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OCTOBER 2023



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Can couples move into assisted living facilities together?

The decision to move into an assisted living facility requires careful consideration, and that decision may necessitate even greater deliberation for couples. The organization SeniorLiving.org, which is devoted to empowering older adults to age with ease, notes that many assisted living facilities offer living arrangements for spouses who do not necessarily require the same level of care and attention as their partners. Though each facility is different, and some may not allow couples to live together when one person requires significant help with day-to-day living, many provide apartment-style living in which housing units are equipped with safety features, such as handrails and

wheelchair accessibility, that can make daily living safer for aging individuals with physical challenges without making life difficult for their partners with no such issues. In addition, SeniorLiving.org notes that, at most assisted living facilities, residents will only pay for the services required, meaning couples will not have to pay for services such as medication management and activities of daily living assistance for the spouse who does not require such help. Such flexibility can make life easier and more affordable for couples who choose to move into assisted living facilities together.



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Richard J. Lizak, DO • Michael Obert, CRNP

St. Luke's Hospital—Lehighton Campus

281 North 12th Street, Suite B, Lehighton, PA 18235



Dr. Richard Lizak is board certified in Internal Medicine and has been practicing in the community for over 25 years. Michael Obert, CRNP has been practicing with Dr. Lizak and in the community for over 10 years. They are affiliated with both Lehigh Valley Health Network and St. Luke's Health Network and specialize in geriatric medicine; preventative screening and wellness exams; chronic disease management for diabetes, hypertension and hyperlipidemia; and complex collaborative care and treatment in patients with cancer, coronary artery disease, infectious diseases, depression and anxiety.

New patients are welcome.

To schedule an appointment, call 610-377-7793.



Fun ways for seniors to stay active

Physical activity is an important component of overall health. Health experts advise that exercise can increase lean body mass, prevent conditions like diabetes and cardiovascular disease, improve balance, and positively affect mental health/cognition. Exercise also can foster socialization with others, helping people overcome boredom and isolation.

As individuals get older, they may not be able to participate in all of the activities they enjoyed as youths, but that doesn't mean older adults must resign themselves to sedentary lifestyles. There are plenty of entertaining ways to remain physically active that can accommodate any limitations a person may have. Explore these methods for staying active.

Explore senior center offerings

Community senior centers often fill calendars with a vast array of activities, some of which can include physical activities. Hikes, walking tours, dances, and other activities all serve as entertaining ways to get out and about while meeting some fitness goals.

Garden or do yard work

The Office of Disease Prevention and Health Promotions says adults should get 150 minutes of

moderate exercise per week. Raking leaves, mowing the lawn, digging in flower beds, trimming bushes, and other outdoor tasks could help a person meet this quota in a way that doesn't seem like exercise at all.

Play games with grandchildren

Little kids may inspire older adults to be more active, as it can be difficult to keep up with those youngsters. Take infants or toddlers for walks or push them in strollers. Attach a child seat or towing carriage to a bicycle and ride around the neighborhood. Play games that require movement, such as hide-and-seek or Marco Polo in the pool. If it's snowing, have a snowball fight or make a snowman in the yard.

Take up a new hobby

Find hobbies that incorporate physical activity. Perhaps learning to salsa dance or taking Zumba® will be fun? Pickleball has caught on across the nation. The sport is a mix of tennis, racquetball and badminton that caters to all ages. Joining a bowling team is another way to get active and meet new people.

Physical activity is important at any age. Seniors can explore fun ways to stay in shape and be active to reap all the benefits of exercise.

**This is not about politics.
This is about a job.**

**A job where
qualifications &
experience will
save taxpayer money.**



SAM LUX

**Carbon
County
Controller**

Bowe & Odorizzi Law Offices, situated at 109 West Broad Street in downtown Tamaqua, carries on the proud tradition of Bowe, Lisella & Bowe, serving the legal needs of area residents for six decades. Attorneys Tony Odorizzi, Erik Helbing & Jeff Bowe offer quality legal services in the areas of estate planning, estate administration, real estate, personal injury, bankruptcy and all business related law. Call and make an appointment with one of our lawyers and we'll do our best to serve your legal needs. You can also visit us on Facebook.

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Frank W. Yandrisevits
Attorney-at-law




Do you need assistance planning for your own or your family's future?

I have been an attorney, with my practice primarily in Northampton and Lehigh Counties, since 1979. Since then, I have helped countless numbers of people with legal issues affecting them in their senior years. I have prepared Wills and Trusts, Durable Powers of Attorney, Pre-Nuptial Agreements, Living Wills and Advanced Health Care Directives. I have also assisted many families with the administration of the estates of their loved ones who have passed away.


I am a member of the Pennsylvania and Northampton County Bar Associations and the Lehigh Valley Estate Planning Council. I would be honored if you would consider allowing me to help you with any of your legal needs.

- Wills & Trusts
- Estate Planning
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- Advance Health Care Directives

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Telephone (610)262-9377/FAX (610)262-0826



- Wills & Trusts
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Frank W. YANDRISEVITS
Attorney-at-Law
24 West 21st Street, Ste. 105
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Smoke Alarms at Home

Smoke alarms are a key part of a home fire escape plan. When there is a fire, smoke spreads fast. Working smoke alarms give you early warning so you can get outside quickly.

SAFETY FIRST

- Install smoke alarms in every bedroom. They should also be outside each sleeping area and on every level of the home. Install alarms in the basement.
- Test all smoke alarms at least once a month.
- Current alarms on the market employ different types of technology including multi-sensing, which could include smoke and carbon monoxide combined.
- Today's smoke alarms will be more technologically advanced to respond to a multitude of fire conditions.
- A smoke alarm should be on the ceiling or high on a wall. Keep smoke alarms away from the kitchen to reduce false alarms. They should be at least 10 feet (3 meters) from the stove.
- People who are hard-of-hearing or deaf can use special alarms. These alarms have strobe lights and bed shakers.
- Replace all smoke alarms when they are 10 years old.



FACTS

- A closed door may slow the spread of smoke, heat, and fire.
- Smoke alarms should be installed inside every sleeping room, outside each separate sleeping area, and on every level. Smoke alarms should be connected so when one sounds, they all sound. Most homes do not have this level of protection.
- Roughly 3 out of 5 fire deaths happen in homes with no smoke alarms or no working smoke alarms.



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PERSONAL CARE RESPITE CARE INDEPENDENT LIVING

Construction is moving along on time and on target for early 2024 completion at Luther Crest

On January 30, 2023, the commencement of work on the new Greenwood apartment expansion began at Luther Crest in Allentown. The Continuing Care Retirement Community, located at 800 Hausman Rd., is building 70 independent senior living apartments, as well as renovating the dining and interior common areas. The community also offers skilled nursing, memory care and personal care services on the same campus.

The new apartments will incorporate open floor plans ranging from 920 to 2,000 square feet of living space. The one- and two-bedroom options include high ceilings, large balconies, and modern kitchens and bathrooms. The dining renovations and expansion will consist of traditional dining options, a teaching kitchen, an exhibition area, private dining rooms, a pub and more.

The new Chromium Grill is now open, and the Greenwood Expansion is just months away from completion. Knowledgeable staff members are available for you to contact about availability, elevated dining, modern renovations and wellness-focused programs for seniors who want to make the most out of their retirement. Call (610) 391-8229 now, while some apartments are still available as most have already been presold.

“The Greenwood expansion, as well as our other planned renovations to Luther Crest, are an opportunity to make an already-great community even better,” said Scott Habecker, Diakon president/CEO. “We have been thrilled with the positive reaction from prospective residents of the Greenwood apartments. After significant planning, we look forward to seeing the continued enhancements and development of Luther Crest become a reality.”

Anyone interested in receiving more information about the expansion should contact Matt Petrauskas at PetrauskasM@diakon.org.



Life at Luther Crest
is becoming more *active*,
more *social*, more
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Diakon does not discriminate in admissions, the provision of services, or referrals of clients on the basis of race, color, creed, religion, sex, national origin, sexual orientation, age, marital status, veteran status, disability or any other classes protected by law.

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Like most professions in healthcare today, physical therapists are being asked to do more in less time. Just pass by any busy outpatient physical therapy clinic and you'll see therapists always on their feet, giving instructions, providing hands-on care, moving from one patient to the next, and sometimes seeing 2-3 patients at the same time in a given hour. Now don't get me wrong, this can and does work well for many patients...patients get the care they need and the results they were hoping for.

But what about the patients that don't do well in a busy and fast-paced outpatient environment? Who are they? What unique challenges do they have in getting to the clinic 3 times a week for 4-6 weeks? What options do they have for outpatient physical therapy? As a therapist with a passion for geriatric rehabilitation,

it became clear to me that older adults often need what busy clinics are challenged to provide... convenient, one-on-one time with the physical therapist.

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Holly A Heintzelman

ATTORNEY AT LAW

For more than thirty years, Attorney Heintzelman has provided legal services to her Clients in Carbon County.

A lifelong resident of Lehigh, Pennsylvania, Attorney Heintzelman earned her law degree from Dickinson School of Law. Her experience in her chosen field has given her the edge when it comes to professional legal representation.

All Clients deserve personalized service and attention to detail. Attorney Heintzelman believes that the best results are achieved when lawyer and Client work together to achieve your goals.

Attorney Heintzelman can provide you with legal advice on a wide range of subjects, including but not limited to, elder law, wills, estates, family matters and business matters.

Call today for an appointment, and have your legal questions answered by an attorney with knowledge and experience.

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Holly A Heintzelman

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For more information on Majestic House, contact Cheryl Martuscelli at:

570-668-6372 Mon-Fri 8:30am-4:30pm,
majestichouse@ptd.net



My name is Jasmine Derhammer, I am a local agent with United Healthcare. I've been working in the medicare market for seven years. Assisting clients with medicare supplement, medicare advantage, special needs plans and prescription drug

plans. Annual open enrollment is from October 15- December 7th. I will be doing seminars in the Lehigh Valley during annual open enrollment. I am also able to schedule one on one meetings either in person or over the telephone. Feel free to check out my agent landing page for a list of my events.

<https://www.myuhcagent.com/jasmine.derhammer>



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Compassion is at the hearts of our efforts at Lehigh County Office of Aging and Adult Services

Lehigh County Office of Aging and Adult Services has many services that are geared for those in need. The Office of Aging and Adult Services is committed to supporting and empowering the well-being of adults of all ages, residing in Lehigh County. Information and assistance are provided to enable individuals to remain active, healthy, productive and independent in their community.

INFORMATION AND REFERRAL

Agency staff provides information and answers questions for specific programs and/or service eligibility. Staff also provides assistance with benefit applications. The agency maintains a broad array of information on service providers and resources. Many resources, forms, additional information and links to community organizations are available on the Aging and Adult Services website at www.lehighcounty.org.

TRANSPORTATION

The Shared Ride Program provides reduced fare transportation services to eligible persons 60 and older. The agency sponsors trips to Adult Day Service facilities and Senior Centers to those who qualify, as funding permits. Staff assists in completing applications for the paratransit LANta Van system.

ASSESSMENT

Comprehensive assessments are completed to determine the consumer's level of care as well as medical eligibility for nursing facility care. Through the assessment process, the care manager reviews options for home and community-based programs, personal care and assisted living facilities.

CARE MANAGEMENT

Care Management develops a plan of care that is coordinated with formal and informal supports. It supports the consumer's individual preferences and independence with a focus on health and safety and based on their lifestyle and cultural needs. It also provides on-going monitoring and reassessment of the care plan.

PERSONAL ASSISTANCE AND CARE SERVICES

Includes assistance with Activities of Daily Living (ADL) and Instrumental Activities of Daily Living (IADL), such as feeding, skin and mouth care, ambulation, bathing, hair care, grooming, shaving, dressing, transfer activities.

ADULT DAY SERVICES

Offers an interactive, safe, supervised environment for older adults. It also provides a reliable source of support and respite for caregivers. All adult day services in Pennsylvania provide personal care, nursing services, social services, therapeutic activities, nutrition and therapeutic diets, and emergency care.

PERSON CENTERED COUNSELING

A person-centered decision support process whereby consumers, family members and/or significant others are supported in their deliberations to determine appropriate support choices in the context of the consumer's needs, preferences, values and individual circumstances.

CHC WAIVER PROGRAM AND NURSING HOME TRANSITION

Consumers and family members interested in applying for the CHC Waiver Program and Nursing Home Transition (NHT) can contact the Independent Enrollment Broker, Maximus at 1-877-550-4227.

OMBUDSMAN PROGRAM

The ombudsman advocates for, and protects the rights of the older person receiving long-term care services to improve the quality of care and quality of life for older individuals. This program also works to improve and enhance the long-term living system, its laws, regulations, policies and administration through public education and programs to empower facility residents. For additional information about the Ombudsman Program, please call Catholic Charities at (484) 619-3337.

HEALTH AND WELLNESS

Health and Wellness Programs help promote healthier lifestyles while

improving quality of life. A variety of programs assist older adults self-manage chronic conditions (diabetes, arthritis, chronic pain, etc.), exercise, nutrition, mental health, medication management, and injury and disease prevention.

CAREGIVER SUPPORT PROGRAM / GRANDPARENT PROGRAM

This program provides benefits to primary caregivers to help relieve caregiver burden by way of coordinated support through an appointed care manager; on-going support such as break from caregiving, education and counseling; reimbursement for supplies used to care for your loved one. Grandparent Program provides reimbursement of allowable expenses to older caregivers with help caring for children.

PA MEDICARE EDUCATION AND DECISION INSIGHT (PA MEDI)

Health Insurance Counselors help you understand health insurance options, answer questions about Medicare, Medigap and Medicaid. Counselors will provide information on benefits, entitlements and assist with insurance appeals. They will assist in making informed choices and help with medical insurance paperwork.

PROTECTIVE SERVICES

Investigations and interventions are provided in order to protect the health, safety and welfare of adults who are unable to protect themselves, and are at imminent risk of being physically and/or mentally abused, neglected, financially exploited or abandoned.

PA LINK TO AGING AND DISABILITY RESOURCES

PA Link to Aging and Disability Resources is a cross-age system network of partner agencies who collaborate to service individuals who need long term services and supports. The coordinated network of partners allows a consumer to initiate contact with any Link partner and access needed information, assistance, and resources. The "no wrong door" approach attempts to minimize duplication of efforts by both consumer and provider.

HOUSING CASE MANAGEMENT/ HOUSING ASSISTANCE

Coordinates case management to assist eligible homeless or near homeless individuals and families. A contracted housing case manager works closely with individuals in service planning, establishing links with appropriate services and advocacy with landlords.

CEDAR VIEW APARTMENTS

A 199-unit apartment building owned and operated by the County of Lehigh, providing housing for self-sufficient, income eligible adults 62 years and older and for qualified persons who are physically challenged. A senior center is also located at this site for lunch and activities.

NEIGHBORHOOD SENIOR CENTERS

Strategically located Neighborhood Senior Centers throughout the County are designed to be a focal point primarily for persons 60 years of age and older and their spouse. Each center is a resource for education, health screenings, senior exercise programs, social/recreational activities, nutritional needs, as well as volunteer opportunities.

ADULT SERVICES

Services provided to income eligible adults 18 to 59 years of age that need assistance with personal care and home services. Home assistance is to ensure safe and sanitary living conditions for vulnerable consumers. Care management also provided.

Visit us Online at: LehighCounty.org, Click on Departments, Human Services and select Aging and Adult Services

Lehigh County Office of Aging & Adult Services

Lehigh County Government Center

**17 South Seventh Street, Room 230, Allentown, PA 18101-2401
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Fax: (610) 820-2028 and (610) 871-2890

Hours of Operation: Monday through Friday, 8:30 a.m. - 4:00 p.m.

***Medicare Open Enrollment is October 15 through December 7
Schedule an appointment to review 2024 plan options!***

LEHIGH COUNTY

Fellowship Community

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Lehigh Valley Active Life

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Rep. Michael Schlossberg

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NORTHAMPTON COUNTY

Northampton County Human Services

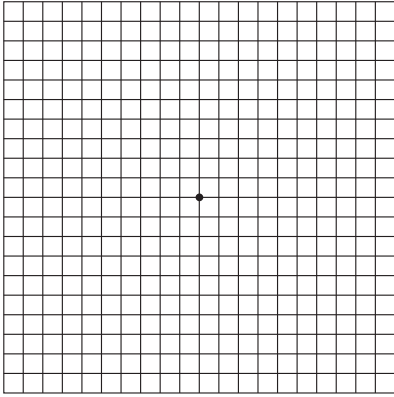
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HOW TO TEST YOUR EYES WITH THIS AMSLER GRID

- Test your eyes under normal room lighting used for reading.
- Wear the eyeglasses you normally wear for reading.
- Hold the grid approximately 14 to 16 inches from your eyes.
- Test each eye separately: Cup your hand over one eye while testing the other eye.
- Keep your eye focused on the dot in the center of the grid and answer these questions:



1. Do any of the lines in the grid appear wavy, blurred or distorted?
 2. Do all the boxes in the grid look square and the same size?
 3. Are there any "holes" (missing areas) or dark areas in the grid?
 4. Can you see all corners and sides of the grid (while keeping your eye on the central dot)?
- Switch to the other eye and repeat.

IMPORTANT – Report any irregularities to your eye doctor immediately: Mark areas of the chart you're not seeing properly.

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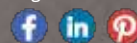
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Iconic Voices Set to Shine at the State Theatre in Easton this November and December

Get ready to groove to the rhythm of legendary music as the State Theatre in Easton proudly presents a musical extravaganza this November and December. Three iconic acts will grace the stage, promising unforgettable evenings of musical bliss.

First up, on November 9th, the timeless crooner Johnny Mathis will serenade the audience with his velvety vocals and classic hits that have spanned generations. Known for his romantic ballads, Mathis will deliver an enchanting performance that will leave hearts aflutter. Then, on November 18th, The Doo Wop Project will transport you back in time to the golden era of doo-wop music. Their sensational vocal stylings and captivating stage presence is sure to captivate audiences of all ages. Closing out this iconic line-up of music, the Preservation Hall Jazz Band will take the stage on December 1st, bringing the soulful sounds of New Orleans to Easton.

These three incredible acts, each with their own unique musical flavors, promise to make November and December at the State unforgettable. Tickets for these performances and all other State Theatre shows can be purchased through the State Theatre box office or online at statetheatre.org.

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Sky-View is keeping up with the modern ideas of the cemetery business while maintaining the grounds of the cemetery. In August 2002, the future in cremations and above ground burials brought the idea of a new structure to the cemetery. An octagonal shaped granite columbarium with 96 niches was erected near the entrance of the cemetery for those who do not want a traditional 'in ground' burial. Recently, Sky-View has purchased their second columbarium which is made from carnelian stone and granite, thus keeping up with the needs for cremation and 'above ground' burials.

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Paul Tews is a proud Veteran, who served in the United States Marine Corps. Tilghman Accounting is a small local family business and our focus is the preparation of individual and small business tax returns. Our new business venture includes additional services for our clients 65 and older. Our extra senior services include Social Security & Medicare Advisors.



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What seniors can do to safeguard their mental health

No one is immune to issues that can adversely affect their mental health, including men and women nearing retirement age and those who are already retired. Though the term “golden years” suggests life in retirement is one sunny day after another, many individuals 60 and older are dealing with mental health issues.

According to the World Health Organization, approximately 15 percent of the world’s adults aged 60 and over suffer from a mental disorder. What makes that statistic even more troubling is that the WHO acknowledges it likely doesn’t paint the most accurate picture of seniors and mental health, as depression is often undiagnosed among older men and women and untreated because it co-occurs with other issues affecting seniors.

In the past, the Centers for Disease Control and Prevention has acknowledged that late-life anxiety was not readily understood. However, much progress has been made in recent years thanks to a heightened awareness of the problem of seniors and mental health. That means seniors now have ample resources they can look to as they seek to

learn what they can do to safeguard their mental health.

Recognizing warning signs

The National Institute of Mental Health notes that recognizing the signs of mental health issues is the first step to getting treatment. Mental health issues vary, and individuals with anxiety will likely experience different symptoms than those with depression. But the NIMH notes that the following are some of the warning signs of mental health issues.

- Noticeable changes in mood, energy level, or appetite
- Feeling flat or having trouble feeling positive emotions
- Difficulty sleeping or sleeping too much
- Difficulty concentrating, feeling restless, or on edge
- Ongoing headaches, digestive issues, or pain
- Misuse of alcohol or drugs
- Sadness or hopelessness
- Suicidal thoughts
- Engaging in high-risk activities
- Obsessive thinking or compulsive behavior

See **SAFEGUARD** on Page 28



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Eric R. Strauss, Esquire, a shareholder at the law firm of Worth, Magee & Fisher, practices exclusively in the area of probate, trust and estate law and related fields of estate planning, trust and estate taxation, and fiduciary litigation in the firm's Allentown and Lehighton offices. He is a past Chair of the Pennsylvania Bar Association Real Property, Probate and Trust Law Section and has presented numerous seminars in his field of practice to lawyers, community and professional groups. He is also a Fellow of The American College of Trust and Estate Counsel (ACTEC), an international organization of approximately 2,600 lawyers elected to membership by demonstrating the highest level of integrity, commitment to the profession, competence, and experience as trust and estate counselors.



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Senior Services Guide



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- Promote support groups
- Provide newsletters
- In-service training for professional caregivers

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- Schuylkill County • Monroe County

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- Support groups
- Wigs & other supplies
- Fundraising opportunities

AMERICAN DIABETES ASSOCIATION

Information 1-800-342-2383

AMERICAN HEART ASSOCIATION

Information 1-800-242-8721

AMERICAN LUNG ASSOCIATION

Information 1-800-932-0903

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- **FIRE**
- **POLICE**

DIAL 9-1-1

Senior Services Guide



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- Schuylkill County 570-622-9550
- Lehigh County 610-865-4400
- Monroe County 570-476-3800
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- Educational forums
- Arthritis club programs
- Exercise programs
- Arthritis self-help course
- Telephone peer counseling

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- Email: CCCTinfo@lantabus-pa.gov

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- Chore Program • Homemaker Services
- Weatherization • Fuel Program

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610-691-5620

CARBON COUNTY HOUSING AUTHORITY

C.C. Housing Authority: 610-377-9375

PA Housing & Finance Agency: 1-800-822-1174

Rent Subsidy Lehigh PA: 610-377-9375

LEHIGH COUNTY HOUSING AUTHORITY

- Slatington: 610-767-7070
- Fountain Hill: 610-861-0121
- Coplay: 610-262-1322
- Emmaus: 610-965-4514

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Senior Services Guide



CARBON COUNTY OFFICE ON AGING

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610-824-7836 - FAX

- Respite Care
- Family Caregiver Support Programs
- APPRISE (Health Insurance Counseling)
- Senior Centers • Volunteer Opportunities
- Legal Assistance • Home Delivered Meals
- Personal Care • Adult Day Care
- Protective Services • Prime Time Health
- Employment Services
- Information & Referral Services
- PDA Waiver

LEHIGH COUNTY AREA AGENCY ON AGING

Allentown: 610-782-3200

- In-home Services • Protective Services
- Foster Care/Life • Transportation
- Adult Day Care • Ombudsman Program
- Long-term Care Assessment & Management
- Family Caregiver & Support Program
- Housing Case Management/Housing Assistance • Neighborhood Senior Centers
- Assessment, Nursing Facility Diversion & Care Management • Domiciliary Care Services
- APPRISE • Information & Assistance
- Cedar View Apartments

MONROE COUNTY AREA AGENCY ON AGING

Stroudsburg: 570-420-3735
1-800-498-0330

- Friendly Visitor • Transportation • Senior Centers
- APPRISE (Health Insurance Counseling)
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- Care Management • Home Support/Personal Care
- Ombudsman Service • Personal Assistance
- Information & Referral • Home Delivered Meals
- Medical Assistance Waiver • Prime Time Health
- Pre-admission Assessment • Private Senior Citizen Clubs • Family Caregiver's Support Program
- Retired & Senior Volunteer Program

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Northampton County:
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Senior Services Guide



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Lehigh County	610-391-8219
Northampton County	610-691-7705
Monroe County	570-420-3747

NORTHAMPTON COUNTY AREA AGENCY ON AGING

Easton: 610-559-3245

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- Information & Referral • Legal Services • Ombudsman
- Protective Services • Specialized Transportation • Care Management
- Adult Day Services • Emergency Energy Assistance • Family Caregiver Support Program • Home Delivered Meals • Home Health Care • Nursing Home Respite Services • Nursing Home Transition • Personal Care
- Pre-Admission Assessment • Waiver Services

SENIOR AIDE EMPLOYMENT PROGRAM

Schuylkill County: 570-622-5253

- Training Programs • Employers Seeking Employees
- List of Jobs Available

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Symptoms suggestive of cataracts

The eyes are amazing organs that utilize various parts working in conjunction with one another. When working correctly, eyes enable crisp vision and process a vast array of vivid hues. When the eyes are compromised by illness or other conditions, various impairments may be the culprit.

Cataracts often affect aging individuals. The American Academy of Ophthalmology® says a cataract forms when the natural lens in the eye, which is responsible for refracting light rays that come in the eye to help a person see, becomes cloudy. As a result, vision can be compromised and seem like a person is looking through a foggy or dirty car windshield, says the AAO.

The National Eye Institute advises that cataracts are common as people get older. More than half of Americans age 80 years or older either have cataracts or have had surgery to remove cataracts. Cataracts may initially produce mild symptoms of blurry or hazy vision, or surroundings may seem less colorful. Over time, cataracts can lead to vision loss if not treated. The following are some common symptoms of cataracts:

- Cloudy or blurry vision that still occurs despite the usage of corrective prescription glasses or contact lenses
- Colors look faded
- Compromised night vision
- Halos appearing around lights
- Oncoming headlights, lamps, or sunlight seem too bright
- Double vision
- Frequent changes to visit prescriptions

Researchers have identified certain things that may contribute to the changes that occur in the lenses that lead to the formation of cataracts. Exposure to ultraviolet light from the sun or other sources is a main risk factor. Diabetes, hypertension, obesity, smoking, prolonged use of corticosteroid medications, and other factors come into play as well.

All About Vision says cataracts can be broken down into various types, and some are much more common than others.

· Nuclear: These cataracts are the most common and form in the center of the lens, gradually worsening.

See **CATARACTS** on Page 26



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Travel opportunities for retirees

Retirement provides individuals with ample time to engage in activities they enjoy. Many seniors spend that newfound free time relaxing and seeing the sights.

Seniors are a travel-friendly demographic. The World Tourism Organization says that, in 1999, more than 593 million international travelers were age 60 years and older. Seniors are projected to take two billion trips annually by 2050. As Baby Boomers and Generation Xers continue to retire, a larger portion of the overall population will have time to travel.

When seniors plan trips, they have many ways to get around in style.

Cruising

Cruising can be an ideal way for older adults to travel. Cruise ships depart from ports across the world and travelers can choose from an array of itineraries. People can travel on cruises that are at sea for as few as three to five days to others that are out for weeks at a time.

One reason seniors enjoy cruising is because it's all-inclusive with little extra planning required. Step aboard a cruise ship and enjoy a floating hotel complete with food, lodging, entertainment, shopping, gambling, and much more. Organized excursions at ports of call can add to the thrill of cruising.

Guided tours

Escorted tours are another option seniors may want to consider. By working with reputable tour operators, seniors can engage in affordable, safe and comfortable tours via bus, train or other modes of travel. Tour companies take the work out of the trips by handling the details and showcasing the best locales. Tour experts know when to schedule meals and sightseeing to avoid the crowds so that everyone can sit back and relax on their adventures.

RV excursions

Travel by recreational vehicle is a great way for individuals with time on their hands to see the sights up close

and personal. When RVing, the time spent traveling is the adventure, and the destination is simply the cherry on top.

The RV industry exploded during the pandemic because it provided a safe way to enjoy a vacation and get away from home. MARVAC Michigan RV & Campgrounds says currently more than nine million households own an RV in the United States. There's no age limit to buying an RV, although the RV Industry Association says the average owner is 48-years-old and married.

RV-friendly campsites and parks enable travelers to mingle with each other, providing affordable and fun ways to travel.

Timeshares

Seniors who got in on the timeshare bandwagon early in life can choose to enjoy their travel years even further. The timeshare model enables buyers to purchase the right to use particular homes, condos, hotel rooms, resorts, or other accommodations for specific periods of time. For example, some timeshare agreements are for one week each year in a designated location. Seniors with more time on their hands may want to revisit timeshare agreements to increase the frequency in which they can use properties or to find timeshare companies that enable swapping properties with others so that different locales can be enjoyed.

Visiting family

Retirees may aspire to spend more time with family members who do not live nearby. Families may want to consider mother-daughter residences or properties with small guest houses so that seniors can stay in the residences when visiting but have some privacy at the same time.

Seniors have many travel options, and retirement is the ideal time to get out and enjoy time away from home.




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CATARACTS

CONTINUED FROM PAGE 24

· **Cortical:** Cortical cataracts generally start as spoke-like opaque areas at the edges of the lens that grow inward. They tend to be responsible for more night glare.

· **Congenital:** Some people are born with cataracts.

· **Trauma-induced:** These cataracts form anywhere and often develop into a rosette shape.

· **Post subcapsular cataracts:** Initially developing at the central back surface of the lens, these cataracts often develop faster than other types. Vision around bright light and colors is affected.

Eye doctors generally diagnose cataracts during dilated eye exams. The NEI says anyone age 60 or older should get dilated eye exams every one to two years. Surgery may be recommended only at the point when cataracts start to severely interfere with daily activities. Until then, people can mitigate cataracts by updating eyeglass prescriptions, turning lights up when possible and wearing anti-glare sunglasses.



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www.americanheart.org

How active seniors can lower their injury risk

Physical activity is one of the key components of a healthy lifestyle. Though physical activity benefits people of all ages, it can be especially helpful for seniors by making it easier for them to overcome some of the obstacles associated with aging.

According to the Centers for Disease Control and Prevention, physical activity supports daily living activities and independence. That's a significant benefit for seniors who are worried that age-related physical and mental decline might one day compromise their ability to live independently. The CDC also notes that physical activity lowers the risk for early death, heart disease, type 2 diabetes, and certain cancers.

The CDC reports that physical activity is generally safe for fit individuals who are 65 and older and have no existing conditions. Despite that, it's best for any senior to consult his or her physician prior to beginning a new exercise regimen. Once doctors give seniors the go-ahead to begin a new workout routine, seniors can take the following steps to reduce their risk for injury.

- Warm up before working out. Seniors may think they don't need to warm up before exercising because their workouts are not as high-intensity as they might have been when they were younger. But Harvard Medical School notes that warming up pumps nutrient-rich, oxygenated blood to the muscles and helps increase heart rate. The American Council on Exercise reports that warming up helps reduce workout-related injury risk by improving tissue elasticity. So prior to beginning a workout, regardless of how moderate- or low-intensity that regimen will be, seniors should warm up for five to 10 minutes.

- Start with a routine that's commensurate with your abilities. Seniors excited by the prospect of working out must temper that excitement if they're not accustomed to physical activity. Such individuals should consider working with a personal trainer. Personal trainers design exercise regimens based on each individual client's fitness levels and goals. As clients make progress and their bodies become acclimated to routine physical activity, personal trainers can then tweak regimens to make them more challenging. Seniors can take on these responsibilities themselves, but are urged to begin slowly and gradually build up their exercise tolerance.

- Don't skip strength training. Seniors may think lifting weights is for young people who want to look buff, but the AARP® notes that muscle-strengthening activities protect the joints, reducing seniors' risk for injury as a result. The Department of Health & Human Services recommends seniors who have been cleared to exercise engage in strength training at least twice per week.

- Stretch after your workout. Harvard Medical School reports that efforts to cool down after a workout, including stretching, can prevent muscle cramps and dizziness and lengthen muscles throughout the body, which improves range of motion. Harvard Medical School recommends holding each stretch for 10 to 30 seconds, as the longer a stretch can be held the more flexible individuals' muscles will be.

Physical activity is an essential component of a healthy lifestyle for seniors. Active seniors can take various steps to reduce their injury risk so they can continue to reap the rewards of exercising for years to come.

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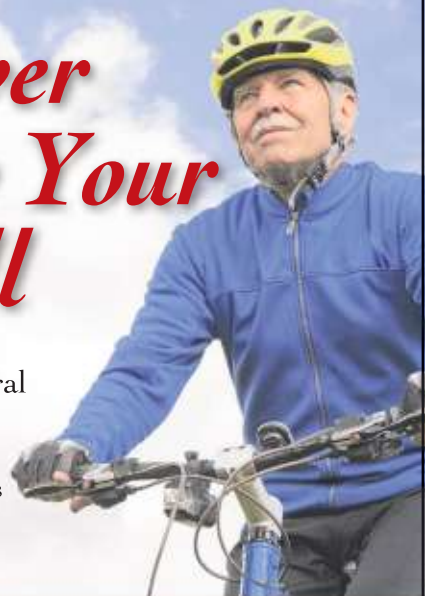
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SAFEGUARD

CONTINUED FROM PAGE 17

- Thoughts or behaviors that interfere with work, family, or social life
- Engaging in thinking or behavior that is concerning to others
- Seeing, hearing, and feeling things that other people do not see, hear, or feel



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Seeking help

As noted, a growing awareness of mental health issues and how they affect seniors has translated to more available resources for aging men and women who need help. Within the United States, seniors can visit the NIMH Help for Mental Illnesses webpage (<https://www.nimh.nih.gov/health/find-help>) to access contact information for various groups that help people in times of mental health crises. In Canada, individuals can visit the Canadian Mental Health Association at <https://cmha.ca/find-help/find-cmha-in-your-area/> for contact information for various groups across the country.

Behaviors that can be beneficial

The National Institute on Aging notes that most cases of depression cannot be prevented. However, the NIA also notes that healthy lifestyle changes can have long-term benefits of seniors' mental health. Such changes include:

- Being physically active
- Eating a healthy diet that can reduce risk for diseases that can bring on disability and depression
- Getting adequate sleep, which for seniors is between seven to nine hours per night
- Remaining socially active, including regular contact with friends and family
- Participating in activities you enjoy
- Sharing mental issues or concerns with friends, family members and your physician

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



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St Luke's Geriatric Medicine Physician Suggests Ways for Older Adults to Stay as Healthy as Possible



As we enter Fall, Alaa Mira, MD, chief, Geriatric Medicine, St. Luke's University Health Network, reminds us of the importance of helping aging parents manage their health care.

Preventative health care not only improves your loved one's health but also their quality of life. Vaccinations reduce the risk of getting life-

threatening illnesses like the flu and COVID-19. Screenings identify diseases in their early, most treatable stages.

Chances are your father and mother might benefit from your help in managing preventive health care, he says. Juggling multiple providers and appointments can be confusing for anyone but even more so for many older adults. You may need to remind them to schedule needed health care, such as their annual physical. Some older adults also need assistance making calls or getting to the doctor's office.

Preventive care can have significant benefits," he adds. "For example, routine blood work can identify a health condition that can be treated easily. By identifying and treating the problem, your loved one will likely feel better. In addition, we can often reverse or slow the progression of the disease," he adds.

Also, make sure they receive vaccines and boosters. Keeping up to date will reduce their risk and lower the severity of illness should they have a breakthrough case.

When discussing your parent's health, Dr. Mira suggests approaching the topic delicately. Offer help while allowing your mother and father to make decisions as they are able. Have a list of screenings and vaccinations in hand so you can discuss them together. Finally, if unsure what preventive health care your loved one has received, see if you can join in a conversation with your parent and the family physician.

To schedule an appointment with Dr. Mira, call 484-526-7035.

Dr. Mira's 10 Important Preventive Steps for Older Adults

1. Influenza. All adults should consider getting an annual flu shot and periodic COVID boosters. However, with advanced age, the risk of having serious complications

from the flu increase, particularly if you have poor health. In fact, about 85% of people who die from influenza are 65 and older.

2. High blood pressure screening. All older adults should have regular blood pressure screenings. The prevalence of high blood pressure increases with age and is a leading indicator of diabetes and heart disease.

3. Cholesterol screening: Men aged 35 and women aged 45 who are at risk for coronary heart disease should be tested. Risk factors include high blood pressure, being overweight or obese and having a personal or a family history of heart disease.

4. Diabetes screening. Nearly one in four adults age 60 and older has diabetes, and many more are at risk of developing it. Diabetes screening is vital if you have sustained blood pressure greater than 135/80 mm Hg. Efficient detection and treatment of diabetes can prevent the progression of certain diabetes-related complications and improve and reduce the risk of heart and vascular disease, including stroke and heart attack.

5. Colorectal cancer screening, beginning at age 45 and continuing to age 75 or even longer if you're in good health. Two-thirds of all new cases of colorectal cancer are in people 65 and older. Breast cancer and prostate screening are also recommended.

6. Osteoporosis screening. Routine screening for women at age 65 or age 60 for women with increased risk for fractures. Screening may lead physicians to implement management strategies that may decrease fractures.

7. Pneumococcal vaccination. All persons age 65 and older should receive this vaccine. Older adults are more likely to get and develop complications from pneumonia.

8. Vision tests. Older adults should have a comprehensive test every year or two. Common vision disorders that become more prevalent as you age include age-related macular degeneration, cataracts, diabetic retinopathy, dry eye and glaucoma. Early detection and treatment help you retain good vision.

9. Hearing screening. Adults 55 and older should get their hearing tested at least once a year. Hearing loss is a normal part of aging. Approximately one in three people between the ages of 65 and 74 has hearing loss, and nearly half of those older than 75 have difficulty hearing.

10. Depression evaluations. Although not a normal part of aging, many older adults suffer from depression. A loss, such as a death or retirement, can cause depression. Talk to a doctor if you or someone you care about shows signs of depression, such as tiredness, trouble sleeping or irritability.



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