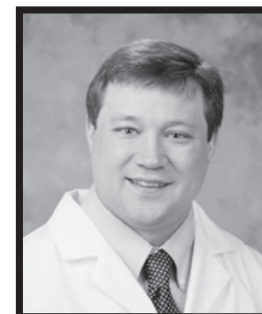
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## Aging Eyes: 3 Ways Seniors Can Protect Their Vision

MILFORD — While you may take healthy eyes for granted, it's important to know that as you age, you become more susceptible to conditions that can impair your vision. The effects of vision loss can be devastating, harming one's quality of life and independence.

Fortunately, there are proactive steps you can take to see better and help keep eyes healthy.

1. Annual ophthalmology appointment. Regular ophthalmological exams are critical, especially for seniors. Even if you think your vision is unchanged, it's important to make an appointment annually. A thorough eye exam not only assesses prescription updates, it includes a range of tests looking for signs of cataracts, glaucoma and macular degeneration. Catching these issues early means earlier intervention and a greater chance at preserving your vision.

2. Monitor and treat macular degeneration. Over 15 million Americans have macular degeneration (AMD), a progressive disease which can lead to severe central vision blind spots in both eyes. In the most advanced form, End-Stage AMD, it becomes difficult or impossible to recognize faces, read, watch TV or complete tasks requiring detailed vision. However, new advances are helping those living with macular degeneration. For example, the CentraSight treatment program uses a pea-sized telescope implant. Implanted in one eye only, the FDA-approved and Medicare-eligible device is proven to restore vision and improve quality of life those

65 and older. The other eye remains "as-is," to maintain the patient's peripheral vision, because some is lost in the operated eye after the outpatient surgery.

"Remarkably, within a few weeks after the telescope implant surgery, my mom was able to read her newspapers from front to back, every little thing. Thankfully, she is also back to knitting and together we are watching English football on the weekends. It's a huge relief to both of us that the surgery and training was a success," said Jennifer Rowe of North Carolina.

After surgery, people work with a low vision therapist to learn how to use their new vision, practicing looking at things that are stationary or moving. The telescope implant is not a cure for End-Stage AMD. As with any medical intervention, potential risks and complications exist with the telescope implant. Possible side effects include decreased vision or vision impairing corneal swelling. Individual results may vary.

To learn more, visit [CentraSight.com](http://CentraSight.com) or call 877-99-SIGHT

3. Eat right. Certain nutrients have been identified as good for eye-health. Be sure to get plenty of zinc, Vitamins E and C, lutein and zeaxanthin in your diet. While supplements can help you ensure you meet your daily requirements, you can also seek out foods that contain these nutrients.

Sweet potatoes, flax seeds, leafy greens, eggs, citrus and nuts are all good choices. The good news is that these items can be good for your overall health as well.



## Hearing Loss Can Lead To Dementia & Alzheimer's

MILFORD — Did you know that you have a risk of Dementia and Alzheimer's in Untreated Hearing Loss? In a recent article published by Frank Shepel, Doctor of Audiology, at SoundPoint Audiology and Hearing in Casa Grande, AZ shares the following:

Have you noticed that you're not hearing as well as you used to? If so you should make an appointment with your local audiologist as soon as possible. Delaying a hearing test may put you at risk for dementia according to a 2011 study done at John Hopkins and the National Institute on Aging. The longer you wait to seek hearing loss treatment, the more likely it is your brain will forget how to interpret sound.

The study points out that individuals with hearing loss were

more likely to develop dementia. The study followed 639 dementia-free individuals from 1998-2004. Of them, 125 had mild hearing loss, 53 had moderate hearing loss and six had severe hearing loss. At the conclusion of the study, 58 of the participants had developed dementia, including 37 who had Alzheimer's.

Both diseases were more prevalent in the participants with the most severe hearing loss.

Auditory deprivation from lack of stimulation of hair cells in regions of the cochlea and the social isolation which occurs from hearing loss put individuals at risk for the loss of brain tissue which can hasten the development of dementia and Alzheimer's, two diseases known for the deterioration of brain function.

Our ears hear but our brain interprets the sounds so that they make sense and we can understand. With hearing loss, hair cells in the inner ear are damaged and can't transmit sound signals to the brain. your brain is deprived of normal auditory messages it forgets how to understand speech much like your muscles get weak when you stop using them.

Patients diagnosed with Alzheimer's or dementia should have their hearing tested. Studies indicate hearing aids can improve communication and reduce confusion among these patients and may help to improve memory and social interaction for them.

And even though researchers currently can't say whether or not hearing aids can reduce your risk of developing dementia or

Alzheimer's, wearing them have proven to be effective in helping regain speech understanding, delay further hearing loss and reduce feelings of anxiety, depression and isolation.

Hearing aids have been shown to improve relationships with family and friends, increase participation in social activities and improve patients' quality of life!

Hearing tests are easy, fast and painless.

Hearing loss reduces everyone's quality of life.

Hearing aids do help and they can improve anyone's quality of life now and for years down the road. So don't hesitate to take that first step and call your local Audiologist and schedule an examination for yourself or a loved one today!

### 10 steps to better sleep

You may not be able to control all of the factors that interfere with your sleep, but you can adopt habits that encourage better sleep.

- **Forgo naps** — For some, naps can make it more difficult to fall asleep at night. If you can't get by without a nap, limit it to no more than 30 minutes.
- **Check your medications** — Talk to your doctor or pharmacist to see if any medications you're taking may be contributing to your insomnia. Also check the labels of nonprescription products to see if they contain caffeine or other stimulants, such as pseudoephedrine.
- **Exercise and stay active** — Activity helps promote a good night's sleep. Get at least 30 minutes of moderate exercise each day, but make sure you do so a few hours before bedtime. Exercising vigorously too close to bedtime may keep you awake.
- **Avoid or limit caffeine and alcohol** — Caffeine and alcohol can make it more difficult to achieve sound sleep. Make it a point not to have any caffeine after lunchtime. Be aware of sources of caffeine other than coffee, such as tea, some sodas and chocolate.

- **Keep bedtime snacks small** — Eating too much late in the evening can cause stomach upset and digestion problems that may keep you awake. Too much fluid before bed can cause you to wake to use the bathroom.
- **Relax before bed** — Try to put worries and concerns aside. Address your worries earlier in the day so they don't weigh on you at bedtime.
- **Beware of electronics** — The light from TVs, computers and cellphones can disturb sleep, so don't bring them into the bedroom. Reserve the bedroom for sleep and sex.
- **Stay on schedule** — Keep your bedtime and wake time consistent from day to day, including weekends.
- **Hide clocks** — Set an alarm clock so you know when to get up, but avoid checking the time so that you don't worry about what time it is until you get up.
- **Don't "try" to sleep** — The harder you try, the more awake you'll become. If you can't sleep, get out of bed and read or listen to soothing music in a different room. Once you're feeling sleepy, return to your bed.

Article provided by the Mayo Clinic.

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# Staying Positive With Age

MILFORD — You know all too well the changes age has brought to your body. That image in the mirror probably doesn't look much like the young woman you used to look back at you.

For women, aging and menopause go hand in hand to the point where it's hard to determine which physical and mental changes stem from the aging process and which are directly linked to a loss of estrogen.

The aging process differs from person to person. There's no timetable that everyone follows. Genetics, lifestyle and disease affect the rate at which you age.

Remind yourself that every age is a package deal. You don't gain wisdom without some wrinkles. And growing older doesn't mean becoming static, nor does it automatically signal decline. Rather, the changes that come with aging can mean opportunities for new ways of thinking and doing. No one is ever too old to learn, hope or renew. Plus, you've earned the right to be selective. For many people, now is the time to finally focus on what you want to rather than what you have to. If looked at in a positive manner, later life can be a full and eventful chapter.

There's no one-size-fits-all solution to staying positive with age. There are as many routes to happiness and a sense of purpose as there are activities and goals to choose from.

However, there are some common threads, including maintaining health — both with medical issues and in terms of living a healthy lifestyle — keeping active and socially engaged, and taking time to cultivate mental, emotional and spiritual health. This Special Report seeks to weave these threads together with tips and advice to keep your focus on what you can do, rather than to dwell on what you can't.

### An Attitude Of Gratitude

Very often, one of the nice things about aging is that you begin to appreciate what really matters in life, including the small things you may have previously taken for granted. Gratitude is being thankful for every experience life throws at you — materially, emotionally or spiritually. Research shows a daily practice of gratitude can boost your energy, improve your mood, increase optimism and enhance well-being. Gratitude can help you accept the things you can't change.

To make gratitude a habit:

- Start your day with gratitude — Before you even get out of bed, make the first thought of your day one of gratitude. Take

a few deep breaths and think about five people you're grateful to have in your life. One by one, send each person your silent gratitude while breathing out, slowly and deeply.

- Start a gratitude journal

— As you end your day, jot down at least one thing for which you're grateful. It can be an important event or something as simple as a good cup of coffee.

- Collect gratitude sayings

— You can find poignant quotes about gratitude in novels, great speeches and spiritual texts. When you see one, write it down.

You may want to post them on your refrigerator, a corkboard or your car visor.

When you're having a bad day, let a quote redirect your mind.

- Be grateful to those you help — Thank the people who seek your help. Be grateful that you're able to share your wisdom and unconditional love as a gift to others.

- Look for positives in the negatives — There will be bad days, no doubt. But focusing on the positive and looking for the silver lining can make even the bad days more tolerable.

### Change What You Can

Gracefully accepting the changes that come with normal aging doesn't mean that you give up on maintaining your health. Normal aging and disease are distinctly different. Your body will naturally change with age, but that doesn't have to lead to disease.

When you cut through the jungle of health advice that's out there, the best ways to maintain health and vitality are surprisingly basic. Research shows that the greatest gains in mental and physical health and life span — can be had by following these tips:

- Maintain a healthy weight

— Health problems such as type 2 diabetes, high blood pressure, heart disease, stroke, some types of cancer, sleep apnea and osteoarthritis are linked with being overweight. Since most people gain weight with age, it's important to keep an eye on your waistline and your body mass index. A couple of extra pounds every year can add up. Focus on maintaining a healthy weight and commit to making it happen.

- Get regular physical activity — Research suggests that people who get regular exercise live longer and better, even when it's not associated with weight loss. Staying active also can help you continue to do the things you enjoy and stay independent, which means you're less

likely to end up in an assisted living or skilled nursing facility. A well-rounded physical activity program includes a minimum of 30 minutes a day of exercise — such as walking, swimming or using a machine at a health club — done at a moderately

intense effort level. In addition, balance, flexibility or stretching exercises, and strength training add resiliency and stamina so that you can do the things you want to do.

Article provided by the Mayo Clinic.

## De-stress

If you're feeling stressed, step back and assess your stress levels. Are you feeling overwhelmed and fatigued? Are your muscles tight or is your jaw sore from grinding or clenching your teeth at night? Do you feel anxious or moody, or do you have headaches and trouble sleeping? These are red flags that you might be under stress.

Stress is a significant contributor to sleep problems. Chronic stress also can contribute to heart disease, obesity, depression as well as other health problems.

Good self-care is an important way to cope with life's stresses. Set aside time each day to check in with yourself. Organize your thoughts and to-do list so that you feel ready to tackle your commitments. Take a bath or enjoy a massage to relieve your tense muscles. Find a fulfilling creative outlet such as art or music. Reconnect with hobbies you enjoy or try something new. Getting proper sleep, adequate exercise and a healthy diet also can help you keep stress in check.

Relaxation is invaluable for maintaining your health and repairing the toll that stress takes on your mind and body. Many relaxation techniques and practices — such as meditation, tai chi, deep breathing, yoga, visualization, progressive muscle relaxation and mindfulness — help you to slow down, refocus your attention and increase your sense of well-being.

Article provided by the Mayo Clinic.



Twin Cedars residents, Edith Grieve and Floyd Nower, at Grey Towers.

## Seniors Enjoy Historical Outings

MILFORD — The residents of Twin Cedars Senior Living, located in Shohola, have been taking an interest in local history this summer by visiting historical sites such as Grey Towers and The Columns Museum. The Seniors enjoyed a day trip to each place recently and were very interested in learning about the Pinchot legacy at Grey Towers, as well as the Lincoln Flag and other local history at The Columns Museum, last month. The seniors remain active and involved in the community through these trips as well as other trips offered by Twin Cedars for their residents, such as scenic drives combined with lunch or a trip to the ice cream parlor. The residents are looking forward to their next trip which is Red lobster in Middletown, NY.

Twin Cedars provides long term residency for seniors of all

ages, as well as short term stays and an adult day care program. The community provides 24 hour nursing care and supervision and a structured activity program seven days per week. The activity program focuses on keeping the seniors mentally stimulated, physically active, while meeting their spiritual and social needs. Most of the seniors that come to Twin Cedars have been sedentary and were spending much of their time watching television on the couch. Once placed at Twin Cedars they make new friends and have a variety of programs they can attend each day, while improving their long and short term memory and strengthening their muscles.

To learn more about Twin Cedars visit [www.TwinCedars.net](http://www.TwinCedars.net) or call Tamara at 570-296-7471 to schedule a personal and confidential tour.

## EMHCC Provides Excellent Care

HONESDALE — Ellen Memorial Health Care Center (EMHCC) is a family owned and operated skilled nursing and rehabilitation facility. EMHCC has been serving the community since 1976 and is located in Honesdale, less than one mile from the local hospital. For over 35 years, EMHCC has continually maintained a balance of modern care with a touch of old-fashioned kindness. The primary focus of EMHCC is to provide excellent care while treating our residents with respect dignity and compassion.

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- Alzheimer's/Dementia Memory Care
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EMHCC offers both private and semi-private rooms. We strive to provide a home-like atmosphere in our resident areas.

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## Engaging Your Strong Mind Is Awesome

By Sensei Albert Casale

I have always believed and taught my students to develop a strong mind and a healthy body. Your mind can be a powerful fitness tool. Many doctors also believe that your brain is a powerful organ that can be tapped to boost immunity, strength, speed, stamina, and more. For the past 35 years my chief function

as a Sensei has always been to build champions in all sports by training my students to use their minds more fully to remove all obstacles from their mental path on the road to victory. In order to push your body towards its potential, your mind must be strong. If you lack self-esteem, you won't believe that you can do that extra pushup. If you let people walk all over you, and you have a short fuse and lot of negative energy, you won't possess the strength you need to move forward.

Improving your mental fitness will make you a happier person. Negative emotions- whether you're angry or stressed about an upcoming competition or depressed about possibly not winning can do more than siphon your energy. They can actually destroy your health. Numerous studies show that people who don't feel in control of their lives tend to suffer illness more often from various diseases than people who feel content with the direction of their lives.

So my advice is try not to focus on your mental slipups but to learn to possess a greater sense of your well trained self. Its an awesome experience....

Master Sensei Casale is a nationally known health and wellness coach and has helped thousands of athletes in martial arts and other sports to achieve high levels of performance. Sensei Casale is the master teacher at the Mountain Dojo Martial Art Health, Fitness and Learning center in Dingmans Ferry P.A and has been inducted into the martial art hall of fame. For questions e-mail [mountaindojo@yahoo.com](mailto:mountaindojo@yahoo.com)



Sensei Albert Casale

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For those who need help to enhance their overall sense of well-being, Contact Master Albert Casale who is a member of the American College of Health and Sports Medicine. Master Casale is known for his unparalleled wealth of knowledge in the health, fitness and healing arts and has helped thousands of individuals look great, feel great and be at their performance. Master Casale will also come to help those at their home who need personal training and coaching.



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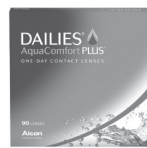
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## Patients, Doctors And Researchers Embracing Plan To Deal With COPD

MILFORD — Chronic obstructive pulmonary disease (COPD), a lung disease that afflicts millions of Americans, haunts families, and frustrates doctors and researchers, is now the third leading cause of death in the US, behind heart disease and cancer, costing Americans more than \$32 billion a year.

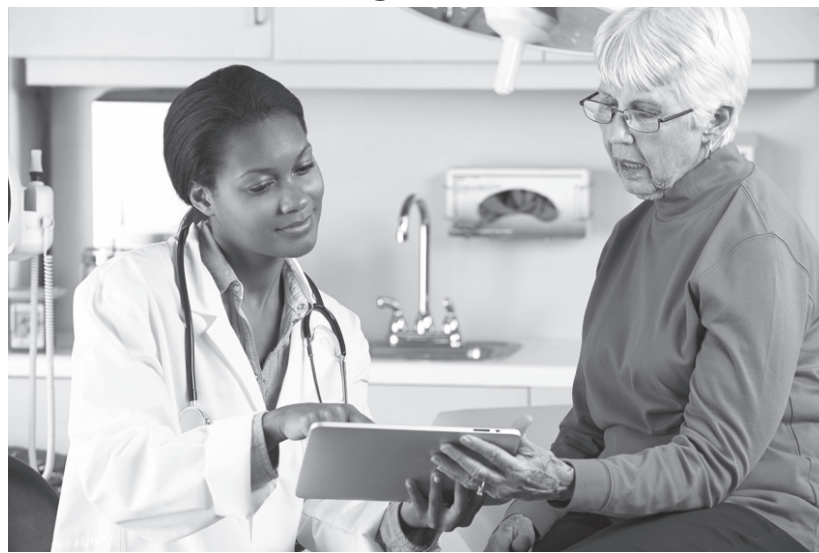
For those living with or affected by the disease, there is new hope, thanks to a recently unveiled COPD National Action Plan. Developed by patients, agencies and organizations under the stewardship of the National Heart, Lung, and Blood Institute (NHLBI), the Action Plan shines a spotlight on the devastating physical and emotional toll the disease causes.

"Not being able to catch your breath and fearing your next breath may not come is just like drowning," said Grace Anne Dorney Koppel, president of the COPD Foundation and a longtime COPD patient. "It is frightening beyond words and feels very, very lonely."

Yet many with these symptoms tend to attribute them to something else: the common cold, old age, being out of shape. This lack of awareness delays diagnosis and treatment, worsening the condition and quality of life. Even mundane tasks -- housework, bathing, dressing, walking -- can feel onerous.

That's why the first goal of the plan is to empower patients and families to recognize COPD and get treated quickly.

"I was diagnosed in 2001 and was told COPD is incurable," said Dorney Koppel. "But that does not



mean [it is] untreatable. Doctors need to teach patients the difference. I was given three to five years to live...sixteen years ago."

Compounded with this misinformation is the idea that it's exclusively a smoker's disease mainly affecting men.

While it most often affects people over 40 with a history of smoking, as many as one in four with COPD have never smoked. Long-term exposure to substances that irritate the lungs or a genetic predisposition called alpha-1 antitrypsin (AAT) deficiency also present as risk factors. What's more, 56 percent of those diagnosed are women, and they die of COPD more than men.

Unlike heart disease and cancer, COPD prevalence and deaths aren't decreasing. One in five people over age 45 has it.

"You know someone who has it. You may even have it and not know it," said James P. Kiley, director of NHLBI's Division of Lung Diseases.

So how to reverse this trend? One key is improving the level of diagnosis. "Spirometry is a simple and inexpensive breathing test that can identify

COPD," said Dorney Koppel.

MeiLan Han, M.D., medical director of the Women's Respiratory Health Program at the University of Michigan, agreed, noting another goal of the Action Plan: to equip health care professionals with tools to diagnose and care for COPD patients. "We need to develop easy-to-follow guidelines and get them into the hands of providers on the frontlines."

Developing an educational curriculum and tools for clinical decision-making, in sync with detection and management guidelines, will significantly improve diagnosis and care, said Han. So will improving patient access to spirometry, pulmonary rehabilitation, smoking cessation programs and affordable medications -- all of which are called for in the plan.

To learn more about the Action Plan and find out how to get involved, visit [COPD.nih.gov](http://COPD.nih.gov).

"This plan represents a new understanding of what it takes to minimize the burden of COPD," said Gary H. Gibbons, M.D., director of NHLBI. "Now, it's just a matter of getting to work."

## Tips To Prevent Slips, Trips And Falls

MILFORD — Slips, trips and falls that cause injury and death are all too common, and they disproportionately affect older people. Indeed, one-third of older U.S. adults suffer falls each year, according to the Centers for Disease Control and Prevention. What's more, a fear of falling can alter habits, negatively impacting one's quality of life.

Fortunately, many such falls are highly preventable. Changes in vision, balance and muscle strength that can occur as one ages can be addressed, and other external risk factors can be prevented.

### Staying Vital

Regular exercise is important for maintaining the physical strength and mobility needed to reduce the risk of falls. Taking classes to improve balance, such as tai chi, has also been shown to reduce the risk of falls.

Many community centers and fitness clubs offer classes designed for older individuals, so be sure to consult your healthcare provider for an exercise routine that is appropriate for you.

"Set a reminder to get regular health screenings for bone density, vision and other fall risk factors. Staying aware of these physical changes and adapting to them, can help you remain healthy and independent," says Carrie Nie, director, Safe Communities America, National Safety Council.

### Home Modifications

"Most falls happen at home, so it's important for individuals, caregivers and loved ones to focus on keeping the home free of safety hazards that increase the likelihood of falls," says Nie.

Installing grab bars, additional handrails and extra lighting can make it easier to maintain balance, improve vision and avoid tripping hazards. You should also free walking areas of tripping hazards, such as electrical and phone cords and open drawers and cabinets. To avoid slips, use non-skid rugs, clean up spills immediately and wear proper footwear.

### Community Engagement

Individuals and loved ones should look into local resources available that can help prevent falls

and maintain older adults' independence, as well as get involved in efforts to make their community more accessible.

Many communities are already engaged in such efforts. For example, counties, cities, towns and universities accredited by the National Safety Council Safe Communities America program, put initiatives into place to raise awareness of the risk of falls and increase older adult independence and safety at the local level. The program also works with volunteer groups to make the homes of older adults safer. For example, one such volunteer group, "Team Handyman," installs grab bars, hand rails and other safety features in the homes of older adults in Midland, Michigan.

To learn more about fall prevention, as well as community safety efforts, visit [nsc.org](http://nsc.org).

While aging itself is not the cause of falls, older people are at greater risk of taking a spill. To reduce your risk of falling, keep your home safe, your body strong and your community engaged.

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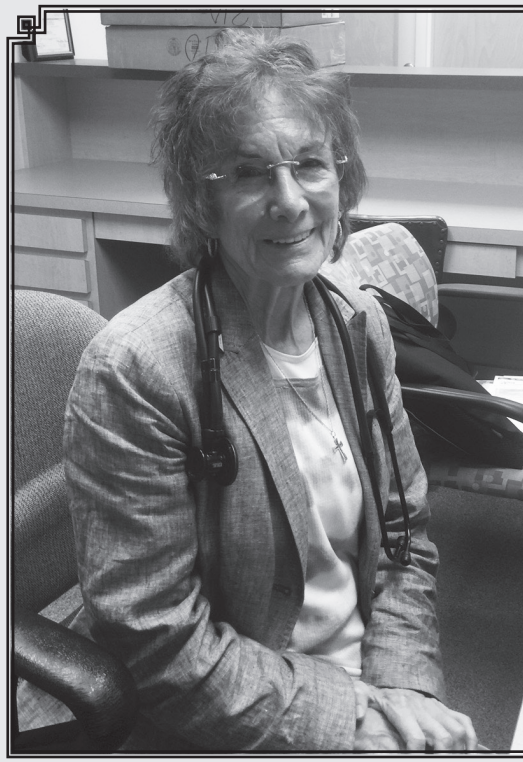
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## Back Talk: Facts To Know About Your Spine

By Dr. Edward J. Hartey

MILFORD — Perhaps you are asking yourself, “Why would I want to read an article about chiropractic?”

Maybe I can answer that by asking you a question. “What do you really know about your spine?”

Your probably know something about your heart. You may be familiar with your digestive system. It's likely that you understand proper oral hygiene and why regular dental care is essential. But if you were asked to explain spinal degeneration, vertebral subluxation, or ruptured discs, how would you respond?

The spine houses the network of nerves that control every system, organ and cell in your body. If you learned the importance the spine plays in your body's well-being, you would be better equipped to do a whole lot more for yourself and your back.

The spinal column forms the major part of the skeleton. Attached to it are the skull, shoulder bones, ribs and pelvis. The spine has three basic functions: support; protection and movement. It supports your skeleton, protects the spinal cord, and allows freedom of movement.

The spine is comprised of 24 movable vertebrae and nine fused or unmovable segments. The spinal cord is housed down the middle of the vertebrae. This area is called the neural canal. The spinal cord is like the “operator switchboard” to the body. The spinal cord relays messages back and forth from the brain to muscles, blood vessels, glands, tissues and organs. It sends messages down your arms and legs.

Misalignments of the spinal vertebrae and disc (the

cartilaginous cushion that separates the bones of the spine and acts as shock absorbers) may cause irritation to the nervous system, including the nerves exiting the spine. Many ailments are directly related to pinched nerves in the spine.

The chiropractor's job is to make sure these vertebrae stay in alignment. Research has shown that when the bones of the spine are lined up properly, the spine is 16 times stronger than when it is out of alignment. Neck pain may be caused by a bone out of place in that area.

Spinal misalignments are called vertebral subluxations, by far the most common cause of back pain. It is occasionally referred to as a “facet syndrome.” The result can be back pain, loss of mobility and jamming of adjacent vertebrae.

A chiropractor can unlock that facet joints and remove the nerve interference, thus restoring mobility and eventually eliminating the pain.

Experts estimate that eight out of ten Americans will suffer from back pain at some time. Back pain is the second most common cause of time lost from work. Presently 2.5 million adults are totally disabled by this condition.

Just because your spine is behind you, don't ignore it until it gives you a problem. We chiropractors are trying to teach people that the spine is just as important or more important than any other system in the body. We believe it is important to maintain your spine structurally.

Proper structure yields proper function, the key is good health.

## Why Everyone Should Plan For Long-Term Care

MILFORD — Research suggests that most Americans turning age 65 will need some form of assistance with everyday activities, known as long-term care, as they grow older. The amount of care needed will depend on many variables, including overall health, cognitive functioning and home environment.

Age is a strong predictor of the need for help, and because women live longer on average, they are more likely than men to require long-term care. Factors such as a disability, injury or chronic illness also increase the chance that long-term care will be needed.

Three simple steps can help you start planning for care you may need as you age.

1. Know what to expect  
Most people know they should save for retirement, but many don't know exactly what expenses to expect. An often overlooked area is long-term care, a broad set of supports for everyday tasks like dressing or eating. While most of this care is provided by family members and friends, sometimes older adults and their families get these services from providers like home health aides, area agencies on aging or residential providers such as assisted living or nursing homes.

Understanding long-term care is the first step in creating a plan. Key things to know include:

\* A person who lives alone is more likely to require long-term care than one who can rely on a spouse or partner for help with daily tasks.

\* Long-term care is expensive and represents a major uncovered risk to

your retirement savings.

\* Medicare does not pay for long-term care services or supports with some minor exceptions. Neither does your employer-based health insurance or Medigap.

\* Most people prefer to receive long-term care at home; their odds of doing so may be improved by making home modifications to reduce the risk of falls.

\* Many Americans say they do not want to rely on their children for care, but a lack of planning for paid care often leads to exactly that result.

2. It's not just about you

A choice to plan or not plan will likely have a big impact on family and friends who may also be informal caregivers. Statistics show that most long-term care is provided by family members or other loved ones.

Take the time to make clear your preferences for what kind of help you value most and where you want to receive it. Family and friends will feel better knowing that you are thinking about your needs - and theirs - by planning for long-term care.

3. Better active than reactive

Be proactive. Staying at home is great, especially if it has been modified to help you avoid an injury and continue to care for yourself. However, it won't happen without taking steps to ensure you can get the supports you need at home. Start thinking about ways to maintain your independence, safety and care needs.

For more information and resources to develop a care plan, visit long-termcare.gov.

## Lifestyle strategies for treating depression

Medication and counseling are often vital components for treating depression. But there are also things that you can do on your own. Try these tips for managing depression:

■ *Get enough sleep* — Practice good sleep habits to help you get enough sleep. This includes going to bed and getting up at about the same time every day, avoiding alcohol and not using electronic devices such as cellphones in the bedroom.

■ *Exercise* — Try to get at least 30 minutes of physical activity on most days of the week. For best results, exercise at a moderate intensity.

■ *Take time for yourself* — Take a break from your daily stresses by spending some quiet time, every day, by yourself. Take a bath, read a book, or go for a walk.

■ *Keep the lines of communication open* — Talk to your family and friends about your feelings, or find a support group of people who are going through the same thing you're going through. Talking about your problems and challenges can help you manage them and put them in perspective.

In addition, there's some evidence linking a healthy diet to a reduced risk of depression. (See *News and our views* on page 4 of our August 2017 issue.)

Article provided by the Mayo Clinic.

## Memory boosters

Habit-based memory is used to store skills developed by repetition. It stays with you all your life. You can capitalize on habit-based memory skills to sharpen everyday memory skills and speed up information processing. This in turn allows you to take full advantage of other invaluable skills, such as insight and experience, which can only be acquired over time. Here's how:

■ *Keep a calendar* — Trying to keep track of too many details can actually make you more prone to memory lapses. Instead, create a calendar and organization system to keep information handy without needing to remember details.

■ *Organize the clutter* — Keeping your environment clutter-free can help minimize distractions and improve memory. For example, make a habit of always returning keys and handbags to a designated place. File mail and paper as it comes into the house to prevent unpaid bills and missed appointments.

■ *Think it, ink it* — Keep a notebook handy to jot down thoughts or items for your to-do list. This gets them off your mind and into a format that you won't forget.

■ *Focus your attention* — Attention is important to memory processing. Slow down and focus your attention on the task at hand. Minimize distractions to give your full attention to a person or project.

■ *Use memory tricks* — To remember a list of seven grocery items, think of the list as four vegetables and three fruits.

Article provided by the Mayo Clinic.



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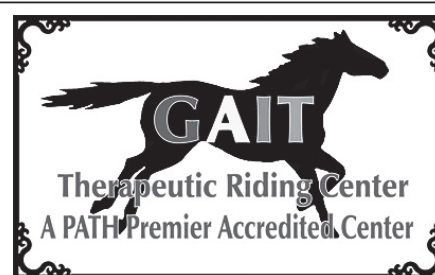
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## New Treatments For PTSD Are Helping American Veteran

MILFORD — When U.S. servicemen and women return from war, they often return home plagued by anxiety, depression and sometimes Post Traumatic Stress Disorder (PTSD), a disorder that develops in some people who have experienced shocking, frightening or dangerous events. And while the number of affected veterans is high, emerging treatments are improving their chances for recovery.

According to the Department of Veterans Affairs, PTSD afflicts up to one in five from Iraq and Afghanistan in a given year, and as many as one in three veterans from earlier conflicts, like Vietnam, during their lifetimes. As of 2013, roughly 400,000 veterans affiliated with the VA carried this diagnosis. These figures suggest that psychological trauma is a staggering burden on active-duty troops, veterans and society.

"Returning home and resuming normal life can be a challenge for any service member. But for someone suffering from PTSD, it can be a crisis," says Captain Keith Stuessi, M.D., a former Navy doctor and member of the board of Help Heal Veterans, the nation's largest provider of free therapeutic arts-and-craft kits to U.S. veterans and active duty military personnel.

Because the science of PTSD was not well understood until recently, past treatments varied from heavy drugs to hospitalization to simply telling patients to forget about their experiences. But today, clinicians increasingly believe it's important to employ emerging therapies along with psychotherapy and medication in a holistic treatment approach.

- **Mindfulness.** According to a new study, adding mindfulness to traditional therapy could be beneficial for soldiers with PTSD. Mindfulness means focusing attention on sensory perceptions and bodily sensations and includes meditation, yoga, breathing exercises and tai-chi. Mindfulness has been shown to decrease heart rate and blood pressure.

- **Art therapy.** When someone expresses feelings through art, the mind can begin to let go of trauma by transferring images and ideas to another object of the patient's creation. Art therapy can help veterans communicate memories, relieve stress and reduce symptoms of trauma-related disorders.

- **Craft Therapy.** Craft therapy has been proven to be an extremely effective PTSD treatment, and ample evidence suggests it has a positive overall impact on brain function. Foremost, craft therapy helps vets take their minds off events that may have led to their illness. Engaging in craft activities has been shown to address cognitive, neurological and sensory-motor needs by targeting performance skills. It has been shown to help promote the use of

right- and left-brain functioning and help maintain cognitive functioning. More information about craft therapy can be found at HealVets.org.

"I've seen firsthand how instrumental these emerging therapies can be. Craft therapy, in particular, gives veterans a sense of pride, purpose and productivity, as well as opportunities

to connect with family and friends," says Joe McClain, Captain USN (Retired), CEO of Help Heal Veterans.

"The sad reality is that many vets will come home with psychological wounds.

"Fortunately, the medical community is learning more about effective treatments every day."

## Manage your triggers

One of the neglected secrets of maintaining a healthy weight is staying ahead of the triggers that cause you to overeat or avoid exercise. Whether it's a bad day at work or yucky weather outside, becoming aware of the specific cues and having a plan for dealing with them is key. That way you don't have to rely on your willpower in the moment.

If you eat when you're bored, try distracting yourself with an alternative activity, such as going for a brief walk. Having a small snack before grocery shopping can make you less tempted to buy unhealthy foods. Create meal plans and fill your fridge with fruits and vegetables.

For many people, TV is a trigger that can affect both diet and exercise. If you're going to watch TV, do strength training or balance exercises during commercials — or better yet, exercise all the way through a program. Don't eat while watching TV — it can lead to mindless snacking.

*Article provided by the Mayo Clinic.*

## How Old Is Your Spine?

By: Dr. Jessica Kovalchik, DC

MILFORD — There's an old Chinese proverb that says, "You are as old as your spine." What does this mean to you? Movement itself is essential for our health, and correct spinal movement directly affects one's wellbeing. Think about it, your spine is the basically the freeway to and from your brain. There are tiny nerve endings called mechanoreceptors that send information to the brain through the spinal cord.

Think of these as cars along the road, if there is an accident or a back-up, it causes congestion and alters the flow of traffic.

This is similar to what happens when your spine isn't moving correctly, the signals to the brain can get jumbled and cause sensations such as pain.

So, what are some ways you can keep your spine young? Keeping your spine properly aligned, through chiropractic adjustments, is one good way. Proper alignment allows for the free flow of information to and from the brain without any "back-ups."

Regular chiropractic care can help maintain proper movement throughout the spine, much like regular maintenance on your car keeps it running smoothly.

Another way of keeping your spine moving is through stretching and strengthening. You can do this through Yoga moves or Pilates.

Both are low impact

but concentrate on correct movement throughout the spine. Being mindful of your posture, whether you are home, at work, or in a car also helps maintain proper spinal alignment.

Good posture gives you benefits, whereas bad posture gives you consequences, such as the dreaded "hunch back."

Proper hydration is also essential to keep your spine and supportive structures, like muscles, performing at their best. Most people do not replenish the fluids they use daily and this tends to increase with age.

A good rule of thumb to find out how many glasses of water you should drink per day is to divide your weight by 2, then divide that number by 8.

If plain water isn't your thing, try adding some lemon or lime to it, you'll get added flavor as well as adding some anti-oxidant properties to the water.

Along with proper hydration, proper nutrition can help keep your spine young. Eating a nutrient rich diet with a diversity of plants, proteins, and healthy fats can help to nourish your genes and slow the degenerative process.

It's said that "it's not the years of your life, but the life in your years that matters."

Keep the life in your years by keeping your spine young and feeling strong. At Advanced Chiropractic, we can help you maintain proper spinal alignment and show you stretches that will

aid in keeping your spine moving.

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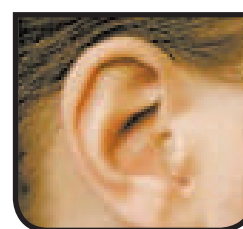
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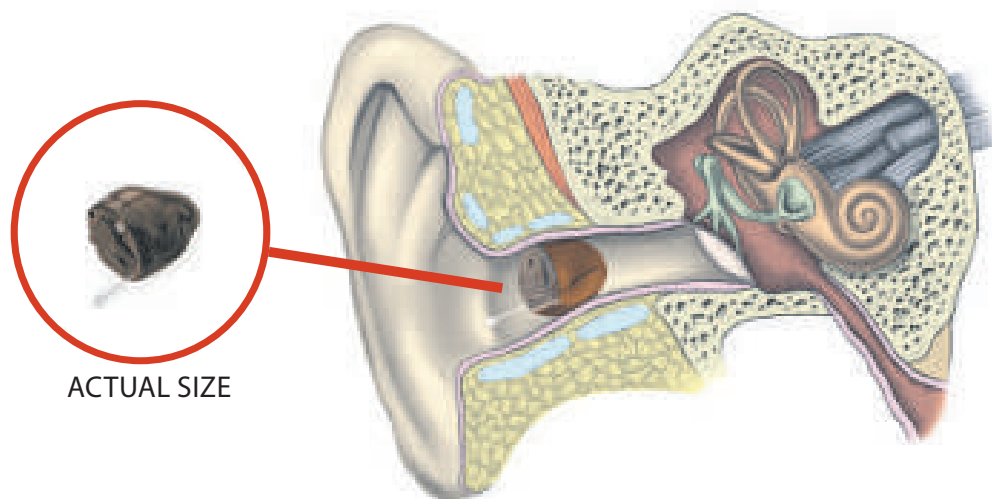
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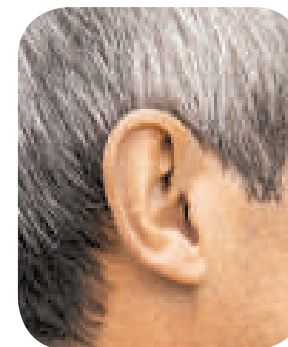
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# Sketch Out Your 'Time Pie'

MILFORD — Try this exercise to record how your time is spent and what you would like to change. It will require a sheet of paper, a pencil and 15 to 60 minutes of your undivided attention. Find a quiet space to complete this exercise without interruptions and take your time.

Draw a circle on your sheet of paper. Then divide it up into segments that represent the number of hours you spend for various activities on a typical day, adding up to 24 hours. Fill in the number of hours you spend for areas such as:

- Sleep
- Work
- Chores
- Commute
- Caregiving
- Errands
- Family time
- Significant other relationship
- Technology and device use
- Exercise
- Fun

Label each slice of the pie with the activity and the number of hours you typically spend doing it each day. Be as accurate as possible.

Now take a look at the pie you've sketched. Do the results surprise you? Is there a slice that's bigger or smaller than you would have expected? Is there a slice that's much bigger or smaller than you would like? Think about the following questions to help you identify what experiences and values are most important to you:

- What are your most important relationships?
- Where have you found comfort?
- What do you value most in your life?
- Which people give you a sense of community?
- What inspires you and gives you hope?
- What brings you joy?
- What are your three most memorable experiences?
- What are your proudest achievements?

**Eat a healthy diet** — A healthy diet can help you maintain a healthy weight.

But your food choices are important in other ways, too. Eating unhealthy foods may increase your risk of some diseases. Eating well can help protect you from age-related problems. A healthy diet includes a foundation of minimally processed plant foods — including fruits, vegetables, nuts, beans, berries, whole grains and healthy oils such as olive oil. Also keep food portion sizes under control and if you eat animal-based foods, emphasize lean protein sources such as fat-free dairy and lean, unprocessed meats such as chicken and fish.

- Be tobacco-free — There are clear benefits to stopping tobacco use no matter your age or how long you've smoked.
- Drink alcohol in moderation — If you drink alcohol, limit it to up to one drink a day for women of all ages and men older than 65.
- Seek regular health care — This will help ensure that you're getting the screening tests and preventive care that you need.

### Appreciating Your Body

For many women, menopause and aging affect metabolism, causing an uptick in weight without any real change in activity or diet. Unfortunately, weight gain is difficult to stave off without significant effort. Even if you're able to maintain your premenopausal weight, you may carry it differently and feel thicker around your middle.

While maintaining a healthy weight is important, don't forget to show yourself some compassion, even if you're not particularly fond of your new shape or size. Studies show that having a positive body image and practicing selfcompassion during menopause can actually result in fewer symptoms, including fewer hot flashes and night sweats.

Although it's wise to focus on other things besides your looks as you age, a positive body image is still important. Having a positive view of your own body is essential for your confidence, satisfaction, sex life and self-esteem. Learn to take care of and appreciate your body with these strategies:

- Get moving — Exercise can make you feel better about your body, whether you lose weight or not. The type of exercise doesn't really matter. Find an exercise you like and make the time to do it. Work with a trainer or make plans to meet a friend at the gym or park. More common forms of exercise such as walking or jogging are great, but it's fun and interesting to try other ways to stay fit such as rock climbing or a ballroom dancing class.
- Don't apologize — Whether you're wearing a swimsuit, workout clothes or little black dress, there's no need to apologize for your appearance. Chances are, no one will notice imperfections except you. If you can't be positive, at least stop making excuses and apologies. Pay attention to your body language, too. The way you move may seem like an apology even if you don't say it out loud.
- Don't critique others — When you comment on a woman's appearance, you contribute to the culture of unrealistic expectations about how a woman should age. Pay attention to how you talk about the appearance of women, whether they're girlfriends, neighbors, co-workers, celebrities or other public figures. It's common to judge others the same way you judge yourself.
- Dress for happiness — Cultivate your own style and wear things that make you feel good about yourself. If you feel good in jeans, make them your signature style. If you love dresses, don't save them for special occasions.
- Accept your genes — You probably inherited certain traits from your family. Whether it's your aunt's dimples or her thick thighs, try to view them as part of your lineage. Embrace those traits just as you would embrace your beloved family members.

### The Big Picture

Remember, you're more than your body. Your greatest asset might be your sharp wit, your knack for telling a great story or throwing a great party, your kindness to strangers or your bravery during tough times. Step back and think of all the things that aren't reflected by a mirror. Focus on your whole self, not each fine line and sag. Some days, this may be more difficult than others.

It may help to focus on what makes you shine the brightest. Write down a compliment or two for yourself and refer to them when you find yourself obsessing about least favorite features. Take note the next time someone

pays you a compliment, or ask your partner to help you identify your greatest strengths.

Spend time on relationships that buoy you. There's no reason to spend time with people who don't make you feel good about yourself. If you still have friends or family members who constantly rain on your parade, it may be time to step away from them or at least limit your exposure.

At the same time, engage yourself in hobbies or activities that you enjoy. People who are involved in hobbies and leisure activities may be at lower risk of some health problems. Social activities and relaxing hobbies can help eliminate stress and anxiety.

Consider sharing your passions with your community. For example, if you enjoy cooking or gardening, you might volunteer at your local farmers market or soup kitchen.

There are many volunteer organizations for older adults, such as Senior Corps ([www.nationalservice.gov/programs/senior-corps](http://www.nationalservice.gov/programs/senior-corps)), that can help link your skills and interests to a community need. Older adults who participate in meaningful activities report feeling healthier and happier.

### Saying No

You may receive a lot of requests for your hard-earned wisdom and expertise.

This can be flattering. Sometimes it's tough to determine which activities deserve your time and attention. Use these strategies to evaluate obligations — and opportunities — that come your way:

- Focus on what matters — Remember what's important to you. When an opportunity or commitment comes your way, think about whether it's worth your time and attention. Is it important to you or just an item on your to-do list?
- Assess the time commitment — Is the activity you're considering a short- or long-term commitment? Signing up for a single Saturday event will take far less time than heading up a fundraising committee. Be realistic about what you can handle, and don't overcommit yourself.
- Let go of guilt — Don't allow guilt to make you agree to a request you would rather decline. There are times you have to say no, even to people you love.

Saying no isn't a sign of rudeness but a sign of respect for your own time and that of others. It's generally worse to back out later than to say no upfront. Set realistic goals for what you can and want to accomplish.

- Sleep on it — Stop saying yes to requests on the spot. When someone asks you to do something, get in the habit of saying that you're flattered and you'll respond with a firm answer in the next day or so.

You may find that your excitement for a new opportunity waxes and wanes overnight.

This is a good indicator of whether you should sign on.

It can be hard to turn down good causes that land at your feet. Compliment the person's or group's effort while saying that you're unable to commit at this time. This shows that you're just turning down a commitment, not snubbing the group's mission or accomplishments.

Don't be afraid to say no.

Sometimes you have to say no in order to say yes to things that matter most. Saying no may not be easy if you're used to saying yes all the time. It will get easier over time. It's important to try to build a cushion of time around events so that you have time for yourself or to deal with unforeseen events.

### Caring For Yourself

You know the importance of a healthy lifestyle — getting plenty of exercise, eating well, not smoking, limiting alcohol consumption, establishing a healthy sleep routine and keeping up with regular appointments with your doctor. In addition to those habits, there are other things you can do to care for your body and spirit:

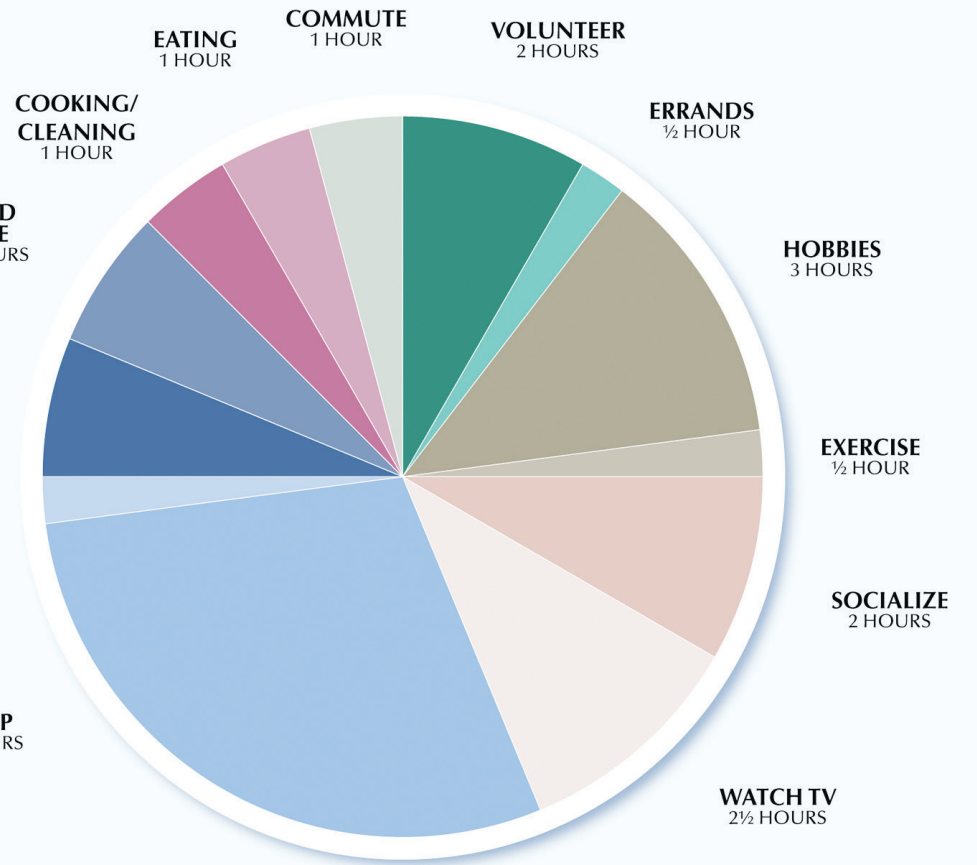
- Take a break from caregiving — If you care for a loved one, take a break.
- Recognize that the role of caregiver has emotional and physical demands. Strive to allow the person you care for to be as independent as possible.

It's important to distinguish between the things the person can handle alone and the things the person needs you for. This can be good for both of you.

Accept help from others. If siblings, neighbors or family friends offer to assist, say yes. Don't be too proud to accept help for yourself as well. Caring for another can be a big job.

Take advantage of resources and tools in your community that can help you help your loved one. Many communities have classes and services — such as transportation and meal delivery — that can ease your load.

Don't compromise your sleep, your time for exercise or your



healthy-eating habits trying to do it all. Remember, if you don't take care of yourself, you won't be able to care for those who need you.

- Take time to do something you enjoy — Schedule hobbies into your day. Book a block of time for gardening. Schedule a meeting with your favorite book in a sunny spot. Get up early and make a trail hike or yoga class the first thing you do, rather than the last. Time spent doing the things you love isn't wasted time. It allows you to recharge and attend to your responsibilities with new energy and vigor.
  - Pamper yourself — Treat yourself to a massage, manicure or bubble bath. Escape to a local concert or theater show. Meet a friend for a cup of coffee. Buy a new novel or a pair of earrings that you've been wanting.
  - Take care of your spirit — This is different for everyone. For some, it takes the form of religious observance, prayer, meditation or a belief in a higher power.
- For others, it's found in nature, music, art or a secular community. Staying connected to your inner spirit and the lives of those around you can enhance your quality of life, both mentally and physically. Your personal concept of spirituality may change with your age and life experiences, but it always forms the basis of your well-being, helps you cope with stressors — large and small — and affirms your purpose in life.

Stay curious — Try new things as you age. Take a class at your local art or pottery studio. Or look into adult or continuing education classes in your area. Traveling is another way to expand your horizons and gain new perspective.

- If you can't book a trip right now, at least consider a reservation at the new ethnic restaurant in your hometown.
  - Laugh — Laugh loud and often. It really is the best medicine. Spend time with friends who keep you giggling. Be silly with grandkids, nieces or nephews.
- Try to let go of any guilt that you feel when you take time for yourself. It's not selfish or lazy to prioritize things you enjoy — it's taking care of yourself.

- Practice optimism — Think positively and find solutions and silver linings while refraining from letting hard times affect all aspects of your life.

### The New You

The choices you make now can help you transform your health, your relationships and your life for decades to come, so make them strong choices. Set your expectations high.

Your expectations are a powerful tool. Use them to carve out the life you really want. It's never too late to turn out some of your best work. Many women before you have blazed a trail of achievements after age 50.

*Article provided by the Mayo Clinic.*

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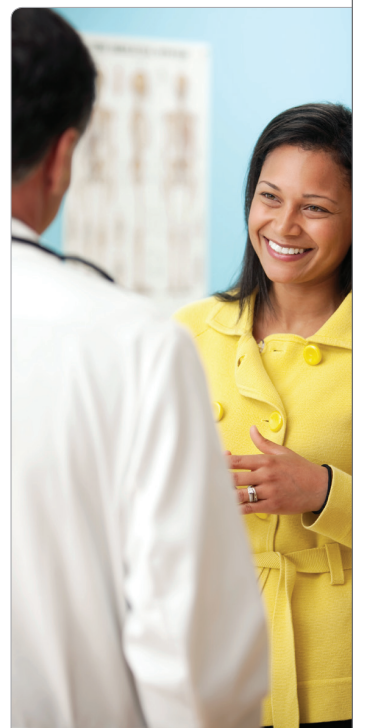
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