

Golden Years

April 2024



The Century Club embarked on a trip to the Hawaiian Islands from Feb. 15 to 25. They toured the USS Arizona Memorial at Pearl Harbor, the USS Missouri and the Islands of Hawaii. They enjoyed Waikiki Beach, Honolulu, whale watching, botanical gardens, island tours, ziplining, helicopter rides, kayaking, Waimea Canyon, an authentic Polynesian Luau and more. They also took a cruise line tour through the Norwegian Cruise Lines Pride of America where the group attended live entertainment, classes and ate lots of delicious food.

Bank's Century Club offers travel and community

To celebrate State Nebraska Bank's 100 of years of family owned business, David and Kaki Ley enacted a special program for those in their golden years. In that year, 1993, the Century Club was born.

In the Wayne area, other banks have provided similar clubs in the past, but none exist anymore, Kaki explained. State National Bank's Century Club did not start to make money, she added. Instead, this club formed to provide travel amenities and a sense of community for those above the age of 50 in the Wayne area. Today, the club has over 1,000 members.

To join the organization, one would need to have an account at State

National Bank and be over the age of 50. Then, the person could reach out to Kaki Ley, the club's coordinator, and sign up on the bank's registration form to embark on an array of journeys.

Frequent trips the club takes include sporting events, special restaurants, outdoor adventures, movies, musicals and plays. Ley also plans and facilitates larger trips across America and the rest of the world.

The group's largest trips were to China, 42 participants; Hawaii, 49; Alaska, 52; and Australia, 48.

Later this year, those in the club will have the opportunity to sign up to take a trip to Switzerland and to the National Parks of the Southwest. If

interested, visit the Century Club section on State Nebraska Bank's website.

"Traveling opens the mind to so many new experiences," Ley said. "When people go on trips together, they become closer through shared memories. It also invites empathy and gratefulness into those who get out and see the world."

When taking a trip with the Century Club, whether across the country or across town, Ley does her best to ensure the best experience while still keeping to a budget. She has worked with trip planning organizations for years, often receiving first pick of hotel rooms and event seats with group discount rates, she explained.

The total price of trips include plane tickets, gratuities, food, lodging, planned excursions and coach/bus fares.

Also on the trips, members can bring non-members if there are spots open. There will be a non-member fee attached to the total price for that person.

Every few months, Ley puts out a newsletter outlining recent and upcoming happenings within the club. In these newsletters, she also announces mystery trips, hinting at one upcoming this year in 2024.

For more information on the club, visit the website at statenebank.com/century-club.

Find your groove at Wayne's 2024 Boomerfest

Every year, community members of all ages gather at the Wayne City Auditorium to celebrate those who have attained their golden years. Previously known as

"Elderfest," the 2024 festival will take place on April 18 from 12 p.m. to 8:30 p.m. As Elderfest, the event took place from 2004 until 2017 when a new committee

changed the name to bring in the Baby Boomer generation and reinvigorate the event.

Through a vendor fair, pitch tournament and two bands, those in Wayne and the surrounding area are encouraged to attend the event to increase their social networks and thank Wayne County's senior residents for their contributions to the community.

The vendor fair kicks off the event, continuing from noon to 2 p.m. Around 25 vendors plan on attending the event to provide goods and information to attendees.

At 1 p.m., a 10-point pitch tournament will take place with cash prizes. From 2 to 4:30 p.m., the Burt Heithold Band will play


for the crowd. Cash drawings will occur during these hours. Following those events, a brownie sundae bar will take place from 3 to 4 p.m.

Rounding off the night is the Outback Variety Band from 5:30 p.m. to 8:30 p.m. The band plays rock and country favorites and its members, all from Nebraska, have been entertaining for over 35 years.

Snacks are available throughout the day. Those putting on the event encourage everyone to stop by during the day as they can. Come for one event or come for several.

For more information on Boomerfest, visit the event's Facebook page at Boomerfest-Elderfest.

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Many vendors visit Boomerfest each year, offering goods and information regarding local business which benefit Wayne's older population. This year, over 25 vendors plan to serve the event. Below, the Burt Heithold Band plays an array of music for the event annually.



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Older adults and harms of extreme heat

People aged 65 or older are more prone to heat-related health concerns. Older adults cannot adjust to sudden temperature changes as fast as younger people.

This may happen because of certain medicines they take or chronic illnesses that affect their ability to regulate body temperature. When not treated properly, heat-related illnesses can lead to death. But you can take steps to stay cool during hot weather.

If your body becomes overheated, you can be in danger of heat-related illness. These illnesses can include:

- Heat syncope, or sudden dizziness.
- Heat cramps.
- Heat edema, or swelling in your legs and ankles.
- Heat exhaustion—when your body can no longer stay cool. This often appears as feeling thirsty, dizzy, weak, uncoordinated or nauseated. You may sweat a lot and have cold and clammy skin or a rapid pulse.
- Heat stroke, which is a medical emergency. Signs can include fainting, behavior changes, high body temperature (over 104° F), dry skin, a strong and rapid pulse, a slow and weak pulse, and no longer sweating even though it is hot.

How to stay cool if you are an older

adult:

- Drink water regularly. Do NOT wait until you are thirsty to start drinking water.
 - Avoid using your oven or stove to prepare meals.
 - Wear loose-fitting clothes.
 - Take showers to cool down.
 - Maintain the heating and air conditioning system in your home, so your home cools properly.
 - If you do not have air conditioning, consider staying with a friend or family member during a heatwave. It may be enough to take an "air conditioning break" at a local mall or library during the heat of the day.
 - Do not overwork yourself, and make sure you rest.
 - Have others check up on you, and vice versa.
 - Wear sunscreen and clothing to protect yourself from sunburns, which make it hard for your body to cool down.
 - When outside in the heat, wear a hat, try to stay in the shade, and move slowly so you will not become overheated.
 - Seek medical care immediately if you have symptoms of heat-related illness like muscle cramps, dizziness, headaches, nausea, weakness or vomiting.
- How to help an older adult avoid heat-

related illness:

- As a friend, family member, or caregiver, you can help an older adult avoid heat-related illness during the warmer months. Some things you can do are:
- Know what medicines they are taking and find out if they affect body temperature.
- Call or connect regularly and ask if they are cool enough. Listen for patterns or shared concerns.
- Consider having a remote body or home temperature sensor or monitor installed.
- If you do not live nearby, have the contact information for someone who does and who can regularly check in on them.
- Complete a care plan together to provide structure and direction. The care plan should include ways to stay cool during extreme heat and should note if any medicines the person takes may affect body temperature regulation.
- If you are the one checking in on older adult, make sure they:
 - Stay hydrated
 - Have the living space set to a comfortable temperature
 - Know how to stay cool during extreme heat
 - Do not show signs of heat stress

How to help someone with dementia avoid heat-related illness:

- About 25% of people with dementia live alone, and they may not always have awareness about their surroundings.
- Learn how to make a home safety for someone with Alzheimer's or related dementias. During the warmer months:
 - If the person is using a portable fan, make sure that objects cannot be placed in the blades. Place fans near electrical outlets to avoid using an extension cord. If an extension cord must be used, attach it to the baseboards to reduce the risk of tripping.
 - Install alarms that alert you if a door or window is opened. This can reduce the risk of wandering in hot weather and keep cool air inside the home.
 - Fence off swimming pools with a locked gate, cover if possible and closely monitor the person when they are in the pool.
 - Hide an extra key outside the home in case the person with dementia locks the door and a caregiver or emergency responder needs to get inside.
 - Keep a list of all medicines the person takes and ask the doctor if any of them increase the risk of becoming overheated.



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How savers and spenders can meet in the middle

By George Phelps

Couples who have opposite philosophies regarding saving and spending often have trouble finding common ground, and money arguments frequently erupt. But you can learn to work with — and even appreciate — your financial differences.

Money habits run deep

If you are a saver, you prioritize having money in the bank and investing in your future. You probably hate credit card debt and spend money cautiously. Your spender spouse may seem impulsive, prompting you to think, “Don’t you care about our future?” But you may come across as controlling or miserly to your spouse who thinks, “Just for once, can’t you loosen up? We need some things!”

Such different outlooks can lead to mistrust and resentment. But are your characterizations fair? Money habits run deep, and have a lot to do with how you were raised and your personal experience. Instead of assigning blame, focus on finding out how each partner’s financial outlook evolved.

Saving and spending actually go hand in hand. Whether you are saving for a vacation, a car, college or retirement,

your money will eventually be spent on something. You just need to decide together how and when to spend it.

Talk through your differences:

Sometimes couples avoid talking about money because they are afraid to argue. But scheduling regular money meetings could give you more insight into your finances and provide a forum for handling disagreements, helping you avoid future conflicts.

You might not have an equal understanding of your finances, so start with the basics. How much money is coming in and how much is going out? Next, work on discovering what’s important to each of you.

To help ensure a productive discussion, establish some ground rules. For example, you might set a time limit, insist that both of you come prepared, and take a break if the discussion becomes too heated. Communication and compromise are key. Do not just assume you know what your spouse is thinking — ask, and keep an open mind.

Here are some questions to get started.

-What does money represent to you? Security? Freedom? The opportunity to help others?

-What are your short-term and long-

term savings goals? Why are these important to you?

-How comfortable are you with debt? This could include mortgage debt, credit card debt and loans.

-Who should you spend money on? Do you agree on how much to give to your children or spend on gifts to family members, friends or charities?

-What rules would you like to apply to purchases? For example, you might set a limit on how much one spouse can spend without consulting the other.

-Would you like to set aside some discretionary money for each of you? That could help you feel more free to save or spend those dollars without having to justify your decision.

Agree on a plan

Once you have explored what is important to you, create a concrete budget or spending plan that will help keep

you on the same page. For example, to account for both perspectives, you could make savings an “expense” and also include a “just for fun” category. If a formal budget doesn’t work for you, find other ways to blend your styles, such as automating your savings or bill paying, prioritizing an emergency account, or agreeing to put specific percentages of your income toward wants, needs and savings.

And track your progress. Scheduling money dates to go over your finances will give you a chance to celebrate your successes or identify what needs to improve. Be willing to make adjustments if necessary.

It is hard to break out of patterns, but with consistent effort and good communication, you will have a strong chance of finding the middle ground.

Strong social connections build a resilient community

Taking steps to be socially connected in your community can create a sense of belonging, care, value and support. The Nebraska Department of Health and Human Services (DHHS) is highlighting the importance of social connection because it increases our engagement in work, makes us more present in conversations, increases commitment to goals, and creates trust and resilience in a community.

Groups of people made up of friends, family members, coworkers and community members provide a dose of regular positive contact to maintain healthy mental, physical and emotional wellness.

Social connection is important to your overall wellness and mental health because it can:

- Boost feelings of purpose and a sense of belonging,
- Decrease risk of dementia, heart disease and stroke,
- Provide a support system to better cope with hard times, stress, anxiety and depression, and
- Promote healthy eating habits and

increase drive to be physically active.

There is not a universal standard on how individuals should connect with others as relationship building is deeply personal and a reflection of one’s inner self. However, we can check in with ourselves and reflect on different avenues to better engage with one another or share in bonding activities.

Recommendations for engaging in meaningful social connections:

- Spend time in a group size that makes you comfortable.
- Be mindful of the quantity of social activities or group size to avoid being overwhelmed or burnout.
- Find a group that shares similar interests or take a class related to your favorite hobby.
- Consider doing daily activities with a small group such as cooking or exercising.
- Express gratitude by volunteering in your community or giving a compliment.
- Connect in person as much as possible. If an in-person meeting does not work out, substitute a phone call for screen time.



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Wayne County Historical Society works to preserve history

The Wayne County Museum, located at the corner of Seventh and Lincoln Streets in Wayne, provides both the history and heritage of Wayne County.

The museum is located in a beautiful home built in 1900 for Dr. W. C. Wightman, an early doctor in the community. Later on the residence was sold to a local banker, Rollie Ley and his family. In 1976 the Ley family donated the home to the Wayne County Historical Society for use as a museum.

The house took three years to build the home, and it cost \$13,000. Dr. Wightman moved in about three years after building it. In 1913, he sold it to the Ley family for \$6,000. He took a bit of a hit, but he had joined the railroad, and he became a doctor for them. He didn't need a big house, he just needed a room to stay. Part of the condition of selling the home to the Ley family was that whenever he was back in town, he wanted to have a

room to come back to.

The home reflects a Victorianized Colonial style and features original woodwork, carvings and turn-of-the-century items of historical interest. The home contains four original marble coal-burning fireplaces, a built-in bookcase with curved glass doors, and several stained-glass and beveled-glass windows. The museum is also home to a mantle clock which was originally used in the first courthouse of Wayne County in LaPorte prior to the relocation of the county seat in Wayne.

Other items include a desk designed for the Chicago World's Fair in 1893 and memorabilia from several historical wars. The basement showcases a variety of farm-related and primitive items from around the area.

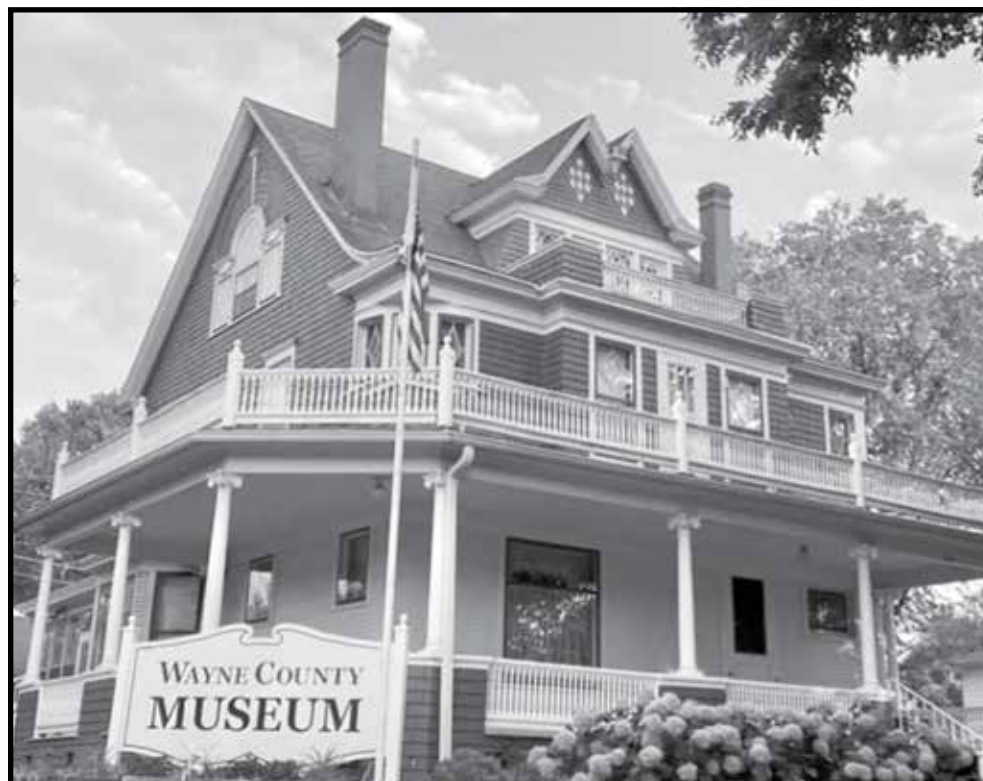
The Wayne County Historical Society recently elected officers for 2024. They include Elizabeth King, president;

Marlene Broer, vice-president and Rachel Kunz, secretary-treasurer.

The list of events coming months include the return of Sue McClain,

"Yesterday's Lady." Sue is one of Humanities Nebraska's top speakers.

See HISTORICAL, page 6A



The Wayne County Museum was donated to the Wayne County Historical Society in 1976 by the Rollie Ley family. Built in 1900, the historic home has served as a museum for nearly 50 years.



Pictured is the Rollie W. Ley family including his wife, Effie Ley, and their four children including Hank, Joy, Marialice, and Marjorie.

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SPORTS MEDICINE

Historical

(Continued from page 5A)

Plans call for her to be in Wayne on Saturday, June 1 at 10:30 a.m. The location will be announced at a later date.

The popular "Holiday Tour of Home"

makes its' return to the community Friday, Nov. 15 and Saturday, Nov. 16.

The event is a fundraiser for the museum.

How families can share caregiving responsibilities

Family caregivers are unsung heroes. Such individuals typically provide vital services to their loved ones who cannot fully care for themselves, and they often do so without compensation.

Data from the U.S. Bureau of Labor Statistics indicates the prevalence of family caregivers across the country. According to the BLS, 14% of the population, which equates to roughly 37 million people, provide unpaid eldercare across the nation. Unpaid caregivers also provide vital services in Canada, where the Canadian Institute for Health Information reports such individuals provide an average of 17 hours of unpaid care each week (26 hours for those who care for seniors with dementia).

Caregiving for a family member can take a toll that affects caregivers' phys-

ical and mental health. According to the Centers for Disease Control and Prevention, caregivers are at increased risk for developing multiple chronic diseases since many neglect their own health needs while caring for others. In addition, roughly 15% of caregivers who participated in a CDC survey reported experiencing 14 or more mentally unhealthy days in the past month.

The physical and mental toll of caregiving underscores how important it can be for families to find ways to share caregiving duties. Though each situation is unique, the National Institute on Aging offers the following advice to families as they seek to share the responsibility of caring for a loved one in need.

See CAREGIVING, page 7A

The Wayne County Historical Society is currently looking to raise funds to assist with the upkeep of the Museum. Repairs are needed to the roof and outside railings on the main level and the balcony.

All donations are appreciated and

welcome and may be sent to P.O. Box 83, Wayne, Neb. 68787.

Anyone with an interest in becoming a member of the Historical Society is encouraged to contact one of the officers or like the group's Facebook page, Wayne County NE Historical Society Museum.



Visitors to the Wayne County Museum will see much of the original woodwork throughout the home.



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How nutritional needs change with age

Healthy eating is important at any age and can set the course for a life of vitality and wellness. Sufficient nutrition can help prevent chronic illnesses and make sure that growing bodies develop properly. As one ages, various changes take place in the body, making healthy eating even more essential.

According to Healthline, nutritional

deficiencies can effect aging individuals, which can decrease quality of life and lead to poor health outcomes. hes to consider.

- Consume fewer calories: According to Connie Bales, PhD, RD, associate director of the Geriatric Research, Education, and Clinical Center at Durham VA Medical Center, people need fewer calories every decade. That is because individuals are moving around less and have less mus-

cle. This causes a decline in metabolic rate.

- Include more nutrient-dense foods: Even though caloric needs go down with age, it is important to pack as much nutrition into the calories a person does consume. That means finding nutrient-rich foods like whole grains, fruits, nuts, beans, vegetables, fish and lean cuts of meat.

- Consume more lean protein: Muscle

loss and loss of strength can develop as a person ages. Healthline says the average adult loses 3 to 8% of their muscle mass each decade after age 30. Eating more protein could help aging bodies maintain muscle.

- Eat fortified cereals and grains: The ability to absorb vitamin B12 can decrease as one gets older and with the use of certain medicines. Many health professionals recommend patients get more vitamin B12 by consuming foods enriched with this vitamin. Vitamin supplements may be needed in addition to food.

- Drink more fluids: sensation of thirst declines with age. Drinking water and other fluids becomes a priority to stay hydrated. It also helps with digestion.

- Prioritize bone health: Osteoporosis is a concern for older adults, particularly women who have reached menopause. Osteoporosis occurs when bones become brittle and can break from only the slightest bump or fall. Vitamin D and calcium help strengthen bones, and older adults may need more of these nutrients.

Individuals should speak with their health care providers and nutritionists for further insight into their changing nutritional needs. Such professionals can help customize diets to address specific health concerns.

Caregiving

(Continued from page 6A)

- Identify the care required. The NIA recommends families discuss caregiving needs as early as possible and ideally before an emergency situation arises. If possible, the person in need can participate in this conversation and help to calmly discuss which services are wanted and needed. If a loved one is diagnosed with a condition in its early stages, such as dementia, families can then work together to identify the level of care required in the immediate future and potentially down the road should the condition worsen.

- Choose a primary caregiver. The primary caregiver will be the individual who accepts the bulk of the daily responsibilities of caregiving. Identifying this

person early, ideally before a primary caregiver is even needed, can limit confusion should the day come when the individual needs daily care.

- Determine each caregiver's contribution. The caregiving team can discuss each person's skills and how they can be used to take care of the individual in need. This can be particularly useful when assigning specific tasks. For example, a caregiver who works in the medical field may be most qualified to speak to medical staff about their loved one's condition, while another who works in the financial sector may be tasked with managing a loved one's bank accounts and ensuring bills are paid on time.

- Recognize everyone has limits. A

caregiving team is just that: a team. As noted, caregiving can take both a physical and emotional toll, so it's important that everyone, and particularly the individual chosen as the primary caregiver, receive routine breaks to ensure everyone can take care of themselves. It's important that a caregiving team maintain a degree of flexibility to account for the physical and mental challenges caregivers may encounter as they tend to a loved one in need.

Sharing the responsibility of caregiving can ensure caregivers and their loved ones in need are not overwhelmed by the challenges they might confront each day. More information about caregiving can be found at nia.nih.gov.

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Preventive care guidelines for women 40 and older

It may seem like adolescence is the time in a woman's life when most of the biological changes she will experience take place. After all, puberty brings with it hormone fluctuations that can affect both physical and emotional health in various ways. However, as a woman enters mid-life and beyond, she may notice that she has to reevaluate her lifestyle to accommodate the evolution of her body and health.

Preventive health screenings and additional strategies can keep women fit and well as they reach age 40 and beyond.

Annual mammograms

Most doctors now recommend that women get annual mammograms starting at age 40. Mammograms can detect breast cancer early on at its most treatable stage. Manual breast exams conducted at home and by a doctor also can be vital tools.

Colorectal cancer screenings

A colonoscopy is recommended for all women between the ages of 45 and 50 (on the earlier side of that spectrum for African American women). This test can reveal the presence of polyps and cancerous growths.

Vision

Annual eye exams should be a part of everyone's vision care strategy. The American Optometric Association says that, between ages 41 and 60, people

may notice differences in their vision. Some changes may happen more frequently, requiring new prescription eyeglasses. Therefore, it helps to visit an eye care professional to take corrective steps. It's also important to note that, as one ages, the vitreous (clear jelly) in the eye can thicken, leading to increased floaters and flashes that should be checked by an ophthalmologist, as they may lead to retinal tears or detachment that can threaten vision.

Cholesterol screening

Heart disease is the leading cause of death among women, says the Centers for Disease Control and Prevention. Cholesterol screening and other cardiovascular screenings can detect the presence of heart disease or indicate a person's risk for it. Annual physical exams likely will include cholesterol checks as well as tests investigating other lipids in the blood.

Vitamin D check

Deficiency in vitamin D is a recognized pandemic. People are not naturally producing enough vitamin D from sun exposure, nor absorbing enough from the foods they eat. Vitamin D deficiency can be a serious concern in adult women, particularly those above the age of 40. Vitamin D deficiency can adversely affect mood, and an article published in 2018 in the *Journal of Family Medicine*

and *Primary Care* found vitamin D determines the pattern of post-menopausal bone loss and age-related osteoporosis. Verywell Health also says vitamin D is an important nutrient for preventing diabetes, cancer and age-related weight gain.

Routine gynecological screening and Pap/HPV testing

The American College of Obstetrics and Gynecologists say that it is important to visit a gynecologist annually for a woman's health checkup. New guidelines emerged some time ago that indi-

cate it is not necessary to get a Pap test at each visit. The recent guidance indicates women between the ages of 30 and 65 can opt for both a Pap and HPV test every five years; have a Pap test alone every three years; or only get the HPV test every five years. After age 65, cervical cancer screenings can cease if there has never been an indication suggesting the presence of abnormal cervical cells.

Moving into middle age brings about changes. Women should evolve health care plans accordingly to stay as healthy as possible.



Tips to prevent injuries from playing pickleball

Pickleball has inspired millions of devotees. According to the Association of Pickleball Professionals, roughly 36.5 million individuals played pickleball in 2022, and 45% of players who participated in a YouGov study conducted between August 2021 and August 2022 indicated they planned to play more pickleball in the coming six months than they had in the previous six months.

Pickleball is thriving, and that is great news for those who love the game. Unfortunately, pickleball also has proven beneficial to orthopedic practices. A 2023 analysis from UBS estimated pickleball injuries could cost Americans nearly \$400 million in 2023. Seniors are especially vulnerable to pickleball injuries, as a 2021 study published in the journal *Injury Epidemiology* found that 86 percent of emergency room visits related to pickleball injuries affected individuals 60 and older.

Injuries are a part of any sport, and pickleball is no different. Though there's no foolproof method to guarantee pickleball players do not get hurt playing the game they love, the following are some tips that can reduce injury risk.

· **Gear up.** Pickleball is a competitive sport, but there's a tendency among some players, particularly novices, to take a casual approach to the game.

Veteran players may know better, but anyone new to the game should be sure to wear the appropriate gear when playing. Athletic shoes with ample traction can reduce the likelihood that players will slip or fall. The right racket also can reduce risk for elbow injuries. The sporting goods experts at Dick's Sporting Goods note that paddles should feature a light to medium weight, comfortable grip and a large sweet spot. The right paddle will be different for everyone, so novices are urged to speak to veteran players for advice on which paddle might be best for them.

· **Embrace physical activity.** Pickleball can be a great workout, and players can reduce their injury risk by embracing physical activity even when they are not playing. Leg exercises can help build lower body strength, but strength exercises that focus on the upper body also can reduce injury risk.

· **Loosen up before playing.** Taking the court right after getting out of the car is a recipe for injury. Arrive five to 10 minutes before a game and use that time to loosen up.

A short walk and some subsequent stretches can help players make sure their bodies are not too tight to play. Some brief warm-up exercises and stretching can reduce muscle tension and make the

body less vulnerable to injury.

· **Hydrate before, during and after a game.** The experts at Johns Hopkins Medicine note that water cushions the joints, which helps athletes maintain their flexibility. Flexibility can reduce injury risk, particularly in a sport like pickleball. The 2021 study published in *Injury Epidemiology* noted that 60 percent of pickleball injuries are sprains, strains or fractures. Remaining flexible

can reduce athletes' risk for sprains and strains. Johns Hopkins recommends adults consume between six and 12 ounces of water for every 20 minutes of sports play and to drink between 16 and 24 ounces afterward.

Pickleball is wildly popular, even though pickleball injuries are common. Players can embrace various strategies to reduce their injury risk.



The difference between a mini stroke vs. stroke

A stroke occurs when blood supply to a portion of the brain is interrupted, essentially killing brain cells.

This damage can change how the brain works, affecting a person's ability to move and speak.

It also may change the way the affected person thinks and feels.

The United Kingdom-based Stroke Association says the effects of a stroke depend on where it takes place in the brain and how extensive the damage is.

People may be familiar with ischemic stroke, caused by cutting off blood to the brain, as well as a hemorrhagic stroke, which is the result of bleeding in the brain.

But a transient ischemic attack, also known as a mini-stroke, may be less understood.

What is a TIA?

Transient ischemic attacks, or mini-strokes, are caused by the same thing as larger strokes, which occur when blood

flow leaks or is blocked in the brain. However, in mini strokes, the blood flow interruption or leakage is temporary, and will return to normal spontaneously.

Symptoms

MedicineNet says the majority of mini strokes produce symptoms similar to regular strokes, but they linger only temporarily.

These can include, weakness or numbness, difficulty speaking (dysphasia), dizziness, vision changes, tingling, abnormal taste or smells, confusion, loss of balance, and altered consciousness.

Prognosis

Symptoms of TIA tend to last only a few minutes or up to 24 hours, says the Mayo Clinic. Since the symptoms of a mini stroke and stroke are the same, it is important to seek medical attention in every case.

Medical imaging can help determine what caused the mini stroke. If blood clots are present, medicine to prevent those clots may be prescribed. Some people need procedures to remove fatty plaque deposits from arteries that supply blood to the brain.

Although a mini stroke is not as severe

as a stroke, it often is an early warning sign that the patient is at risk for a stroke.

Roughly one in three people who has a TIA goes on to experience a stroke. Therefore, they should be taken seriously. Fortunately, with treatment, a more dangerous incident often can be avoided.

Recognizing strokes and mini-strokes

The National Stroke Association and other organizations use the acronym FAST to determine if someone is having a stroke.

F: Ask the person to smile, if one side of the FACE droops, it is a warning sign.

A: Ask the person to lift both ARMS. If one arm drifts down or they have difficulty moving it, it's a warning sign.

S: Ask the person to repeat a simple phrase. If SPEECH is slurred or odd, it could be a stroke.

T: If a person develops any of the warning signs, it is TIME to call emergency services and take action.

Mini strokes are similar to strokes, but they are temporary.

But mini strokes still warrant medical attention, as they can be a harbinger of larger strokes.

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Suggestions for daily living with arthritis

Arthritis is not a single disease, but a term that refers to more than 100 conditions characterized by joint pain or joint disease, says the Arthritis Foundation. Arthritis is the leading cause of disability in the United States, and affects women at a proportionally higher rate than men.

Arthritis looks and feels different to the various people who experience it, and symptoms can vary from day to day depending on variables such as the weather and individuals' level of physical activity.

When arthritis flares up, it can make performance of daily activities challenging. Therefore, people experiencing arthritis can take steps to make living with the condition somewhat easier.

Work with an occupational therapist

An occupational therapist can assess

work and home situations and make recommendations on potential modifications to these spaces that might be right for your situation. The bathroom and kitchen typically are two spaces where people spend a lot of time and can be areas of focus. Having items at counter height; purchasing smaller sizes of products that are easier to hold; avoiding bending down by using a grabber tool; and having a chair or stool nearby so that you can sit while doing an activity can help.

Use smart devices

The bevy of smart devices now available can work to your advantage. With the push of a button on a phone app or through voice control, you can turn on lights, switch the thermostat or perform any other tasks programmed around the

house. This can help when mobility is compromised.

Focus on kitchen tasks

Meal preparation can be a chore when arthritis makes it painful. Rather than eating out all of the time, some tips can help. Utilize frozen fruit or vegetables that already are chopped and prepared to cut down on these tasks. Invest in lightweight cookware and dishes to simplify moving items around. Electric jar openers, kitchen scissors and even vegetable steamers that require less water are additional kitchen tools that can make life with arthritis a little easier.

Move your bedroom

If climbing stairs repeatedly is problematic, move clothing or even your bedroom downstairs to reduce trips up and down. Additional relocation techniques can include putting a mini fridge in your bedroom or relocating the washer and

dryer upstairs to make laundry easier.

Get a rollator

A rollator is a wheeled walker that doubles as a seat. It provides support when walking, but also can be a comfortable place to stop and take a seated break.

Get the right pain relief

Pain relief can make it easier to cope. Strategies include anti-inflammatory medications, physical therapy and massages, stretching and exercising, and even prescription therapies that target the immune system in people with autoimmune arthritis. Work with health professionals to get the right combination of what is needed to alleviate pain and stiffness.

Arthritis affects millions of individuals around the world. By making some changes, people living with the condition can find life a little bit easier.

Common health issues that affect aging pets

Pet owners' devotion to their companion animals is evidenced in the lengths modern pet parents go to keep their furry friends happy and healthy.

Millions of pet owners might admit there's no limit to what they would do to protect their pets, but even the most devoted dog owner or cat caregiver recognizes that age can catch up to companion animals.

Senior pets:

The AVMA notes cats are generally considered "senior" after 10 years of age. It is a little harder to pinpoint when dogs enter their golden years, as the size disparity between breeds affects their senior status, or lack thereof. The AVMA notes small or toy breeds (less than 20 pounds) acquire "senior" status between eight and 11 years of age; medium-sized breeds (20 to 50 pounds) between eight and 10 years of age; large breeds (50 to 90 pounds) between eight and nine years of age; and giant breeds (more than 90 pounds) between six and seven years of age.

Cancer and senior pets:

The AVMA reports that cancer is the cause of death in roughly 50% of all dogs and around one-third of senior cats. Cancer in pets may produce a variety of symptoms, including:

- Abdominal swelling
- Bleeding from the mouth or nose or other body openings
- Difficulty eating or swallowing
- Breathing difficulties
- Lumps, bumps or discolored skin
- Sores that will not heal
- Persistent diarrhea or vomiting
- Decreased appetite or body weight
- Swelling, heat, pain or lameness that cannot be explained.

Additional issues affecting aging pets: Though cancer is responsible for a

significant percentage of deaths among senior cats and dogs, it is not the only issue that can affect aging pets. The AVMA notes a number of common health problems affect pets as they age, including:

- Heart disease: The Animal Medical Center, a New York-based nonprofit organization, notes degenerative valve disease, dilated cardiomyopathy and heartworm disease are common types of heart disease in dogs. Hypertrophic cardiomyopathy is a common heart disease found in cats.

- Kidney or urinary tract disease: The Veterinary Diagnostic Library at Michigan State University notes chronic kidney disease affects up to 10% of aging dogs and 35% of aging cats.

- Liver disease
- Diabetes: The AVMA reports diabetes is most often diagnosed in dogs between the ages of seven and 10 and in cats older than six years of age.

- Joint or bone disease
- Overweight or obesity
- Vision or hearing loss: The AVMA notes senior pets can develop cataracts that affect their vision and may not respond as well to voice commands as they did when they were younger.

Cats and dogs are living longer. Pet parents can prepare for their pets' golden years by learning about common ailments that affect aging animals.



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Marci Woehler, Therapy Director

Learn the factors that affect mental health in your golden years

Depression is not a normal part of growing older.

Depression is a true and treatable medical condition, not a normal part of aging. However older adults are at an increased risk for experiencing depression. If you are concerned about a loved one, offer to go with him or her to see a health care provider to be diagnosed and treated.

Depression is not just having “the blues” or the emotions we feel when grieving the loss of a loved one. It is a true medical condition that is treatable, like diabetes or hypertension.

How do I know if it's Depression?

Someone who is depressed has feelings of sadness or anxiety that last for weeks at a time. He or she may also experience—

- Feelings of hopelessness and/or pessimism
- Feelings of guilt, worthlessness and/or helplessness
- Irritability, restlessness
- Loss of interest in activities or hobbies once pleasurable
- Fatigue and decreased energy
- Difficulty concentrating, remembering details and making decisions
- Insomnia, early-morning wakefulness, or excessive sleeping
- Overeating or appetite loss

-Thoughts of suicide, suicide attempts
-Persistent aches or pains, headaches, cramps, or digestive problems that do not get better, even with treatment

How is Depression Different for Older Adults?

Older adults are at increased risk. We know that about 80% of older adults have at least one chronic health condition, and 50% have two or more. Depression is more common in people who also have other illnesses (such as heart disease or cancer) or whose function becomes limited.

Older adults are often misdiagnosed and undertreated.

Healthcare providers may mistake an older adult's symptoms of depression as just a natural reaction to illness or the life changes that may occur as we age, and therefore not see the depression as something to be treated.

Older adults themselves often share this belief and do not seek help because they don't understand that they could feel better with appropriate treatment.

How Many Older Adults are Depressed?

The good news is that the majority of older adults are not depressed. Some estimates of major depression in older people living in the community range from less than 1% to about 5% but rise to

13.5% in those who require home health-care and to 11.5% in older hospitalized patients.

How do I Find Help?

Most older adults see an improvement in their symptoms when treated with antidepressant drugs, psychother-

apy or a combination of both. If you are concerned about a loved one being depressed, offer to go with him or her to see a health care provider to be diagnosed and treated.

If you or someone you care about is in crisis, please seek help immediately.

Common challenges caregivers face

Many people serve as caregivers to help a loved one manage an illness or injury.

The senior housing resource A Place for Mom says, between 2015 and 2020, the number of unpaid caregivers increased from 43.5 million to more than 53 million. Many caregivers assist seniors, but some also help younger adults with physical or mental disabilities.

Caregiving can be time-consuming on both a daily and yearly basis. The average length of time caregivers provide unpaid care is 4.5 years.

As life expectancies increase, the number of caregivers is likely to grow, along with challenges.

- Emotional and physical stress: American Senior Communities reports that 22 percent of caregivers say their personal health suffered upon taking on a caregiver role. Emotional stress has been particularly prevalent among people caring for someone with dementia.

- Conflict about care: Unpaid caregivers often juggle caregiving duties with the responsibilities of their own lives. Sometimes there is not an equitable division of time and one person or another may feel overburdened by caregiving tasks, resulting in disagreements with others.

- Increased depression and psychological distress: Research conducted by Maastricht University in 2018 revealed unpaid caregiving for 20 hours or more each week can result in impaired self-care for the caregiver. That may lead to feelings of depression or additional mental health issues.

- Financial stress: Providing unpaid care requires some to leave a full- or part-time job to provide assistance to a

loved one. That results in lost wages that can adversely affect caregivers' financial security. Furthermore, there may be expenses directly related to caregiving that caregivers pay from their own savings. According to AARP, 22% of caregivers report using all of their short-term savings, while 13% say they went through all of their long-term savings while taking care of elderly parents at home.

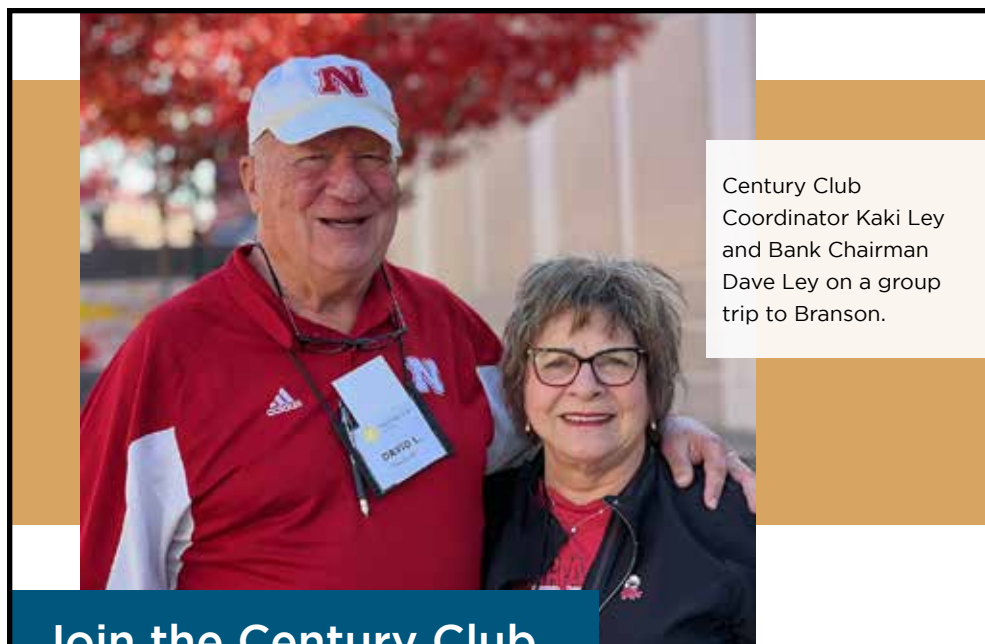
- Isolation and/or lack of privacy: Caregivers may not be able to get out as much to engage in recreational or even typical family activities. In addition, some caregivers report that caring for a loved one in a small space means boundaries are broken and it is hard to enjoy any semblance of privacy.

- Physical demands: Caregivers can injure themselves or face physical strain when tasked with caring for someone with mobility issues. Lifting or helping someone move from beds, chairs or wheelchairs can strain various areas of the body.

- Time management: Balancing caregiving with other responsibilities can make it feel like there are not enough hours in a day. Caregivers also often decline invitations or miss out on gatherings because they cannot manage time to make it to events when the needs of the person in their care must take priority. Job loss also may occur when caregivers must be away from work to go to appointments or help in a caregiving setting.

Caregivers often devote many hours to helping loved ones.

Various challenges that can be emotionally, physically and financially taxing can arise in these situations.



Century Club Coordinator Kaki Ley and Bank Chairman Dave Ley on a group trip to Branson.

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