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Publisher's Perspective by Leigh Bosse

► To Our Readers

With Senior Lifestyles entering it's second year, we know that the whole concept and definition of a "Senior Citizen" has evolved over the years. Today's seniors are more health conscious and active than prior generations. They are living longer and are generally more affluent than their parents, and are savvy consumers of goods and services. Thus we make the fol-

lowing promise to our readers. Senior Lifestyles sole purpose is to provide you with the knowledge you need and the information you want to maximize the potential of your retirement years. If we can both inform and entertain our readers, we will have succeeded. Please let us know how we are doing and what we can do to improve our product.

► To Our Advertisers

In keeping with our understanding of senior citizens today, we urge our advertisers to join us in adopting the following philosophy, first expressed by nationally syndicated author Frank Kaiser.

1. Never think that the elderly market is "old." They don't consider themselves old, so don't you.

2. Never attempt to scare our readers into buying. Fright tactics turn them off. Let's tell them about independence.

3. Always treat our readers as equals. They value connect- edness, independence, per- sonal growth and revitalization, and so should you.

4. Never pander or talk down to our readers. They're not dumb, in fact, they're probably smarter than us both.

5. Never try to bamboozle. All seniors are from Missouri and skeptical.

6. Don't broad stroke. All seniors are not alike. Above age 50 there are doz- ens of mature and independent minds.

7 Give them a guarantee. Seniors fear being taken. A simple "no ifs, ands, or buts guarantee" pleases them im- mensely.

8. Don't razzle-dazzle. Seniors are conservative about consuming, and many grew up during the Great Depres- sion.

9. Don't rely on glitz. Ads should look like ads.

10. Always treat our readers with respect.

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Grandparents, grandkids benefit from better hearing

Grandparents and grandchildren have much to learn from one another, and such valuable relationships should be cultivated. Oxford University research has shown that 'involved' grandparents contribute significantly to better-adjusted grandchildren.

The research suggests that children find unique acceptance in their relationships with grandparents, which benefits them emotionally and mentally. The grandparental bond is built on communication. In fact, most children studied did not identify distance as an important factor if communication was strong.

Unfortunately, hearing loss is the number-one challenge to communication. According to the National Institute on Deafness and Other Communication Disorders (NIDCD), age and hearing loss are strongly related -- 30 percent of seniors from 65 to 74 years old suffer from a hearing disability. For adults 75 years of age or older, hearing loss jumps to 47 percent.

"It doesn't take a PhD for my patients to understand the many costs of hearing loss," says Sreek Cherukuri, MD, a certified ear, nose and throat physician based in Chicago, Ill.

Beyond emotional well-being, even something simple like taking the grandkids to the pool can turn dangerous if grandma can't hear possible cries for help. Driving puts the children at risk if the grandparents cannot hear oncoming traffic or car horns.

The NIDCD reports that only one out of every five people who needs a hearing aid actually wears one. This is largely due to the extravagant cost of most hearing aids.

"I found that I saw too many patients with hearing loss going home without a solution because they couldn't afford hearing aid prices," says Dr. Cherukuri.

Cherukuri's response was to develop inexpensive but effective hear-



ing aids. "With today's technology, a quality hearing aid shouldn't cost more than a digital camera or iPod," Cherukuri says.

MDHearingAid, found at www.mdhearingaid.com, isn't just a reliable source for affordable hearing aids, it's also a good source for expert consumer information.

"You should see a physician and get the best hearing aid you can afford. We offer an excellent choice for those who cannot afford a custom hearing aid." Seniors should enjoy the benefits of their ripe age. This includes plenty of quality time with grandchildren.

Get more info on hearing loss and cost-efficient alternatives at www.MDHearing.com. (NewsUSA)



Simple tips to know for stress-free air travel

Man-made and natural disruptions to air travel are all-too-often the norm. Not only can weather delay take-offs and landings, but new airline rules can also keep planes grounded.

For example, if a plane is sitting on the tarmac for more than three hours, it has to return to the gate.

On the upside, there are ways to cope with the unexpected. Here are a few simple tips to prepare for delays before leaving home:

▶ **Print copies of itineraries** with the 800 numbers for your airline, and others that fly the same route, just in case you have to rebook from the airport. The paper-free option? E-mail those numbers or enter them manually into your smartphone.

▶ **Check airline Web sites for delay postings.** New rules mandate that airlines have this information online. Alternatively, you can go to www.flightstats.com.



▶ **Make sure you can access your office and home computers in the event you are stuck while traveling.** Free and inexpensive programs like LogMeIn (www.LogMeIn.com) make it quick, easy and secure to access files, calendars and applications from any computer, smartphone, netbook or iPad with an Internet connection.

▶ **Enlist a friend or family member** who knows their way around online

travel sites, and keep them on your mobile phone speed dial. If you have to make alternative plans, they can probably do it faster than anyone.

▶ **Remember travel insurance.** A few extra dollars tacked onto the price of your trip can provide peace of mind if you have to change plans for unforeseen reasons. Check what your airline, travel agent, booking site and credit cards offer to make sure that you're covered.

▶ **Have fun.** Many airports are adding luxuries like spas, high-end restaurants and even showers to keep passengers happy.

Find out what your airport, and the ones that you will visit, offer before you go, so you're able to enjoy them to the fullest.

While there is no surefire guarantee for disruption-free air travel, a little advanced planning can go a long way -- even all the way to your destination. (NewsUSA)

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AMCP offers advice for traveling with medications

Advanced planning for traveling with medications can prevent consumers from spending their precious vacation time at the pharmacy counter or on the phone with their doctor.

One of the most common mistakes occurs when consumers take a full supply of medications on vacation and then lose them, says Mark Brueckl, the Academy of Managed Care Pharmacy's assistant director of pharmacy affairs. He recommends taking just enough for the length of your trip, plus one or two days extra.

In the fun of the moment, vacationers also may forget proper storage methods for their medications, Brueckl notes. Consumers must check to see if any of their prescriptions are sensitive to heat, sun or moisture. Medicines should not be exposed to levels of high heat, such as being stored in a car's trunk or glove compartment, or brought to the beach.

Another common mistake involves waiting until the last day to get prescriptions refilled. Consumers may encounter a pharmacy not having the drug in stock,



Brueckl says.

Other suggestions for traveling with drugs:

▶ **Pack medications in your carry-on luggage.** If your luggage is lost or delayed, you will not miss any dosages if they're kept with you.

▶ **Photocopy important documents and/or cards** in case your wallet

is lost or stolen, or if something happens to your luggage. Put a copy of each document in every piece of luggage and carry-on item.

▶ **Ask your doctor for a letter outlining your health conditions and prescriptions,** including the dosages and scientific names of all medicines you're taking. Keep this information handy in case you get stopped internationally by customs or need to obtain medications abroad due to an emergency or lost luggage.

▶ **Call the consulate of the country you're visiting** and ask if there are any restrictions on bringing medications in to the country (www.usembassy.gov).

▶ **Important items to pack:** first aid kit, health insurance and prescription cards, medical summary, supply of medicines in original pharmacy bottles, medicines for common travel issues (pain, antacid, laxative, diarrhea medicine, antihistamine, cough medicine, motion sickness medicine), sunscreen, lip balm and insect repellent, bracelet for life-threatening allergies. (NewsUSA)



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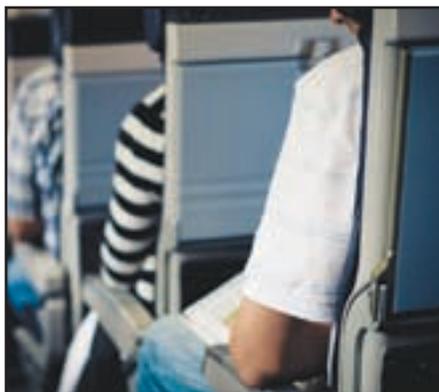
Stand and stretch often during summertime travels

Summertime plans may include a 21-hour flight to the “Land Down Under,” a drive from Boston to grandma’s house in Phoenix, a 10-hour train ride through the Grand Canyon or a cross-country bus trip to Orlando. Itinerary aside, extended travel in a plane, car, train or bus can increase the risk of developing blood clots.

“Standing and stretching the legs every two to four hours is advised for travelers at risk for deep vein thrombosis (DVT),” said Dr. David Stone, a member of the Society for Vascular Surgery. Vascular surgeons encourage exercise during travel to maintain healthy veins and arteries.

With extended travel, a blood clot can potentially form in the veins of the leg. If the clot breaks loose and travels to the lungs, it causes a pulmonary embolism.

Each year, 300,000 to 600,000 Americans die of a blood clot in the lungs, according to 2011 Centers for Disease Control and Prevention statistics. Risk factors for the under-diagnosed, preventable condition are:



- ▶ Vein injury, including major surgery
- ▶ Slow blood flow from limited movement
- ▶ Increased estrogen levels from medications
- ▶ Chronic illnesses, such as heart disease, lung disease, cancer treatment or inflammatory bowel disease
- ▶ Family history of DVT
- ▶ Age
- ▶ Obesity
- ▶ Smoking

- ▶ High blood pressure
- ▶ A catheter in a central vein

Almost anyone can be affected. In 2003, 39-year-old NBC News reporter David Bloom died of a blood clot after weeks of traveling around Baghdad in a cramped military tank.

“Whenever traveling in confined places, persons at risk of developing DVT should raise and lower their heels and toes and tighten and release their leg muscles,” said Dr. Stone. “This helps to promote blood flow to the legs. Also, drink plenty of water, and wear loose-fitting clothes.” Vascular surgeons suggest a regular exercise routine, a healthy body weight and not smoking as preventive measures against DVT. Ultrasound tests can detect DVT.

Since half of DVT patients never experience warning signs, early detection is important. Anticoagulant medication can help treat DVT. Visit the Society for Vascular Surgery website, VascularWeb.org, for more vascular health information.

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Prescription discount card: easy, valuable and free

Evelyn Webster of Brazos County, Texas, was devastated when she learned that her sister had been diagnosed with stomach cancer. As a result of the radiation and chemotherapy treatments, her big sister, Deborah Bryant, was unable to work and lost her health insurance.

"So therein lies the problem: no insurance, no medication, no money to buy the medication," Webster told CBS affiliate KBTX-TV in Bryan/College Station, Texas.

The family learned of a free prescription discount card available through Brazos County, where Webster works in the District Clerk's office.

"Without the NACo card, unfortunately, we would not have been able to buy all of [my sister's] medicines," she said. "The discount card is one of the best things



to ever happen in Brazos County."

The National Association of Counties

(NACo) Prescription Discount Card Program, administered by CVS Caremark, is a free national program available for all residents of NACo-member counties.

The process is simple: there are no forms to fill out, and any county resident may use the cards regardless of age, income or health status.

In fact, the cards save an average of 24 percent off the full retail cost of prescription medications. They can be used by consumers who do not have health insurance or those whose prescription is not covered by their insurance. All prescriptions are eligible for a discount.

A national network of more than 60,000 retail pharmacies, including the major national chain drug stores and a majority of community-based pharmacies,

honor the card. (NewsUSA)

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Solutions for seniors struggling in today's economy

Whether it is nutrition, housing, or medical needs, seniors and their caregivers are looking for new ways to keep themselves clothed, fed and housed. In fact, President Obama's full-year Continuing Resolution for 2011 included a 45 percent national cutback of Senior Community Service Employment Program funding from the fiscal year 2010 budget.

With federal funding at the top of the chopping block, many of our elderly don't have access to even one hot meal a day. Meals on Wheels, a non-profit agency, had to establish a waiting list at many of its sites across the U.S. this year.

While the world of senior nutrition programs faces trying fiscal times, there are services out there to help. Mom's Meals (www.MomsMeals.com), created by a family to care for their aging grandmothers, delivers fresh-prepared, nutritionally balanced meals right to the doors of those who need them most. At only \$5.99 per meal, far less than the cost of a restaurant meal, Mom's Meals



are designed by a dietician and chef and contain the proper nourishment for seniors. While transportation options are also being cut, a little digging will show that certain agencies are working for the

benefit of seniors. At the 2005 White House Conference on Aging, transportation was identified as the third most important priority of seniors, right under reauthorization of the Older Americans Act (No. 1) and matters pertaining to long-term care, according to the National Center on Senior Transportation. The NCST has made it their mission to increase transportation options for older adults and enhance their ability to live more independently within their communities throughout the U.S. More about the NCST can be found at www.seniortransportation.net.

With these federal cuts also comes added financial burden on seniors and their families. To help, AARP offers their Money Management Program, a daily service to help low-income older or disabled people who have difficulty budgeting, paying routine bills and keeping track of financial matters. More information about it can be found at www.aarpmp.org. (NewsUSA)

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Helpful tips for independent living after 70

You love your home and don't want to leave it, but your children are concerned and keep mentioning assisted living. So, how can you maintain your independence while assuring your kids that you're fine on your own?

Many people are capable of living on their own in their seventies and beyond -- with a few small adjustments to their lifestyles and living areas. Here are some suggestions:

► **Get prescription medications without leaving your home.** Ordering medications through a mail service or online pharmacy can save you time and money, as well as help you avoid runs to the pharmacy. Just make sure that you receive medications from a reputable drugstore. Look for one that's located in the U.S., requires prescriptions and is licensed by its state's board of pharmacy. Your local drug store may also allow you to order online.

► **Get meals delivered.** If shopping and cooking become a struggle,



fresh-made meals delivered to your door can help you get affordable, nutritious food without relying on a caretaker. One

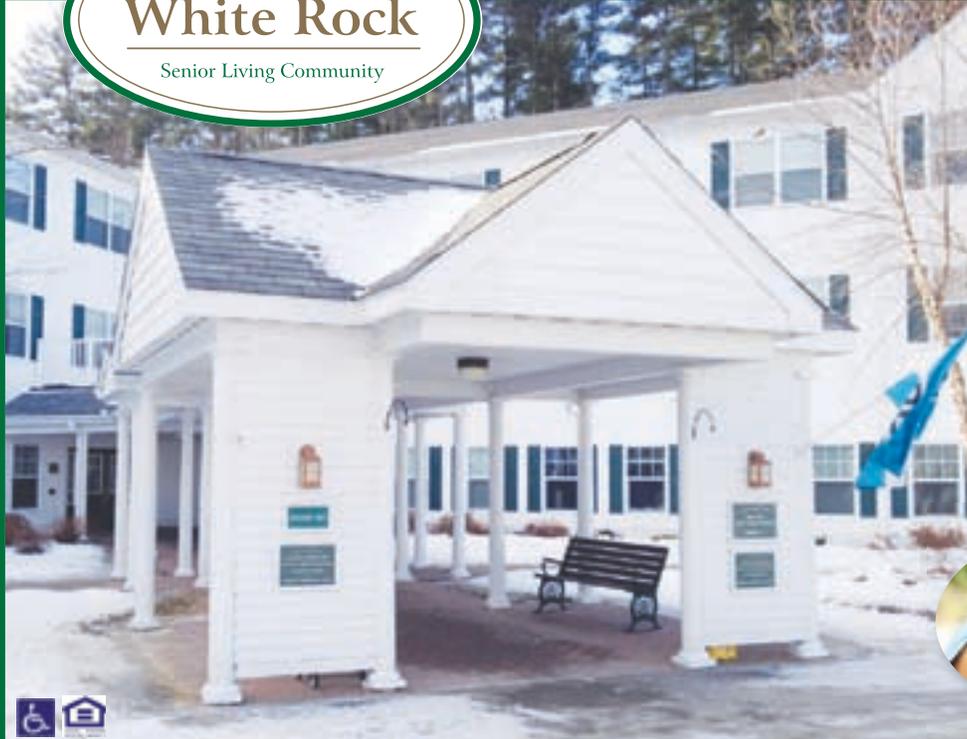
service, Mom's Meals, can deliver to any location, from a city apartment to an isolated farmhouse, and offers personal attention on the phone.

The company crafts dishes to please every palate and can accommodate diabetics and vegetarians, as well as others with special dietary needs. Special packaging ensures that meals, which range from mini pancakes with an omelet and turkey sausage to meat lasagna, remain fresh in the fridge for up to two weeks. Visit www.momsmeals.com or call 866-971-6667 to speak with a personal representative.

► **Make homes safer.** Certain changes to the home can make it safer and more comfortable to navigate, such as installing hand grips in the bathroom to lend extra support. Door knobs can be replaced with levers, and cabinets and drawers can be given larger handles. Loose carpeting should be fixed, and clutter should be removed, as both can easily cause falls. (NewsUSA)



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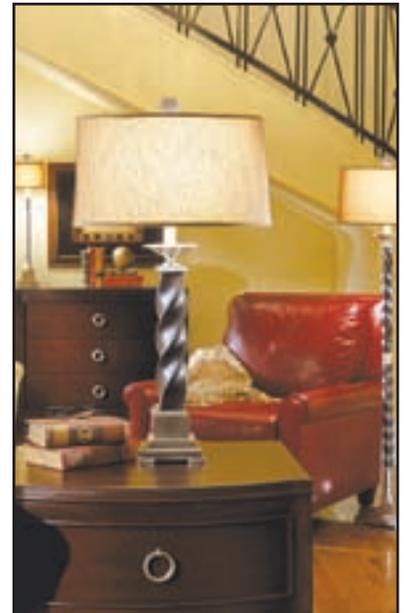
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Lighting can be your eyes' best friend as you age

Everyone experiences changes in their eyesight as they age. For many, it means buying reading glasses to read a menu, newspaper or other small print. According to the American Lighting Association (ALA), changing the lighting in your surroundings can go a long way to enhance reading ability and increase comfort.

"Often, the first thing people notice as they get older is their loss of ability to see distance," notes Terry McGowan, director of engineering & technology for ALA and owner of Lighting Ideas in Cleveland. "That happens around age 45 and is called presbyopia.



By 60, most people have a 'fixed focus' optical system and need glasses. After age 60, eye and visual system changes accelerate, so that less light reaches the eye. Therefore," McGowan says, "people need more light to see details as they age."

Paul Eusterbrock, president of Holtek International, a lighting manufacturer that has championed lighting developments and products to help aging eyes, agrees. "The main issue is the quality of light," he says. "Research shows that a 60-year-old needs twice as much light as a 30-year-old. Most of the commonly found lighting guidelines are written with the 30-year-old user in mind," Eusterbrock explains.

Is there a magic light bulb that will work for everyone? McGowan and Eusterbrock say no. "This may sound strange, but the perfect bulb is whichever one the user finds works best for them," McGowan says. "Individual vision varies so much -- especially as people age -- that it's difficult to develop lighting recipes that are one-size-fits-all," he says.

Whether you are old or young, the basic rules of good lighting apply: have sufficient illumination with little or no glare, and use diffused lighting to minimize shadows. If energy savings is a concern, McGowan recommends selecting compact fluorescent lights (CFLs) and LED bulbs with warm tones (look for 2700-3000K on the box) and a high color-rendering index of 90 or more.

For expert advice from a certified lighting consultant (CLC) or accredited lighting specialist (LS), stop by an ALA-member lighting showroom. They will help you save time, frustration and money. To find a store near you, go to www.americanlightingassoc.com. (NewsUSA)



“Sandwiched” caring for kids and parents? Here’s help!

On one hand, you have aging parents less able to care for themselves every day. On the other, your own children with schedules so difficult you can’t find a spare minute. And you’re caught in between.

You’re not alone. You’re part of the over 20 million Americans “sandwiched” in between generations, caring for both your own children and your parents.

As a “sandwiched” caregiver, you often bear the brunt of the financial and emotional strain that occurs when the needs of your aging parents must be balanced with those of your children.

If you are faced with this situation, an abundance of resources are available to help when you can’t always be there:

► **Eldercare Services:** The National Association of Area Agencies on Aging’s mission is to help older persons, and those with disabilities, live with dignity and choices in their own homes and communities as long as possible. A variety of tools may be found at www.n4a.org.

► **Mom’s Meals:** Mom’s Meals brings convenience and good nutrition to independent seniors by preparing, packaging and shipping fresh-made, ready-to-eat meals directly to a customer’s door. Whether still in their own home, homebound after a health crisis, or even in an assisted living facility, these meals are created by chefs and dietitians to meet the nutritional needs of seniors, and include options for low-sodium, low-fat or low-carb diets. Visit www.momsmeals.com or call 866-971-6667.

► **National Association of Professional Geriatric Care Managers:** Having difficulty assessing your parents’ medical needs and finances? Check out www.caremanager.org. It will help you identify local programs and services to meet those needs.

► **National Association for Home Care & Hospice.** If your parents have become unable to fully care for themselves, yet they would prefer to remain independent, home health care may be the answer. The site www.nahc.org helps navigate the options.



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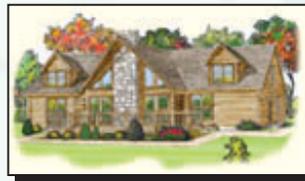
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Baby Boomers: don't let Osteoarthritis slow you down

Osteoarthritis affects an estimated 27 million Americans and is the most common type of arthritis. Women over the age of 50 have a greater risk of suffering from osteoarthritis than men of the same age. In fact, women overall are more likely to experience a decrease in their activity level.

With osteoarthritis, the tissue that serves as a 'cushion' between joints breaks down and causes the joints to rub together. This can result in chronic pain, stiffness, and decreased mobility. Chronic pain can be one of the most difficult parts of dealing with osteoarthritis, and it can get in the way of routine activities that make life rich and fulfilling -- such as working, driving, shopping or even hugging a grandchild. A majority of people with osteoarthritis say it is difficult to be physically active. This puts them at risk for other medical problems, such as heart disease, diabetes and weight gain.

"For many individuals, the main



goal is to effectively treat the symptoms of osteoarthritis and stay active," says Society for Women's Health Research spokesperson Carmen Green, M.D., Professor of Anesthesiology and Obstetrics and Gynecology, and Associate Professor of Health Management and Policy at the University of Michigan. "Treatment may include a mix of physical therapy, acupuncture, massage and prescription pain

medications, including over-the-counter products, anti-inflammatory drugs and opioid medications."

Experts believe the sooner osteoarthritis is diagnosed and treated, the better the chances are of preventing it from getting worse. Those battling osteoarthritis should see a doctor about managing their pain. They -- and their caregivers -- should also learn as much as they can and be actively involved in their own treatment plan.

To learn more about osteoarthritis and how to treat the symptoms, visit the Society for Women's Health Research at www.swhr.org. This website will direct visitors to resources that contain a variety of information on pain conditions, such as pain assessment and measurement tools, and links to pain education and advocacy groups. The content can help people with osteoarthritis better understand the condition and improve their ability to talk about pain with their healthcare provider. (NewsUSA)

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Road trips: A mature guy's guide to the open road

If you're wondering if a road trip is right for you and your more mature friends, a few practical measures can help ensure it is fun for everyone:

Steady goes a finely tuned machine

When you were younger, you probably drove through the night to rack up as much mileage as possible. The mature road trip is just as much about the journey as it is about the destination. You and your friends will appreciate a more relaxed pace, which includes resting, eating right and enjoying all the road has to offer. To make sure you stay on course without any problems, get your vehicle tuned up before you head out. It's a good idea to change the oil and check the tire pressure and coolant system before you get on the road. If your vehicle is due for some routine maintenance, have it done before you start your trip.

The right vehicle for a memorable trip

Your days of cramming six guys in a small, rusty car are over. A reliable yet fun-to-drive pickup is perfect for your grown-up road trip with the guys. And

since your stuff is probably going to be worth more than what you toted around during your college days, be sure to protect it. A lockable roll-up cover, like the tonneau cover line by Access Cover, will keep your belongings protected from the elements - both weather and criminal - while you're on the road. Finally, even if your eyes aren't what they used to be, you can still quickly access all supplies with a Truck Bed LED Light which can be mounted at the front or the rear of the truck bed.

With age comes wisdom to pack smart

As for what to pack, be sure to include an emergency roadside kit, first aid kit and any medications that you regularly need. Bring along a GPS device and your trusty mobile phone so you can stay on track and in touch.

In regard to food and supplies, you might also consider a set of dressier clothes if your dining tastes have matured since your fast-food days, but you'll also want some comfy clothes for your time spent in the vehicle. Bring a

couple pairs of shoes, one dressier and one comfy for walking. And if you're not as keen on convenience store snacks as perhaps you were when you were younger, you'll want to pack a small cooler of food and beverages.

Plan ahead for a great trip

Meandering can be fun, but having a plan can be rewarding too, especially when you're older and prefer to know what to expect. Your taste in destinations has probably matured, so consult with your traveling partners and consider spots that appeal to your current interests and finances.

Has wine tasting become a hobby as you grew older? A tour of wine country may be in order. Perhaps you've discovered an interest in history? Consider taking the guys to a civil war re-enactment or to one of the country's great historic cities. Having a plan doesn't mean that there won't be moments of spontaneity, but it will provide you with a good course to follow so everyone can enjoy their time together. (ARA)

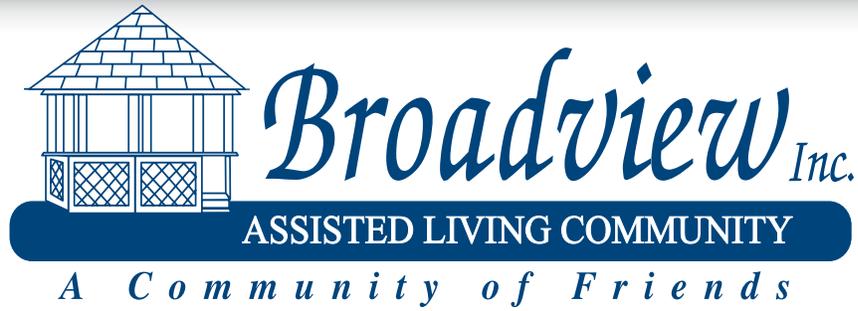
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Save some money on your spring travel plans

The long winter months have everyone itching to get out and do something new. For many Americans, this means planning a much-needed vacation - away from winter, work and school.

With the travel bug in your head, take advantage of these saving tips to make the most out of your vacation:

- ▶ Check out any bundling deals on hotels, airfare, car rentals and special tours through travel websites. Booking several options through one package can help you reduce prices. Some airlines have partnerships with car rental companies, which can help save you money. Take the time to research these options thoroughly, and you'll be rewarded with good savings.

- ▶ Stock up on travel accessories like baggage, e-readers and of course any clothing items needed to make a fashion statement on your trip. When searching online, use discount sites like Ebates.com. In addition to coupon codes and discounts on items found on your favorite



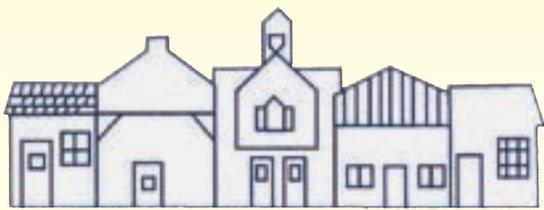
travel sites, Ebates also offers you cash back on your purchases. For example, if you book your hotel stay at Holiday Inn through Ebates.com, you'll be able to take advantage of coupon savings, and once your purchase is completed, earn 4.5 percent of the total purchase price as cash back. Use those earnings to purchase an extra something special on your trip - like a spa visit or a fun tour.

- ▶ If you can travel earlier in March,

or later in April or even May, you might find better deals because fewer families are traveling during those times due to school schedules. Or if you have flexibility in the day you travel, you might discover airfares leaving on a Tuesday or Wednesday are a better price than leaving on a Friday or Saturday.

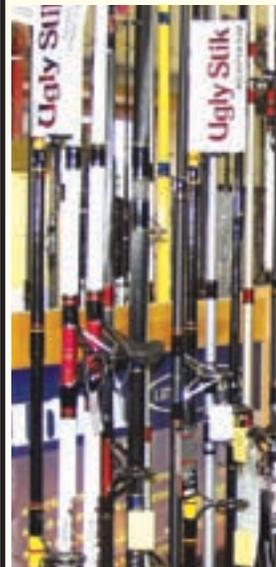
- ▶ Use those travel vouchers. If you've accumulated points through an airline or credit card, put those points to use in discounting your travels. One hint - make certain you get the best deal. If your credit card gives you the option of using points for cash back or for airline miles, research which method will get you further.

Now that the travel bug has you wanting to get away for a bit this spring, roll up your sleeves and get started finding coupons, discounts and savings for your travel plans. Just remember to put those savings to good use for fun and enjoyment when you reach your destination. (ARA)



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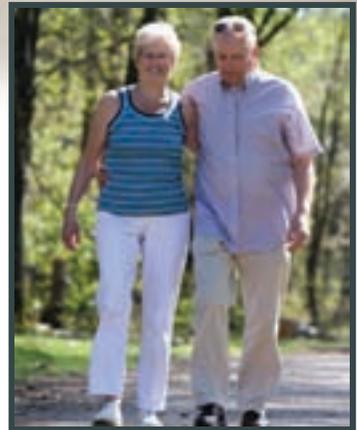
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