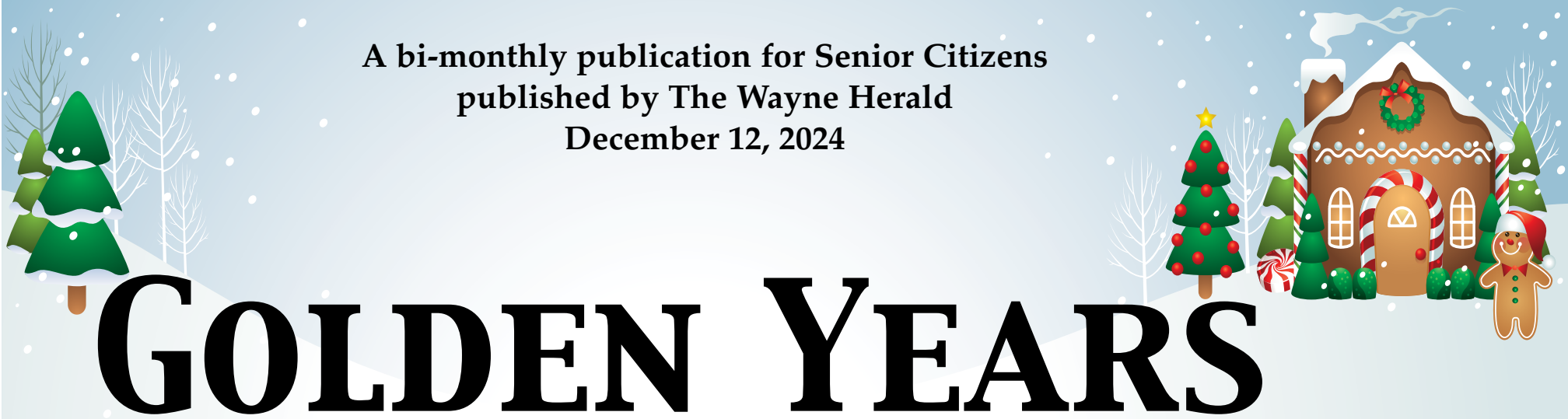


A bi-monthly publication for Senior Citizens
published by The Wayne Herald
December 12, 2024



Getting into the holiday spirit

Ginny Otte and Lorita Tompkins (above) were at the Wayne County Museum to greet visitors taking part in this year's Country Christmas Holiday Tour of Homes. (right) Elizabeth King welcomed guests to the Rose Cottage which was also on the tour. This year's event raised more than \$8,000 which will be used for general upkeep of the museum, which is located at Seventh and Lincoln Streets in Wayne.



Grateful for the 'Diamond King'

Sami Scheffler (center), Foundation Director for Providence Medical Center, shared information with those in attendance at a recent ribbon cutting at the Providence Wellness Center. She thanked all those for the support of construction projects at the hospital over the last 10 years and especially praised the efforts of Randy Pedersen, known as the 'Diamond King' for helping bring Rock Steady Boxing to Wayne.

Alzheimer's Association offers holiday gift guide for people living with dementia and their caregivers

Holiday shopping and gift-giving can often be challenging, but even more so when shopping for a person living with dementia.

There are nearly 36,000 Nebraska residents living with Alzheimer's disease. Depending on the stage of dementia, some well-intentioned gifts may no longer be appropriate or practical for the person.

"Selecting an appropriate gift for someone living with dementia requires careful thought and consideration," said Sadie Hinkel, Programming Director. "You want to start by considering where the person is cognitively so you can choose a gift they are able to use and enjoy. One of the best gifts you can give is simply spending time with the person."

To help holiday shoppers, the Alzheimer's Association has released its 2024 Holiday Gift Guide, offering gift ideas for individuals living in the early, middle and late stages of Alzheimer's disease. The guide also includes gift suggestions aimed at keeping those living with dementia engaged and involved in everyday tasks, as well as gift ideas for the 11 million family members and

friends across the country serving as unpaid caregivers for these individuals.

Five gifts for people living with Alzheimer's – in the early stages:

- Dry-erase calendars and white boards with colorful markers are a perfect way to list reminders or day-to-day activities.

- Label makers can help people with memory challenges stay organized and keep track of everyday household items and belongings.

- Gift cards for ride-sharing services or a favorite activity (movie, restaurant, golf) allowing the person to remain active.

- GPS trackers (bracelets, watches, keyrings) can keep people living with dementia safe while allowing them to stay independent. These devices provide real-time location updates of your family member. Smaller trackers can be used to help keep track of frequently misplaced items including keys, wallets and phones.

- A "memory" calendar featuring family photos – write in special family occasions such as birthdays and anniversaries.

Five gifts for people living with

Alzheimer's – in the middle-to-late stages:

- Music playlists that include the person's favorite artists or songs.

- Comfortable, loose-fitting clothing that is easy to put on, remove and wash, such as sweat suits, slip-on blouses/shirts, non-slip socks, Velcro shoes, wrinkle-free nightgowns, nightshirts or a fluffy bathrobe.

- Framed photographs or a photo collage created specifically for your loved one. Insert the names of the people in the photos to help with identification.

- Soothing gifts that can help with anxiety like a handheld massage ball or a soft blanket.

- Adaptive dining accessories such as no-spill cups, plate guards and silverware with specifically designed handles that enable greater independence during meals.

Five gifts to help with everyday tasks and keep the person living with Alzheimer's engaged:

- A memory phone that can store pictures with the names and contact information of family and friends.

- Puzzle and activity books are a great way to keep a person living with dementia cognitively engaged. Some books are developed specifically for people with cognitive challenges. Select books that are appropriate for the person's cognition level and offer fun without being overwhelming.

- Card/Board games offer an opportunity to involve other family members and friends, allowing others to spend time with the person living with dementia. Some games offer various skill levels, which can keep the caregiver, other family members and the care recipient engaged at cognitively appropriate levels.

- An outing to a movie, play or concert, sporting event, museum or possibly an organized holiday shopping trip with friends and family.

- Engage your loved one in making homemade gifts for the family, painting ornaments, decorating stockings, table setting, scrapbooking or other activity gifts.

Five gifts for dementia caregivers:

- Time is the most important gift you can give a dementia caregiver. Spend time with the person living with dementia and allow the caregiver a chance to run errands, go to their own doctor's appointment, participate in a support group or engage in an activity that helps them recharge. Even one hour could make a big difference in providing the caregiver with some relief.

- Self-made coupons for cleaning the house, cooking a meal, mowing the lawn or shoveling the driveway.

- Gift cards and certificates for restaurants or meal delivery, laundry/dry cleaning services, lawn care services, computer/technology support, house cleaning services, and personal pampering services such as massages and pedicures.

- Books. In addition to giving novels on the caregiver's "must read" list, there are a number of books on caregiving and maintaining self-health.

- Self-care items such as a bundle of personal care items (moisturizers, bath bombs, foot creams, scrubs, soaps).

For more holiday gift ideas, visit ALZ Mission Marketplace: Purchase with Purpose at alz.org/marketplace. With each item purchased, a portion is donated to the Alzheimer's Association, funding critical research, care and support, and awareness initiatives. For more tips on how families affected by Alzheimer's and other dementia can safely enjoy time with family and friends during the holidays, visit alz.org/holidaytips.

If you or a loved one need resources or support, visit the Alzheimer's Association – Nebraska Chapter website at alz.org/Nebraska or call our 24/7 Helpline at 800.272.3900.



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Understanding, preventing and managing osteoarthritis

The most common chronic condition of the joints in both the United States and Canada, osteoarthritis affects roughly 30 million people in just those two countries alone.

While osteoarthritis, or OA, can affect people of all ages, it's most common in men and women over the age of 65. Understanding osteoarthritis and how



to prevent and manage the disease can help men and women over the age of 50 reduce their risk and live more comfortably even if they develop OA.

What is osteoarthritis?

According to the Arthritis Foundation, healthy joints are covered by cartilage, a flexible connective tissue that covers the end of each bone. Cartilage facilitates motion of the joints and serves as a cushion between the bones. When a person has OA, cartilage breaks down, causing swelling and pain and affecting the mobility of the joint. Over time, OA can worsen and cause bones to break down and develop bone spurs, which form when bones meet each other in the joints. OA can even advance to a point where cartilage wears away and bone rubs against bone, creating even more pain while damaging the joints even further.

What causes osteoarthritis?

Once considered a byproduct of the wear and tear the human body naturally endures over a lifetime, OA is now viewed as a disease, notes the AF. The following are some potential causes of OA.

- **Genes:** The AF notes that certain genetic traits can increase a person's likelihood of developing OA. Collagen is a protein that makes up cartilage, and, while rare, a genetic defect that affects the body's production of cartilage can lead to OA occurring in people as young as 20 years old. Researchers have also noted that the gene FAAH is more commonly found in people with OA of the knee than in people who don't have the disease. FAAH has been previously linked with pain sensitivity.
- **Weight:** Being overweight increases a person's risk for a host of ailments and diseases, and OA can be counted among them. Extra weight

puts additional pressure on hips and joints, and over time those extra pounds can cause cartilage to break down more quickly than it would if the body was not carrying extra weight.

- **Injury:** Men and women who have suffered injuries to their joints may be at greater risk of developing OA

than those with no such injury history.

- **Overuse:** Overuse of joints, tendons and ligaments can accelerate the breakdown of cartilage and increase a person's risk of developing OA. Cartilage also can break down more quickly in the bodies of athletes and people whose careers require them to stand for extended periods of time, bend over frequently and/or lift heavy items.
- **Preexisting conditions:** Conditions such as rheumatoid arthritis, hemochromatosis and acromegaly may also contribute to the development of OA among people diagnosed with such disorders.

Prevention and management of OA

Men and women who maintain healthy weights and exercise regularly and appropriately may be able to prevent the onset of OA. Appropriate exercises include strength training that focuses on building muscles around the joints, even if those joints are already affected by OA. Strong muscles around the joints can reduce the pain associated with OA, while range-of-motion exercises can improve flexibility of the joints and reduce stiffness. Aerobic exercise

also helps men and women maintain healthy weights while facilitating weight loss for those who are already overweight.

Those already diagnosed with OA should speak with their physicians before beginning an exercise regimen, and such conversations can also include discussions about the various medications that can be used to reduce symptoms of OA.

More information about OA is available at www.arthritis.org



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Exercise and aging: How to work out safely after 50

In an ideal world, people young and old exercise each day. But as men and women age, finding time to work out is not so easy.

Commitments to work and family often take precedence over daily exercise. As a result, many people 50 and over might not have exercised regularly or at all in many years. But as children grow up or even move out, people facing down their golden years are often compelled to get back in the gym. That's a wise decision that can increase a person's chances of being healthy and happy in retirement. But before beginning a new exercise regimen, men and women over 50 should take heed of the following safety tips to ensure their efforts are not derailed by accident or injury.

Speak with your physician

The National Institute on Aging notes that even people with chronic conditions such as heart disease, diabetes or arthritis can be physically active. However, anyone with such a condition and even those who don't fall into those categories should consult with their physicians and receive a full physical before exercising. Such a consultation and checkup can shed light on any unknown issues, and physicians can offer advice on how to safely manage any problems that may arise.

Begin with low-intensity exercises

Even if you feel great and have maintained a healthy weight, don't push yourself too hard at the start. Your body needs time to adjust to physical activity, so choose low-intensity exercises like walking and light strength training so your muscles, tendons and ligaments can adjust. Initially, exercise every other day so your body has ample time to recover between workouts.

Choose the right places to exercise outdoors

Exercising outside provides the best of both worlds for many people, providing a chance to get healthy all while enjoying the great outdoors. When exercising outdoors, choose areas that are not remote and where others can see you and offer help if you suffer an injury or have an accident. Boardwalks, public parks and outdoor gyms are safer places to work out than wooded areas or other places well off the beaten path.

Stay hydrated

The NIA notes that many people lose their sense of thirst as they age. But just because you aren't thirsty does not mean you don't need water, especially while exercising. Water regulates body temperature and lubricates the joints, thereby decreasing your risk of injury during exercise.

Exercising after 50 can help people live healthy well into retirement. But caution must be exercised when aging men and women return to exercise after a long break.

Eat healthy at 50 and beyond

A balanced diet is an integral element of a healthy lifestyle for men, women and children alike. But while kids and young adults might be able to get away with an extra cheeseburger here or there, men and women approaching 50 have less leeway.

According to the National Institute on Aging, simply counting calories without regard for the foods being consumed is not enough for men and women 50 and older to maintain their long-term health. Rather, the NIA emphasizes the importance of choosing low-calorie foods that have a lot of the nutrients the body needs.

But counting calories can be an effective and simple way to maintain a healthy weight, provided those calories are coming from nutrient-rich foods. The NIA advises men and women over 50 adhere to the following daily calorie intake recommendations as they attempt to stay healthy into their golden years.

Women

- Not physically active: 1,600 calories
- Somewhat active: 1,800 calories
- Active lifestyle: between 2,000 and 2,200 calories

Men

- Not physically active: 2,000 calories
- Somewhat active: between 2,200 and 2,400 calories
- Active lifestyle: between 2,400 and 2,800 calories

When choosing foods to eat, the NIA recommends eating many different colors and types of vegetables and fruits. Phytochemicals are substances that occur naturally in plants, and there are thousands of these substances offering various benefits. The Produce for Better Health Foundation notes that a varied, colorful diet incorporates lots of different types of phytochemicals, which the PBH says have disease-preventing properties.

The NIA also advises that men and women over 50 make sure at least half the grains in their diets are whole grains. Numerous studies have discovered the various benefits of whole grains, which are loaded with protein, fiber, antioxidants and other nutrients. Whole grains have been shown to reduce the risk for diseases such as type 2 diabetes, heart disease and some types of cancer.

Another potential hurdle men and women over 50 may encounter is a change in their sense of smell and taste. A person's sense of smell may fade with age, and because smell and taste are so closely related, foods enjoyed for years may no longer tantalize the taste buds. That can be problematic, as many people instinctively add more salt to foods they find bland. According to the U.S. Office of Disease Prevention and Health Promotion, older adults should consume no more than 1,500 milligrams of sodium per day. That equates to roughly 3/4 teaspoon of salt. Older men and women should resist the temptation to use salt to add flavor to foods, instead opting for healthy foods that they can still smell and taste. In addition, men and women should mention any loss of their sense of smell to their physicians, as such a loss may indicate the presence of Parkinson's disease or Alzheimer's disease.

Maintaining a healthy diet after 50 may require some hard work and discipline. But the long-term benefits of a healthy diet make the extra effort well worth it



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What seniors can do to safeguard 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

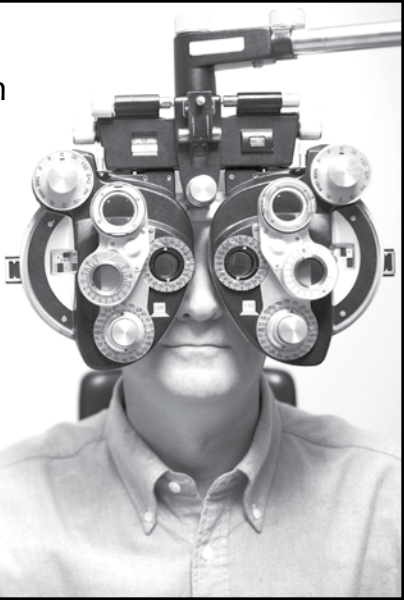
visit the NIMH Help for Mental Illnesses webpage (<https://www.nimh.nih.gov/health/find-help>) to access contact information for various groups that help people in times of mental health crises. In Canada, individuals can visit the Canadian Mental Health Association at <https://cmha.ca/find-help/find-cmha-in-your-area/> 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 physician

Diminishing eyesight is a common issue that occurs with age. While often unavoidable, routine eye checks are crucial. Schedule your next appointment with us in the new year!



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Nebraska Public Media offers a festive holiday lineup of television and radio programs to brighten the season. Enjoy musical performances, drama and PBS KIDS programs sure to warm the heart and light up the day. All times Central. This list is also available at NebraskaPublicMedia.org/holiday.

Television Holiday Programming on Nebraska Public Media

"Mary Berry's Ultimate Christmas," 8 p.m., Monday, Dec. 16
 "Christmas With John Rutter at Preston Hollow Plus," 4 p.m., Tuesday, Dec. 17; 2 p.m., Wednesday, Dec. 25
 "George Perris: The Most Wonderful Time of the Year," 5 p.m., Tuesday, Dec. 17
 "Too Hot to Handel – The Gospel Messiah," 8:30 p.m., Tuesday, Dec. 17
 "Dreaming of a Jewish Christmas," 8 p.m., Thursday, Dec. 19; 1 p.m., Sunday, Dec. 22
 "Real Bedford Falls: It's a Wonderful Life," 9 p.m., Thursday, Dec. 19; 7 p.m., Saturday, Dec. 21; 2 p.m., Sunday, Dec. 22
 "Ball and Vase," 9:30, Thursday, Dec. 19; 4 p.m., Tuesday, Dec. 24
 "Craft in America Holiday," 4 p.m., Friday, Dec. 20
 "Lawrence Welk Christmas Show," 6 p.m., Saturday, Dec. 21

"Magic of Christmas in Alsace," 7:30 p.m., Saturday, Dec. 21
 "20 Years of Christmas with the Tabernacle Choir," 9 p.m., Saturday, Dec. 21; 8 a.m., Wednesday, Dec. 25
 "CLOWN by Quentin Blake," 9:30 a.m., Sunday, Dec. 22
 "Roald and Beatrix: The Tail of the Curious Mouse," 2:30 p.m., Sunday, Dec. 22; 4:30 p.m., Tuesday, Dec. 24
 "Call the Midwife Holiday Special (2022)," 8 p.m., Sunday, Dec. 22
 "Call the Midwife Holiday Special (2023)," 9:30 p.m., Sunday, Dec. 22
 "Classic Christmas with the Bach Festival Society: Joyful Sounds," 11 p.m., Sunday, Dec. 22; 10 a.m., Wednesday, Dec. 25
 "Mary Berry's Highland Christmas," 8 p.m., Monday, Dec. 23; 9 p.m., Wednesday, Dec. 25
 "St. Thomas Christmas: Reflections of Gratitude," 2 p.m., Tuesday, Dec. 24
 "Thrill of Hope: A Concordia Christmas," 3 p.m., Tuesday Dec. 24
 "Joy – Christmas with the Tabernacle Choir," 7 p.m., Tuesday, Dec. 24
 "Celebrate & Sing! Glory to the Newborn King!," 8:30 p.m., Tuesday Dec. 24; 11 a.m., Wednesday, Dec. 25
 "Noel Triumphant," 9:30 p.m., Tuesday, Dec. 24
 "Christmas at Westminster: An

Evening of Readings and Carols," Noon, Wednesday, Dec. 25
 "Crane Candlelight Concert: Let It Shine!," 1 p.m., Wednesday, Dec. 25
 "George Perris: The Most Wonderful Time of the Year," 3 p.m., Wednesday Dec. 25
 "Call the Midwife Holiday Special (2024)," 7 and 8 p.m., Wednesday Dec. 25; 8 p.m., Sunday, Dec. 29
 "Next at the Kennedy Center Sara Bareilles: New Year's Eve with the National Symphony Orchestra & Friends," 7 p.m., Tuesday, Dec. 31
 "Great Performances From Vienna: The New Year's Celebration 2025," 7 p.m. and 8 p.m., Wednesday, Jan. 1
PBS KIDS Holiday Programming on Nebraska Public Media
 "Wild Kratts: A Creature Christmas," Tuesday, Dec. 17; 6 a.m., Tuesday, Dec. 24; 7 a.m., Wednesday, Dec. 25
 "Cat in the Hat Knows A Lot About Christmas!," 5 a.m., Monday, Dec. 16, 8 a.m., Wednesday, Dec. 24
 "Arthur's Perfect Christmas," 10 a.m., Friday, Dec. 13; 8 a.m., Friday, Dec. 20; 5:30 a.m., Sunday, Dec. 22; Noon, Tuesday, Dec. 24; 5 a.m., Wednesday, Dec. 25
 "Peg + Cat + Holidays," 6:30 a.m., Wednesday, Dec. 18; 9:30 a.m., Tuesday, Dec. 24

"Nature Cat: A Nature Carol," 11:30 a.m., Thursday, Dec. 19; 7:30 a.m., Sunday, Dec. 22
 "Let's Go Luna!: Luna's Christmas Around The World," 8:30 a.m., Sunday, Dec. 22; 11 a.m., Tuesday, Dec. 24.
Radio Holiday Programming on News/Classical Channel
 "Nebraska Concerts," 10 p.m., Monday, Dec. 16; 10 p.m., Monday, Dec. 23
 "Festivo AltLatino with Cantigas," 6 p.m., Sunday, Dec. 15
 "In Winter's Glow," 7 p.m., Sunday, Dec. 15; Noon, Friday, Dec. 20
 "All is Bright," 10 a.m., Monday, Dec. 16; 1 p.m., Wednesday, Dec. 18
 "Three Tales of Christmas with Cantus," 10 a.m., Tuesday, Dec. 17; 1 p.m., Thursday, Dec. 19
 "Carols, Customs and Candlelight: A Celtic Christmas Celebration," 1 p.m., Tuesday, Dec. 17; 11 a.m., Thursday, Dec. 19
 "The Film Score: Music for the Winter Holidays," 10 a.m., Wednesday, Dec. 18; 1 p.m., Wednesday, Dec. 25
 "Nebraska Classical Music Holiday," 10 a.m., Thursday, Dec. 19; 11 a.m., Monday, Dec. 23
 "Friday LIVE Holiday Special," 10 a.m., Friday, Dec. 20; 7 p.m., Monday, Dec. 24

See SPECIALS, page 7A

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Specials

(continued from page 6A)

Dec. 23
 "Carol as Home with Imani Winds," 11 a.m., Friday, Dec. 20
 "Classics by Request," 1 p.m., Friday, Dec. 20
 "Jazz Currents," 7 p.m., Saturday, Dec. 21
 "The Verge Solstice," 6 p.m., Sunday, Dec. 22
 "Gaudete! Early Music for the Christmas Season," 10 p.m., Sunday, Dec. 22
 "Nikolai Rimsky-Korsakov's Christmas Eve Concert Suite," 10 a.m., Monday Dec. 23
 "Howard Blake's The Snowman," 10:30 a.m., Monday, Dec. 23
 "Nutcracker," 1 p.m., Monday, Dec. 23
 "Refresh & Reset," 2:30 p.m., Monday, Dec. 23; 2:30 p.m., Wednesday, Dec. 25; 2:30 p.m., Thursday Dec. 26; 2:30 p.m., Monday, Dec. 30; 2:30 p.m., Wednesday, Jan. 1
 "A Festival of Nine Lessons and Carols," 9 a.m., Tuesday, Dec. 24
 "St. Olaf Christmas Festival: 2024 Celebrating 150 Years of St. Olaf College," 11 a.m., Tuesday, Dec. 24; Noon, Thursday, Dec. 26
 "Marc-Antonie Charpentier's

Christmas Mass," 1 p.m., Tuesday, Dec. 24
 "William Henry Fry's 'Santa Claus Symphony,'" 1:30 p.m., Tuesday, Dec. 24
 "Chanticleer Christmas," 2 p.m., Tuesday, Dec. 24
 "Welcome Christmas," 3 p.m., Tuesday, Dec. 24; 9 a.m., Wednesday, Dec. 25
 "Joy to the World—A Holiday in Pink" 7 p.m., Tuesday, Dec. 24
 "A Choral Christmas with Stile Antico," 10 a.m., Wednesday, Dec. 25
 "A Chanticleer Christmas," 11 a.m., Wednesday, Dec. 25
 "Three Tales of Christmas with Cantus," Noon, Wednesday, Dec. 25
 "Candles Burning Brightly," 10 a.m., Thursday, Dec. 26; 1 p.m., Friday, Dec. 27; Noon, Monday, Dec. 30
 "An Afro Blue Christmas," 11 a.m., Thursday, Dec. 26; 8 p.m., Saturday, Dec. 28
 "Bach Christmas Oratorio, Part 2," 2 p.m., Thursday, Dec. 26
 "The Big Tiny Desk Holiday Special," 7 p.m., Thursday, Dec. 26
 "Hanukkah Lights 2024," 10 a.m., Friday, Dec. 27; 1 p.m., Monday, Dec. 30
 "Christmas with Morehouse and Spelman Glee Clubs," 11 a.m., Friday, Dec. 27

"Bach Christmas Oratorio, Part 3," 2 p.m., Friday, Dec. 27
 "Jazz Piano Christmas," 1 p.m., Saturday, Dec. 28
 "The Verge Dance in the New Year," 6 p.m., Sunday, Dec. 29; 6 p.m., Sunday, Jan. 5
 "Bach Christmas Oratorio, Part 4," 2 p.m., Monday, Dec. 30
 "Bach Christmas Oratorio, Part 5," 2 p.m., Tuesday, Dec. 31
 "New Year's Day from Vienna 2024," 10 a.m., Wednesday, Jan. 1
 "Bach Christmas Oratorio, Part 6," 2 p.m., Wednesday, Jan. 1

"New Years Day from Vienna 2025," Noon, Thursday, Jan. 2
 "The Verge Cold Winter Snow Show," 6 p.m., Sunday, Jan. 5
 For a complete listing of all Nebraska Public Media programming, visit NebraskaPublicMedia.org/schedules.
 Listen or watch online at NebraskaPublicMedia.org/live or with the Nebraska Public Media App, or watch with the PBS Video App. Children's holiday programming is also available all month long on the PBS KIDS 24/7 channel.

Did you know? Strokes

The World Stroke Organization reports that a person suffers a stroke once every three seconds across the globe each day. Globally, there are roughly 12.2 million new strokes each year, and one in four individuals age 25 and older will have a stroke at some point in their lifetime. In its "Global Stroke Fact Sheet 2022," the WSO reported that the number of individuals who will have a stroke in their lifetime had increased by 50 percent over the previous 17 years, which underscores a need for the general public to better understand stroke and its controllable risk factors. Such variables include avoiding smoking, eating a healthy diet, minimizing if not eliminating alcohol consumption, and avoiding a sedentary lifestyle.



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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 percent of the population, which equates to roughly 37 million people, provide unpaid elder-care 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' physical 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 percent 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.

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 indi-

vidual 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.



Home remedies for joint pain can provide relief

Stiff, painful joints affect a vast number of people. According to the American College of Rheumatology, arthritis and other rheumatic diseases afflict roughly 23 percent of Americans, while Canadian Health Surveys indicate that nearly 17 percent of the Canadian adult population have arthritis. The number of people living with arthritis is expected to increase as the Baby Boomer generation continues to age.

Treatments for joint pain and stiffness range from medication to physical therapy. Finding the right regimen may take some effort, including some trial and error. For those looking for treatments they can try at home, consider these homespun remedies. (Note: Check with a physician to confirm the safety of alternative treatments before adding herbs to or modifying your existing medications.)

Exercise more

Regular movement helps to maintain flexibility in the body's joints. Those with joint pain may shy away from exercise, but they could be doing themselves a disservice. Low-impact exercises, like swimming and water aerobics, can work out muscles and joints without adding extra stress. Walking can replace jogging or running, and yoga and pilates may be just the thing for deep stretching.

Lose weight

Joint pain is often tied to obesity. Losing just a few pounds can ease up strain on certain joints, such as the hips, feet and knees. Shedding weight can improve mobility and decrease pain and potential future damage to joints. Exercise goes hand-in-hand with healthy eating to lose weight.

Consider hot and cold therapies

Using a heating pad, hot shower or bath or an ice pack can work wonders on arthritis-related pains. Hot treatments will loosen up stiff joints, while cold therapy is best for acute pain relief. Do not apply hot and cold packs to the skin directly, as this can injure the skin. Wrap them in a towel first before application.

Include anti-inflammatory foods and beverages in your diet

Explore the many different natural foods and herbs that are purported to reduce inflammation in the body. Ginger, turmeric, flaxseed, grape juice, and bromelain can alleviate inflammation and stiffness. Foods such as fatty fish and nuts high in omega-3 fatty acids also will help fight inflammation. Blueberries, garlic, celery, and kelp should be included in diets as well.

Go for a massage

The Arthritis Foundation says regular massages can help reduce pain and stiffness and improve range of motion. The massage therapist should have experience working on people with arthritis. In addition, massages should be performed by licensed physical therapists and guided by a doctor's recommendation.

Increase magnesium intake

Magnesium can alleviate pain and reduce inflammation. It is best ingested through dark, leafy greens but also can be taken in supplement form. Magnesium oil can be applied topically to sore joint areas.

Joint pain can impact daily life and make activities less enjoyable. Fortunately, there are plenty of ways that do not require harsh medications to loosen joints and combat pain.



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How to go about help aging veterans

According to data from the Department of Veterans Affairs, surveys from the Pew Research Center and the U.S. Census Bureau, there were more than 18 million living military veterans in the United States by the end of 2023. Seventy-two percent of those veterans are age 50 and older, and many served during wartime.

Military personnel make significant sacrifices to protect the freedoms Americans enjoy each day, and it's vital that those efforts are never forgotten, even if it's been decades since service personnel have been on active duty.

Thirty-seven percent of living veterans are age 70 and older, and these brave individuals must face the challenges of aging as well as some, including chronic injuries, that might be traced to their time in the military. That makes helping aging veterans an especially worthy endeavor, and those interested in doing just that can consider the following ideas.

Offer your expertise free of charge. Working professionals can help aging veterans by providing advice or services free of charge or at steep discounts. For example, accountants can offer to prepare and file aging veterans' tax returns free of charge or, if the returns are complicated, at steep discounts. Financial

advisors can visit a local veterans hall or home and speak to members or residents about managing money after retirement.

Invite veterans over for special events or gatherings. The Department of Veterans Affairs reports that veterans who served in the last 30 years make up the largest number of living veterans. Though there are still plenty of veterans who served prior to 1994, they may no longer have extensive social networks as more and more aging veterans pass away. Social connections are vital to long-term health, and researchers at the Center for Healthy Aging at Penn State University found that adults between the ages of 70 and 90 who reported more frequent, pleasant social interactions exhibited improved cognitive performance in the ensuing days. Individuals who want to help aging veterans can invite them over for special events, such as game watches, holiday gatherings or even weekly family meals.

Pitch in around the house. Whether they suffered injuries during their time in the service or not, many aging veterans face the same physical limitations as others approaching or past retirement age. Offer to help aging veterans around the house. Mobility issues can make it

hard to mow a lawn, tend to a garden or clean the interior of a home. Such tasks are made much easier when others pitch in, and these gestures can be a great way for families to show their appreciation to the brave individuals who protected the

freedoms Americans enjoy each day.

There's no shortage of ways to help aging veterans, many of whom could use a helping hand as they navigate their golden years.

Babysitting for grandparents

Witnessing your children getting older and starting their own lives and families can be bittersweet. There is pride that comes with seeing their successes, but the melancholy of knowing that the years have passed so quickly. Although you may no longer be tucking your children into bed, reading them bedtime stories or bandaging "boo-boos," when your children have children, the chance to nurture can start anew.

One of the great joys that comes from having older children is the ability to welcome and love grandchildren. Grandchildren are points of light in people's lives and provide the exuberance and excitement that reminds you of your own youth. Grandparents often are thrilled to be involved in the care and upbringing of their grandkids. Some may also live with their grandchildren to help take some pressures off of adult children.

Babysitting is one way that grandparents can be a frequent fixture in their grandkids' lives. If it's been some time since you cared for little children, it's well worth it to take a refresher course in child care.

Make sure it's safe

Conduct a safety audit of your home if grandchildren will be coming over to your place. Are outlets secured with covers? Are medications you may be taking out of reach? Do you have gates to block stairs or restrict access to certain rooms? Modifications may be needed.

Assess your health

Chasing after children can be a workout. Be sure you are up for the chal-

lenge and have the stamina. If you have any medical conditions that can impair judgement or reaction time, you might want to reconsider babysitting.

Take directions

The way you parented may not be the same way your own children parent. Be humble and follow their lead with regard to instructions. The parenting guide Apt Parenting advises that you should ask about the eating and sleeping habits of the child. You may have to defer to your own children's guidelines on discipline and behavior.

Learn what's new

Many things regarding childcare have changed in the last 20 years, including safety laws and guidelines. Be sure you are up to date on these changes. And if you aren't certain about something, ask. This involves everything from crib bar widths to car seat installation.

Babysitting can be a joyous task for grandparents who are ready for the job.



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Eight great gifts for the outdoors lover

Doing some holiday shopping for someone who loves the outdoors? From iconic wildlife photo prints to fishing permits, Nebraska Game and Parks offers something for everyone to enjoy.

Explore these eight gift ideas to find the just-right gift this holiday season.

Shop Nebraskaland

For the first time, you can buy prints or keepsakes of Nebraskaland Magazine's

stunning wildlife and wild places — and get it shipped directly to your door. Our curated selection offers timeless images that capture the spirit of Nebraska's beauty, ensuring you'll find something that speaks to the outdoors lover in your life. You can browse our easy-to-navigate collection by category or theme and enjoy a secure and simple ordering process.

What's the best way to find the right services at the right time at the right price?

Locating care for an older adult can be a difficult and confusing task, especially if you have never had any experience in finding and setting up services for an older person who may need help.

The staff at the Northeast Nebraska Area Agency on Aging, through information and assistance, will answer your questions about services and make a referral to the appropriate program. The services are individualized based on the strengths and needs of the older person.

Through the Aged and Disabled Resource Center (ADRC) an Options Counselor can provide unbiased information that is relevant to an individual's

needs, preferences, and goals. This is done through information, referral, and options counselling.

The staff through the Care Management Program are experts at finding the most appropriate care for an older adult and can offer assistance for complicated situations.

The Aged and Disabled Medicaid Waiver Program is a service system that provides care options in the home or assisted living as an alternative to nursing home placement.

To access the aging network anywhere in the United States, call the ElderCare Locator at (800) 677-1116.

Annual state park permits

Give the gift of experiences — one year's worth of access to over 70 scenic state parks from one end of the state to the other. With opportunities for hiking, fishing, camping, wildlife watching or just enjoying the beautiful outdoors, Nebraska's state parks have something for everyone.

Annual hunting or fishing permits

If you know someone who loves to fish or hunt, make your gift-giving easy and get them a permit allowing them to enjoy those activities all year long. This also could be a good gift for someone who would appreciate the nudge to try a new hobby or get back into an old one.

Hard card permits

This option offers an alternative to carrying a paper permit with you in the field. When you buy a permit, you can choose to add on a wallet-sized hard card — complete with beautiful artwork of a rainbow trout, bighorn sheep or Chimney Rock — onto your purchase for just \$8. It displays your current permits and hunter ID and will stand up to water and repeated trips in and out of pockets and tackle boxes.

Lifetime permits and stamps

Treat someone special to the gift that

lasts a lifetime — a Nebraska lifetime permit. It is the ultimate gift for any hunter or angler and an investment in the future.

Nebraskaland Holiday Special

Give the gift of a one-year Nebraskaland subscription paired with the 2025 Nebraskaland Calendar for just \$26. Nebraskaland is a great fit for outdoor enthusiasts, filled with scenic images and engaging stories on outdoor recreation, wildlife, parks and people.

2025 Nebraskaland Calendar

You can enjoy gorgeous Nebraska scenes all year long with the 2025 Nebraskaland Calendar. Each month features a spectacular Nebraska image taken by a Nebraskaland photographer, along with plenty of room to pencil in notes. It's great for both the home and the office.

Game and Parks 'Bucks'

Let someone choose their own gift of the outdoors with Game and Parks "Bucks," which work like a gift card. They can be used for everything from permits and magazine subscriptions to camping, shooting range fees and more.

Learn more or purchase these items at OutdoorNebraska.gov by searching for "Gift shop."

SENIOR SAFETY WORD SEARCH

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- CAREGIVER
- CHAIR
- CHORES
- CUSTODIAL
- DIRECTIVE
- FALLING
- GRAB BARS
- GUARDIAN
- HAZARDS
- HOMEBOUND
- HOME HEALTH AIDE
- INDEPENDENCE
- LIGHTING
- MEALS
- MEMORY
- MOBILITY
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Sometimes your hip pain isn't your hip

"Doc, my right hip has been bothering me. Do you think I need a new hip?"

"First, tell me more about your hip pain."

Hip pain is a common complaint which can have a variety of causes. The first thing that comes to mind is arthritis of the hip joint. The hip is a ball and socket joint. The main upper

Sometimes one can try physical therapy, non-steroidal anti-inflammatory medications (NSAIDs) such as ibuprofen, or perhaps a steroid injection to help calm

sometimes a hip replacement may be beneficial.

However, when someone reports hip pain, it may not actually be their hip joint that is the problem. Arthritis of the low back, degenerative disc disease, sciatic nerve pain, lumbar stenosis, and other problems with the back can cause pain that feels like it is in the hip. Sometimes that pain is felt deep in the buttocks. Sometimes arthritis or inflammation of the sacroiliac joint, where the low back connects to the pelvis, can cause pain. This may often be felt as low back pain, but can present as hip pain.

Another cause of hip pain is bursitis or inflammation of the bursa sac located on the greater trochanter of the hip, the large upper outside edge of the femur where the neck connects to the shaft of the femur. You may be able to feel this hard area of your hip at your side. This is a common area for pain. While this pain is located at the hip, it is not coming from the hip joint. Our body has bursa sacs near bones in many places, essentially fluid-filled pads that can help protect the nearby bone and tendons and reduce friction between tissues of the body.

Greater trochanteric bursitis can result from a fall, repetitive motion, weak-

ness of muscles, or be associated with some diseases. Usually rest, NSAIDs, time, and physical therapy can help it to improve. Exercises can help by strengthening the surrounding muscles which can decrease the rubbing and friction over the bursa sac. A steroid injection can often be helpful. Surgery is rarely needed.

Other causes of hip pain can be from a pelvic bone fracture, tendinopathy, a muscle strain, a labral tear, other musculoskeletal problems, constipation, infection, and rarely cancer. Thus, if you are suffering from hip pain, it may be time to see your medical provider, and start figuring out whether your hip is really the problem.

Andrew Ellsworth, MD. is part of The Prairie Doc® team of physicians and currently practices family medicine at Avera Medical Group in Brookings, South Dakota. Follow The Prairie Doc® at www.prairiedoc.org, Facebook, Instagram, Youtube and Threads. Prairie Doc Programming includes On Call with the Prairie Doc®, a medical Q&A show (most Thursdays at 7pm streaming on Facebook), 2 podcasts, and a Radio program, providing health information based on science, built on trust.



Based on Science, Built on Trust

leg bone, the femur, has a rounded top called the head. Under the head of the femur is the neck, which can often be what breaks when someone suffers a hip fracture. Arthritis and wear and tear over time can cause the cartilage in the ball and socket joint to break down and become thinner and irregular. This can cause pain especially with movement and walking.

A simple x-ray of the hip can help show signs of arthritis of the hip joint.



The Prairie Doc
By Andrew Ellsworth, MD

down the inflammation and pain. Over time, if those efforts do not help enough or if the arthritis is advanced enough,

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

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