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## Residents Aged 55+ Love Wesleyan Meadows



SEE AD  
ON  
PAGE 4

One not-for-profit Life Plan community is proving to be a top choice of residents in the Sheffield Village area. Wesleyan Meadows offers a sense of community, camaraderie, security and quality of life that has residents talking.

“We’re happy to have so many warm, friendly residents—and you’ll be hearing from some of them this month. Wesleyan Meadows offers individuals 55 years and better offers an attractive lifestyle option for so many reasons,” says Lori Black, Senior Marketing Coordinator. “Please watch for upcoming testimonials; our residents are enthusiastic in conveying what they love about our community.”

Black explains that some are attracted to the 36-acre residential parklike setting. Amid the walking trails and ponds, residents enjoy spacious, well-appointed ranch-style homes ranging up to 1,600 square feet—with attached garages.

Others embrace all the community amenities—including the fitness center, library, billiards room, woodworking shop and gathering places. Many participate in the full calendar of events and activities—largely inspired by the residents themselves.

According to Meg Nieberding, Residency Counselor: “In addition to that sense of ‘community,’ there’s a sense of security. Since Wesleyan Meadows is a Life Plan community, priority access to a full continuum of care at our sister community, Wesleyan Village, is available should a resident’s health needs change. That’s true peace of mind for our residents and their loved ones.”

*For more information about Wesleyan Meadows, the community may be reached by phone at 440.934.9400 or online at Wesleyan-Living.org.*



## 10 Steps to Help Prevent Cancer

(Family Features) Nearly 4 out of 10 Americans will be diagnosed with cancer in their lifetimes, and it remains the second-leading cause of death for Americans, but nearly half of all cancer cases can be prevented.

Research from the American Institute for Cancer Research (AICR) shows that diet, exercise and weight play a critical role in cancer prevention.

“Making changes in what you eat, being physically active and maintaining a healthy weight have strong and clear links to your risk for cancer,” said Alice Bender, MS, RDN and director of nutrition programs at AICR. “We know from decades of research and a thorough review of the science that there are simple things we can all do to reduce our risk.”

*To live a cancer-preventive lifestyle, consider taking these 10 steps recommended by the scientific experts at AICR:*

**1. Be a healthy weight.** Higher body fat can be a cause of many cancers. Try to stay at a healthy weight and avoid weight gain as you get older.

**2. Be physically active.** Incorporate moderate physical activity into your daily life through steps like walking more and sitting less.

**3. Eat a diet rich in whole grains, vegetables, fruits and beans.** Make these foods a major part of your diet.

**4. Limit consumption of “fast foods” and other processed foods high in fat, starches or sugars.**

Cut down on processed foods to help control calorie intake and maintain a healthy weight.

**5. Limit consumption of red and processed meat.** Eat no more than three portions of red meat per week, and little - if any - processed meat.

**6. Limit consumption of sugar-sweetened drinks.** Don’t drink sugar-sweetened drinks, which contribute to weight gain. Choose water instead, when possible.

**7. Limit alcohol consumption.** For preventing cancer, it’s best not to drink alcohol.

**8. Do not use supplements for cancer prevention.** Aim to meet nutritional needs through diet alone.

**9. For mothers, breastfeed your baby, if you can.** Breastfeeding is good for both mother and baby.

**10. After a cancer diagnosis, follow these recommendations, if you can.** Cancer survivors are encouraged to continue following these guidelines.

Refraining from smoking, avoiding other exposure to tobacco and limiting sun exposure are also important in reducing cancer risk.

Because it can be hard to make lifestyle changes, AICR aims to help people adopt healthier behaviors through efforts like the Cancer Health Check, a tool that shows people how their lifestyle stacks up against known cancer risks and recommends changes that can improve health.

*For recipes, tips and other resources, visit [aicr.org](http://aicr.org).*

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## Tips to improve memory

Forgetfulness can affect anyone. For example, few, if any, adults can say they have not experienced moments when they could not find their keys. And once the keys are found, people move on without giving much thought to why they did not immediately remember where they left their keys.

Isolated incidents where people cannot recall where they placed their car keys or other minor bouts with forgetfulness do not occur by accident. In fact, the Harvard Medical School notes that they are likely byproducts of age-related changes in thinking skills. When people reach their 50s, chemical and structural changes in the brain may begin to occur, and these changes can affect a person's ability to process memories.

Father Time may be a formidable foe, but people can take steps to give their memories a boost as they get older.

- **Embrace recognition instead of trusting recall.** Dr. Joel Salinas, a neurologist who specializes in behavioral neurology and neuropsychiatry at Massachusetts General Hospital, notes that human beings are better at recognition than recall. That means people are more likely to remember something they read, such as a note or a list, than something they're simply told.



**A diet that includes lots of vegetables can help men and women reduce their risk for cognitive decline.**

- **Recognize the value of repetition.** The Harvard Medical School notes that people might be more inclined to remember what they hear if they repeat it out loud. Names and addresses might be more easily remembered after they're repeated out loud because repetition increases the likelihood that the brain will record the information and be capable of retrieving it later. When studying for exams, many students repeat important points to themselves time and again, and that same approach can be applied by adults who are trying to improve their memories.

- **Eat a healthy diet.** A study published in 2015 in the journal *Neurology* found that people who eat healthy diets with lots of fruits, vegetables, nuts, and fish and little alcohol and red meat may be less likely to experience declines in their memory and thinking skills. Authored by Andrew Smyth of McMas-

**CONTINUED ON PAGE 6 >**



## “Wesleyan Meadows is the perfect place to age gracefully.”

—Barb Kapucinski, Resident




After visiting many retirement communities, Barb Kapucinski moved to Wesleyan Meadows—in part because her dog Max fits right in, too! “There’s such a sense of community! We walk each day, meet residents, and even have pet play time in each other’s homes. My little Max loves his new neighbors and they love him.”

**Why not schedule a visit like Barb did?  
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# Learn to downsize before a move

Aging men and women often take inventory of their lives in an effort to focus on activities or lifestyle changes that can ensure happy retirements. Data from the U.S. Census Bureau shows there are some 76 million baby boomers — those people born between 1946 to 1964 — across the country. With the youngest of the boomers in their mid-50s and the majority having already reached retirement age, many boomers are trying to decide if it's time to move out of their family homes and into smaller, more manageable abodes.

Many older adults find they do not need the same amount of space as they did when they had children living at home. Retirees and those on the cusp of retirement may find that downsizing is a smart financial move that frees up more time for recreation.

However, it can be challenging to cut down on living space and then

deal with figuring out how to make furniture, belongings and stored items fit in more condensed areas. Moving can be stressful even without having to cut down on prized items. Taking an inventory of belongings can help the process go smoothly.

Before moving, men and women can go room by room, making piles of items that will be kept, donated, sold, or discarded. This can be a tedious task, but it is necessary to avoid clutter in a new home.

People downsizing can attempt to sell items they do not need via newspaper classified sections or online classified sites. Appliances and furniture in excellent shape may fetch good prices. Any extra cash can be put toward buying new items that are size-appropriate for the smaller home.

Another way to clear out clutter is to sort duplicates from the stock of items. A person may no longer need



multiple sets of dishes or silverware. If the move involves switching from a king-sized to a queen-sized bed, donate or trash bed linens that will no longer fit. Pay close attention to kitchen and bathroom items, which tend to accumulate over time but might not be discarded when clearing

a home of clutter.

People moving from a detached home to a condominium or a townhouse may learn that homeowner's association fees cover everything from snow removal to lawn maintenance to pool upkeep. If so, it's unnecessary

**CONTINUED ON PAGE 9 >**

## Yeah, you earned this!

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## IMPROVE MEMORY FROM PAGE 4

ter University in Ontario and the National University of Ireland in Galway, the study following more than 27,000 people in 40 countries for an average of roughly five years. All participants were 55 and older and had diabetes or a history of heart disease, stroke or peripheral artery disease. Those who ate the healthiest diets were 24 percent less likely to experience cognitive decline than people with the least healthy diets.

- **Break things down.** Breaking things down into small chunks also can help improve memory. If tasked with remembering something extensive, such as a speech, focus on a single sentence at a time, only moving on to the next sentence when you're confident you have successfully committed the preceding sentence to memory.

Periodic memory lapses are often nothing to worry about. But men and women concerned about maintaining their memories can employ various strategies to do just that.

## Wesleyan Village Offers All Retirement Lifestyles

Wesleyan Village, the not-for-profit Life Plan community in Elyria, offers retirees the lifestyle they're looking for today and tomorrow. Residents enjoy a choice of independent living patio home and apartment home floor plans, plus a full continuum of care on campus.

Sharon Watson, Director of Marketing and Sales, explains: "Residents choosing independent living at Wesleyan Village love the freedom, but it's also comforting to know supportive services such as assisted living and memory care are available, too. Plus, skilled nursing and rehabilitation are provided at Wesleyan Health and Rehabilitation at Wesleyan Village."

In addition to access to care, Wesleyan Village offers desirable amenities for every retiree. Set on a 17-acre campus with walking trails, residents have access to three dining venues, a library, hair salon, chapel, game room, media room, art studio and fitness center. Scheduled transportation is provided for outings, and there's a full calendar of events and activities for seniors in all lifestyles.

"That's one of the big advantages of a Life Plan community," Watson says. "Whether a Wesleyan Village resident is living in a patio home and very independent or in our long-term care neighbor-



hood, we have unique monthly event calendars with activities designed to keep life rewarding, fulfilling and fun for all of them."

Watson adds: "No matter the retirement lifestyle, there's a sense of community at Wesleyan Village that makes it feel like home."

*For more information about Wesleyan Village, the community may be reached by phone at 440.284.9371 or online at WesleyanLiving.org.*

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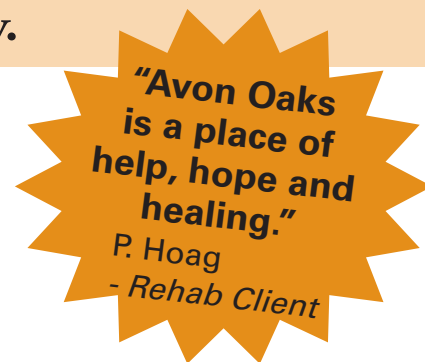
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## Make Summer Sweeter with Fresh Cherries

(Family Features) Summer and cherries seem to go hand-in-hand, and using fresh fruits can help boost seasonal food and drink recipes.

Whether you use them as a snack, as a special ingredient in recipes or to inspire new dishes, Northwest-grown sweet cherries are one delightful way to celebrate the summer season.

Many grocery store shelves are full of these sweet, seasonal treats. Ripened on the tree and generally harvested, packed and ready for sale within just one day, it can be difficult to find a fresher summer fruit.

Cherry recipes can be enjoyed outside the summer months, too - simply rinse, pack and freeze an extra bag or two of cherries to harness the sweet flavor and health benefits in your appetizers, desserts and sweet or savory sauces throughout the year.

Impress your guests this summer with this ice-cold Cherry Lavender Spritzer. Or try Roasted Cherry Sauce for an accompaniment to your favorite barbecued meat, as an ice cream topper or paired with a cheese plate; it's one way to have everyone asking for more.

Find more recipes and cherry tips at [nwcherries.com](http://nwcherries.com).

### Cherry Lavender Spritzer

Servings: 6

4 cups pitted and halved Northwest sweet cherries

2 cups water

3 tablespoons lavender

2 tablespoons sugar

6 Northwest sweet cherries with stems

6 sprigs lavender blossoms

In small saucepan, combine cherries, water, lavender and sugar. Heat mixture until it begins to boil. Remove from heat and allow mixture to cool completely. Strain and reserve liquid.

For each drink, combine 4 ounces cherry-lavender mixture and 4 ounces crushed ice in tall 12-ounce cocktail glass; top each with club soda. Garnish each drink with one cherry with stem and one sprig lavender blossoms.

Variation: To make alcoholic ver-



sion, shake or stir strained cherry-lavender mixture and ice with 9 ounces vodka. Strain into 8-ounce martini glasses, top each with club soda and garnish each with one cherry with stem and one sprig lavender blossoms.

### Roasted Cherry Sauce

Makes: 1 cup

2 cups pitted Northwest sweet cherries

2/3 cup sugar

2 teaspoons cornstarch

1/8 teaspoon salt

1/8 teaspoon black pepper

Heat oven to 400 F. On foil-lined baking sheet, combine cherries, sugar, cornstarch, salt and black pepper; toss to mix.

Place in oven and roast until cherries start to release juices and become soft, about 10 minutes. Cool before serving.



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## DOWNSIZE FROM PAGE 5

to bring lawn and garden supplies.

Homeowners are advised to look at the floor plan of their new dwellings and pay attention to storage space. This can make it easier to plan ahead for what may fit, what will need to be purchased new and which storage solutions may be needed. Having a plan in place can make unpacking and settling in go smoothly. The organizing company Organize Me says that homeowners should consider how cabinets and closets will be used before moving in.

Downsizing can free up time and money. When done right, downsizing can make retirement easier and create more leisure time for retirees.



### Housing Expenses and Retirement Planning

According to a study from the U.S. Bureau of Labor Statistics, housing is the greatest expense in dollar amount and as a share of total expenditures for households in which a person 55 and older is considered the primary owner or renter of the home. Total annual household expenditures, which were culled from the BLS' 2014 Consumer Expenditure Survey, totaled just over \$49,000. These expenditures included food, housing, clothing, transportation, health care, and entertainment, among other expenses. The BLS study found that housing accounted for nearly one-third of annual household expenditures in households headed by people age 55 and older. In households headed by people between the ages of 65 and 74, housing expenses accounted for a slightly smaller percentage of overall annual expenditures, while housing accounted for 36.5 percent of overall expenditures in households headed by men and women age 75 and older. Such figures illustrate the need for men and women to account for housing expenses in their retirement planning.



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# CARING FOR CAREGIVERS

## How to prevent caregiver burnout

(Family Features) While caring for an older family member - whether it be a spouse, parent or grandparent - can be a rewarding experience, it can also be a difficult and overwhelming task. This is especially true if your loved one lives with Alzheimer's disease or other dementia-related illnesses.

Whether it's out of love or obligation, caring for a chronically ill or disabled family member (and potentially his or her financial and legal interests) can come at the expense of the caregiver's quality of life. In addition to maintaining a healthy, active lifestyle outside of caregiving responsibilities, it is important for those caring for a loved one to learn ways to avoid health hazards and

stay well-informed of any changes in their loved one's condition. Add work and children to care for to the equation and it's a formula that can lead to stress, exhaustion and even potential health issues.

The additional duties often required to provide care for a loved one can lead to physical or emotional fatigue, often referred to as "caregiver burnout." If you're caring for an older adult, the Alzheimer's Foundation of America recommends these tips to help manage stress before caregiving leads to burnout.

**Know the signs of burnout.** By the time many caregivers suspect signs of burnout, they're likely already suffering symptoms related to their responsibilities. Being aware of some

of the warning signs can help caregivers properly manage stress and protect themselves. Warning signs include:

- Overwhelming fatigue or lack of energy
- Experiencing sleep issues
- Significant changes in eating habits or weight
- Losing interest in activities you once enjoyed
- Neglecting personal physical and emotional needs
- Becoming unusually impatient, irritable or argumentative
- Having anxiety about the future or a feeling of hopelessness
- Suffering from headaches, stomachaches or other physical ailments
- Experiencing depression or mood

**CONTINUED ON PAGE 11 >**

## Getting Help with Caregiving

Everyone needs a break from time to time, even caregivers. Look into respite programs for a chance to care for yourself. Types of respite include:

### Home Care

- Home care is often initiated by a doctor's order or hospital stay and administered by medical professionals who come into the home and help with personal care and housekeeping functions.
- Medicare covers some home health services.

### Adult Day Programs

- Social-model programs offer stimulation, socialization and therapeutic activities in a community-based group setting and often include meals.
- Medical-model programs (adult day health care programs), offer health-based services as well as social activities in a group setting.
- Some programs include assistance with activities of daily living and transportation.
- Adult day services charge per hour and may be covered under some long-term care insurance policies.
- Medicaid covers some adult day health programs.

### Facility-Based Respite

- Provide a short stay for your loved one in a nursing home or another facility.
- Facilities typically charge for each day your loved one is in their care.
- Medicare or Medicaid may cover some costs of an inpatient facility.

### Family and Friends

- Identify responsible family members and friends who can lend a hand in providing supervision for your loved one and create a rotating care schedule, if possible.
- Enlist the help of family members living in different states by assigning them tasks such as legal or financial paperwork.



swings

- Having difficulty coping with everyday tasks

- Lower resistance to illnesses

**Educate yourself about the disease.**

It's likely the loved one you care for has several health problems, takes multiple medications and sees multiple health care providers to manage his or her conditions. As a first step in learning more about Alzheimer's disease and other dementia-related illnesses, visit [alzfdn.org](http://alzfdn.org) or [nia.nih.gov/alzheimers](http://nia.nih.gov/alzheimers) for information. Support groups, educational workshops, community resources and professionals can also help increase your understanding of the disease and what to expect so you can be a better-informed and prepared caregiver.

**Be prepared for important decisions.** Take care of financial, legal and long-term care planning issues early on to help reduce stress later. Try to involve the individual in decision-making if he or she is capable, and consider personal wishes regarding future care and end-of-life issues.

**Build your care skills.** Key skills for any caregiver include communication,

understanding safety considerations and behaviors, and managing activities of daily living such as bathing, toileting and dressing. Some organizations and local hospitals may even offer classes specific to your loved one's disease that can aid you in the process.

**Develop empathy.** Try to understand what it is like to be a person living with Alzheimer's or dementia. Put yourself in the affected person's shoes while also recognizing your own losses. Manage your expectations of your loved one and remain patient.

**Ask for help when you need it.** Reach out to medical and mental health professionals as well as family and friends. They can assist you when things get tough. In addition, there are typically programs, agencies and organizations in your community that can help manage the challenges of caring for older parents, grandparents, spouses and other older adults.

**Advocate for and connect with your loved one.** Take an active role in the individual's medical care. Get to know the care team, ask questions, express concerns and discuss treatment options. Also remember to connect on a



personal level through kindness, humor and creativity, which are essential parts of caregiving and can help reduce stress.

**Think positive.** Focus on the capabilities and strengths that are still intact and enjoy your relationship with your loved one while you are still together. Look for ways to include him or her in your daily routines and gatherings to make as many memories as possible.

*Find more caregiver resources and tips at [alzfdn.org](http://alzfdn.org).*

## Tips for Managing Caregiver Stress

Stress can affect anyone and caregivers may find themselves faced with additional stressors. To help manage stress and avoid caregiver burnout, keep these tips from the Alzheimer's Foundation of America in mind:

- Maintain a positive attitude
- Be flexible and accept the circumstances
- Be honest and open about your feelings
- Take it one day at a time
- Get a good night's sleep
- Incorporate stress management techniques, such as meditation or deep breathing, as well as exercise into your daily routine
- Drink plenty of water and eat a healthful diet full of fruits and vegetables
- Set realistic goals and go slow



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