

senior living

THURSDAY, OCTOBER 24, 2024

Friendship is the pumpkin spice of life.



**Arden Courts Memory
Care Community**

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Lorain County Metro Parks**

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Greetings all!!!! It's that time of the year when we send out our annual appeal to renew, subscribe or send out a gift subscription of your favorite paper, The Senior Years.

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Arden Courts Memory Care Community - Caring for residents with Alzheimer's and related dementias

The layout for Arden Courts is residential by design – small in scale and organized into four self-contained “houses”.

- Each house has its own living room, dining room, kitchen, bath and laundry room.
- A well-planned, secure and simple environment.
- Expansive outdoor walking paths encourage freedom and independence while keeping residents safe and secure.
- Arden Courts uses visual cues such as symbols, photographs and colors to help our residents find their way and explore their environment as independently as possible.
- The freedom to pursue one's own interests and enjoy one's surroundings.
- Just the right amount of help and structure to make the most of each person's abilities.
- And, most of all, an environment which preserves the warmth, the caring, the comforts and routines of home.

This is the philosophy behind Arden Courts – communities created exclusively for individuals with Alzheimer's disease and related dementias who would benefit from a safe and structured environment.



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Cardiovascular fitness and Alzheimer's disease

Dementia is a general term for various brain disorders that can affect behavior, thinking and memory. Among the condition that qualify as dementia, Alzheimer's disease (AD) is the most common.

According to the Texas Department of State Health Services, AD

is an irreversible condition that destroys memory, thinking and the ability to carry out daily activities. Although initial AD symptoms may be mild, the disease worsens over time and eventually people with AD will need full-time

SEE PAGE 7

WINTER WANDERINGS LORAIN COUNTY METRO PARKS

WINTER HIKING PROGRAM
NOVEMBER 1, 2024 -
MARCH 1, 2025

Wander the Lorain County Metro Parks this winter and earn the Winter Wanderings button!

Enjoy the winter season on 10 hikes in at least 5 different parks between November 1, 2024 and March 1, 2025. The naturalist staff have been busy planning hikes that will encourage you to get out and discover how special the winter season in the Lorain County Metro Parks truly is. So, zip up your winter coat, pull on your winter boots and join us for the NEW Winter Wanderings program! Participants may choose from naturalist led hikes, self-guided or a combination of both, therefore, staff signatures are not required. Please return your completed form no later than March 10, 2025 to any of the following locations: Miller Nature Preserve

(Avon), French Creek Nature Center (Sheffield Village), Mill Hollow Carriage Barn (Vermilion), or Carlisle Visitor Center (LaGrange). Buttons will be available when you drop off your completed form

Download a Winter Wanderings form online at:
loraincountymetroparks.com/trails



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Guard Against COPD at Every Stage of Life

(Family Features) Take a deep breath. Now ask yourself: When was the last time you thought about breathing? For people with chronic obstructive pulmonary disease (COPD), breathing is often front of mind because it can be difficult, and it gets worse over time.

There is no cure yet for COPD, but experts from the National Heart, Lung, and Blood Institute (NHLBI) recommend these strategies to protect your lung health at every age.

Younger Adults: Prevention is Key

COPD is less common in younger adults, but it's never too early to protect your lungs. The most important way to prevent COPD is to not smoke. According to the Centers for Disease Control and Prevention, about 75% of people with COPD have a history of smoking. Smoking isn't the only risk factor for COPD. Exposure to secondhand smoke, air pollution, chemical fumes or dust from the environment or workplace can also increase your risk. If you breathe in lung irritants at work, talk to your employer about how to limit exposure.

People with a genetic condition called AAT (Alpha-1 Antitrypsin) deficiency, sometimes known



as Alpha-1, may have COPD-like symptoms as early as age 20. If you have symptoms or a family history of COPD, talk to your health care provider about being tested for AAT deficiency.






"It's a simple, quick and highly accurate test that could improve the lives of some people with COPD," said Dr. Mihaela Stefan of the NHLBI.

SEE PAGE 6


MEDICARE OPEN ENROLLMENT | OCT. 15-DEC. 7

5 Things

People with Medicare Need to Know About Medicare Open Enrollment

- #1 Open Enrollment is from Oct. 15-Dec. 7**
This is the one time each year you can review, compare and make changes to your Medicare health and prescription drug plans for next year. 
- #2 Compare Plans Every Year**
Medicare plans change every year and so can your health. By comparing options, you could save money, find a coverage option better tailored to you or both. 
- #3 New for 2025**
All Medicare plans will include a \$2,000 cap on out-of-pocket costs for covered prescription drugs. The cap only applies to drugs that are covered by your plan, so it's more important than ever to check to make sure your drugs are covered. 
- #4 Start with the Official Medicare Source**
Medicare.gov and 1-800-MEDICARE are the official sources for unbiased Medicare information. Start at Medicare.gov and click on "Find Plans Now." You can input the list of prescriptions you are taking and do a side-by-side comparison of plan coverage, costs and quality ratings. 
- #5 Struggling with Prescription Drug Costs?**
Extra Help is a Medicare program that can help pay for your drug coverage (Part D) premiums, deductibles and other costs. If you make less than \$23,000 a year (\$31,000 for married couples), it's worth it to apply. Go to ssa.com/ExtraHelp. 

Medicare.gov | 1-800-MEDICARE | THE OFFICIAL SOURCE FOR MEDICARE

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 **ARDEN COURTS**
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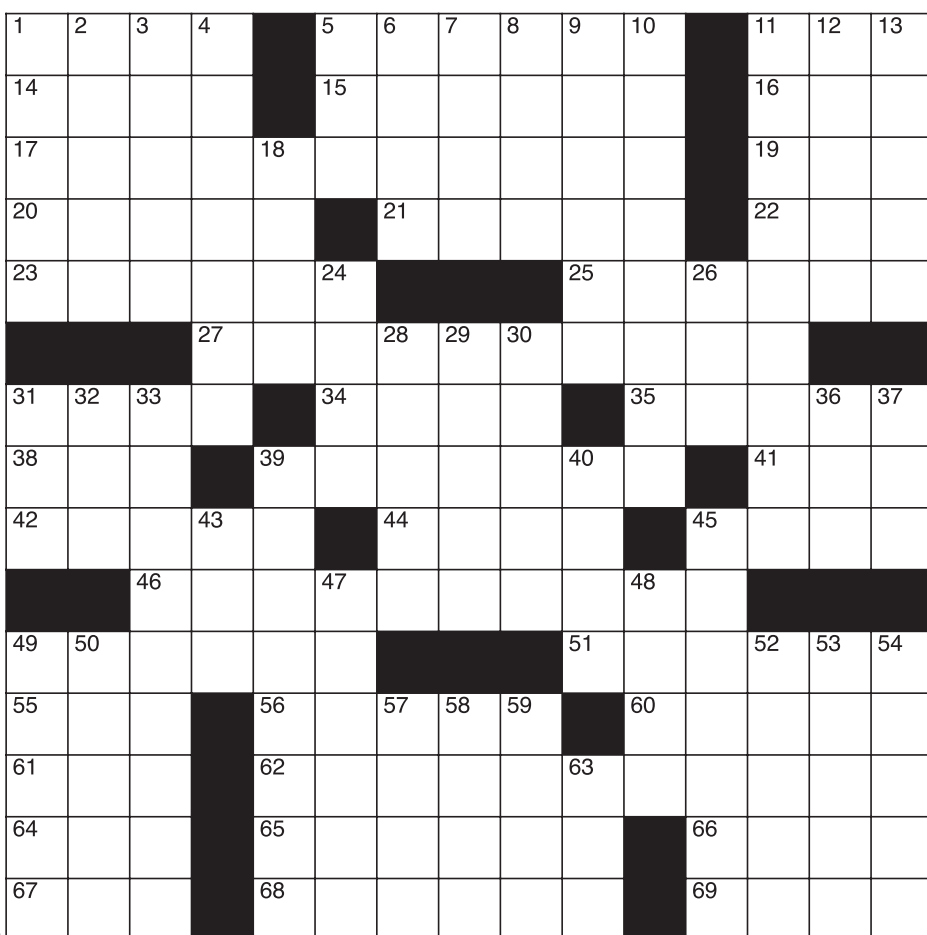
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AID AND ATTENDANCE SEMINAR

TUESDAY, NOVEMBER 12 | 5:30 - 6:30 PM
REGISTRATION STARTS AT 5:15 PM

Supporting Our Heroes with Essential Benefits! In honor of Veterans Day and presented by Attorney Richard Myers, join us for an informative seminar designed to help veterans and their families understand the Aid and Attendance benefit. This valuable resource provides financial assistance to those who need help with daily living activities. Veterans deserve our support - let us help navigate the benefits. Sandwiches and refreshments provided.

MEMORY CARE IS ALL WE DO.



CLUES ACROSS

- 1. Separate with an instrument
- 5. State clearly
- 11. One-time MLB speedster Gordon
- 14. Broad in scope
- 15. Lacking social polish
- 16. Amount of time
- 17. Frame
- 19. Automobile
- 20. Caps
- 21. High school dances
- 22. Utilize
- 23. Checked
- 25. One-sided
- 27. Having an extreme greed for wealth
- 31. Potted plants
- 34. We all have one
- 35. Lake north of the Kalahari
- 38. Unidentified flying object
- 39. Aging persons
- 41. Small amount
- 42. Mother of Perseus
- 44. Ornamental waist box
- 45. Officials
- 46. Uncertain
- 49. A cotton fabric with a satiny finish
- 51. Extensive, treeless plains

- 55. Your consciousness of your own identity
- 56. Consumer advocate Ralph
- 60. Notable Spanish sports club
- 61. Body part
- 62. One's responsiveness
- 64. Woman (French)
- 65. Ready and willing to be taught
- 66. Muslim ruler title
- 67. Unhappy
- 68. Gradually disappeared
- 69. Able to think clearly

CLUES DOWN

- 1. Brushed
- 2. Water sprite
- 3. Ones to look up to
- 4. Monetary units
- 5. We all have one
- 6. Marine invertebrate
- 7. One who institutes a legal proceeding
- 8. Outer
- 9. Parallelograms
- 10. Uncomfortable feelings
- 11. Cross to form an X
- 12. Remove

- 13. Some pages are dog-__
- 18. Capital of Ukraine
- 24. A citizen of Denmark
- 26. Eighth month (abbr.)
- 28. Hindu queens
- 29. Acids structurally related to amino acids
- 30. Rider of Rohan in Tolkien
- 31. Wet dirt
- 32. Russian city
- 33. Observed
- 36. Irate
- 37. Travelers need them
- 39. Musical composition
- 40. Auction
- 43. Form of "to be"
- 45. Women
- 47. Inspire with love
- 48. Think Japanese ankle sock
- 49. Appears
- 50. Old World lizard
- 52. The lead dancer: __ ballerina
- 53. Protein involved in motion
- 54. Rosalind Franklin biographer
- 57. Popular 1920s style art __
- 58. __Blyton, children's author
- 59. Abnormal breathing
- 63. A place to rest

ANSWERS PAGE 7

Attention Medicare Recipients

Are You Aware How 2025 Changes to Part D and Medicare Advantage Plans Will Effect You

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COPD FROM PAGE 4

Middle-Aged Adults: Know the Symptoms and Seek Help

Most people are 40 or older when COPD symptoms start. Symptoms include shortness of breath, coughing, wheezing, chest tightness and fatigue. These are not just signs of getting older, and they're not the same as seasonal allergies.

If you have symptoms, ask your health care provider if you should be tested for COPD. Discuss your smoking habits, family history of COPD and long-term exposure to lung irritants. Your health care provider may recommend lung function tests or imaging to diagnose COPD.

If you smoke, get help to quit. You don't have to go it alone. Family, friends, your health care provider and support groups can all lend a hand.

Older Adults: Take Steps to Manage COPD

Older adults are at greater risk of COPD. If you've been diagnosed, follow your treatment plan and take medicines as prescribed.

Lifestyle changes can help people with COPD breathe better. Talk to your health care provider about pulmonary rehabilitation, a personalized treatment program that teaches COPD management strategies. Ask about an eating plan that will meet your nutritional needs and what types of physical activity you can safely do. Stay up to date with vaccinations against flu, pneumonia and COVID-19.

If you smoke, quitting is the best thing you can do to slow the progression of COPD and is an important part of COPD treatment plans. Ask your provider about options for quitting.

At any age, taking care of your lungs is crucial. Learn about COPD from Learn More Breathe Better® at copd.nhlbi.nih.gov.

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CARDIOVASCULAR FITNESS FROM PAGE 3

care. Many people are interested in any ways they can reduce the severity of AD or stave off its progression. Cardiovascular fitness could be an important tool in that fight.

Cardiovascular activity may help lessen the impact of dementia and AD in particular. According to a 2018 study published in the journal *Neurology*, a population-based sample of 1,462 Swedish women between the ages of 38 and 60 was examined in 1968, and then followed up with in various intervals until 2009. Researchers found that women who partook in high fitness regimens saw their age of dementia onset delayed by 9.5 years. Time to dementia onset was delayed by five years compared to medium fitness participants.

Another study from 2020 published in the journal *Frontiers in Neuroscience* looked at exercise for those who already have AD as a method of slowing the decline in

activities of daily living (ADL). The study found that ADL decline was slower among individuals who engaged in an hour of aerobic exercise training twice a week compared to those in the non-active group. However, there was no effect on behavioral symptoms, depression or nutritional scores.

Aerobic exercise programs aimed at improving cardiovascular fitness seem to have moderate effects on cognitive function among healthy older persons. But data from current randomized control trials are insufficient to show that these improvements are due exclusively to improved cardiovascular fitness. Still, incorporating cardiovascular exercise in all stages of life is important. Here are a few notable ways exercise could affect AD outcomes.

- **Improved blood flow:** Regular cardiovascular exercise facili-

tates blood circulation to the brain. Better blood flow delivers adequate oxygen and nutrients to the brain, which is important for maintaining cognitive function.

- **Risk factor reduction:** Cardio helps manage several risk factors associated with AD, such as diabetes, high cholesterol and high blood pressure. By lowering these risk factors, individuals may reduce their likelihood of developing forms of dementia.

- **Reduced inflammation and oxidative stress:** Physical activity can reduce inflammation and oxidative stress in the body, each of which are linked to neurodegenerative diseases. The American Brain Foundation says high levels of inflammation of the brain may accelerate brain aging and contribute to the progression of neurodegenerative diseases like AD, Parkinson's

disease and Lewy body dementia.

- **Improved sleep:** Regular exercise can help promote more regular sleep patterns, which improves mood and cognitive health.

Although cardiovascular exercise cannot prevent dementia, it may help delay its onset.

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Why you need dental insurance in retirement.

Many Americans are fortunate to have dental coverage for their entire working life, through employer-provided benefits. When those benefits end with retirement, paying dental bills out-of-pocket can come as a shock, leading people to put off or even go without care.

Simply put – without dental insurance, there may be an **important gap** in your healthcare coverage.

When you're comparing plans ...

- ▶ Look for coverage that helps pay for major services. Some plans may limit the number of procedures – or pay for preventive care only.
- ▶ Look for coverage with no deductibles. Some plans may require you to pay hundreds out of pocket before benefits are paid.
- ▶ Shop for coverage with no annual maximum on cash benefits. Some plans have annual maximums of \$1,000.

Medicare doesn't pay for dental care.¹

That's right. As good as Medicare is, it was never meant to cover everything. That means if you want protection, you need to purchase individual insurance.

Early detection can prevent small problems from becoming expensive ones.

The best way to prevent large dental bills is preventive care. The American Dental Association recommends checkups twice a year.

Previous dental work can wear out.

Even if you've had quality dental work in the past, you shouldn't take your dental health for granted. In fact, your odds of having a dental problem only go up as you age.²

Treatment is expensive — especially the services people over 50 often need.

Consider these national average costs of treatment ... \$222 for a checkup ... \$190 for a filling ... \$1,213 for a crown.³ Unexpected bills like this can be a real burden, especially if you're on a fixed income.

1 "Medicare & You," Centers for Medicare & Medicaid Services, 2024. 2 "Aging changes in teeth and gums", medlineplus.gov, 4/17/2022. 3 American Dental Association, Health Policy Institute, 2020 Survey of Dental Fees, Copyright 2020, American Dental Association.

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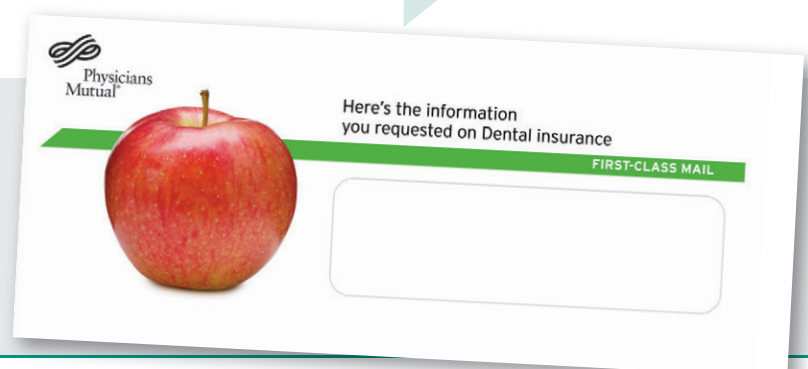
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