

GOLDEN YEARS

Rock Steady Boxing celebrates five years in Wayne

In February of 2011 Randy Pedersen was diagnosed with Parkinson's Disease.

He kept this diagnosis to himself for some time as he continued to own the Diamond Center and his symptoms continued to get worse. Eventually, his family was made aware of the diagnosis.

The Parkinson's Foundation estimates there are more than 1 million people in the United States diagnosed with Parkinson's disease, and more than 60,000 people are diagnosed each year.

"I was 62 years old when I was diagnosed, but many are diagnosed at an even younger age. There is no cure for the disease and no two cases are alike," Pedersen said. He said the disease can be hereditary, but can be caused by other factors.

"My son found information about a program called Rock Steady Boxing. There was a program in Elkhorn that I visited and I also looked up information on it," Pedersen said.

Rock Steady Boxing was founded in 2006 and the first gym was located in Indiana. Today, there are over 870 Rock Steady Boxing Programs around the world and over 43,000 Parkinson's Boxers. The mission of Rock Steady is to empower people with Parkinson's to Fight Back!



Participants in the Rock Steady Boxing program at Providence Wellness Center meet three times a week to help lessen a number of symptoms associated with Parkinson's Disease.

Pedersen told his personal trainer that he would pay to have Providence Wellness employees attend a training session in Indiana to be able to bring the program to Wayne.

"Heidi, Justin, Michelle and Clint went to the three day training and brought the program here. It has been a team effort," Pedersen said.

It took some time to get the program up and running, but Pedersen said that there are up to 15 participants in the program at any given time.

"Our Wayne Rock Steady Boxing Affiliation was started in June 2017 with four coaches and with the help of boxer Randy Pedersen. We have classes three days a week, Monday, Wednesday and

Fridays from 1:30-2:30 p.m.," said Heidi Keller, Director and Personal Trainer at Providence Wellness Center.

"Nebraska is number one per capita of people with Parkinson's Disease. While it is predominately men attending Rock Steady Boxing, there are women who need help. We would like to have more women be a part of the program," Pedersen said.

Rock Steady Boxing involves non-contact boxing, stretching and other activities such as games and dancing.

In addition to Rock Steady Boxing, a Parkinson's Support Group for those affected by the disease and caregivers meets the third Tuesday of each month in the back room of The Max in Wayne.

The Providence Medical Center Foundation accepts donations to the Rock Steady Boxing Program. Funds are used to purchase equipment and materials for the program or to provide funding for further staff training. To make a donation to the Rock Steady Boxing program contact Rachel Miller, Director of Foundation at (402) 375-7922.

If someone is interested in obtaining more information on Rock Steady Boxing they can contact Heidi Keller at (402) 375-7927.



Those involved with the Rock Steady Boxing program pose for a photo during a recent open house.

How aging adults can maintain a healthy weight

Calorie-counting and watching one's weight is often seen as a young person's game. But even aging men and women should recognize the importance of maintaining a healthy weight.

Older adults may experience weight gain or unintentional weight loss. Understanding how to address each in healthy ways is important.

Weight loss tips

More than two-thirds of Americans, including adults age 65 and older, are overweight and obese, according to U.S. News & World Report. A combination of factors can contribute to weight gain in older adults, including a slower metabolism and a tendency to be more sedentary with age. Empty nesters also may be less likely to cook their own meals, relying on convenience foods - some of which may be high in fat and/or calories.

Sustained healthy weight at any age is linked to improved heart health, mental health benefits like increased self-confidence, healthy joints, and much more. These tips can help aging individuals maintain healthy weights.

- Incorporate strength or resistance training into your weekly routine. Hormone production slows down as the body ages, and that may result in

a loss of muscle mass. Lifting weights or engaging in resistance training with



elastic bands or body weight can restore muscle tone and speed up metabolism. Adults should aim for strength training twice a week.

- Monitor sugar and starch intake. Many older adults have elevated blood sugar levels due to insulin resistance. When cells become resistant to insulin,

glucose doesn't get used up and remains in the blood. Eventually this can lead

to pre-diabetes, metabolic syndrome and type 2 diabetes. Many people with these conditions have a hard time losing weight. Avoiding added sugars and extra carbohydrates could help.

- Practice portion control. A 60-year-old can't eat the same way he or she did at age 30 or 40. Nutritionists say that,

with every decade that passes, people generally need about 100 fewer calories a day to maintain their weights. Cutting calories slowly and steadily helps people maintain healthy weights, especially when they couple this with exercise.

Avoiding malnutrition-related weight loss

Malnutrition is a common component in unintentional weight loss in aging populations. Reduction in senses of smell and taste, smaller appetites and lack of desire to make meals can contribute to malnutrition and weight loss. Underlying health problems also may lead to unwanted and unhealthy weight loss. Tracking weight loss and getting sufficient nutrients is vital to aging adults' overall health.

A 2014 study published in the American Journal of Clinical Nutrition found that having a body mass index at the lower end of the recommended age for adults increased risk for mortality more so than being overweight. Individuals whose BMI is less than 23 could be putting themselves in jeopardy.

Older adults need to adjust their routines as they age in order to maintain healthy weights. Such adjustments can reduce seniors' risk for disease and improve their quality of life.

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Day trips seniors can enjoy to get out

Vacations to faraway destinations can make lasting memories that families cherish forever. Though day trips might not require the planning of more traditional vacations, these brief getaways can still be a great way to spend a day, especially for seniors.

Day trips typically are based around visits to historic attractions, shopping

of time to see the sights and still get home at a reasonable hour.

Need day trip inspiration? Here are some ideas to get started.

Botanical gardens

Botanical gardens are beautiful and relaxing places to spend a day. The Botanic Gardens Conservation International reports that there are

scenic excursions. Many boast quaint shops to purchase coastal trinkets or decor. Seaside spots also may boast their share of fishing charters or sightseeing cruises, and seafood fans will appreciate what these regions have to offer in the way of dining.

Historic cities and villages

Touring historic places of register, like Colonial Williamsburg or areas of historic Boston, can be a hands-on way to learn about the country's history. They can provide more personal experiences than books and movies alone.

Zoos and aquariums

Interacting with wildlife is on the itinerary when visiting zoos and aquariums, and such establishments typically offer discounted admissions to seniors. From the famed San Diego Zoo to the Georgia Aquarium, it's possible to get up close and personal with many species.

Wine tasting

A recent study from Wine & Vines magazine said there are 8,391 wineries in North America, and that number is on the rise. One is likely to find a winery

to visit and sample the wares close to home. Make a day of it by bringing a picnic lunch.

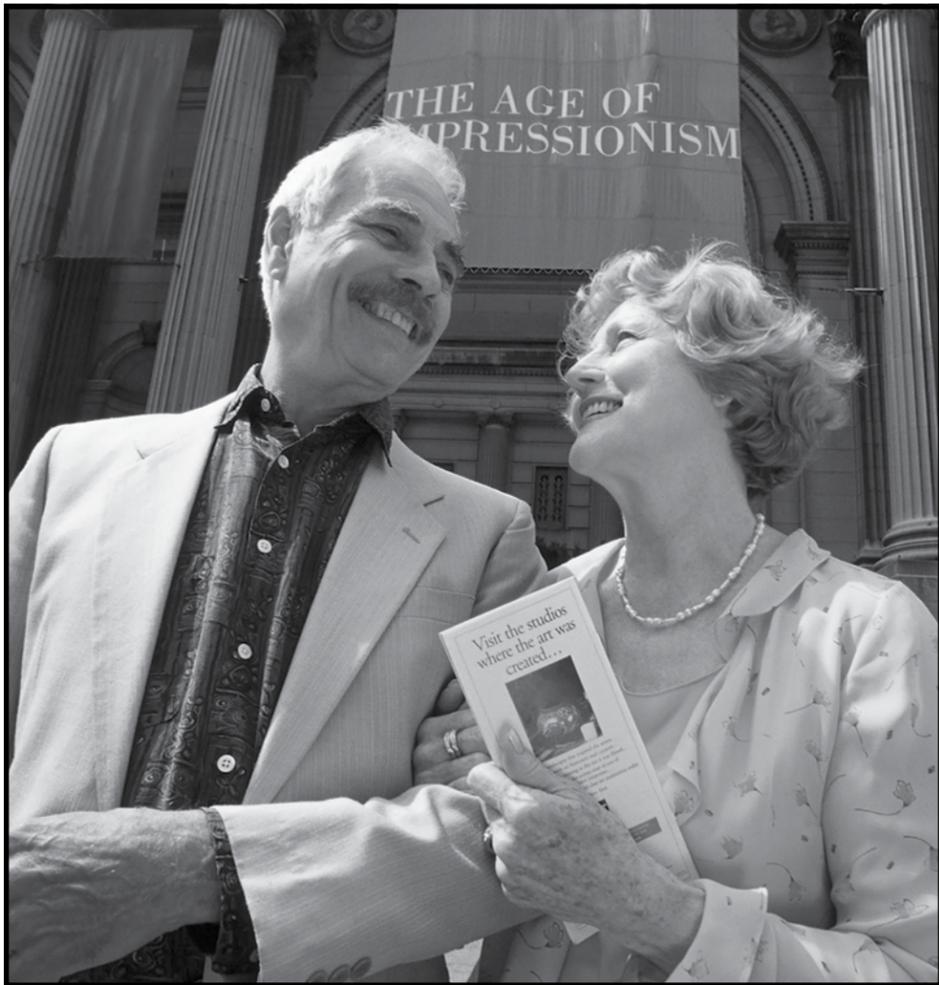
Museums

Museums are ideal day trip destinations because many are indoors. That means weather never needs to be an issue while visiting. With historic artifacts, paintings, sculptures, or niche items like pop art or collectibles, there are museums for just about every interest. For example, railway enthusiasts can visit the National Railroad Museum in Wisconsin, one of the oldest railroad museums in the country.

Restaurant crawl

Certain town centers and tourist destinations organize restaurant events where day trippers can enjoy tasting menus from various establishments for a single price. Day trips also can culminate at one specific restaurant. A new restaurant can be visited each month.

Day trips are enjoyable ventures that seniors can enjoy when they want to get out but not necessarily get away



districts, restaurants, or museums. Since they don't require much in the way of advanced planning, and tend to be easy on the wallet, day trips are ideal for those looking for short getaways.

When considering day trips, seniors should look for locales that are no more than two to three hours away. Such proximity ensures travelers will have plenty

between 296 to 1,014 botanical gardens and arboretums in the United States, while there are roughly 70 botanic gardens across Canada. People can tour topiaries, exotic plants, butterfly retreats, acres of rolling landscape, and even bonsai collections.

Seaside towns

Visits to the coast make for memorable,



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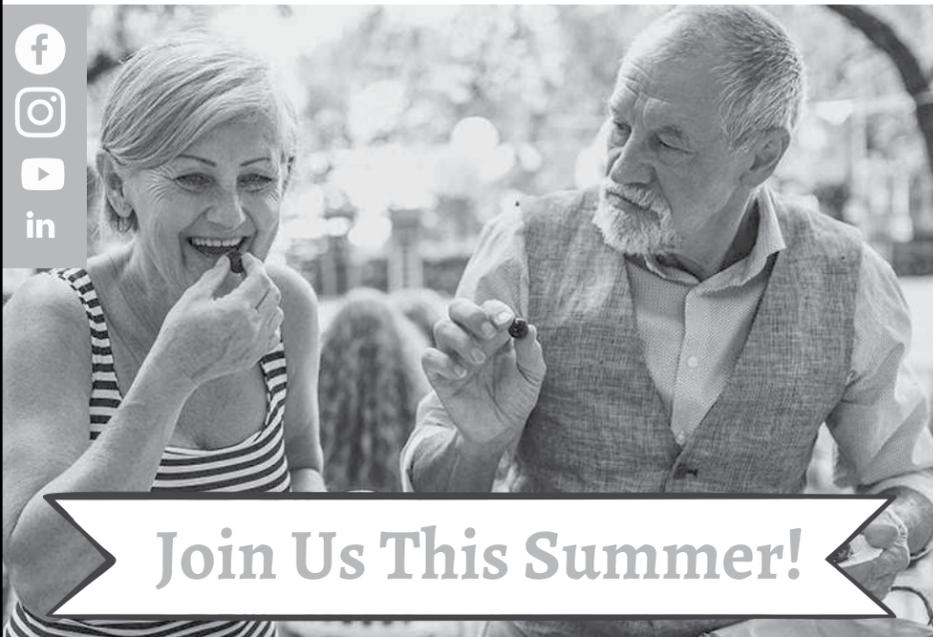
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Inside active senior living

Housing needs may change as adults grow older and their children move out. Adults nearing retirement may want to reduce their cost of living and could find a big house is more than they need at this stage in life.

According to the financial management resource The Motley Fool, in 2019 48 percent of seniors planned to downsize, while 52 percent wanted to remain in their existing homes.

A lower cost of living could be the primary motivator to sell, but less house to maintain and the extra free time that comes with fewer chores can be powerful motivators as well.

Many adults age 50 and older consider adult communities when seeking to downsize their homes. Senior home options are categorized based on the level of care they provide. "Active adult living" is a relatively new option that reflects a growing desire for residences that afford aging adults a chance to downsize their homes and engage in their favorite activities.

Active adult living, leisure living or active adult communities include single-family homes, townhouses, condominiums, and other housing options within a community that offers an array

of amenities and services. According to Retirement Living, residents in active adult communities enjoy country club settings with amenities like swimming



pools, clubhouses, golf courses, exercise centers, walking trails, computer labs, hobby centers, and even on-site restaurants. Active adult living communities may provide transportation options and

have their own travel clubs. Though active adult residences do not typically provide medical services, many communities are conveniently located close

to local shopping centers and complexes, ensuring that the doctor's office is not that far away. Other features of active living covered by homeowner's association fees include

outdoor maintenance like landscaping, snow removal and sanitation services. Security, internet service and cable also may be included in the monthly fees. Active communities emulate the benefits afforded by all-inclusive vacations, where day-to-day details are handled by management so residents can focus on fun and leisure.

Unlike general neighborhoods, seniors may appreciate active living communities because they have access to an array of services within the community. Some promote a resort vacation feeling, while others may focus on sports or cultural life. What's more, since age is restricted, residents know that many people in these communities have shared experiences.

Active adult communities also are amenable to adults who like to travel. Residents get the peace of mind to lock up their homes and leave knowing lawns will still be mowed and shrubs trimmed - removing signs that the residence is unoccupied. This is an ideal situation for a snowbird who spends time in a different location for part of the year.

Active adult living is the relatively new kid on the block for senior communities, filling an important niche for independent retirees and near-retirees.

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Sight is a precious gift that enables a person to enjoy the world in a unique way. Yet many people are born with complete or partial vision loss, while others' vision slowly dissipates over time.

Macular conditions include age-related macular degeneration (AMD), which

leads to a loss of both central vision and the ability to see fine details. The National Eye Institute says AMD happens when aging causes damage to the macula, or the part of the eye that controls sharp, straight-ahead vision. The macula is part of the retina, which is light-sensitive tissue at the back of the eye.

Johns Hopkins Medicine says people rarely go blind from AMD, but it can result in significant loss of central vision. Learning to cope with these vision changes can take time, but there are certain products called low vision aids that can help offset vision loss.

· **Magnifiers:** Magnifiers use lenses or cameras to make objects appear bigger. They can help with detailed tasks, such as threading a needle or finding but-

tons on a remote control. There are even video magnifiers that have rechargeable batteries and can be taken to restaurants to read menus.

· **Low vision glasses:** These are not your typical eyeglasses. Low vision glasses are head-mounted, hands-free wearable technology that offers CCTV

equipped products give users information via audio. In addition to these aids, eye doctors can recommend other products and

treatments to help mitigate the vision loss that occurs from AMD or other eye illnesses.

· **Large-print items:** There are a variety of products designed for those with low vision. These include wall clocks with large, bold numbers for easy viewing. Enlarged television remote controls and large-print books or digital reader settings help people with AMD maintain some normalcy.

· **Color-contrast aids:** Color or contrast can be used to make items easier to see and use. For example, the Keys U Can See Keyboard has black letters and numbers on a striking yellow keyboard to greatly improve visibility.

· **Talking products:** From watches to clocks to bathroom scales, voice-



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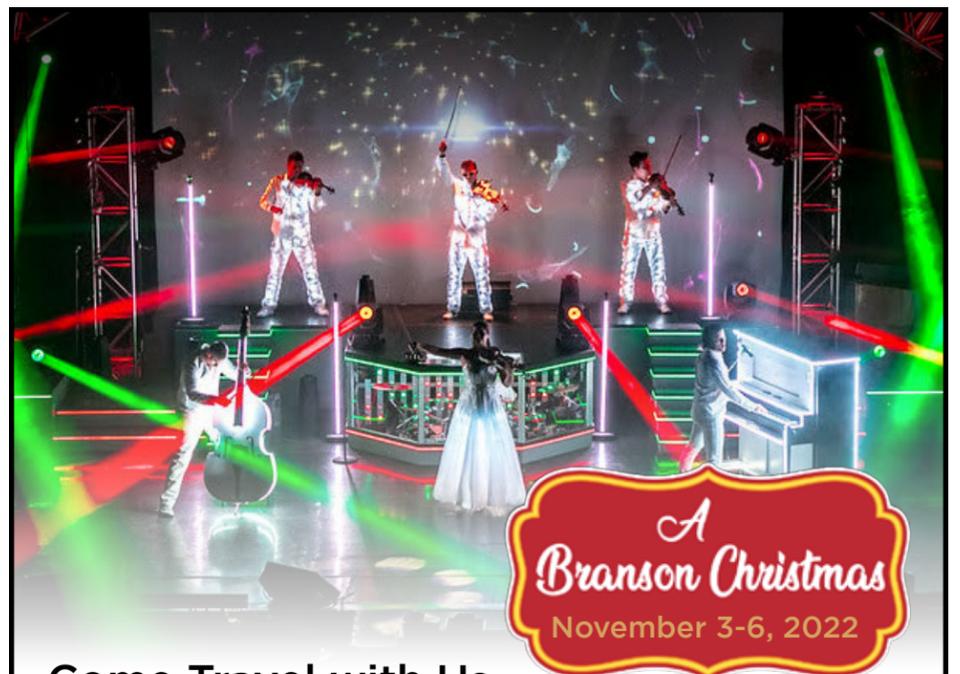
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What seniors should know about social media safety

Seniors might not be the demographic individuals initially associate with social media. However, Pew Research notes that seniors' social media usage has been

steadily rising for a number of years, proving that individuals 65 and over are not tech-averse.

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

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

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

- Avoid sharing personal information. Seniors are no doubt aware that they should never share especially personal information, such as their Social Security

number. However, seniors also should hesitate to share personal information like vacation plans. Seniors who post about upcoming trips could return home to find they've been victimized by criminals who scoured their social media accounts and learned when they were going to be away. A good rule of thumb is to keep personal information private and limit posts to information that is not overly specific or sensitive.

- Recognize the threat posed by scammers. Social media platforms have had varying degrees of success in regard to keeping their sites scam-free. But scammers find a way, and users must take steps to avoid being victimized. Never click on a link within a post from someone you don't know and avoid anyone soliciting donations through social media platforms.

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

Nebraska Attorney General's Office to provide cybersecurity training for seniors

Ryan Sothan, Outreach Coordinator from the Nebraska Attorney General's Office, will provide free cybersecurity training in June.

The training is scheduled for Tuesday, June 21 at the Lifelong Learning Center on the campus of Northeast Community College. It is located at 801 Benjamin Avenue in Norfolk.

The training will run from 5:30 to 7 p.m.

This training will give attendees the tools and knowledge to successfully detect, deter and defend against identity theft.

"Safety in Numbers: Four Lessons in Cybersecurity" is an overview of best practices for safely using today's digital media. Adults of all ages will learn to safely use computers and software, the internet, social media and smartphones in this jam-packed seminar. This is designed for all technology users including beginners.

Officials with the Attorney General's Office said, "Ryan is an outstanding presenter as he is engaging, personable and knowledgeable. Join us to learn more on how to prevent scams from happening to you and your loved ones."

Register for this class by calling the Northeast Nebraska Area Agency on Aging for the Cybersecurity Training at (402) 370-3454 or 1-800-672-8368. The registration deadline is Thursday, June 16.



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Budgeting for long vacations abroad

Seniors typically have more time to travel than other groups. That freedom entices many to travel overseas, often for extended periods of time.

The cost comparison site CostAide indicates that the average two-week vacation for two to Amsterdam can run around \$5,000 to \$6,000. Lengthen that trip to a month, and a vacation of one's dreams can set a couple back \$12,000. Change the destination and costs could get even higher.

The last thing any traveler wants is to run out of money during a dream vacation. This makes figuring out costs and budgeting for such trips essential. Seniors planning the trip of a lifetime can consider these tips to budget effectively and maximize their vacation dollars.

Air travel

Transportation abroad undoubtedly will be one of the largest expenses travelers incur. Check prices from multiple airports in your area for the best rates, even if it means having to drive a bit further. If you have only one local airport, book a separate flight to a travel hub, such as Atlanta or New York, so you can comparison shop more affordable flights to your final destination.

Plan a year or two out for the trip and

shop around for travel rewards credit cards that provide reward earnings in the way of airline miles; start accumulating

enjoy extra perks like priority boarding or free baggage check.

Calculate pre-trip prices



them with everyday purchases. If you use airline rewards wisely, you won't need to budget for the flight and may

Start shopping destinations to see which locales align with your budget. Compare and contrast estimates as to

how much each destination may cost on a daily basis. Prices can vary widely depending on the destination, and this is a great way to some pre-trip notion of what your dream trip will cost.

Look into lodging

There is a lot of wiggle room when it comes to lodging and price points. You can stay in five-star hotels and pay a premium or consider hostels if bells and whistles aren't your priority. Keep in mind that a longer stay could come with a discount. Airbnb, for example, lets hosts list weekly or monthly prices, with monthly discounts running 40 to 60 percent less than daily rates.

Food

Food is a priority when traveling. If you can stay in accommodations with a kitchenette, you can reduce dining costs and make meals as desired.

Food plans are another consideration. Book destinations that offer an all-inclusive or a meal plan option. It may not be the cheapest alternative, but you'll have peace of mind knowing food costs already are covered.

Budgeting for a long trip means understanding average costs, deciding on priorities and utilizing discounts at one's disposal.

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