

A bi-monthly publication for Senior Citizens published by The Wayne Herald —April 13, 2023

# GOLDEN YEARS

## Boomerfest celebration set for April 20

Community members from Wayne and the surrounding area will once again take part in Boomerfest, a celebration filled with vendors, bands and delicious sundaes, from noon to 6 p.m. on Thursday, April 20 at the Wayne City Auditorium.

Boomerfest, formally known as Elderfest, is an annual event that is designed to allow residents of all ages the opportunity to participate in a day of fun. The celebration acts as a way to celebrate and give back to the senior residents of Wayne who have helped make the community a great place to live as well as let the residents of Wayne participate in a day of festive events to bring the community closer together to create a better social network within Wayne.

The celebration will begin with a vendor fair, showcasing around 25 vendors and announcing the event's sponsors for the event from noon to 2 p.m. At the Vendor Fair, residents will get to learn about resources, participate in drawings while eating some of the delicious snacks.

Then a 10-point pitch tournament will follow at 1 p.m. Cash prizes will be rewarded. After the tournament, the Burt Heithold Band, which is known for playing a lot of show tunes, will perform from 2 to 4:30 p.m.

After the performance, a Brownie Sundae bar will be served from 3 to 4 p.m. A performance by the Embers Band will end the day with music from 5:30 to 8:30 p.m.

Karrissa Hays, one of the organizers for Boomerfest said, "A lot of the seniors that go to this event, go to dances every weekend and Wayne doesn't host anything like that. A lot of them go to South Sioux City to the Eagles Club and to some of the other smaller towns," Hays said, "Since Wayne doesn't have anything, at least one time of the year, we can provide that dance."

For more information, residents can follow the Boomerfest Facebook page or Contact Karrissa Hays for more information.



**Attendees at the 2022 Boomerfest were able to visit a number of vendors, such at the Providence Medical Center booth (above) to get health information and enjoy music by the Burt Heithold Band (below) in the afternoon before enjoying additional live music in the evening.**





# Exploding older demographic in northeast Nebraska means critical need for care

Andrea Trautman, owner, Home Instead Norfolk

Recent headlines about the labor short-

age and layoffs across consumer and tech industries have received a lot of attention. But there is one labor crisis

that is going unseen: a lack of professional caregivers for older adults.

Across the country, nearly 71 million baby boomers are entering the stage of life when they will need some assistance. By 2030, the last baby boomers will turn 65-years old. According to AARP, nearly 90% of adults over 65 would prefer to remain at home as they age, and home is often the safest place for them to be. To make this possible, the home care industry will need to grow the workforce by 30%.

That means the caregiving industry, which has one of the largest employment gaps, will require more than one million new care professionals by the end of the decade. Here in our community, we are hiring 10 professional caregivers, but that will only begin to support the expected 32% growth in the local older demographic by 2030.

There is no question about the value and respect a career in caregiving provides. In a recent survey by Home Instead, Inc., 92% of the respondents call in-home care providers for older adults essential. In fact, three-fourths of those responding see in-home care providers

of older adults as very essential, even more so than childcare providers.

Professional caregivers can also go a long way toward helping the nationwide labor shortage. According to the U.S. Chamber of Commerce, there are 10 million open positions across all industries with only 5.7 million unemployed Americans to fill them. In-home care professionals can help ease the strain on our healthcare system by flagging early warning signs of serious health conditions and helping keep older adults out of the hospital. They support family caregivers, allowing them the confidence to re-enter the workforce. These positions also provide hands-on training and experience for those wishing to become nurses or other healthcare professionals.

A career in caregiving provides a sense of fulfillment and purpose, providing many of the characteristics people are looking for in their work, including job security, flexibility, and the ability to make a difference. Together, as a community, we need to make sure our aging loved ones know there is someone there to care for them and help them grow older safely, and with dignity.

## Ways to make bathrooms a safer place

Homes should be safe havens. But each year injuries in and around the home contribute to millions of medical visits and many fatalities each year.

Although anywhere in a home can be the scene of an accident, bathrooms tend to be the most dangerous room in the house. Slippery tile, the presence of water, stockpiled medications and many sharp and hard edges in a small space pose several different hazards in the bathroom, particularly for young children and people age 65 and up.

The Centers for Disease Control and Prevention says falls, which can result in serious injuries like hip fractures and head trauma, are the cause of 80 percent of all bathroom accidents.

Many bathroom accidents are preventable with some easy modifications.

1. Reduce slippery surfaces. Wet tile is a recipe for slick conditions. Bath rugs with rubber backing can provide traction in the bathroom, as can nonslip mats placed on the floor of the bathtub or shower enclosure. Water-resistant flooring made from recycled rubber is another option. It is softer, less slippery and more forgiving than traditional tile flooring.
2. Install lever-style fixtures. Round knobs in the bathroom can be difficult to grasp, especially for the elderly or those with arthritis. Lever-style fixtures are easier to maneuver and can help alleviate scalding from not being able to adequately adjust the water temperature.
3. Utilize transfer benches and shower seats. A transfer bench can help reduce injuries that occur when trying to climb over a tub wall. Benches are placed outside of the tub and a person sits and then swings his legs over the ledge. Transfer benches also can be used in conjunction with shower seats. This is a chair or bench that allows people to sit while they shower.
4. Discard old medications. Clean out the medicine cabinet of old or expired medications, including both prescription and over-the-counter drugs. This

See SAFER PLACE, page 4



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Marci Woehler, Therapy Director



# Dating tips are given for senior citizens

People are living longer, a reality that can be traced to a number of factors, including advancements in medicine and greater dissemination of information regarding preventive health care. According to data from the United Nations Population Division, the average life expectancy in the United States

is 81.65 for women and 76.61 for men. Canada has even higher life expectancies, at 84.74 for women and 81.15 for men.

As people live longer, some may outlive their significant others and ultimately find themselves once again interested in sharing experiences with a special someone. Seniors ready to re-enter the dating pool may find that things are quite different from what they experienced as naïve teenagers or young adults. Dating used to be about hanging out with friends and meeting people at shared events, such as school dances or work parties or even while enjoying a night out with friends. Nowadays, dating often begins in cyberspace. This can

be confusing and anxiety-inducing for adults who didn't grow up with technology guiding their every move.

According to a report in The Atlantic, more than one-third of baby boomers are not currently married, and this generation has had higher rates of separation and divorce and lower rates of marriage than the generations that preceded them. Many boomers have years ahead of them to devote to new relationships. Here's what they may want to know before navigating twenty-first century dating waters.

•You're not in this alone. While online dating may be portrayed as a young person's game, plenty of older adults are now finding connections online. In fact, many different dating apps are geared toward the senior set, including SeniorMatch, eHarmony, Singles50, OKCupid, and Silver Singles, among others.

•You have more time for fun. As a senior, you may have more time to devote to recreation and leisure. This can be a great opportunity to get out and meet someone who shares your passions and interests.

•Online dating has its advantages. While online dating apps and websites may have certain things working against them, particularly if their algorithms for pairing people are not fine-tuned, they also can be helpful. Online dating can expand social circles beyond local neighborhoods or even states, provinces or countries. You're casting your net over a

much larger body of water. Furthermore, dating app profiles typically spell out exactly what another person is seeking, which can save seniors from having to revisit awkward dating moments from years past.

Seniors may have to navigate new waters in modern dating. But with a good mindset and a little persistence, it is possible for seniors to find a special someone in cyberspace



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# A guide to modern automobiles for senior citizens

Modern automobiles are more tech- That tech isn't just making driving nologically advanced than ever before. more comfortable and convenient, but



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also more safe. In a recent analysis of motor vehicle accidents, researchers at the International Institute for Highway Safety found that vehicles with blind spot and lane departure warning systems were involved in 11 percent fewer sideswipes and head-on crashes than cars that did not feature such systems. In addition, the IIHS estimates that the number of automobile crashes in the United States could be decreased by 85,000 each year if every vehicle were outfitted with a lane departure warning system.

Driver assistance systems have made driving safer for millions of people across the globe, but one demographic may need some extra help adapting to modern vehicles, and may even need a little extra encouragement to utilize tech that can keep them safe behind the wheel. The Centers for Disease Control and Prevention notes that, in 2018, the United States was home to 45 million licensed drivers aged 65 and over. That marks a 60 percent increase since 2000. Though seniors' perceived unwillingness or inability to utilize modern technology is often overstated, some aging drivers may need a little extra help as they try to learn how to use assistance technologies in their vehicles.

• Learn the tech yourself. Assistance technologies are not all one and the same. Vehicle manufacturers have their own systems and there can be a learning curve when adapting to a new one. If you aspire to teach a senior how to utilize the assistance technologies in his or her vehicle, first learn the

tech on your own. If both you and your aging friend or family member own a Subaru, chances are you already know how to use the tech in your loved one's vehicle. If you drive cars made by different manufacturers, visit the dealership where your loved one bought his or her car and ask for a quick tutorial on all the safety features in the vehicle. Salesman demonstrate these features every day, so it shouldn't take long for them to show you the ropes.

•Be patient. Each person adapts to a new technology at his or her own pace. It's important to remain patient when teaching aging drivers how to use the tech in their vehicles. Old habits die hard, and while some drivers may quickly adapt to tech like backup cameras, others may not be so quick to abandon driving techniques they've been safely using for decades. Stay the course, remain patient and allow senior drivers to adapt at their own pace.

•Teach one tech at a time. It can be overwhelming for drivers of all ages to adapt overnight to all the tech in their new vehicles. When teaching senior drivers how to utilize various driver assistance technologies, take it one tech at a time. When coupled with your patience, this approach can help seniors avoid being overwhelmed and increases the likelihood that they will embrace the tech in their vehicles.

Many senior drivers utilize driver assistance technologies every day. A patient and methodical approach to showing seniors how their vehicles can help them stay safe behind the wheel can be a road map to helping seniors adapt to life in modern vehicles.



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## Safer Place —

(Continued from page 2)

reduces the likelihood of medication confusion, and does not put potentially harmful pills and syrups into the hands of children.

5. Install grab bars. Properly installed grab bars around the shower and toilet area can provide leverage and stability. AARP says many injuries to seniors occur when they are attempting to sit or get up from the toilet. Grab bars or an elevated toilet seat can help.

6. Install motion-detecting lights. These lights turn on automatically upon detecting movement, making them beneficial for people who routinely visit the bathroom in the middle of the night. Adequate illumination also can help reduce fall risk.

Bathroom safety should be made a priority. Various modifications can make bathrooms safer for people of all ages.



# Strength training is necessary for senior citizens to maintain health

A balanced diet and exercise, which includes a combination of aerobic activities and strength training, is necessary to maintain long-term health.

According to the Centers for Disease Control and Prevention, regular physical activity is one of the most important things older adults can do to protect their overall health. Exercise helps to delay or prevent many of the conditions that come with age. Adults ages 65 and older should aim for the recommended 150 minutes a week of



moderate-intensity activity, such as brisk walking, and at least two days of activities that strengthen muscles.

When it comes to muscle strengthening, seniors can follow these safety guidelines as they embark on their strength-training journeys.

- Speak with a healthcare provider first. Get the green light to proceed with an exercise regimen before beginning by having a discussion with your

general practitioner about your fitness goals. Your doctor can recommend strategies that are safe and point out any exercises that may compromise your overall health.

- Master basic exercises first. Anyone new to strength training, which is sometimes known as resistance training, can start out slowly, even using just body weight, to provide resistance. Resistance exercises can include squats, crunches, modified pushups, planks, and lunges.

- Graduate to resistance bands. When you're ready to move on to something else, consider resistance bands as an alternative to free weights. The bands can help you develop good form before introducing weight. Good form is key to avoiding injury.

- Work with a trainer. Working with a certified personal trainer can help you learn how to use free weights and strength-training machines correctly. A trainer also can create a routine that includes the right number of sets and repetitions to gradually build and maintain muscle mass. If you decide against hiring a trainer, gym staff members may guide you through equipment and demonstrate proper form.

- Exercise with a friend. Strength training with a friend or family mem-

ber can provide motivation and keep you on target to meet your goals.

- Build up gradually. Your first strength session should only last 10 to 15 minutes, according to Tiffany Chag, C.S.C.S., a strength coach at the Hospital for Special Surgery in New York. This enables you to gauge sore-

ness. Wait until soreness abates before beginning your next session if you are new to strength training.

Strength exercises are a vital part of maintaining health as a senior. Such exercises help maintain muscle mass and also improve balance and bone health.




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# How to create structure after retirement

Professionals typically look forward to retirement and the freedom that comes with it. The notion that commuting and deadlines will one day be a distant memory is enough to make anyone excited for retirement. But when the day to leave the daily grind behind arrives, many retirees admit to feeling a little anxiety about how they're going to find structure.

Retirement is a big transition, and Robert Delamontagne, PhD, author of

the 2011 book "The Retiring Mind: How to Make the Psychological Transition to Retirement," notes that some retirees experience anxiety, depression and even a sense of loss upon calling it a career. Some of those feelings can undoubtedly be traced to the perceived lack of purpose some individuals feel after retiring. Without a job to do each day, people can begin to feel useless. Overcoming such feelings can be difficult, but finding ways to build daily





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structure can make the transition to retirement go smoothly.

- Find something to truly engage in. Professionals who truly enjoy their work tend to be fully engaged, so it's no surprise if such individuals have a hard time adjusting to retirement. Some may suggest volunteering can help fill the void created by retirement, but researchers with the Sloan Center on Aging and Work at Boston College have found that only those individuals who are truly engaged in their post-retirement volunteering enjoy the psychological benefits of such pursuits. So before retirees dive right in to volunteering as a means to creating structure, they should first exercise due diligence and find an opportunity they'll find genuinely engaging.
- Embrace the idea of "bridge employment." "Bridge employment" is the name given to the trend that has seen retired individuals take on part-time or temporary employment after they have retired from full-time working. COVID-19 has no doubt skewed post-retirement working statistics since the World Health Organization first declared a pandemic in March 2020, but a 2019 survey from the LIMRA Secure Retirement Institute found that

27 percent of pre-retirees with at least \$100,000 in assets planned to work part-time in retirement. Even part-time work can provide enough daily structure to help retirees feel as though each day is not just a free-for-all.

- Make a concerted effort to be more social. Volunteering and working are not the only ways to create structure in retirement. A concerted effort to be more social can help retirees fill their days with interactions with like-minded individuals who may be experiencing the same feelings. Join a book club, a local nature group that goes on daily or semi-daily morning hikes or another local community organization. These are great ways to build structure and meet new people. Retirees can create social media accounts to find local community groups that cater to their interests. Even if it seems hard to believe, plenty of retirees are seeking to create structure in retirement life, and social media can make it easier to find such individuals in your community.

Structure and retirement may seem like strange bedfellows. But many retirees seek structure after calling it a career, and there are many fun ways for seniors to create more organization in their lives.

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# How seniors can protect their mental health

No one is immune to issues that can adversely affect their mental health, including men and women nearing retirement age and those who are already retired. Though the term "golden years" suggests life in retirement is one sunny day after another, many individuals 60 and older are dealing with mental health issues.

According to the World Health Organization, approximately 15 percent of the world's adults aged 60 and over suffer from a mental disorder. What makes that statistic even more troubling is that the WHO acknowledges it likely doesn't paint the most accurate picture of seniors and mental health, as depression is often undiagnosed among older men and women and untreated because it co-occurs with other issues affecting seniors.

In the past, the Centers for Disease Control and Prevention has acknowledged that late-life anxiety was not readily understood. However, much progress has been made in recent years thanks to a heightened awareness of the problem of seniors and mental health. That means seniors now have ample resources they can look to as they seek to learn what they can do to safeguard their mental health.

### Recognizing warning signs

The National Institute of Mental Health notes that recognizing the signs of mental health issues is the first step to getting treatment. Mental health issues vary, and individuals with anxiety will likely experience different symptoms than those



with depression. But the NIMH notes that the following are some of the warning signs of mental health issues.

- Noticeable changes in mood, energy level, or appetite

- Feeling flat or having trouble feeling positive emotions

- Difficulty sleeping or sleeping too much
- Difficulty concentrating, feeling restless, or on edge
- Increased worry or feeling stressed
- Anger, irritability, or aggressiveness
- Ongoing headaches, digestive issues, or pain

- Misuse of alcohol or drugs
- Sadness or hopelessness
- Suicidal thoughts
- Engaging in high-risk activities
- Obsessive thinking or compulsive behavior

- Thoughts or behaviors that interfere with work, family, or social life
- Engaging in thinking or behavior that is concerning to others
- Seeing, hearing, and feeling things that other people do not see, hear, or feel

### Seeking help

As noted, a growing awareness of mental health issues and how they affect seniors has translated to more available resources for aging men and women who need help. Within the United States, seniors can visit the NIMH Help for Mental Illnesses webpage (<https://www.nimh.nih.gov/health/find-help>) to access contact information for vari-

ous groups that help people in times of mental health crises. In Canada, individuals can visit the Canadian Mental Health Association at <https://cmha.ca/find-help/find-cmha-in-your-area/> for contact information for various groups across the country.

### Behaviors that can be beneficial

The National Institute on Aging notes that most cases of depression cannot be prevented. However, the NIA also notes that healthy lifestyle changes can have long-term benefits of seniors' mental health. Such changes include:

- Being physically active
- Eating a healthy diet that can reduce risk for diseases that can bring on disability and depression
- Getting adequate sleep, which for seniors is between seven to nine hours per night
- Remaining socially active, including regular contact with friends and family
- Participating in activities you enjoy
- Sharing mental issues or concerns with friends, family members and your physician

Research indicates that seniors are vulnerable to mental health issues. More information about how to combat and overcome such issues is available at [nimh.nih.gov](https://www.nimh.nih.gov).

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