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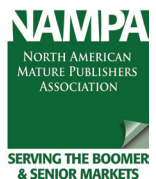
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Red Bird Times

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'A LIFE WELL-SPENT' - SENIOR LEGAL PLANNING

by Robert W. Haley, Attorney

THE ESTATE & ELDER LAW CENTER

of Southside Virginia, PLLC

(855) 503-5337 / www.VAElderlaw.com

Please email comments, suggestions or questions to rhaley@vaelderlaw.com

Six Signs of Caregiver Burnout

In one of my recent columns, I stressed the serious need for a properly drafted and legal Caregiver Contract to be put into place if you hire an independent caregiver for a loved one. This step is crucial and ensures that the monies spent on that loved one's care will not be considered "gifts" by the Department of Social Services when considering a Medicaid application for long-term care coverage. Without a proper Caregiver Contract in place, this will cause what is known as a "penalty period" to occur where the applicant will have to privately pay for care out of their own funds for a period of time that they would not qualify for Medicaid! This month my concern specifically is with the actual caregiver's well-being, especially that of family caregivers.

The tasks and requirements of caring for an elderly loved one can add up quickly, leaving you exhausted and stressed out. Chances are, if you've been a caregiver for more than a few weeks you've experienced a certain degree of caregiver burnout.

Keep your eyes peeled for these six common signs of burnout. If you find yourself thinking or saying these things, you may want to seek help from your doctor and consider finding some respite care.

1. I just don't feel like talking to or seeing anyone today—even my friends and family. If you discover that you consistently don't want to interact with people, especially close family and friends, it could be a sign that caring for your elderly loved one is becoming too draining.

2. I used to really enjoy reading mystery novels, but for some reason, even a thrilling 'Whodunit' doesn't seem to hold my interest anymore. If your favorite hobbies and pastimes aren't interesting to you anymore, it may indicate that you need a break from being a caregiver.

3. Sometimes taking care of a loved one is too much—I feel like I want to end it all. Thoughts of suicide or hurting your elderly loved one are dangerous warning signs of extreme burnout and probable depression that should not be ignored. You should immediately seek help from a mental health professional if you find yourself having violent thoughts. While this sounds extreme, I have encountered these situations before; one caregiver ended up needing inpatient mental health treatment and the other, tragically resulted in a murder-suicide.

4. I've been eating weirdly lately. Abnormal eating

patterns, whether it's eating too much or not enough might very well be an indication of extreme stress.

5. I've been sleeping weirdly lately. If you can't seem to fall asleep at night, or have trouble getting out of bed in the morning, you may be feeling the effects of too much caregiving responsibility.

6. It's been several weeks and I can't seem to shake this cold. Stress can easily wreak havoc with your immune system. Illnesses that last longer than they should are a sign of reduced immune system functioning that could be due to your caregiving duties and increased responsibilities.

We understand the loved one's desire as well as that of the family that they remain in their home as long as possible. If your loved one meets the criteria, we may be able to secure Community Based Care (CBC) for the client. Upon approval, the family is able to hire a caregiver that will come into the home approximately 40 hours a week! This allows the family caregiver the opportunity for respite; the ability to shop, go to the salon or barber shop, etc., with the peace of mind that their loved one is being cared for. Then, the family caregiver is ready to take over at the end of the work day for

the evening until bedtime.

Often, if a family can secure CBC coverage early enough, the caregiving/respite becomes routine for the loved one and they are able to stay safely and happily in their home much longer, and the caregiver is also receiving the time away from caregiving that he or she needs for their own well-being.

If you have questions about caregiving, caregivers or how Community Based Care works, be sure to contact a Certified Elder Law Attorney for the legal and planning advice your family needs. As always, if you have a question or issue that you think might be a good topic for this column, let me know! Email me at rhaley@vaelderlaw.com or send to me via snail-mail to this address:

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FEAR OF AGING

You don't have to be a senior citizen to have a fear of growing old, according to the Association of Mature American Citizens.

"Worries about aging loom large for Americans over 30 for the country and for themselves. About 70% think the country is 'a little or not at all prepared' to address the needs of the fast-growing senior population," says Dr. Zia Agha, chief medical officer of the West Health Institute in La Jolla, CA.

A survey of more than 3,000 individuals ranging in age from 30 to 70-plus showed that there was "surprising" agreement among participants in all age groups that the prospect of losing their independence is frightening.

SUPER HUMANS

Attention all superhero wannabes: scientists are making progress on projects to help you become a "man of steel" one day, reports the Association of Mature American Citizens.

A new protocol for "editing" human genes with the moniker, CRISPR/Cas9, may someday make it possible to modify your genes and give you super-human strength and stamina.

STUNTMEN

A couple of cowboys went shopping in a Walmart store in Houston recently. The pair sauntered through the aisles on horseback and while some shoppers found it funny, many others were not amused, according to the Association of Mature American Citizens.

The store's management issued a statement, calling the incident "a reckless stunt."

NEW TREND: OLDER SONS AND DAUGHTERS 'AGING TOGETHER' WITH PARENTS

As America's population grows older,

with the help of fast paced advances in medicine, older children are taking it upon themselves to find ways of helping their even older parents, according to the Association of Mature American Citizens.

Associate professor of gerontology Kathrin Boerner at the University of Massachusetts says that more and more we are seeing older children in their 60s and 70s "aging together" with parents in their 80s and 90s. In an article published by the Kaiser Health News service, Boerner notes, "For a lot of people, that is the time - if you're in good enough health - you hope for a time of greater freedom. You're past all the other caregiving tasks and, for most people, they can dedicate to their own needs. But for those with very old parents, it just doesn't happen."

AGING IS A DISEASE?

Is growing old just a part of life or is it a disease, in itself, asks the Association of Mature American Citizens. David Sinclair is co-director of the Paul F. Glenn Center for the Biology of Aging at Harvard Medical School and he and his colleagues believe it is a treatable disease.

"Most doctors are trained that aging is something separate from disease. But the only difference in the medical textbooks is that if the majority of people get an age-associated disorder, we call it aging. If less than half of people get something over time, it's a disease. I define it as a disease," says Sinclair.

He and his team of researchers recently announced that they've discovered a molecule that significantly boosts a cell's ability to repair damaged DNA.

BIG FAMILIES

It wouldn't be news that 42-year-old British mum Sue Radford expecting a new addition to her family in September except for the fact that she already has a brood of 19 kids, reports the Association of Mature American Citizens.

But that doesn't give the Radford family bragging rights. The distinction belongs to the Chana family whose patriarch, Ziona,

boasts that he has 94 children by 39 different wives, according to Britain's Daily Telegraph. The newspaper recently noted that the extended Chana family, including 14 daughters-in-law and 33 grandchildren are living happily ever after in a 100-room home in the town of Baktwang, India.

ROCK AND ROLL IS HERE TO STAY

If you are old enough to remember Woodstock, you may also remember filling your house with the sounds of rock music, much to the consternation of parents and grandparents, says the Association of Mature American Citizens. Well, you are now those parents and grandparents and if you want to listen to music that rocks you, you can just go ahead and listen with no trepidations.

In fact, reports the New York Times, concerts featuring old time rock musicians aimed at old guys are big business. For example, says the Times, "the six-day music extravaganza Desert Trip, featuring the Who and fellow rock veterans like the Rolling Stones, Bob Dylan, Paul McCartney and Neil Young, took in \$160 million last year."

MOVE OVER, TARZAN

An unidentified pre-teen Indian girl has been found living with monkeys. Naked, emaciated and unable to speak, she was discovered by woodcutters in a remote northern Indian province, according to the Association of Mature American Citizens.

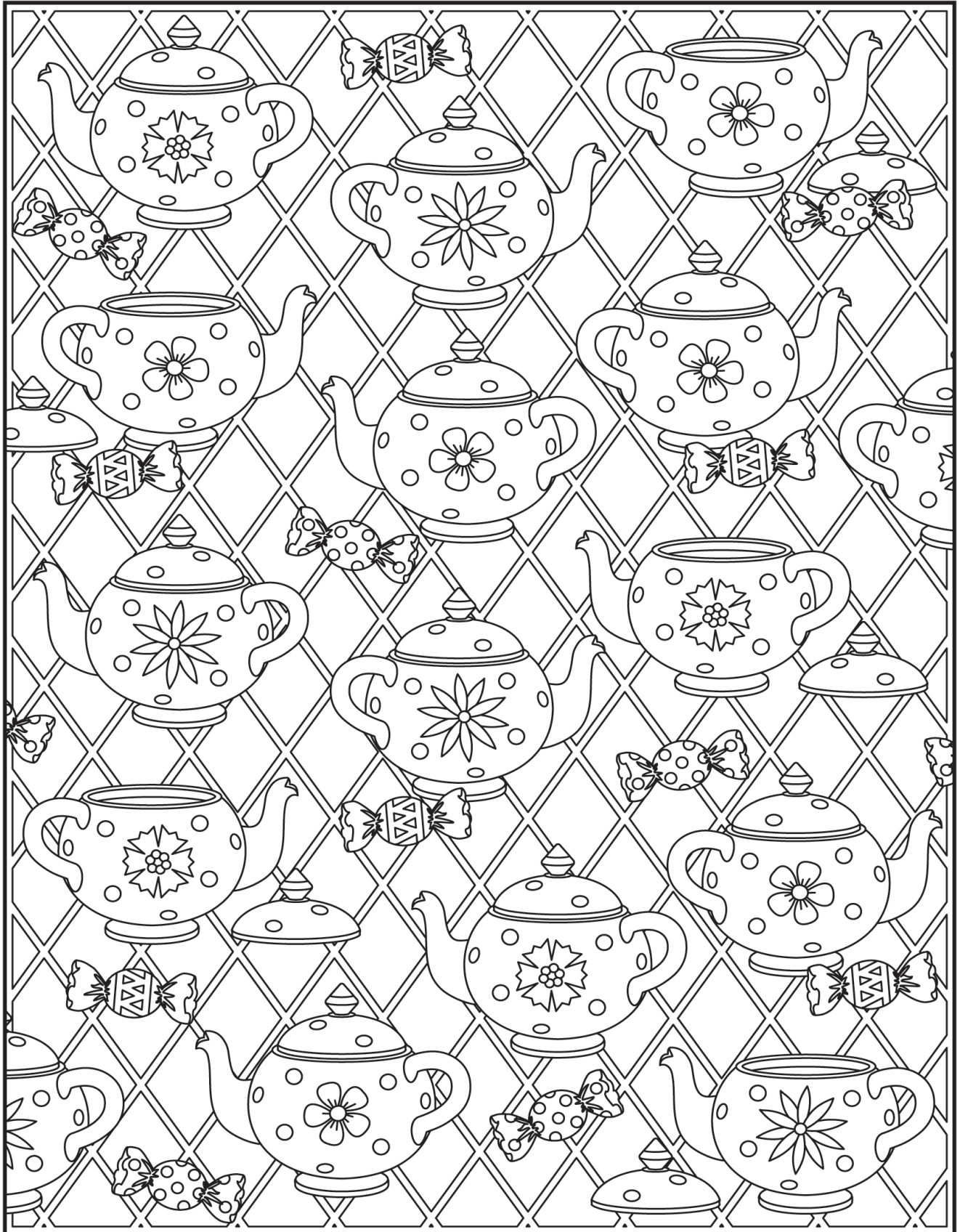
She was taken to a state run hospital where chief medical superintendent D.K. Singh said that when she was found she was "running on her arms and legs and eating food off the floor with her mouth." The monkeys chased the lumberjacks away when they tried to rescue the girl.

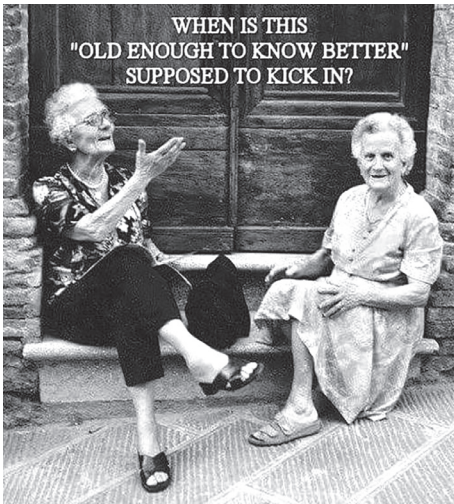
ROCK-A-BYE BABY

New moms have a new tool at their disposal to help put their newborns to sleep, reports the Association of Mature American Citizens. No more having to take a car ride around the neighborhood to induce slumber now that the Ford Motor Company has introduced a sleep-inducing crib that simulates the ride in the comfort of your home.

The company has named it the Ford Max Motor Dreams, and it replicates the motion, sounds and lights of a car ride to help babies fall asleep.

Coloring for Relaxation





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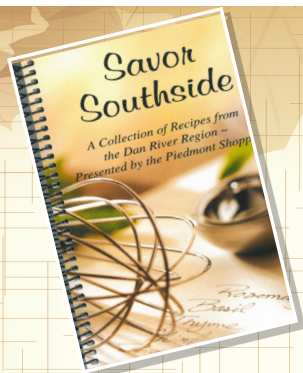
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The Savor Southside Cookbook is filled with over 200 recipes from the surrounding area.

Books can be purchased for \$12 each at the Piedmont Shopper office located at 3157 Westover Drive, Danville, VA.



Heartstrings

by: Elsee

Email any comments, suggestions or questions to elsee53@gmail.com

Happy Queen for a Day - May 14, 2017

Let me take some of you back down Memory Lane and ask, "Do you remember the television show "Queen for a Day?" I clearly remember as a young girl coming home from school and watching this program almost on a daily basis. This show aired from 1956 to 1964 on television, so I believe I began watching it when I was about 8 years old. I can still hear Jack Bailey's voice as he gave a brief presentation of four female contestants and as the audience applauded the gauge on the applause meter would move according to how loud the applause was for each lady.

The winner was always very emotional as she was escorted, draped with a red velvet robe and crowned Queen for a Day all to the tune of Pomp and Circumstance playing in the background. I have to admit many times I found myself quite emotional as well as I witnessed all the gifts she received as part of being tagged Queen. I know why I liked this program so much because I always fantasized in my mind that my Mother deserved to be crowned "Queen for a Day" once in her lifetime. Even though she was never a contestant, I feel in my heart that she had earned that title every day of her life by my Dad and each of her children.

I open with this bit of nostalgia because Sunday, May 14th, Mother's Day, we will HONOR those awesome women who fit the bill of being a Mother, Grandmother or Great Grandmother. I strongly feel that any woman who has earned one of those titles has also earned the right to be treated as "Queen for a Day" for that is how she is seen in the eyes her children or grandchildren. I am one of those special women who has been blessed with a fabulous son and two amazing

granddaughters. On MANY occasions I have written about my own Mother in her role as a mom, grandmother, and great grandmother and if I can follow in her footsteps and love my family as she did, I will have fulfilled my role as a mother and grandmother myself. But I'd like to take a different twist in this column and focus on every woman who will be treated as "Queen for a Day" on Mother's Day. Therefore I'd like to affectionately dedicate a few beautiful and significant quotes that fit ALL Mothers and Grandmothers everywhere and then add my own comment on each one.

1. "When you are a mother, you are never really alone in your thoughts. A mother always has to think twice, once for herself and once for her child." ~Sophia Loren.

The majority of mothers never think of only themselves because of their selfless nature. For every thought that she has about herself, she also thinks of her children at the same time. There is no "I" in Mother.

2. "Mother - that was the bank where we deposited all our hurts and worries." ~T. DeWitt Talmage

Anytime, any place Mother is open to listen to her children when they come to her with concerns or pain knowing that she will preserve those feelings deep within her heart.

3. "A man's work is from sun to sun, but a mother's work is never done." ~Author Unknown

A Mother's duties are almost 24/7. She sees that her home runs smoothly and her children are well cared for. If she also works outside the home, she fulfills that role, as she is dedicated to her job as well. If

her family is happy she is happy, but if her family is not, she takes it upon herself to resolve any issues that are creating problems. She is the heart of the home.

4. "A mother is a person who seeing there are only four pieces of pie for five people, promptly announces she never did care for pie." ~Tenneva Jordan

This one reminds me of my own mother. She always denied herself so that others could have. She exemplified humility as she always gave and rarely asked for anything for herself. This is what most Mothers do for their children.

Here are a few quotes for Grandmothers...

1. "A grandmother is a mom with extra frosting." ~Author Unknown

2. "Grandma always made you feel she had been waiting to see just you all day and now the day was complete." ~Marcy DeMaree

These two go hand in hand. Grandmothers go out of their way to make things just a bit more special for her grandchildren in her own way. Whether it's playing on the floor, baking up something special or snuggling up with the grandchildren on the couch to watch their favorite TV program. Grandmas just make things a bit sweeter by spoiling them with the little things she does. I know that is how I feel when I see my granddaughters.

3. "A Grandmother is a little bit parent, a little bit teacher, and a little bit best friend." ~ Author Unknown

This one described my maternal grandmother to a tee. She at times needed to step in and be a parent especially if my parents were not around for any length of time.

In closing I hope that each of you could relate to one or more of these quotes as this was my way of saying, Happiest Of All Mother's Day to you and may you enjoy being "Queen for a Day!"

Ballou Recreation Center

760 West Main Street
Danville, VA 24541
(434) 799-5216



SPECIAL EVENTS:

Ask the Pharmacist!

There's no fee to attend, but we do ask that you call and pre-register for the programs that you wish to attend. To reserve your seat, call (434) 799-5216.

Ballou Nature Center

Tuesdays, May 2-May 23

1 p.m. to 2:30 p.m. No Fee

May 2

Pain Relief and Compounding

May 9

Men and Women put some "Spring into your Libido"

May 16 Brown Baggin'

Let's review your individual medications by bringing your medications in a bag.

May 23 Let's Tour the Kare Lab!

Singing Karaoke at Ballou

Friday, May 5, 2 p.m. - 4:30 p.m.

Enjoy singing your favorite karaoke songs! Bring your own disc or choose from one of ours. There is no fee. Call (434) 799-5216

Bob Ross Painting Classes

Saturday, May 6, 10:30 a.m. - 3:30 p.m.

Learn to paint the Bob Ross way. Kathy Anthony, Certified Bob Ross Instructor, will help you complete beautiful paintings in just one day. Please bring a roll of paper towels and a 16 x 20 canvas. All other supplies are included. Adults 18 and over. Cost \$70 per person. Call (434) 799-5216.

Welcome to Medicare Seminar

Ballou Nature Center

Monday, May 8, 5:30 p.m.

This seminar explains Medicare and the coverage options available including: Supplements, Advantage Plans and Part D Prescription Drug Coverage. The seminar is provided by Humana and includes dinner. There is no cost. Call (434) 799-5216.

Keeping Well in Mind, Body & Spirit

Tuesday, May 9, 11:30 a.m. - 1:00 p.m.

For those concerned with cancer survival and prevention, Cancer Research & Resource Center of Southern Virginia presents "Keeping Well in Mind, Body & Spirit." A variety of professional speakers will answer your questions. Bring your own lunch or order a boxed lunch for \$6.50. Drinks and dessert provided. To register, call Cancer Research & Resource Center of Southern Virginia at (434) 421-3060 or email clitzenberg@vcu.edu. There is no fee.

Basket Weaving

Tuesday, May 9, 1 p.m. - 4 p.m.

Learn how to make your very own basket at Ballou Recreation Center. Cost \$35 per person. Call (434) 799-5216

Deco Wreaths

Thursday, May 11, 6 p.m. - 8 p.m.

Ever attempt to make a beautiful wreath on your own and it didn't come out exactly like you thought it would? You are in luck; Ballou is bringing deco mesh to you! Deco mesh can be used indoors or out and it's quick and easy to make. Each class will be geared towards a theme. Materials included. Must pre-register due to limited seats. Cost \$30 per person. Call (434) 799-5216.

Journey for Control:

Diabetes Education Class

Wednesday, May 17, 11:30 a.m. - 1 p.m.
Sponsored by Sam's Club Pharmacy. Pre-registration is required due to limited seats. No fee. Call (434) 799-5216

Senior Citizens Club

Thursday, May 18, 12:00 p.m.

Join the Senior Citizens Club for a monthly cover dish luncheon. It's open to age 50 years and older. Meetings are on the 3rd Thursday of the month. There is no fee. Call (434) 799-5216

TRIPS:

Danville Symphony

Saturday, May 13, 7:10 p.m. - 9:30 p.m.

Enjoy the Danville Symphony Orchestra as they captivate us with a Spring Pop Concert. Must pre-register by Monday, May 5 due to limited seats. Cost \$3 per person. Call (434) 799-5216.

PROGRAMS & CLASSES:

Adult Coloring

Every Wednesday, 11:00 a.m. No cost. Coloring sheets and coloring pencils are provided or you may bring your own supplies. Bring a snack or bag lunch. There is no fee. Call (434) 799-5216.

Jammers

Every Thursday, 3 p.m. - 5 p.m.

Join the Jammers for an acoustic jamboree, bring your stringed instruments and have fun or just come and listen. There is no fee. Call (434) 799-5216

Ballou Choir

First Tuesday of each Month, 11:15 a.m. - 12:30 p.m.

Have singing talents? Join the Ballou Choir which travels around the community, bringing smiles to those who can no longer get out and about. The choir is in need of male singers especially. Practices are held on the first Tuesday of each month. Call (434) 799-5216

OWLS Fitness Hour

Every Monday, 9:30 a.m. - 11:00 a.m.

Fitness instructor Jenny Kwak is certified in Zumba and has a Master's in nursing to ensure a healthy balanced workout for active older adults. \$2 per class. Call (434) 799-5216

Wednesday Fellowship

Every Wednesday, 11 a.m. – 1:30 p.m.

A great time of fellowship among seniors! Bring a bag lunch. Staff will provide a special activity or speaker. Transportation can be arranged through Mass Transit (434) 797-8994. There is no fee. Ages 50 and over. Call (434) 799-5216

Tai Chi with Wyona

Ballou Recreation Center

Mondays - 11:15 a.m.-12:15 p.m. & 5:45 p.m.-6:45 p.m.

Wednesdays - 3:30 p.m.-4:30 p.m.

Tai Chi enhances breathing, improves stress, and many health benefits! Cost \$6. Call (434) 799-5216.

Tai Chi with Paul

Ballou Nature Center

Wednesdays - 3:30 p.m.-4:30 p.m.

Thursdays - 11:15 a.m.-12:45 p.m.

Tai-Chi increases strength, balance and flexibility. The best exercise for the rest of your life. Cost \$6. Call (434) 799-5216.

Prime Time Fitness

Every Tuesday and Thursday, 9:30 a.m. – 11 a.m.

\$2 per class. Call (434) 799-5216

Let's Dance

Every Tuesday, 7 p.m. – 8:30 p.m.

Veteran dance instructor, Donna Robbins, teaches a variety of dances in a fun atmosphere. East Coast Swing starts April 4 and runs to May 2. The Tango picks up on May 9 and continues through June 13. Learn new moves, make new friends, and have loads of fun in the process. A partner is not necessary to enjoy this class. Adults 18 and over. \$4 per class or \$21 for six classes. Call (434) 799-5216.

Friday Night Fun and Dance

Every Friday, 7 p.m. – 10 p.m.

Join over 100 dancers for a night of dancing fun and meeting new friends! Live music by the "City Limits Band" on the first, third and fifth Friday. The "Country Pride Band" plays on the second and fourth Friday of the month. Sponsored by the Ballou Recreation Center Council on Aging Youthfully. Doors open at 6:30 p.m. Ages 50 and over. Cost \$5 per person. Call (434) 799-5216.

Art w/ Flo Painting Classes

Flo Haynes will teach her students the wet on wet technique of oil painting. You can learn to capture on canvas people, places and things in your life. Flo's classes are held Wednesday mornings, from 9:30 a.m. – 11:30 a.m., at the Glenwood Community Center or Thursday mornings from 9:30 a.m. – 11:30 a.m., at the Ballou Annex. New students are always welcome. Adults 18 and over. Cost \$31.50 per person. Call (434) 799-5216, for more information and to get the required supply list.

Art with Judie

Would you like to learn how to paint but never had the time? Judie Moseley will help her students learn how to paint with acrylic, oil or watercolor. The program is for ages 18 and over. Beginners are welcome to attend. Cost \$25 per person. Call (434) 799-5216, for more information and to get the required supply list.

Ballou Annex at Ballou Park May 1 - 23

Mondays

1 p.m. to 3 p.m. or 6 p.m. to 8 p.m.

Tuesdays

10 a.m. to 12 p.m.

Danville Senior Transportation Service

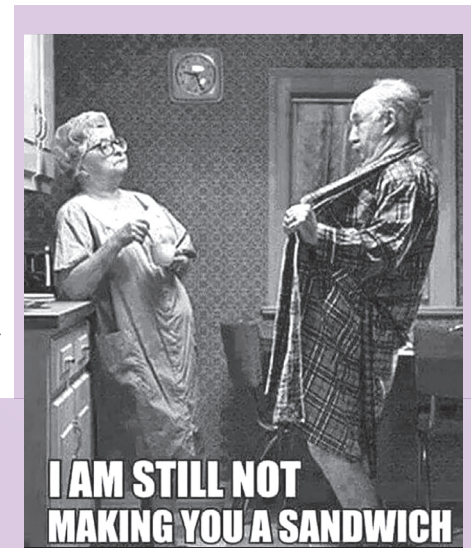
(434) 797-8994 Schedule Transportation Trips

(434) 799-5216 Register for Senior Transportation

Danville seniors, there is transportation available for you. Call (434) 799-5216 and ask Cindy if you qualify.

Volunteer Opportunities:

Ballou Recreation Center welcomes you to share your talents and skills with our seniors. Please consider sharing your time and lending a helping hand...it's a lot of FUN! Call (434) 799-5216



During lunch at work, I ate 3 plates of beans (which I know I shouldn't). When I got home, my husband seemed excited to see me and exclaimed delightedly,

"Darling I have a surprise for dinner tonight." He then blindfolded me and led me to my chair at the dinner table. I took a seat and just as he was about to remove my blindfold, the telephone rang. He made me promise not to touch the blindfold until he returned and went to answer the call. The beans I had consumed were still affecting me and the pressure was becoming unbearable, so while my husband was out of the room I seized the opportunity, shifted my weight to one leg and let one go. It was not only loud, but it smelled like a fertilizer truck running over a skunk in front of a garbage dump! I took my napkin from my lap and fanned the air around me vigorously. Then, shifting to the other leg, I ripped off three more. The stink was worse than cooked cabbage. Keeping my ears carefully tuned to the conversation in the other room, I went on releasing atomic bombs like this for another few minutes. The pleasure was indescribable! Eventually the telephone farewells signaled the end of my freedom, so I quickly fanned the air a few more times with my napkin, placed it on my lap and folded my hands back on it feeling very relieved and pleased with myself. My face must have been the picture of innocence when my husband returned, apologizing for taking so long. He asked me if I had peeked through the blindfold, and I assured him I had not. At this point, he removed the blindfold, and twelve dinner guests seated around the table, with their hands to their noses, chorused, "Happy Birthday!"

What folks are doing...

HOLIDAY VILLAGE, DANVILLE



Holiday Village Residents and Service Coordinator welcomed Riverview Baptist Church Choir and Pastor Daniel Custer to Holiday Village on Friday, April 7 in the Public Room. Enjoyed some great singing and hearing the word of God from the Pastor along with good fellowship and making new Friends. A special thank you goes out to Becky Moore, Bill Combs, Pansy Thornton and Ruth Clayton for refreshments and all the help that is needed to do a program.

BROOKDALE, EDEN

Easter Egg Hunt



Send your news & photos to
info@redbirdtimes.com

WOMEN DON'T CLIMB LADDERS

Women live longer than men.

Science has all the reasons why down to, well, down to a science, but I think the simple answer is because women have mastered the art of aging gracefully while men will not go quietly into the night. With men, it isn't a matter of "I've still got it" it's "I never lost it. Where's my ladder? Those gutters need cleaning."

The Centers for Disease Control and Prevention have it on record that unintentional injuries - i.e.: falling off ladders or, if they make it to the roof, falling off the roof - are the third leading cause of death in men. Dr. Marianne Legato, founder and director of the Foundation for Gender-Specific Medicine says you can blame that on the John Wayne Syndrome.

I'm big, I'm tough, I'm strong, I'm never going to die.

Most men will admit they're going to die - maybe - someday - but they'll never admit to getting old, never admit to feeling old, never shop on Senior Discount Day, never see themselves as less than the man they've always been ... young, hunky, virile, strong as horseradish.

Did you see the movie, Moonstruck? Rose delivers the ultimate man killer to her husband, Cosmo ...

I just want you to know no matter what you do, you're gonna die, just like everybody else.

How many times have you heard a man say, "I'm not sick"? They say it because they don't want to be sick and, if they are sick, they don't want to know about it. My friend, Art, an old handball player and gym rat, told me just last Friday about a buddy of his who'd been feeling "a little off" for about a year.

"And?"

"And he finally asked his doctor about it."

"And?"

"And by then it was too late."

According to the Agency for Healthcare Research and Quality, men are 24% less likely than women to have visited a doctor within the past year.

Here's a story I heard about Kentucky men never getting old:


After living in the remote wilderness of Kentucky all his life, an old Hillbilly decided it was time to visit the big city. In one of the stores, he picks up a mirror and looks in it. Not ever having seen one before, he remarked at the image staring back at him, "How about that! Here's a picture of My Daddy."

Are you a man who's been around for a while? Are you still with the woman you love? Do you want to be around to love her awhile longer? Get in touch with your feminine side. Get a checkup. Learn to age gracefully.

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By: William McDonald/Author/Old Friends (Endless Love)

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Nifty Gadgets That Can Help Seniors with Hearing Loss

Dear Savvy Senior,

What types of products can you recommend to help people with hearing problems? My 65-year-old husband has some hearing issues, but doesn't think he needs a hearing aid, so I'm looking for some alternative devices that can help.

Loud Talker

Dear Loud,

If your husband feels he's not ready for a hearing aid but needs some hearing help, there are dozens of "assistive listening devices" on the market today that can make a big difference.

Assistive listening devices are over-the-counter electronic products (they are not FDA approved hearing aid devices) that can amplify and improve sound to help your husband in different listening situations. It's also important to know that these products are best suited for people with mild to moderate hearing impairment, and they usually aren't covered by insurance or Medicare.

Here's a breakdown of some of the different devices that can help.

Personal amplifiers: For better hearing, especially in noisy environments, there are personal sound amplification products that can be worn in the ear like a hearing aid, and are designed to amplify sound while reducing background noise. Two top rated products to consider that were recently recommended by Consumer Reports are the SoundWorld Solutions CS50+ and the Etymotic Bean.

The CS50+, which costs \$350, looks

like a Bluetooth cell phone headset, and has customizable settings that can be programmed with a smart-phone. The Etymotic Bean, which costs \$399 a pair or \$214 for one, is ready to use right out of the box and is best suited for those with high-frequency hearing loss.

If these are too pricy, there are also a number of small hand-held or body-worn amplifiers – like the Williams Sound Pocketalker (\$139) and Bellman & Symfon Mino Personal Amplifier (\$188) – that have a microphone and headphones or earbuds that are very effective too.

TV amplifiers: To hear the television better, there are TV listening devices that will let your husband increase the volume and adjust the tone to meet his needs, without blasting you out of the room.

Some of the best options include wireless infrared, radio frequency or Bluetooth devices that come with standard or stethoscope headphones. Sennheiser makes a variety of quality products with prices running between \$130 and \$450. Or, for a more affordable solution, consider the Serene Innovations TV Sound Box for \$120. This is a wireless amplified TV speaker that would sit near your husband, and provide clear stereo sound from the TV without the need for headsets.

Amplified telephones: To have clearer phone conversations, there are a wide variety of amplified telephones that offer enhanced volume and tone adjustments, and they usually come with extra loud ringers and flashing ring indicators to alert him when a call is coming in.

Some top makers of these products are Clarity, ClearSounds and Serene Innovations, and a top seller today is the Clarity XLC2+ Amplified Phone (\$144), which is a cordless phone that provides three tone settings and 50 decibels of amplification.

Alerting devices: There are also a variety of alerting devices that can help people who have trouble hearing the doorbell, phone, alarm clock, smoke detector or even weather radio. These products use flashing lights, multi-tone ringers or vibrating devices as a means to alert you.

Some popular products in this category include: The Bellman & Symfon Care Home Alerting Solution that provides door and phone notification with a flashing alert (\$198); the Silent Call Weather Alert Radio with strobe and bed shaker (\$165); and the all-in-one Serene Innovations CentralAlert CA-360 Clock/Receiver Notification System, which provides alarm clock, doorbell, phone, motion and storm warning alerts (\$180).

To locate these and any other hearing loss products visit Harris Communications (HarrisComm.com, or call 866-476-9579), which offers more than 2,000 assistive devices and provides customer support services to assist you.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org. Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.



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Ingredients

- 1 quart strawberries, quartered or sliced
- 1/2 cup sugar, divided
- 5 ounces (about 1 cup) self-rising flour
- 1 pint heavy cream
- 1/2 teaspoon vanilla extract

Directions

1. Adjust oven rack to center position and preheat oven to 450°F. Toss strawberries with 6 tablespoons sugar in a medium bowl and set aside.



2. Place flour in a large bowl. Whisk in 1 tablespoon sugar. Stirring with a wooden spoon, drizzle in 3/4 cup cream. Stir until a lumpy dough is formed. Do not over mix.

3. Using a 1-ounce cookie scoop, scoop balls of dough onto a parchment-lined baking sheet, spacing them 2 inches apart. Brush tops with cream and bake until golden brown, about 12 minutes. Remove biscuits and set aside.

4. Using a wire whisk or an electric mixer, whip remaining cream with remaining tablespoon sugar and vanilla extract until stiff peaks form. Split biscuits, top with strawberries and cream, close shortcakes, top with more whipped cream, and serve immediately.



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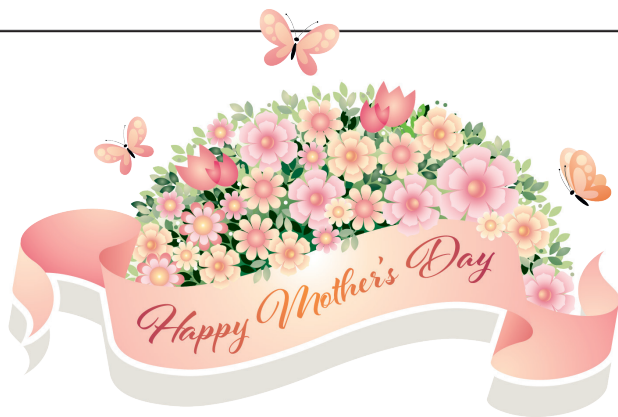
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 GLADIOLUS
 GYPSOPHILIA
 HEATHER
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 HYDRANGEA
 HYPERICUM
 IRIS
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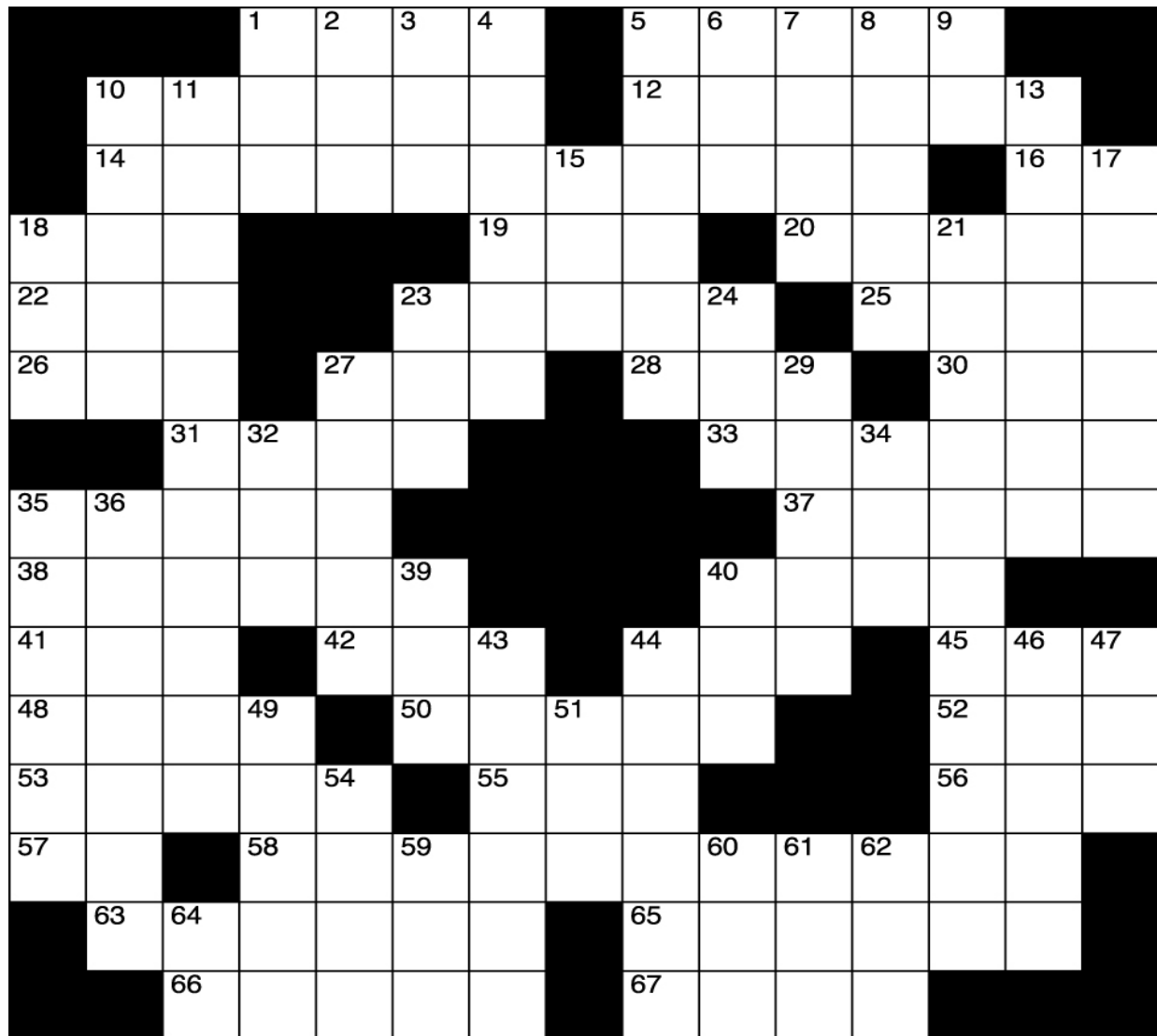


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CLUES ACROSS

- 1. Hot meal
- 5. Razor clams
- 10. Blood-sucking African fly
- 12. Chauvinists
- 14. Windy City football player
- 16. An alternative
- 18. Federal Housing Administration
- 19. Styles hair
- 20. Arabic female name
- 22. Paddle
- 23. Area once separated from Germany
- 25. Marketplace
- 26. Gode Airport
- 27. Upset
- 28. Where wrestlers sweat
- 30. Garland
- 31. Robert ___, poet
- 33. An iPad is one
- 35. Fruit of the oak tree
- 37. Della ___, singer
- 38. Women's clothing retailer
- 40. Mailed
- 41. Largest English dictionary (abbr.)
- 42. Pouch
- 44. Radioactivity unit
- 45. Month

- 48. Nanosecond
- 50. Domestic
- 52. What a boy becomes
- 53. Breezes (anc. Greek)
- 55. Jogged
- 56. At the stern
- 57. Lawrenceium
- 58. Destructive to both sides
- 63. Arterias
- 65. Removes
- 66. Pretentious people
- 67. Tropical Asian plant

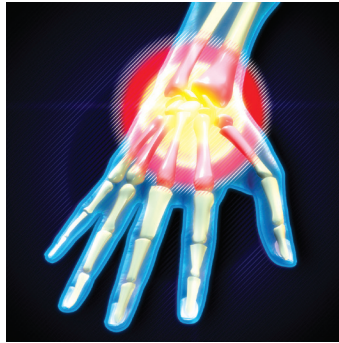
CLUES DOWN

- 1. Type of whale
- 2. Type of medication
- 3. Land of the free
- 4. Formed an opinion of
- 5. Logo
- 6. No (Scottish)
- 7. Leaves tissue
- 8. Sacred state to Muslims
- 9. Thus
- 10. African nation
- 11. Someone who has a stake in
- 13. Parties
- 15. Subsystem producers

- 17. Large, flightless birds
- 18. Compromises visibility
- 21. A ballet enthusiast
- 23. More (Spanish)
- 24. Skeletal muscle
- 27. Hands (Span.)
- 29. Weighed
- 32. Businessman
- 34. Famous clock Big ___
- 35. Unkeyed
- 36. Break between words
- 39. Ink (slang)
- 40. Disappointed
- 43. Stroke
- 44. Curdled milk
- 46. Restaurants
- 47. Explosive
- 49. Type of terrier
- 51. Disfigure
- 54. Innermost cell layers
- 59. Bar bill
- 60. Distinct period of history
- 61. Mode of transportation
- 62. Equal (prefix)
- 64. Operating system

Arthritis linked to another condition

People who see dermatologists for the skin condition psoriasis should not take the presence of joint aches and pains lightly, as the two things might be connected. The National Psoriasis Foundation notes that psoriasis is a precursor to psoriatic arthritis in 30 percent of patients.



What is psoriatic arthritis?

Psoriasis is an autoimmune condition that affects the rate of skin cell reproduction. People with psoriasis may experience redness, itchiness and raised bumps (plaques) of skin on various areas of their bodies. Psoriatic arthritis is a chronic form of arthritis that typically occurs in people with skin psoriasis, but also can be present in those without the skin condition, but particularly among those who have relatives with psoriasis.

The American College of Rheumatology says that psoriatic arthritis typically affects the large joints, especially the lower extremities, distal joints of the fingers and toes and the back and sacroiliac joints of the pelvis. Early recognition, diagnosis and treatment of psoriatic arthritis are crucial to relieving inflammation and preventing permanent joint damage.

Symptoms

Symptoms of psoriatic arthritis can develop gradually or quickly, and some symptoms can be severe. NPF indicates that common symptoms of psoriatic arthritis include

- morning stiffness and tiredness;
- tenderness, pain and swelling over tendons;
- swollen fingers and toes;
- reduced range of motion;
- nail changes, including pitting, and
- redness and pain in the eyes.

Symptoms of psoriatic arthritis are similar to rheumatoid arthritis, gout and reactive arthritis. Doctors will rule out other symptoms that may be indicative of those conditions.

The American College of Rheumatology also indicates that psoriatic arthritis is typically blood test negative.

The diagnosis is typically made by a rheumatologist after reviewing a clinical history and performing a physical exam.

Treatment

Doctors will need to assess symptoms before deciding on a course of treatment. Mild cases may respond to over-the-counter, nonsteroidal anti-inflammatory drugs, such as ibuprofen. However, antirheumatic drugs and newer biologic drugs may be prescribed to treat more aggressive cases of psoriatic arthritis.

Corticosteroid injections can be useful for swollen joints, and surgery may be necessary to repair badly damaged joints.

Individuals who suspect their arthritis may be linked to psoriasis can first speak with a dermatologist or primary care physician. The NPF also offers a screening tool at www.psoriasis.org/psa-screening.

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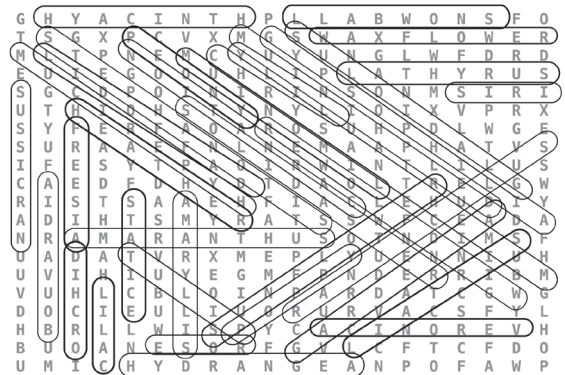
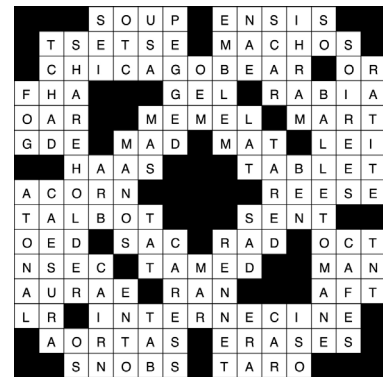
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