

# Red Bird Times

**FREE!**

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*Oh how times  
have changed!*







**'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](http://www.VAElderlaw.com)

Please email comments, suggestions or questions to [rhaley@vaelderlaw.com](mailto:rhaley@vaelderlaw.com)

## Nutrition for Seniors

Last month I talked about exercise for seniors being important, but diet is also crucial! As anyone who knows me can attest, I look a lot different than I did a year ago. Over the last year I have lost over 50 pounds! During that time I have read a lot about diet, meal planning, nutrition, macros, carb cycling, etc. So it got me to thinking, do seniors have unique nutritional concerns?

The short answer is yes! We must remember that our bodies change as we age. There are many reasons our bodies change as we get older, including perceptual, physiological and general age-related conditions — such as dental or gastrointestinal conditions. These changes all influence the performance of our body as a whole, which in turn, influences our eating, nutritional intake and overall health.

### Perceptual Changes

Perceptual changes later in life can also influence our nutrition, such as changes in hearing, smell and taste:

\* **Hearing:** Diminished or loss of hearing also affects our nutrition and food experience. The difficulty and frustration from the inability to hold a conversation with our eating partner out at a restaurant or at a social function can limit one's food experience.

\* **Smell:** The loss of smell can also have a huge impact on the types of food one chooses to eat as there is a loss of satisfaction that can lead to poor food choices.

\* **Taste:** One of the most common complaints is in regards to the diminished taste in food. As taste buds decrease, so does our taste for salty and sweet — often times making food taste more bitter or sour.

### Physiological Changes

One reason nutritional needs change is due to physiological changes that occur later in life:

\* **Energy:** Expenditure generally decreases with advancing age because of a decrease in basal metabolic rate and physical activity, thus decreasing caloric needs.

\* **Function:** Our bodies also begin to experience a decrease in kidney function, redistribution of body composition and changes in our nervous system.

## Other Aging-Related Changes

Other changes in body function may impact nutritional intake, such as:

\* **Dentition:** The makeup of a set of teeth (including how many, their arrangement and their condition). The loss of teeth and/or ill-fitting dentures can lead to avoidance of hard and sticky foods.

\* **Gastrointestinal Changes:** Chronic gastritis, constipation, delayed stomach emptying and gas, may lead to avoiding healthy foods, such as fruits and vegetables — the food categories that should be more emphasized rather than eliminated.

These factors alone may contribute to why 3.7 million seniors are malnourished and shed light on the importance of educating caregivers and aging seniors as to specific dietary need options, as well as, catered senior diets and nutritional needs. To address this issue directly, I asked my friend Chef Sue Graves of SOVA Local Taste to contribute to this month's column. Sue helps families by planning and preparing their meals in their home. Without further ado, here are some thoughts on healthy eating for seniors from Chef Sue:

What we eat as young people simply doesn't work in our favor as we age! The huge pizza or monster burger just doesn't taste the way it used to. We gravitate toward a limited number of foods because they seem familiar, but our health may suffer. In addition, mobility issues hamper our desire or ability to get the variety of foods our bodies need. Arthritis limits the ability to cut and chop those all-important veggies and fruits. Hand tools like food processors, submersible blenders or mini preps are helpful.

Here are a few suggestions for you to consider:

**(1) Keep your portion sizes appropriate.** Balance your plate with lean protein (10-35%), carbs including fruits, vegetables and grains (45-65%), and fats (20-35%). Remember that lean proteins build muscle tissue and minimally processed carbs (think farm fresh) contain macronutrients (vitamins and minerals) as well as micronutrients (like potassium and magnesium) that may be lost in the canning process. Fats occur naturally in some proteins and some carbs. Unless there is a specific health issue, lean toward liquid fats like olive oil. Choose a smaller plate (luncheon size instead of dinner size with well-prepared items that look good, smell good, and taste good.

**(2) Herbs and spices.** It's surprising how much flavor herbs and spices can give food. Having a pot of fresh basil or thyme handy can give your salads and meats such a boost. Just a pinch of turmeric (now seen as an important anti-inflammatory food) adds color and unique flavor elements to eggs and vegetables. Lemon, whether juice or zest, brightens the taste of fish and



some vegetables as well as salad dressings. The aroma of the cooking food increases the anticipation and desire to eat, and so increases appetite. Robert mentioned that a senior's taste buds could communicate bitter and sour flavors in foods that are actually sweet or salty. Reach for the herbs and spices. They will activate taste receptors that will bypass the need for additional sugar and salt.

**(3) Keep cans of stock handy.** Vegetables you intend to boil can be boiled in stock just as easily as water. Greens, potatoes, rice, carrots, all benefit from that little boost of flavor as well as a bump of protein. If you are slow cooking pintos, use stock as the cooking liquid. For seniors with dental issues, a food processor and a little stock are good tools for breaking down some of foods that seniors tend to avoid. Eat seasonally. There are one or more farmers' markets in every county around Danville. Most are open on Saturday mornings, but a growing number are opening on other days and later in the afternoon. (Check with your local extension office or county office for locations and times.) The food is very fresh, colorful, nutritious, and economical.

**(4) Think Rainbow.** Make your plate colorful with browns of meats, greens of salad, and reds/oranges/yellows of vegetables. The more varied the colors on your plate, the more likely you are to have most of the nutrients you need. If you need to avoid small seeds that might be in berries, keep in mind that many other fruits and vegetables of the same color have many of the same nutrients so you can keep the color and keep the nutrients while avoiding the seeds. Fresh is best in season, but frozen is also good. Foods are picked and frozen at their peak.

**(5) Use mirepoix.** (miri-pwa) Chopped or processed onions, carrots and celery, gently sautéed in olive oil and added to just about anything, adds flavor as well as nutrients. They are cheap, can be processed beforehand, then frozen in small bags for later use.

**(6) Water!!!** Keep hydrated by having a cup or glass of water nearby all the time. Add lemon for a pop of vitamin C and a little added flavor. Keep it simple. Keep it varied. Keep it colorful!

~ **Chef Sue Graves** \*  
<http://sovalocaltaste.wixsite.com/personalchef>  
 \* (434) 203-1721 \* [sovalocaltaste@gmail.com](mailto:sovalocaltaste@gmail.com)

Thank you Chef! Great advice - I firmly agree that proper diet is important along with exercise. Towards that goal and as part of giving back to the elders in our community, our office now offers "Yoga for Seniors", a FREE class to be held at Holiday Village on Wednesdays starting July 10th, at 11:00am in Danville. Students can participate from the mat, a chair or even a wheelchair! Our class is ideal for various fitness levels. These yoga practices are safe for health conditions common to seniors including osteoporosis, arthritis, heart disease, chronic pain and joint replacement. Yoga is a wonderful way to improve strength, range of motion and enhance balance. It is led by my Firm Administrator, and my wife, Cricket! She is a Certified Yoga Instructor and has completed specialized training in Integrative Yoga for Seniors from Duke University's Integrative Medicine program.

Remember, if you want to add exercise to your daily regimen, be sure to consult your physician first! 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](mailto:rhaley@vaelderlaw.com) or send to me via snail-mail to this address:

**Estate & Elder Law Center of Southside Virginia, PLLC**  
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Managing Attorney – Certified in Elder Law by the National Elder Law Foundation

Member of the Council of Advanced Practitioners, National Academy of Elder Law Attorneys

**The Estate & Elder Law Center of Southside Virginia**

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### **PAINFUL CAVITY TREATMENTS MAY SOON BE A THING OF THE PAST**

Going to the dentist to repair a cavity can be daunting. But, fear not, says the Association of Mature American Citizens. AMAC reports that researchers at King's College London may have discovered a way to regrow that aching tooth.

The procedure, which would not be available until approved by the FDA, uses a drug already available on the market to treat symptoms of Alzheimer's disease. It helps damaged teeth produce extra dentin, a naturally occurring substance. The dentin fills the cavity without need to drill. The process has worked on experiments with mice and human trials may begin in the not too distant future.

### **FANTASTIC VOYAGE**

There's an asteroid out there in space with the moniker, 16 Psyche, that is made entirely of a combination of a metal that would reportedly be worth an astounding 10,000 quadrillion dollars, according to the Association of Mature American Citizens. That's \$10,000 with an extra fifteen zeros and NASA plans on visiting the planetoid.

But, there are no plans "cash in" on the mission. The scientists at the space agency believe this extra-terrestrial treasure hunt will provide a trove of knowledge. They say it can help tell us how the solar system was formed. Besides, NASA says, it does not have the technology to mine the asteroid.

### **"CAT CUDDLER NEEDED"**

If you are a cat lover, you are going to love this job opportunity, says the Association of Mature American Citizens: a Dublin clinic calling itself Just Cats has posted an opening for a resident "cat cuddler" on its Web site. "The ideal candidate must have gentle hands capable of petting and stroking

cats for long periods of time," according to the ad. He or she must also have "cattitude," the posting notes.###

### **LET 'EM EAT PLASTIC**

The Association of Mature American Citizens says scientists may have found a way to deal with one of the most pervasive environmental problems of the modern age by feeding the plastic bags that clog landfills all over the world to worms.

The Web site, Futurism, reported recently that an amateur beekeeper in Spain, who also happens to be a scientist, stowed the larvae of some "pesky" wax moths into a plastic bag to prevent them from eating up her beeswax, which is also their favorite meal. The caterpillars quickly ate through the bags. It turns out they have a taste not only for beeswax, but also for plastic.

### **DESERT, ANYONE?**

Want to make a big - a very big impression - on your July 4th barbecue guests this year? Serve them a genuine French desert, suggests the Association of Mature American Citizens. All you'll need is 720 eggs, 300 egg yolk, 59 pounds of sugar, 66 pounds of wheat flour and 440 pounds of strawberries to replicate the French version of the strawberry shortcake that recently broke the Guinness World Record.

Five professional pastry chefs used those ingredients to bake the 105-foot long cake for the 25th French Strawberry Festival, which takes place, not in France, but in Cedarburg, Wisconsin.

### **ET, PHONE HOME**

Those who bide their time waiting for a first contact with genuine aliens have a long wait in store, according to scientists at Oxford University. The Association of Mature American

Citizens says a team of researchers there believes the extraterrestrials are hibernating as they evolve into a race of supercomputer-based life-forms in a billion years or so.

### **ATTENTION WEALTHY VAMPIRES!**

A new company in California, Ambrosia LLC, is offering transfusions to old timers using the blood of younger men and women at \$8,000 a pop to undo the ravages of aging, reports the Association of Mature American Citizens.

The transfusions use the blood of individuals 25 years of age and younger and are available to those who are 35 and older. Despite the fact that there is much doubt that the treatments work, according to Science Magazine, the company has managed to attract investors for its start up.

### **HIGH TECH HELP IN GROWING OLD**

There's good news for the 10,000 Americans who turn 65 each day: technology will make aging a lot easier, reports the Association of Mature American Citizens. AMAC says research into the use of new technologies is being conducted at several universities.

They are looking into how best to use a variety of existing and drawing board designs such as self-driving cars, robots, a bed that converts into a wheel chair and cell phone apps that keep you connected to your doctors.

### **IS THERE A MINI BAR?**

If your travel plans include a visit to Switzerland this summer, you may want to consider a stay at the newest Null Stern hotel located in the Swiss Alps, says the Association of Mature American Citizens. You'll enjoy the view since your bedroom will be located atop a nearly 7,000 foot high mountain and has no walls or a ceiling. In fact, the "room" comes with a bed, night tables, lamps, a roomy bed and your own butler.

Alas, there is no bathroom unless you count the one located about a ten-minute walk in the crisp Alpine air. But, you can have breakfast in bed served by your valet who will deliver a salami sandwich and coffee each morning. And, it will only cost you about 242 U.S. dollars per night.



# Coloring for Relaxation





# ON VACATION WORD SEARCH

M E Y V A C A T I O N O I T A E R C E R  
 S P A B A G G A G E R P O T D H Y U I V  
 H L T X L B U D G E T N E I Y M E A M B  
 B E I D A G O C A L Y R A R E N I T I R  
 A S I V N Y X U X P M P O O L R F L E D  
 M P H N O I T A N I T S E D P B E S L X U  
 S A S S I C T C N N S K L O D T E Y X U  
 U C F N T G U A B O F A R L O R U F E B  
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 A B P K R Y I N E A I K T U I G T T A K E  
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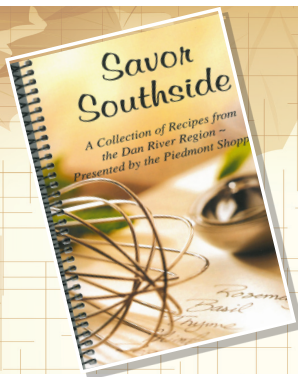
Find the words hidden vertically, horizontally & diagonally throughout the puzzle.

AIRPORT  
 BAGGAGE  
 BOOKING  
 BUDGET  
 CLOTHING  
 CONFIRMATION  
 CURRENCY  
 DESTINATION  
 DUTY

EXCHANGE  
 FAMILY  
 HOTEL  
 HOUSEKEEPING  
 INTERNATIONAL  
 ITINERARY  
 MOTEL  
 PACK  
 PASSPORT

PLANNING  
 POOL  
 RECREATION  
 RELAX  
 RENTAL  
 RESERVATION  
 SHIP  
 SIGHTSEEING  
 SNORKEL

SPA  
 STAY  
 SUITCASE  
 SUNSHINE  
 TERMINAL  
 TICKETS  
 TRAVEL  
 VACATION  
 VISA



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.



## What should I know when traveling with my medications this summer?

Travel can be both fun and stressful. Airport security has become more strict in recent years, which adds confusion about what you can take through airport security. It is important to know the rules as they apply to your medicines.

### Helpful Tips When Traveling with Your Medicines

(For rules about what can and cannot be taken in your carry-on bag, see the websites below.)

- Keep a letter from your prescriber in your carry-on bag. It should have a list of your medical conditions and all the medicines you take. Also, include phone numbers for your prescriber and your pharmacy.
- Keep your medicines in your carry-on bag. This can prevent problems if your checked luggage gets lost.
- Keep your prescription medicines in their original labeled prescription container. This is not something you have to do, but it may help avoid problems.
- If you pack liquid medicines in your checked luggage, place them in a plastic bag first. This is not something you have to do, but it will protect your clothes and other items from leaks.
- You can take liquids in your carry-on bag in bottles that hold 3.4 ounces (100 mL) or less. These must be placed in a clear quart sized plastic bag that can be sealed. There is no size limit for liquid medicines packed in your carry-on bag, and these don't have to be placed in a plastic bag. However, if your liquid med is over 3.4 ounces (100 mL) you need to tell the screener about it.
- Tell the screener if you have diabetes and are traveling with your diabetes supplies.

- Make sure any heat-sensitive medicines are stored properly such as with cold packs.
- Cold packs, IV bags, pumps, syringes and other accessories that are medically necessary should be presented to the screener before being permitted into the secure area. Labeling and separating these items can make the screening process faster.

### Other Things to Consider

- See your prescriber 4-6 weeks before you travel. You can get up-to-date on vaccines. You can also ask how to take your medicines if you travel across several time zones.
  - Check with your prescriber if you use insulin and will be traveling across several time zones. You may need to change how you take your insulin. When you travel east, the day is shorter. You may need less insulin. When you travel west, the day is longer. You may need more insulin. Plus, you may need to check your blood sugar more often.
  - If you travel from north to south or from south to north, you probably won't need to change how you take your medicines.
  - A nebulizer, CPAP, BiPAP and APAP must be removed from its carrying case and undergo X-ray screening. Facemasks and tubing may remain in the case. You may provide a clear plastic bag to place the device through the X-ray. A TSA officer may need to remove it from the bag to test it for traces of explosives. Liquids associated with the nebulizer are exempt from the 3-1-1 liquids rule.
- Check Airport Security Rules Before Travel**
- The airport security rules can change. To get the most up-to-date information:
- Check the Transportation Security Administration (TSA) website at [www.tsa.gov](http://www.tsa.gov) (U.S.) or the



Do you have other difficult to solve medication questions that you would like our compounding pharmacist to answer? EMAIL: [Lisa@Kare-RX.com](mailto:Lisa@Kare-RX.com) and we may feature your question. Learn more about Kare Pharmacy by visiting [KARE-RX.COM](http://KARE-RX.COM) and follow us on Facebook.

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Canadian Air Transport Security Authority (CATSA) website at [www.catsa.gc.ca](http://www.catsa.gc.ca) (Canada) right before you travel. This way you can be sure there are no new rules that affect you.

- Check the rules for countries you may be visiting. The rules about air travel and medicines are similar in Canada and the U.S., but they may be very different in other countries.



## Ballou Recreation Center

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



### SPECIAL EVENTS:

#### Bob Ross Painting Classes

Saturday, July 1, 10:30 a.m. – 3:30 p.m.

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.

#### Deco Wreaths

Thursday, July 6, 6 p.m. – 8 p.m.

Materials included. Must pre-register due to limited seats. Cost \$30 per person. Call (434) 799-5216.

#### Independence Day Summer Sensation Cookout

Friday, July 7, 12 p.m. – 2:30 p.m. This event takes place at Ballou Recreation Center. Don't miss out! Sign up early. Must pre-register by Friday, July 3. Cost \$6 per person. Call (434) 799-5216.

#### COAY Independence Day Dance

Friday, July 7, 7 p.m. – 10 p.m.

Wear your patriotic outfit of red, white and blue and celebrate Independence Day! Unleash your patriotism with The Council on Aging Youthfully. Doors will open at 6 p.m. with the band starting at 7 p.m. Cost \$5 per person. Call (434) 799-5216

#### Basket Weaving

Tuesday, July 11, 1 p.m. – 4 p.m.

Learn how to make your very own basket. All materials provided. Must pre-register due to limited seats. Cost \$35 per person.

#### Keeping Well in Mind, Body & Spirit

Tuesday, July 11, 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." 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](mailto:clitzenberg@vcu.edu). There is no fee.

#### Journey for Control: Diabetes Education Class

Wednesday, July 12, 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

#### Welcome to Medicare Seminar

Tuesday, July 18, 5:30 p.m.

The seminar is provided by Humana and includes dinner. There is no cost. Call (434) 799-5216.

#### Senior Citizens Club

Thursday, July 20, 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

#### Beginner/Improver Line Dance Workshop

Saturday, July 22, 10 a.m. – 4 p.m. Step book included for prepaid participants. Cost \$20 in advance; \$25 at the door. Call (434) 799-5216

### TRIPS:

#### Conservator's Center (Trip for Grandparent and Grandchild)

Friday, July 28, 12 p.m. – 5 p.m.  
Meet exotic animals from as close as five feet away. Enrich your mind with eye-opening information on nearly 90 exotic animals representing more than 20 species at the Conservator's Center in Burlington, NC. After our spectacular visit, lunch will be at the Blue Ribbon Diner. Participants are responsible for paying for their own lunch. Must pre-register by July 21, due to limited seats. Please be sure to wear comfortable clothing and shoes. Cost \$20 per adult and \$10 per child. Call (434) 799-5216.

### PROGRAMS & CLASSES:

#### Adult Coloring

Every Wednesday, 11:00 a.m.

#### Beginners Piano Lessons

Every Friday, 9 a.m. – 10:30 a.m.

#### Jammers

Every Thursday, 3 p.m. – 5 p.m.

#### Ballou Choir

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

#### OWLS Fitness Hour

Every Monday, 9:30 a.m. – 11:00 a.m.

#### Wednesday Fellowship

Every Wednesday, 11 a.m. – 1:30 p.m.

#### 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 with Paul

Ballou Nature Center

Wednesdays – 3:30 p.m.–4:30 p.m.

Thursdays – 11:15 a.m.–12:45 p.m.

#### Prime Time Fitness

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

#### Let's Dance

Every Tuesday, 7 p.m. to 8:30 p.m.

#### Friday Night Fun and Dance

Every Friday, 7 p.m. – 10 p.m.

Sponsored by the Ballou Recreation Center Council on Aging Youthfully. Doors open at 6:30 p.m. Ages 50 and over.

#### Art w/ Flo Painting Classes

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.





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Presented by  
**Kevin Lingle, MD**  
Danville Heart and Vascular Center

July 27, 2017  
12:00 p.m. – 1:00 p.m.

at

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# What folks are doing...

## HOLIDAY VILLAGE, DANVILLE



The Holiday Village residents and Service Coordinator enjoyed and learned new information from speaker Katherine B. Laramore with Liberty HomeCare & Hospice Services (Wellness Program) on Memory Loss.. The title "Aging with Spirit and Zest", was held Friday, June 09, 2017 at 2pm in the public room at Holiday Village, following with answers and questions along with refreshments. 1st picture: Left to right - Pansy Thornton, Bill Combs, Katherine Laramore, Home Care and Hospice Liaison, Dorothy Sowell, Clovis Shelton, Melody Murphy. 2nd picture: Left to right - Elizabeth LaPoint, Goldie Barbour, . Virgie George, Nancy Hamlett, Katherine Laramore, Ann Doolin.

## BROOKDALE, EDEN

We had a great time on our picnic at Lake Reidsville with our Brookdale Reidsville Friends.



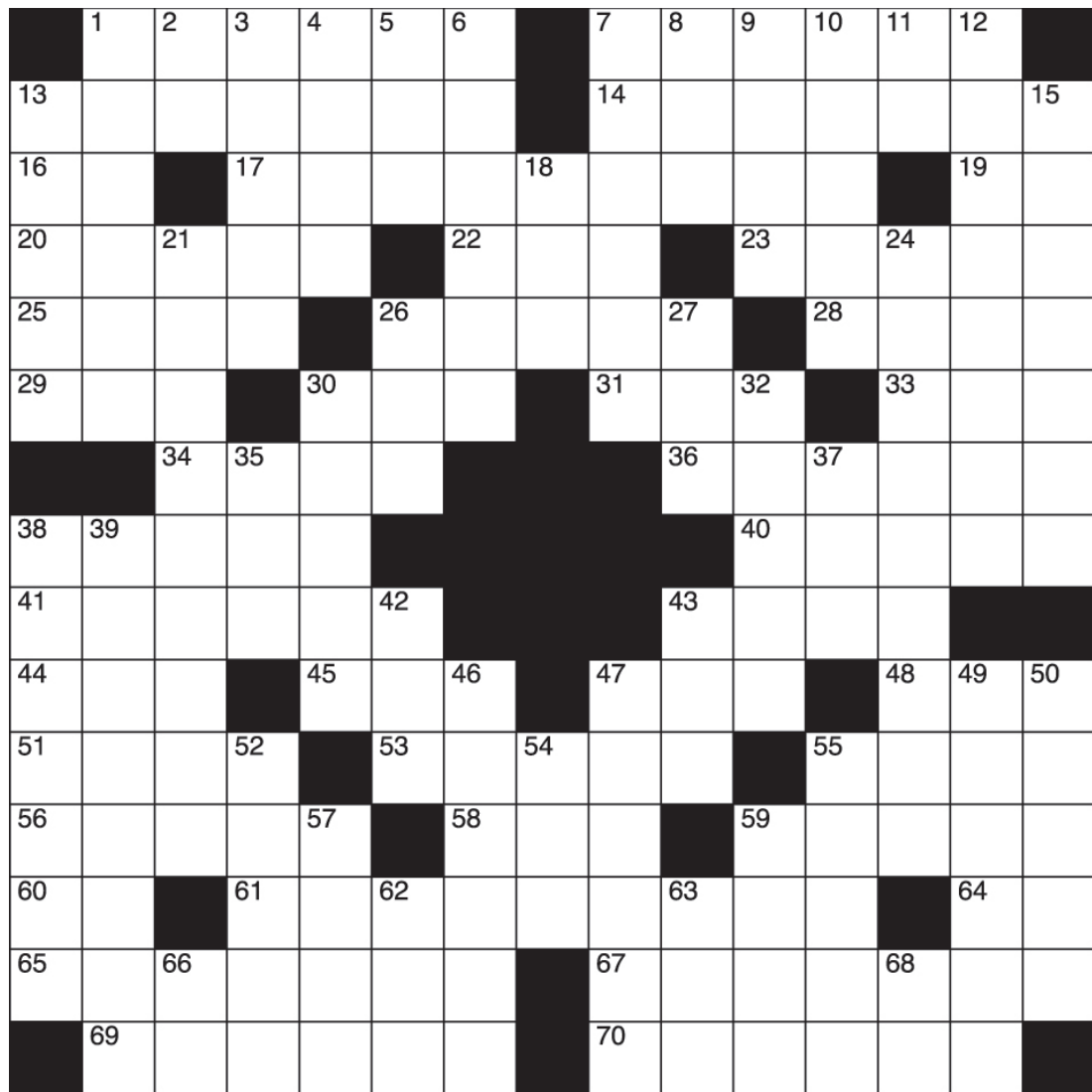
## BROOKDALE, DANVILLE

The Rock and Roll Party was a blast!



Send your news & photos to  
[info@redbirdtimes.com](mailto:info@redbirdtimes.com)

# CROSSWORD PUZZLE



## CLUES ACROSS

1. Plays
7. Hymn
13. Larval frog
14. A member of the British order
16. Stomach muscle
17. Helper
19. East of NYC
20. Influential Norwegian playwright
22. School for healing
23. Of the cheekbone
25. Disco rockers The Bee \_\_\_\_
26. Gorged
28. Khoikhoi people
29. Payroll firm
30. A hiding place
31. Georgia rockers
33. Spanish soldier El \_\_\_\_
34. Deerlike water buffalo
36. Second epoch of the Tertiary period
38. Frocks
40. Nostrils
41. Spoke
43. Information
44. Where wrestlers work
45. Dash
47. Cool!
48. Tiny child

51. People of northern Assam
53. Austrian spa town
55. Written reminder
56. Italian monetary units
58. Tell on
59. More abject
60. Farm state
61. Cleveland's hoopsters
64. Famed NY Giant's nickname
65. Los \_\_\_\_, big city
67. Rechristens
69. Shopping trips
70. Values self-interest

## CLUES DOWN

1. Pressed against lightly
2. Rural delivery
3. Semicircular recesses
4. Groan
5. Donation
6. Mariner
7. One who accepts
8. \_\_\_ King Cole, musician
9. Streetcar
10. Silk fabric
11. \_\_\_ route
12. Used to make plastics
13. Swampy coniferous forest

15. Angry speeches
18. A way to soak
21. One who divides
24. Deeply cuts
26. A very large body of water
27. "Raisin in the Sun" actress Ruby
30. Medicated
32. Single unit
35. Parasitic insect's egg
37. House pet
38. African nation
39. Saddle horses
42. Press lightly
43. One of 12 sons of Jacob
46. Cause to suffer
47. Hang 'em up
49. Breakfast dish
50. Wrongful acts
52. NASCAR driver
54. Indian dish
55. Type of giraffe
57. Selling at specially reduced prices
59. Czech city
62. "Orange is the New Black" character
63. Records electric currents
66. Country doctor
68. Chronic, progressive disease (abbr.)





# New Medicare Cards Debut Next Year

*Dear Savvy Senior,*

*I just received my Medicare card in the mail and was surprised to see that the ID number is the same as my Social Security number. I know it's a bad idea to carry around anything that displays my Social Security number because it makes me vulnerable to identity theft. Wasn't the government supposed to stop putting Social Security numbers on Medicare cards?*

*New Beneficiary*

*Dear New,*

Many people new to Medicare are surprised to learn that the ID number on their Medicare card is still identical to their Social Security number (SSN). After all, we're constantly warned not to carry our SSN around with us, because if it gets lost or stolen, the result could be identity theft.

But the card itself tells beneficiaries to carry it with you when you are away from home so you can show it at the doctor's office or hospital when you need medical care. Here's what you should do to protect yourself.

## **New Medicare Cards**

For starters, you'll be happy to know that the government is in the process of removing SSNs from Medicare cards, but with 58 million beneficiaries, it's a huge undertaking that will be implemented gradually. The Centers for Medicare and Medicaid Services will start sending the new cards in

April 2018, but it will take until December 2019 before SSNs are removed from all cards.

Under the new system, a randomly generated 11-character Medicare Beneficiary Identifier will replace the SSN-based health claim number on your new Medicare card, but your Medicare benefits will not change.

You will receive information in 2018 letting you know about the new Medicare card, with an explanation of how to use the new card and what to do with your old one. You can start using your new Medicare card with the new number as soon as you receive it, and there should be a transition period in 2018 and 2019 when you can use either the old card or the new card.

## **Protect Your Identity**

Until your new Medicare card is issued, here's what you can do to protect your SSN on your current card. The Privacy Rights Clearinghouse, a national consumer resource on identity theft, recommends that you carry your Medicare card only when you visit a health care provider for the first time, so the provider can make a copy for their files. Otherwise, make a photocopy of your card and cut it down to wallet size. Then take a black marker and black out the last four digits of your SSN, and carry that instead in case of an emergency.

If your Medicare card does happen to get lost or stolen, you can replace

it by calling Social Security at 800-772-1213 or contact your local Social Security office. You can also request a card online at [SSA.gov/MyAccount](http://SSA.gov/MyAccount). Your card will arrive in the mail in about 30 days.

If your Medicare card that contains your SSN gets lost or stolen, you'll need to watch out for Medicare fraud. You can do this by checking your quarterly Medicare summary notices for services or supplies you did not receive. You can also check your Medicare claims early online at [MyMedicare.gov](http://MyMedicare.gov) (you'll need to create an account first), or by calling Medicare at 800-633-4227. If you spot anything suspicious or wrong, call the Inspector General's fraud hotline at 800-447-8477.

Also, watch for other signs of identity theft. For example, if someone uses your Social Security number to obtain credit, loans, telephone accounts, or other goods and services, report it immediately to the Federal Trade Commission at [IdentityTheft.gov](http://IdentityTheft.gov) (or 877-438-4338). This site will also give you specific steps you'll need to take to handle this problem.

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



# DO YOU REMEMBER THIS?



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## WHO ELSE REMEMBERS THAT LONG FRONT SEAT???



## What's Cookin'?

### Cherry Cheesecake Dip

#### Ingredients

- 8 oz. Greek yogurt cream cheese softened
- 10 oz. non-dairy whipped topping
- 1 c. plain nonfat Greek yogurt
- 1/2 c. fat-free sweetened condensed milk
- 21 oz. can Lucky Leaf Premium Cherry Pie Filling

Beat together cream cheese and nondairy whipped topping until well-combined.

Mix in Greek yogurt and sweetened condensed milk until combined.

Spread into a dish.

Top with Lucky Leaf pie filling.



Chill until ready to serve.

Serve with graham crackers, vanilla wafers, pretzels, or other desired dippers.

#### Recipe Notes

If you can't find Greek yogurt cream cheese, regular or reduced-fat (not fat-free) will work!



# Tumbleweed Tiny Houses for Senior Citizens

Where will you live when you retire? Will you be able to maintain your house and a lifetime of belongings during your golden years? Or could a simpler lifestyle reduce your burdens? At Tumbleweed, we are seeing more and more senior citizens downsizing to Tiny House RVs. Here's why –

Seniors are using Tumbleweeds in several different ways. Some enjoy their tiny mobile dwellings as a comfortable alternative to the traditional RV. Others park in a family member's backyard, giving them an opportunity to maintain independence and privacy while being near loved ones. Widows and single seniors find tiny living to be less stressful and more fulfilling. Could Tiny House RVs be the next senior-lifestyle trend?

Read on for three stories of senior citizens “going tiny.”



Featured photo credit: Sausage Nonnas

## Senior Citizens and Tiny Houses

Image: Source

By living in 166-square-feet, Bette Presley hopes to avoid a nursing home altogether.

Bette Presley (age 72) downsized with the goal of saving her children the task of going through her belongings if she becomes infirm. Her Tumbleweed Elm includes an extra-wide front door, downstairs bedroom with a twin bed, and a lofted bed for guests. It was important for Bette to have an option for mobility and off-grid parking. By choosing Tumbleweed, her Tiny is RVIA certified and ready for solar power.







### Senior Citizen Tiny House

Dani, a disabled widow, took another approach to “Going Tiny.”

In 2014, Dani, a grandmother in her 60s, attended a Tumbleweed workshop and purchased a Tumbleweed shell. Her dream was to finish the build herself, even though she requires a wheelchair for mobility. Two years later, she completed construction of her Tiny, proving she’s one tough granny!

Dani installed a custom wheelchair accessible ramp for her Tiny House RV and opted for a large front door. Unlike most seniors, Dani loved the idea of sleeping in her loft. Through some clever engineering and help from friends, she created a chair lift using a rock climbing harness. Could this be the first Tiny House chair lift?!



Adele retired, downsized, and moved cross-country.

As an outdoor enthusiast, Adele liked the idea of retiring into an RV, but she wanted the comforts of a regular home. She came across Tumbleweed and was sold on the RVIA and Green certification. Adele’s Tiny includes a large outdoor living space with a hot tub and covered porch. She customized the Tumbleweed Cypress design to have a side door for easy access and more interior living space. Once a school teacher, Adele now enjoys living on a family-owned farm in Oregon, where she helps around the property and hosts book club events.



Article written by Jenna Spesard

Jenna Spesard Tumbleweed Tiny Houses Lifestyle Blog built a Tumbleweed in 2014 and traveled with it for one year, clocking over 25,000 miles. She writes about the Tiny House Movement and travel on her blog: “Tiny House Giant Journey.”



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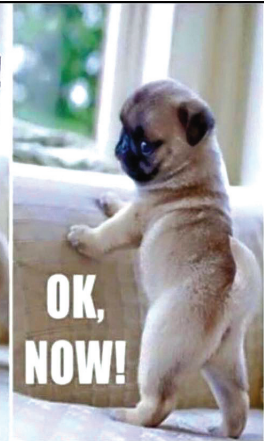
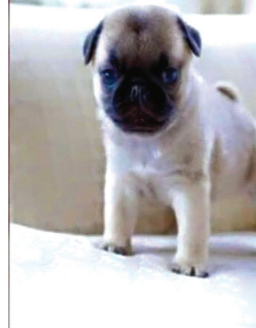
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T	A	D	P	O	L	E	B	A	R	O	N	E	T
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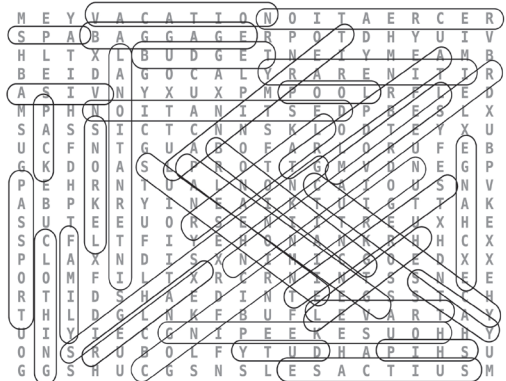
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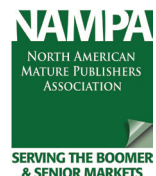
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*Answer: Suitcase*

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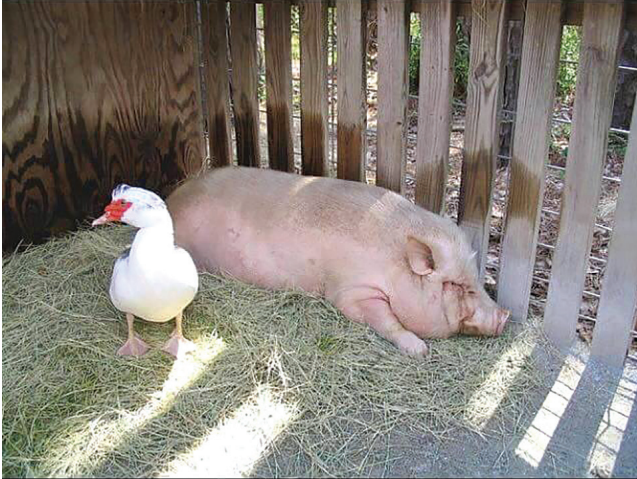
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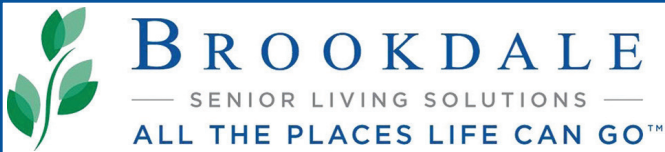


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**ONE REQUIRES TWEETMENT AND THE OTHER REQUIRES OINKMENT.**





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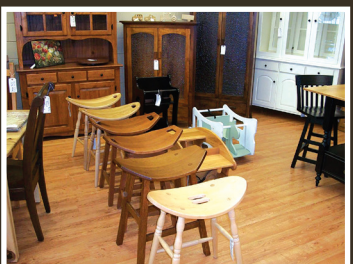
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