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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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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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Pointers for prepping your deck and backyard for summer fun

It's time to get your outdoor space ready for fun activities. With some smart home improvements, you can easily prep your patio and deck for a full season of enjoyment.

▶ **1: Tricks for properly cleaning patio furniture**

Today's patio furniture needs to be periodically cleaned. Resin, resin wicker or metal furniture can typically be cleaned with mild soap, water and a sponge or nonabrasive brush. Metal pieces can be polished with a light coat of car wax to bring back shine and protect it from rusting. Insider tip: If you live in an area with a lot of pollen, you may want to wait to clean outdoor furniture until it is done dropping. Wood pieces can benefit from a quick cleaning also. For finished wood, use an oil-based soap and a soft brush or cloth. If you have a treated wood deck, picnic table or Adirondack chairs, use a pressure washer and deck cleaner to remove dirt.

▶ **2: Get the grill ready for a season of tasty treats**

To keep the food tasting its best, the grill needs to be kept clean. At the start



of the season, it's wise to do a thorough, deep cleaning on your grill. If you have a gas grill, remove the propane tank, flame guards and disconnect the igniter wires, removing the igniters. Move the grill over a drop cloth and clean the inside with dish soap, water and a scrub brush. Grates may need to soak in a bucket before getting scrubbed.

▶ **3. Prep the deck in half the time**

Staining and sealing your deck is an important maintenance step so its beauty and integrity last for many years, but it's also something most homeowners dread because it can be a lot of work. The good news is there are some new innovations that are making the process much easier.

Before you start this project, look for new products that both stain and seal at the same time, simplifying the project and saving you a lot of time. Staining and sealing simultaneously waterproofs, protects and beautifies your wood.

▶ **4. How to grow beautiful plants to enhance your space**

Now it's time to dress the area up with some plants. You can easily incorporate splashes of color by adding containers full of your favorite varieties. Why not make it a family activity and visit your local Lowe's nursery to pick out plants and supplies together?

When shopping, keep in mind the color of your deck and furniture and pick plants in a complementary color scheme. You might also want to plant some fruits, vegetables or herbs for your own family garden.

Ask a Lowe's garden specialist for advice on what varieties thrive in a container environment. From playing outdoor games to grilling traditional summer fare to relaxing as the sun sets, you'll get a lot of use out of your outdoor space. (ARA)

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Gadgets keep smart gardeners playing in the dirt

Gardeners who like things easy, have mobility issues or get muscle fatigue are always on the lookout for smart gardening gadgets designed to keep them playing in the dirt.

▶ **Make heavy lifting easier** -With a nifty labor-saving sling device called Pot Lifter, two people working together can move big bulky items with ease. Just slip the sling around the object and lift.

▶ **Stop weeds** - Preen garden weed preventers cut down significantly on the onerous task of weeding by stopping new weed seeds from rooting and growing for up to three to four months per application. Now Preen offers a smart battery-powered spreader-applicator cap that makes it even easier to apply Preen pre-emergent granules atop garden soil or mulch.

▶ **Spare knees while kneeling** - Jolly Kneeler is a molded polyurethane knee-rest that is orthopedically designed to support gardeners comfortably while they're on their knees planting, plucking or playing in the dirt.

▶ **Water plants from the porch**



- AquaCones from Achla Designs are super easy watering spikes that attach to plastic bottles. Just flip over and sink

the spike into the soil. The water in the upside down bottle slowly drains to the plant roots. (ARA)

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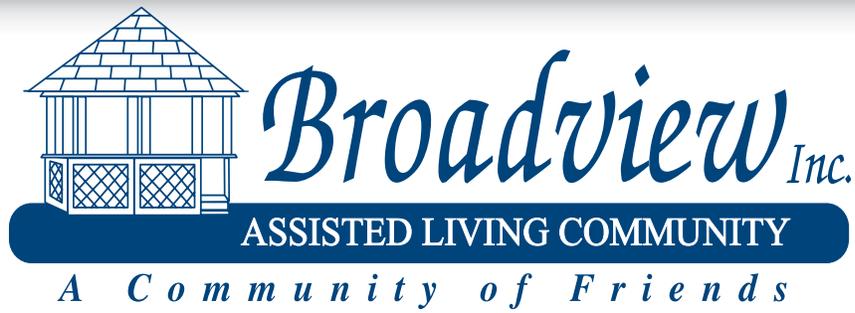
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Five travel photography tips for your next vacation

No matter where or why people take trips this year, how can travelers make their getaways more memorable and share their experiences with others? "Whether you're traveling half-way around the world or within your home state this year, you can capture these experiences and create lasting memories with your favorite digital device," says Gail Fisher, current department chair of visual journalism at Brooks Institute. "It's more than just snapping photos during your vacation. It's about telling a visual story."

Fisher offers these five tips to help capture your favorite memories:

► **Do advance research.** Buy travel books and look online at photos to get a better understanding of where you're going and what you'll see. Consider making an advance list of attractions or areas you want to photograph to help plan your trip and the visual story you want to tell about your experiences.

► **Be a backpack journalist.** With technology these days, it's easy to have



a picture or video camera on hand at all times. Consider capturing both still and video images, and spend time interacting or talking with locals who may be able to tell you stories beyond what you'll read in travel books.

► **Tell a visual story.** Whether you're an aspiring videographer or enjoy capturing everyday life on your digital camera, it's all about telling a great story to help translate the feelings you experienced at that moment to others. Go beyond shooting famous landmarks and traditional subjects. Find and capture everyday moments and

people who can help bring to life the area's culture, history and story.

► **Take your time.** Never be satisfied with your first shot. Instead, consider taking several photos to get yourself comfortable with the subject. Then, get creative by trying different angles, camera settings, lenses and lighting. If your schedule allows, return to your point of interest at different times of the day to capture new elements. Early morning light and the 'golden hour' before dusk is a favorite for most professional photographers.

► **Shoot now, edit later.** Don't review each shot immediately after you take it. Instead, take multiple shots and edit later. At the end of the day, you'll be able to reflect on your experiences and have a keener eye for those shots that invoke the same feelings and memories when you were in that particular moment. Also consider adding audio to your story by collecting natural sound or adding audio narration once you are back home that tells a narrative. (ARA)

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In a changing travel climate, travel agents reclaim the spotlight

The weaknesses of online booking engines have come to light, including lost bookings, lack of expert service and advice and little or no support during travel. Beyond that, it's difficult to know whether you're finding a truly good deal or getting the trip that is right for you.

Even with all these potential difficulties in mind, some people have yet to realize the advantages of working with a travel agent or might feel unsure about using an agent's services. Whether you're an adventurous traveler or just looking for a relaxing getaway, consider what a travel agent could add to your vacation experience:

► **Service and experience.** There's so much world out there to see that choosing a destination can be overwhelming. Because travel agents deal with clients going to all corners of the globe and are enthusiastic travelers themselves, they can offer real experience and insight into what destination might be right for you.

With their experience and invaluable information they can also give you little-known secrets including the best time of year to travel, local tips and other recommendations to make your trip more unique and enjoyable.



► **Customization.** Are you a thrill seeker? Do you want the best views of crystalline blue waters from your lounge chair? Are your little ones taking their first vacation? Each of these cases demands a very specific kind of trip. A professional travel agent can build a customized package or match you with the right vacation that meets your unique needs and motivations.

► **A real-life ally.** Nothing is more disheartening than facing a problem and knowing that you have no one on your side. Instead of enduring a painful chain of phone transfers and having to explain your situation over and over again, you can rely on your travel agent to get things fixed if any part of your trip should go awry.

► **Insider knowledge.** If you are hesitant that your hotel won't live up to the pictures online, you can trust a travel agent to have researched or even visited the specific places they are recommending. In addition, travel agents often can arrange unique offers that suppliers may not offer online, like upgrades or food and beverage credits.

► **An eye for value.** Budgeting is an essential part of travel and is unique for each customer, but everyone wants to get the most out of their travel dollar. A travel agent can provide their expertise to shop for the best value for your budget while saving you time and money and ensuring your vacation is a positive and memorable experience. (ARA)



Connect on your patio or porch, enjoy the new view

With temperatures on the rise, it's time to get outside to relax with family and friends. Today's homeowners want their outdoor spaces to be an extension of their homes, with 80 percent saying a patio or front porch are "must haves," according to a survey of residential architects by the National Association of Home Builders (NAHB).

"What's old is new again as the front porch is again a popular place to connect with your friends, family and neighbors," says Kathy Krafka Harkema, spokesperson for Pella Windows and Doors. "Plus the patio offers a secluded spot to grill, entertain, kick back and relax."

To enhance both the indoor and outdoor look and comfort of a home, install a new patio door. Pella offers a variety of energy-efficient patio doors from classic to contemporary.

Mix functional furniture. Coordinate the style of adjacent indoor and outdoor rooms since you and your guests will likely spend time in both areas. Group pieces together to encourage conversation and showcase an attractive view.

Add colorful accessories. Incorporate rugs, outdoor pillows, candles and other accessories in bright colors and fun patterns. Some of the season's top color palettes include rich reds, bright blues, soft neutrals and garden greens. (ARA)



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Palace Theatre goes pink for Legally Blonde, the Musical

The Palace Theatre in downtown Manchester is proud to continue its 2012-2013 Professional Theatre Citizens Bank Performing Arts Series with the New Hampshire stage premiere of Legally Blonde, the Musical, opening on Friday, May 4, 2012 at 7:30 p.m. The show runs through May 19, 2012. This Spring, The Palace Theatre will be wearing Elle Woods' signature color, hot pink. As Legally Blonde, the Musical comes to The Palace, the theatre will be dressed in pink with lights and bows, the lobby will be cast in a pink haze and the bar will offer a pink cocktail special chosen by a winning Palace Theatre Facebook fan!

Legally Blonde, the hilarious MGM film turned Broadway smash hit musical, follows sorority star Elle Woods, an underestimated blonde who doesn't take "no" for



an answer. When her boyfriend dumps her for someone more "serious," Elle puts down the credit card, hits the books, and sets out to go where no Delta Nu has gone before: Harvard Law. Along the way, Elle proves that being true to yourself never goes out of style.

"Legally Blonde, a contemporary heartfelt story, is extremely funny, musically pleasing and appeals to diverse audiences -- young and old. I am eager to showcase the cast we have assembled for this performance. This extraordinary group is sure to leave the audience laughing," states Carl Rajotte, Artistic Director.

After each performance, cast members of Legally Blonde, the Musical will make their way to the theatre lobby wielding pink buckets and pink ribbons to greet audience members and accept donations

for The New Hampshire Breast Cancer Coalition (NHBCC).

"As the Palace turns pink for Legally Blonde, it is only befitting that we take this opportunity to raise awareness and ask our generous audiences to think pink and support The New Hampshire Breast Cancer Coalition's work at the state and national levels in the fight against breast cancer," states Peter Ramsey, CEO/President of the Palace Theatre. Don't miss your chance to experience this award-winning musical! Tickets for Legally Blonde may be purchased by calling the Palace Theatre box office at 603-668-5588 or online at www.palacetheatre.org. Tickets range from \$15-\$45 depending on seating. Tickets are on sale NOW so reserve your tickets today!

The New Hampshire Breast Cancer Coalition (NHBCC) is a statewide, all volunteer, grassroots organization whose mission is to advocate for and provide assistance to New Hampshire residents with breast cancer. NHBCC helps breast cancer patients deal with financial challenges through its Support Services Fund and supports the National Breast Cancer Coalition's Breast Cancer Deadline 2020®.

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Seniors more at risk for anemia: know the signs and symptoms

It is estimated that one in 10 people over the age of 65 is anemic. Anemia is the most common blood disorder and a serious medical condition, although many patients may mistake its symptoms for daily fatigue and stress. In fact, many patients do not realize that they are anemic until they take a blood test.

Because anemia occurs when your body lacks sufficient healthy red blood cells to transport oxygen to your organs and tissues, it can make you feel tired and weak. Other symptoms include shortness of breath, pale or yellow skin, dizziness, cold hands or feet and headaches.

As people age, the risk of developing anemia increases. "While anemia can sometimes be the result of poor nutrition, it can also be a sign of a more serious underlying medical condition, such as cancer or kidney disease," says Nancy Berliner, M.D., president of the American Society of Hematology. "It is very important to consult your doctor if you suspect you are anemic, because even mild anemia may be linked to other diseases requiring treatment. Furthermore, in order to properly treat the anemia, it is important to understand what is causing it."

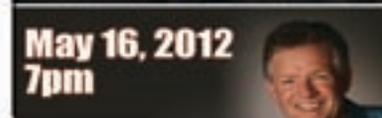
Nutritional anemia (when you do not

have enough vitamins like folic acid in your diet) can be prevented by healthier eating habits. Look for iron-rich foods, like beef, dark green leafy vegetables, dried fruit and nuts. In addition, good sources of folic acid include citrus juice, legumes and fortified cereals. However, Dr. Berliner cautions that older adults should not take iron supplements unless instructed by a doctor.

"Iron deficiency anemia is almost always the result of blood loss, and it is important to understand the cause of the blood loss. Taking iron may temporarily fix the anemia, but it will also delay proper diagnosis of the real problem. Although iron deficiency is the most common cause of anemia worldwide, it accounts for less than one-third of anemia in elderly patients, and delay in seeking a doctor's opinion may delay the diagnosis of a more serious condition. The sooner you talk with your doctor, the sooner you can find out what is wrong and how to treat it," said Berliner.

If you are diagnosed with anemia, your doctor can determine your treatment and, depending on your condition, may refer you to a hematologist, a doctor who specializes in blood disorders.

For more information, visit www.bloodthevitalconnection.org. (NewsUSA)



Create a tropic escape in your own backyard

Yearning to escape to a tropical paradise? This spring, look no further than your own backyard to capture the romance of the tropics and create a sense of optimism to lift your spirits.

"People are craving vibrant colors to add energy and excitement to their outdoor spaces," says James Farmer III, a hip, young trendsetter and professional landscape designer. "It's simple to add tropical flair and recreate your favorite dream vacation with the right plants - and few plants say 'tropics' as clearly as the hibiscus."

This spring you easily can transform your patio, deck, porch or balcony into a tropical oasis with the new Tropic Escape Hibiscus Collection from Costa Farms.

The new flamboyant hibiscus collection comes in 12 varieties with big, showy blooms in tropical colors of yellows, reds and oranges. All are easy to grow and bloom twice as long as traditional hibiscus.



The eye-popping flowers feature oversized blooms ranging from 7 inches to 9 inches, with some the size as dinner plates and others with double flowers. Many are two-toned to give extra punch.

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For more care information, visit www.costafarms.com. (ARA)

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Helping pet owners and pets “go green”

You’ve switched from incandescent bulbs to low-wattage LEDs. You drive a hybrid and bring your own bags to the grocery store. You care about greenhouse gases and your carbon footprint, but what about your pet’s carbon pawprint? Is your pet living a green, eco-friendly life? With just a few simple changes, you can make sure that your pet’s living green, too.

► **Waste Management.** Anyone who has ever had a pet knows that they create lots of waste. It is estimated that 10 million tons of waste from pets fill landfills yearly. What can you do? Instead of using plastic bags to pick up and dispose of your pet’s waste, try using recycled biodegradable pet poop bags.

If you have a cat, switch from a clay-based litter to a biodegradable litter, like World’s Best Cat Litter (www.worldsbestcatlitter.com). Not only will you be using a chemical-free, all-natural and flushable litter, but by switching to a biodegradable litter, you can cut down on the



estimated 2 million tons of clay litter that end up in landfills per year.

► **Give a Hoot, Don’t Pollute.**

Always pick up after your pet and follow the backpacker’s motto of leaving only footprints. Leaving your pet’s waste behind is not only rude, it can pollute water sources when washed into the storm drains that empty into streams and lakes.

► **Buy Green.** Purchase pet beds, furniture and toys made from recycled or sustainable materials such as hemp. Environmentally friendly hemp can be used to make almost everything, like leashes, collars, beds and toys.

► **Buy in Bulk.** Buying pet food and pet supplies in bulk not only saves money, it also conserves fuel and lowers emissions by saving you extra trips to the store.

► **Don’t Support Pet Overpopulation.** Make sure your pet isn’t adding to the pet over-population problem, by having your pets spayed or neutered.

► **Adopt.** If you are thinking about adding to your family, think about getting a pet from the shelter. There are tons of “recycled pets” in need of good homes. While adopting one of these deserving pets may not lower emissions or save fuel, it can save a life.

By adopting these tips, you and your pet can live green and make the planet a better place. (NewsUSA)

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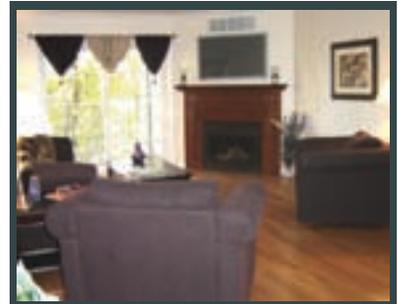
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