

senior living

Thursday, April 20, 2023

**ADVERTISING SUPPLEMENT TO
THE MORNING JOURNAL**

**ARE YOU A CAREGIVER OF
A FAMILY MEMBER WITH
DEMENTIA? PAGE 5**

**START THE SENIOR CARE
CONVERSATION EARLY
PAGE 4**



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Health Benefits of the spring season for seniors

Submitted by: Susan Reinhardt ADN, AA, RN

Springtime in Northeast Ohio is a time to lose the cabin fever by getting out of the house.

According to the National Institute on Aging there are many benefits for seniors to have an active lifestyle.

Research shows that adults with an active lifestyle are less likely to develop serious health issues, such as heart disease, stroke and dementia.

Sunlight is shining in the windows and the warm air is inviting you to get outside. The spring season is the perfect time to participate in activities that enrich your life and health. Activities that are mentally stimulating or involve physical activity have been shown to have a positive effect on memory, mental health and resilience.

Physical activity doesn't need to be in the form of structured exercise and you don't have to invest in a lot of equipment. Take a walk outside, many city parks and metro parks offer safe and accessible walking trails. Gardening and yard work are also a great form of physical activity and a good source of natural vitamin D. The repetitive motion of weeding, raking and digging exercises muscles.

For those more interested in formal exercise classes, there are many free or reasonably priced programs in this area. Check with your local hos-

pitals, libraries, churches, and senior centers. Many offer senior-specific exercise classes.

Social and mental activities are also an important part of an active lifestyle; many opportunities are available in your community. The Internet is a good place to find activities such as these. For those not familiar with computers and technology, the public library has computers and frequently offers classes on how to use them.

Public libraries are also a place to find social activities on a range of subjects, of course they still have books too; reading is great for a stimulating mental activity.

The Lorain County Metro Parks have many programs for adults, the "Arrowhead" publication is available for free in many locations including libraries.

Spring in Ohio is welcoming seniors out again. It's time to take advantage of the opportunity to care for your health and well-being. Be safe when getting out. Talk to your doctor about exercise if you have any chronic health conditions or haven't exercised in a while. Make sure to wear sunscreen, a hat and sunglasses when out in the sunshine and drink plenty of water. Wear a mask if you attend a crowded event. Most of all have fun and enjoy yourself.



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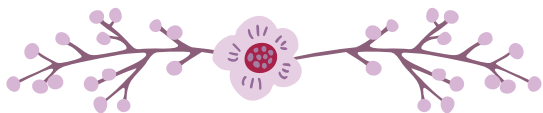


**STRIDE
MOBILITY**

Living Life in Motion

CROSSWORD PUZZLE ANSWERS FOR PAGE 9

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Start the Senior Care Conversation Early

According to the U.S. Department of Health and Human Services, nearly 70% of retirees will need some type of long-term care. As we age, the need for long-term care increases and a trend that we are seeing is the desire and value for quality, safe in-home care options for our senior community.

For caregivers, starting the senior care conversation earlier is critical to ensure that seniors receive the best care possible early enough to impact the overall quality and longevity of their lives.

For seniors, receiving in-home care improves their overall quality of life, and starting the senior care conversation early is an important next step. Many seniors are worried about what their long-term senior care options will be, and caregivers have an opportunity to partner with their seniors early in the decision process to help them formulate the best plan for them.

Seniors Helping Seniors® advises seniors and their caregivers to begin the senior care conversation as early as possible. The concept of helping people in need never sleeps. Our caregivers provide a variety of services to support seniors so that they can maintain their independence and enjoy life not just in their homes, but also in their neighborhoods. These services include compan-



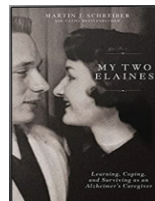
ionship, light housekeeping, cooking, and shopping support, assistance with personal care, dementia care, pet care, yard work, and medication reminders.

For the Seniors Helping Seniors® in-home services, it all comes down to The Power of Love® and providing compassionate care that makes seniors feel seen, heard, and independent while providing purpose and passion for their senior caregivers.



My Two Elaines: Learning, Coping, and Surviving as an Alzheimer's Caregiver

Join us as former Wisconsin Governor Martin J. Schreiber continues the most important campaign of his life when he discusses the challenges of being an Alzheimer's caregiver. Like many thrown into the heartbreaking Alzheimer's world, Schreiber knew little about the disease as he cared for his spouse of more than 60 years. What Governor Schreiber found most disturbing was that even healthcare providers don't know the degree to which Alzheimer's impacts the person who lives with it and his or her family. During this event, Schreiber will share what he has learned so others do not experience the learning curve he did.



A free copy of Governor Schreiber's book will be given to all attendees.

After the seminar, Governor Schreiber will include time for questions, answers and suggestions from other caregivers. He will also be available to sign copies of his books.

Wednesday, May 17, 2023

5 p.m. – 5:30 p.m. Registration
 5:30 p.m. – 6:15 p.m. Seminar
 6:15 p.m. – 7 p.m. Q&A Session and Book Signing

RSVP: 440-886-5858 or WestlakeArdenCourts@promedica.org



Guest Speaker Martin J. Schreiber
 Former Governor for Wisconsin
 Author, *My Two Elaines: Learning, Coping, and Surviving as an Alzheimer's Caregiver*
 Award-winning crusader for Alzheimer's caregivers and persons living with dementia

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Are You a Caregiver of a Family Member with Dementia?

Our study, led by Dr. Jaclene Zauszniewski of Case Western Reserve University, and funded by the National Institutes of Health, is enrolling adult family members of persons experiencing a progressive memory problem or dementia.

Right now, we are able to enroll caregivers who have moved their family member with dementia into a care facility within the last 12 months.

Study participants will learn a stress management method that may help to minimize their stress and promote their health. They will also be asked to complete 3 data collection sessions over one year, and they will be compensated for their time.

We invite you to contact us at caregiver@case.edu or 216-368-8848 soon before enrollment closes. To learn more, visit our website at <https://case.edu/nursing/dementia-caregiver-research>.

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 ac-

 **SEE PAGE 8**

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As a special Spring incentive, we are offering 2 New Subscriptions for only \$15! Hurry, this offer expires on May 31, 2023!!

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The benefits of planting native species

Spring and summer present ideal growing conditions for many plants, making these seasons an ideal time to tend to lawns and gardens. Though it's easy to succumb to the temptation of exotic plants, avid gardeners and eco-conscious planters recognize the significance of native plants.

Novices may not realize that native plants are much better for a landscape and the local ecosystem it calls home. Recognition of the many benefits of native plants can make for healthier lawns and gardens and a healthier planet as well.

• **Native plants are built for local climates.** One of the issues gardeners who plant exotic plants run into is keeping those plants thriving when weather turns harsh. For example, exotic plants may

 **SEE PAGE 11**



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MENTAL HEALTH FROM PAGE 5

knowledge 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 your physician

Research indicates that seniors are vulnerable to mental health issues. More information about how to combat and overcome such issues is available at nimh.nih.gov.

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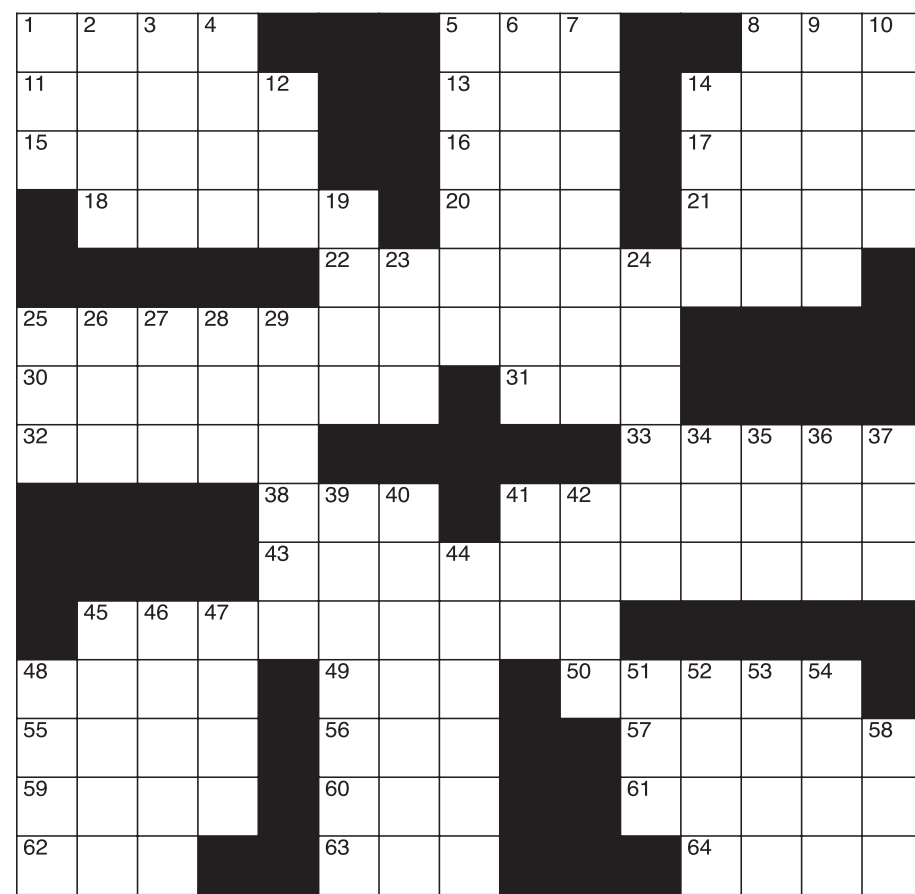
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CLUES ACROSS

- 1. It's all over the beach
- 5. A cirque
- 8. Corpuscle count (abbr.)
- 11. Influential report author
- 13. Satisfaction
- 14. Recurring only at long intervals
- 15. Islamic calendar month
- 16. Neither
- 17. Gelatinous substance
- 18. American electronic music producer
- 20. Old computer system
- 21. Professional organization
- 22. Malaria mosquitoes
- 25. Not composed of matter
- 30. It's in the ocean
- 31. Peyton's little brother
- 32. French commune
- 33. Eyelashes
- 38. Equal (prefix)
- 41. Quality of little or no rain
- 43. One who beheads
- 45. Sung to
- 48. Influential punk artist
- 49. Amount of time
- 50. Polio vaccine developer
- 55. Abba ___, Israeli politician

CLUES DOWN

- 1. Soviet Socialist Republic
- 2. Zoroastrian concept of holy fire
- 3. Venomous snake genus
- 4. Uninteresting
- 5. Straightforwardness
- 6. Expression of wild excitement
- 7. Arrange in order
- 8. East Indian cereal grass
- 9. Hillsides
- 10. Bird beak covering
- 12. Baseball stat
- 14. Edge of a surfboard
- 19. Wrapping accessory
- 23. Express approval
- 24. Deduce

- 25. Similar
- 26. Born of
- 27. Automobile
- 28. Obligated to repay
- 29. Live in
- 34. Influential journalist
- Tarbell
- 35. Set aflame
- 36. OJ trial judge
- 37. Scottish town
- 39. African nation
- 40. Egg-shaped wind instrument
- 41. Mimic
- 42. Frees
- 44. In slow tempo
- 45. Sword
- 46. Related on the mother's side
- 47. Mars crater
- 48. Plant of the lily family
- 51. Suitable in the circumstances
- 52. Hillside
- 53. Metrical foot
- 54. Amazon river tributary
- 58. Adult male human

ANSWERS PAGE 4 >

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Due to the popularity of this pro-

gram, groups are limited to two tours per year. Groups may choose from one of seven predetermined tour to the popularity of this program, groups are limited to two tours per year. Groups may choose from one of seven predetermined tour routes that include stops at our most popular parks, a few new ones, and some lesser-known locations as well. To begin scheduling a routes that include stops at our most popular parks, a few new ones, and some lesser-known locations as well.

To begin scheduling a tour, submit your request online at tour, submit your request online at loraincountymetroparks.com/bus-tours or call (440) 458-5121.



PUBLIC SENIOR BUS TOURS:

Join us for a Senior Bus Tour and enjoy a guided visit to YOUR Lorain County Metro Parks! Learn more about what LCMP has to offer, and get a unique look at parks you might not previously be familiar with. Unlike the private tours, these public tours do not require an official request, however pre-registration is required, as availability is limited.

These FREE bus tours are open to Lorain County residents aged 65 and older. Tours will begin promptly at the scheduled start time, and participants are encouraged to arrive at least 10 minutes prior. Each tour will include three park stops with an estimated duration of three hours.

BLACK RIVER TOUR

📅 *Thur., June 1 | 9 am–12 pm*

📍 *Tour begins/ends at Black River Reservation, Day's Dam*

HISTORICAL HOMES TOUR

📅 *Fri., June 2 | Time: TBD*

📍 *Tour begins/ends at French Creek Reservation*

RAPTORS, QUARRIES, & WETLANDS TOUR

📅 *Thur., June 8 | Time: TBD*

📍 *Tour begins/ends at Columbia Reservation*

BIRDS, BUTTERFLIES, & ORCHIDS TOUR

📅 *Thur., June 20 | 9 am–12 pm*

📍 *Tour begins/ends at Sandy Ridge Reservation*

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NATIVE SPECIES FROM PAGE 8



require extra watering in areas that experience drought or even long periods without precipitation in spring and notably summer. The United States Environmental Protection Agency reports that at least 40 states anticipate water shortages by 2024. Planting native plants can help to combat those shortages by reducing the need to water plants if conditions become dry in late spring and summer.

- **Native plants save money.** It's also important to note that native plants save homeowners money. Because they're capable of thriving in local conditions, native plants tend to require less watering, which can help homeowners reduce their utility costs. But native plants also require less upkeep, which means homeowners can save on potentially costly, not to mention eco-unfriendly, pesticides and other amendments in order to maintain the look of exotic plants. And though it's not always the case, exotic plants tend to cost more at nurseries than natives.

- **Native plants save gardeners time.** In addition to saving money, native plants don't require as much attention. Though spring and summer is a great time to be in the yard, it's also a great time to be out and about. Because native plants thrive in local conditions, gardeners won't need to spend much of their free time tending to them. Exotics tend to require a lot of extra attention and effort, especially when conditions become harsh. Spending more time outdoors in harsh weather does not appeal to most gardeners.

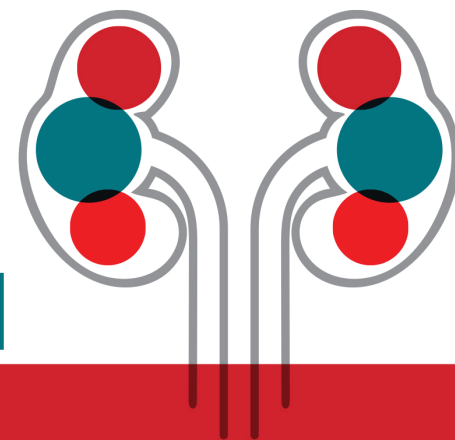
- **Native plants blend in with an existing landscape.** Native plants look natural within an existing landscape, adding some instant aesthetic appeal without breaking the bank. When planting exotics, homeowners may feel a need to redesign their entire gardens to create a certain look (think Japanese garden). That can quickly consume a budget and take up a lot of free time in both the short- and long-term.

Planting season marks a great time to revitalize a landscape. Choosing native plants when doing so pays numerous dividends for homeowners and the planet they call home.



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● What is the uACR Test?

A urine Albumin-to-Creatinine Ratio (uACR) test checks your kidney health. The test is done through a simple urine test to check the amount of albumin in your urine. Albumin is a type of protein, and too much of it can be a sign of kidney disease.

● Why is this test important?

This test for elevated albumin protein in the urine can indicate early kidney disease. Without kidney damage, very little protein is found in the urine; kidney damage like the kind that can occur from diabetes causes albumin to increase in the urine.

● What do the numbers mean?

An albumin level of 30 or above means you may have kidney damage.

If you test at this level, talk to your doctor about a treatment plan. You'll check your kidney health through uACR tests during treatment. Lowering numbers will let you and your doctor know the treatment is working.

● How often should you take the uACR test?

If you are living with type 2 diabetes ► once a year

If you are living with type 1 diabetes for at least five years ► once a year

If you've had high test results ► more often

● Take charge of your health.

Kidney disease is one of the most common complications of living with diabetes and can increase your risk for heart disease. The good news is, many of the risk factors for kidney disease are treatable – and things you can work on. Take charge of your kidney health by:



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Keeping an eye on your kidney health through tests like uACR screenings

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