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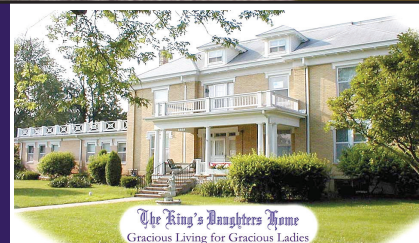
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Dating: Get Back Out There

Many things might have changed since the last time you were dating — including big advances in technology. But you don't have to rely on the internet, if that's not in your comfort zone. Consider volunteering, taking a class or joining a club or church.

With the right preparation, focus and understanding you can find love again.

BE SELECTIVE

One of the benefits of growing older is knowing yourself and your own personal needs. At this point in life, you're not just looking for a date; you're looking for the right person. Make a list of attributes that you'd like from a new partner, everything from their hobbies and favorite foods to personality traits and physical attributes. Then look for people who sync up with your list. They don't have to be a perfect match,

but the more things you can check off, the better your chances. If a date doesn't quite work, remember to continue to refine the list as you move forward.

BE SAFE

Don't go out on a date without doing a simple internet search of your potential partner — or ask a tech-savvy family member or friend to help. Beware if someone asks you for money, particularly early on. These "sudden" personal issues are often simply scams. If you use a dating app, avoid profiles that only have one picture and no biographical information. Don't give out your phone number to people on the internet. Immediately report any offensive behavior to the site-management team, including harassing or threatening messages and requests for financial assistance. Only meet

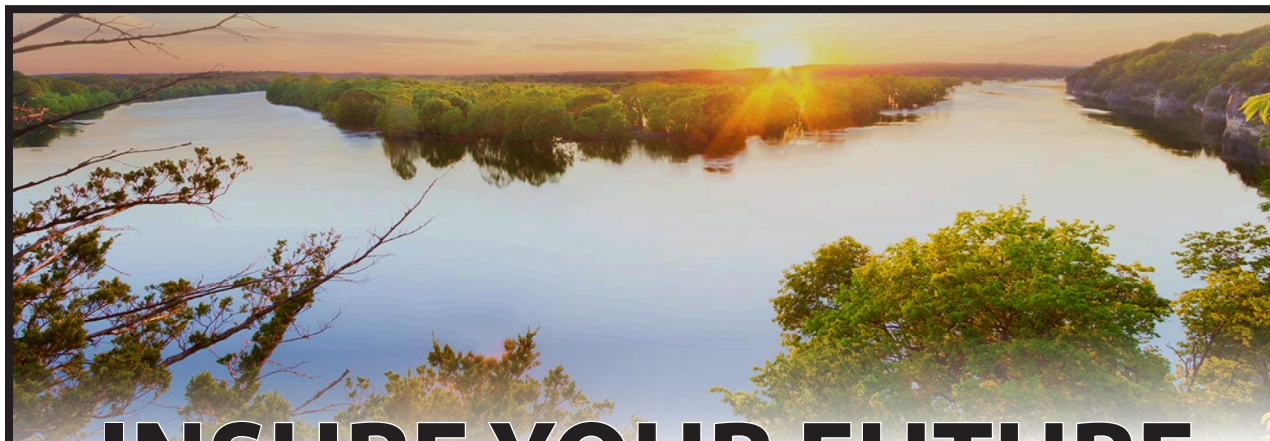


in welllit, crowded places and make sure others know where you are and when you expect to return.

BE SUPPORTIVE

Age brings experience, but not all experience is positive. Remember that the people you meet may be carrying memories of something traumatic, including a divorce or the death of a

loved one. You may have some of the same issues. This can provide a source of comfort and understanding when two people meet, but it might also lead to issues with self-confidence. Dating as a senior might require more time to sort through these complex feelings. In some cases, one partner or the other might even need more time to heal before dating seriously again.



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Downsizing Tips

The National Association of Realtors notes downsizing as a fast-growing trend among those aged 45 to 64, as rooms or entire floors are vacated by grown children. Leaving a large family home for a smaller place that's easier to maintain might be right for you, too. Here's how.

CREATE A PLAN

Downsizing is not something that happens overnight. In fact, homeowners can begin creating a plan long before they're ready to move. Decluttering will ease the way, while also potentially smoothing the way for your sale. A home with fewer things in it tends to appear much larger. Then settle on where you'll move. You may decide to be closer to your family, or in a favorite vacation destination. Next, decide on the space. Those who value privacy may simply want a smaller detached home. Apartments and townhomes offer an opportunity to let go of maintenance worries.

Discuss your decision with trusted family and friends, in particular those who will be directly affected. They may have great suggestions to help you decide. Then set reasonable, achievable goals for getting rid of unneeded items, preparing the property for sale and then moving. Start with a move-out date, then plan everything backward from there. Where you'll move could have a direct effect on the timeline, since moving companies will usually need more advance notice for longer routes.

THINK SMALL

Sorting through, selling and giving away items with decades of history behind them may not



always be easy – so start slowly. Get rid of any duplicated items, or things you haven't used in years. Try to stay focused on the future by matching items you plan to keep – including furniture, bedding and kitchen items – with your new place. You're gaining a new future, not simply leaving the past behind.

It can be tempting to put off decisions, perhaps by creating a "maybe" pile, but procrastinating will only make the final decisions more difficult. Avoid all of that subsequent agonizing by making a decision, and sticking with it. Gift a few cherished keepsakes to family and friends, offering personal notes or stories about why they are meaningful. But save the most emotional items for later. Once you're in a rhythm with decluttering, it will be easier to let go of certain things.

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Get Ahead of Financial Worries

Don't waste this opportunity by spending time worried about money. There are several ways to ensure that your retirement savings lasts.

SKIP THE STOCK MARKET

Retiring can be very stressful if your income is tied solely to an often-volatile stock market. Every dollar counts in retirement, in particular if you have plans to leave the legacy of an inheritance to your loved ones. That's why annuities now play such a foundational role in retirement planning. You'll have a guaranteed income stream, no matter what's going on with Wall Street. They are essentially insurance products, and you can select either fixed or variable options. The annuity is purchased upfront, then earns a consistent return on investment over an agreed-upon period. As long as the issuing company remains in business, the annuity is secure. So, doing your homework in advance is critical. There are also penalties if you want earlier access to your investment, meaning your funds are locked away.

START A SECOND CAREER

Just because you've retired doesn't mean that you have to stop working.

Many retirees leap at the opportunity to begin a second career, usually on a part-time basis.

This might mean working in a field that's similar or related to your former career, or in something else that always interested you.

Whichever direction you take, having access to this additional income will keep you from delving into your savings — and



you'll remain engaged with life. That's a win-win situation, especially for seniors.

SEEK OUT SOUND ADVICE

Another important way to get the most out of your retirement funds is to get good advice from a pro about money management and investing. Ask friends and family for recommendations, and check online ratings and comments on local financial advisors. Find two or three with a great reputation in your area, and make sure they have all required certifications. Meet with more than one before deciding, making sure that they'll offer options based on your individual needs — rather than simply pressuring you to buy a specific, one-size-fits-all product. Avoid anyone who gives you a hard sell.

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Exercise Advice

Movement leads to better health for those of any age, but it's particularly important as we get older. Discuss any change in your exercise regimen with your doctor first, especially if you suffer from common issues like obesity, heart disease or diabetes.

Medical professionals can make the best recommendations on which exercises and activities are best aligned with your personal needs and goals. They'll also better understand any unique challenges that may come along based on your health history, particularly as you get underway.

TAKE IT EASY

After you've set up a health and fitness plan, it's critically important that you begin slowly. The risk of injury during initial exercise sessions is a concern, especially if you have not been very active in the recent past.

Pick an achievable goal involving short sessions and only moderate activity for your first week. Make sure exercise easily fits into your regular weekly schedule. Pay close attention to how your body reacts as you go through this new regimen. Adjust as needed to your activity. As you grow stronger and more comfortable in the routine, add more repetitions, more time or more miles. Be prepared to continue making key adjustments along the way.

WHAT TO DO

You probably associate exercise with structured gym environments where people are lifting weights or running on a treadmill. But you don't need a health club membership. Any activity that increases your breathing and heart rate is considered exercise. That would include walking fast or dancing, household chores



and lawn work. You don't have to leave the comfort of home to take part in helpful activities like balance exercises or yoga. Even joining your grandchildren in their outdoor games or swim outings is good for your health.

TIME WELL SPENT

Schedule 30 minutes a day for moderate exercise like a brisk walk, recommends the Centers for Disease Control and Prevention. More vigorous exercises like jogging or hiking should make up about 75 minutes of your average week. Schedule muscle-strengthening exercises with weights, resistance bands or heavier household items like filled water bottles at least twice each week, as recommended by Health.gov. If you begin to feel short of breath, notice chest pains or experience any sharp pain, immediately stop and then consult your doctor.

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Grief and Seniors

Seniors must contend with feelings of loneliness and grief as friends and family die. It's a process that might become overwhelming. There may also be sadness associated with chronic health issues, the loss of mobility, or distance from loved ones.

The elderly are affected differently by these experiences, according to Psychology Today. The immune system may work less efficiently, and grief has also been linked to depression, heart disease, anxiety, stroke, fearfulness and the development of Alzheimer's disease. Back-to-back losses, which are more common for seniors, can also lead to what's called bereavement overload, doctors say.

Here's how to identify the signs of grief, how to discuss these feelings of loss and activities that can help with the healing process:

KNOW THE SIGNS

Elisabeth Kubler-Ross famously identified the five stages of grief in her 1969 book "On Death and Dying." They are denial (difficulty believing), anger (questioning fairness), bargaining (making a deal with fate), depression (experiencing persistent sadness and an inability to carry out daily activities), and acceptance (feeling resolution). It's important to remember, however, that Kubler-Ross' stages might not happen in that exact order. Some seniors simply get stuck or move back and forth between stages. Other signs to look for with those experiencing loss or grief include forgetfulness or confusion, loss of appetite, irritability, fatigue, difficulty sleeping, guilt, poor concentration, motivation issues, withdrawal and significant weight loss.

TALKING IT OUT

Experts most often recommend talking to trusted friends, family members or a psychologist about



grief to work through these emotions, rather than risk a slide into depression. Acknowledging the loss can lead to happy memories from the past, allowing the experience of grief to take on new meaning. Listeners should create open, welcoming spaces for conversation. Everyone experiences these things at their own pace, and they may need time alone, as well.

EXPERT TIPS

For those looking to do something constructive in times of grief, consider eliminating the kind of daily stressors that increase anxiety by cleaning, running errands or preparing meals in advance. Make a scrapbook of photographs and mementos from your time with a lost loved one. Friends and family should make a habit of checking in on those who are experiencing grief, offering help, a shoulder to cry on or companionship as needed.

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Diet Updates

The traditional food pyramid has been updated, but USDA recommendations for seniors remain the same: The bulk of our diets should be nutrient-dense. Seniors should also focus on drinking more fluids, and getting more exercise. You may need supplemental help too, depending on particular health issues.

FIBER FOCUS

Fiber found in whole-grain items, brightly colored fruits and dark-color veggies are essential to vitality and digestive health. Limit red meat and sodium, particularly if you have been diagnosed with a heart ailment or high blood pressure. Experts recommend fresh food items, but seniors who are struggling to reach their goals should feel free to take advantage of frozen, canned or dried fruits and vegetables. Dried and canned options are often a better buy,

and have a much longer shelf life. They're also handy in case of a power outage or when traveling.

MORE FLUID

The USDA reminds seniors that your body will tell you when you need water. If you are thirsty, then it's time for more water. Dehydration is a serious concern for seniors, particularly when exercising or doing outside chores. Staying hydrated is important at all times, however, so lower your risk by drinking plenty of fluids. Water is recommended over colas or sugary drinks, which can actually create dehydration since they may be diuretics. Some foods are also a good source of water, including vegetables, lettuce and soups.

TAKING SUPPLEMENTS

The World Health Organization recommends that seniors get 1,200 mg of calcium per day,



which is the equivalent of four cups of milk or fortified orange juice. If you're not getting that much, a supplement may be required. You may have additional nutritional needs as a senior, in particular for vitamin B12 or D. They're also often recommended by doctors for those over 50.

The omega-3 fatty acids found in certain fish, walnuts and flaxseed are also commonly rec-

ommended since they reduce inflammation while helping ward off heart disease, cancer and arthritis. Don't begin any regimen of additional vitamins or other supplements without consulting your physician. They may have other recommendations, and they'll also be familiar with any potentially harmful interactions that could occur based on your health and prescribed medicines.



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Choose a community or live at home?

Different dynamics will affect your choice. Consider these 4 factors as you make your decision.

At a Community



At Home

Built with aging in mind, a community offers you a residence, necessary services and useful amenities, getting together with neighbors and dining — all under one roof or within easy walking distance.

• 1 •

Physical Environment

Where you live matters in setting the course for how well you age.

Your home wasn't built with your aging in mind, so you'll need to adapt it to serve you. Consider lighting upgrades, fewer and safer stairs, bathroom and kitchen remodeling — all to keep you safe and functioning independently.

Multiple dining venues, chef-prepared menus, cleanup staff, and a staff nutritionist or dietician — all these make it easier to eat well regularly.

• 2 •

Good Nutrition

Eating well increases your appetite for living well. But a poor diet can lead to higher incidences of falling, problems with wounds healing, and a weakened immune system that raises illness and infection rates.

When it's a challenge to buy groceries and cook for yourself, a little ingenuity is called for. Consider options like daily meal or grocery deliveries, rides to market or restaurant with friends or family, or a drop-in cook to prep a week's worth of meals.

Worship, education, volunteering, entertainment, social activities, crafts and hobbies — the opportunities are here as part of community life. Plus, there's transportation available.

• 3 •

Living with Purpose

Meaningful activity leads to lower mortality rates and better health in older adults. Purpose promotes positive living

Family, church, volunteering and special-interest groups all offer you great ways to enrich daily living. To take advantage of these opportunities, you may need to rely on others for transportation. Alternatively, online communities and social networking can provide easy access to purposeful engagement.

Retreat at will to the privacy of your own residence, knowing that the next meal or community activity will connect you with friends and neighbors.

• 4 •

Social Connection

Relationships keep you healthy as you age, and isolation is a serious health risk for older adults. More than 11 million adults age 65+ are estimated to live alone

To sustain your social life, you'll need local community services, the telephone, social media and other online services (e.g., Skype or FaceTime) — especially if mobility and transportation challenges keep you at home.



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HOLIDAY TIPS FOR CAREGIVERS



The holiday season is meant to be a time of joy, laughter, and togetherness for families. However, when acting as a caregiver for a senior diagnosed with dementia, holidays can become full of stress and disappointment. Seniors suffering from memory loss often feel overwhelmed and confused during busy holiday events, but that doesn't mean they can't have a good time. Here are some things to consider when accommodating a person with memory loss.

Talk with family and friends. Before planning anything, let them know about what to expect and how to best accommodate the family member. Prepare everyone by explaining the unusual behaviors and changes they might see in the person. This will help everyone have a better idea of what to expect and how to react when spending time with their loved one.

Keep a regular routine. Routine is very important to a person with memory loss, so consider their typical eating and sleeping times. To avoid sundowning in the late

afternoon, consider having the holiday festivities around lunch time. This will make it easier to enjoy the day and still have your loved one home by their regular bedtime.

Minimize noise, décor, and crowds. Know that crowds, loud noises or music, and flickering lights can be irritating for a person with dementia. Try to keep decorations simple and the atmosphere relaxed. Have a quiet place ready for your loved one to go to rest and take a break from the gathering.

Include the person in holiday traditions. Though dementia can impair a person's abilities to do as much as they once did, they can still take part in holiday traditions. If baking pies was something your mom did every year, she can still help. Focus on the things she can do, rather than the things she cannot. Let her knead the dough and roll it out. Hands-on activities are easier for a person with dementia to complete, and accomplishing even the simplest tasks can bring joy.

Discuss your options with the staff. If your

family member lives in a care community, often times, they will have a special holiday party and dinner where families are allowed to attend. While you may want to take your loved one to your home for the holidays, spending time with them in their familiar setting may be the best option for everyone. This allows you to enjoy time together without the stress of making your senior travel or breaking up their routine. Staff will be available to offer support if issues occur, giving you the stress-free celebration you desire.

Reevaluate and adjust your expectations. The holiday season doesn't have to be a time of worry and stress if you take the time to plan and prepare. Don't set yourself up for disappointment. Be thankful for the abilities your loved one has, and remember that dementia doesn't make a person less whole.

If you keep these ideas in mind, the holiday season can be beautiful and joyful for the whole family.

The holidays can be a time that family members discover their aging loved ones may be in need of assistance with regular daily tasks. **LET US HELP.**



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Scam Artists

Seniors are particularly vulnerable when it comes to health-care fraud, funeral scams and counterfeit prescriptions. Here's how to avoid becoming the next victim, and what to do if you or someone you love unwittingly falls for one of these scams.

HEALTHCARE FRAUD

Those over the age of 65 are particularly susceptible to health-care fraud simply because all American seniors are eligible for Medicare. Information about this federally backed insurance program is available to anyone, so it's not hard for someone to sound like a knowledgeable Medicare "representative" on the phone or through electronic communication - even when they're not. The National Council on Aging reminds seniors to beware of anyone seeking their personal information. Ask for their name and

official credentials, then hang up the phone and call the agency yourself to confirm their identity.

FUNERAL SCAMS

The Federal Trade Commission has noted an uptick in scams involving more expensive caskets or funeral package deals. Scammers may suggest that these options are required by law, and that is simply not the case. You are not required to embalm the deceased unless certain timeframe requirements for cremation or burial aren't met. Thieves have also begun calling to collect fake debts, according to the FBI. Some have even attended services for complete strangers, using published obituaries to target specific victims.

COUNTERFEIT PRESCRIPTIONS

One of the ways seniors try to stretch their retirement dollars is



by saving on everyday expenses like medications. The Food and Drug Administration is reporting more and more cases of online drug scams, as seniors risk losing both their savings and their good health since these prescriptions are typically fraudulent. If you don't already use a trusted site to purchase medications, talk to friends, family or your personal physician about safe online options.

IF YOU ARE SCAMMED

Have you found yourself the victim of a senior scam, or know someone who has? Report it to the U.S. Department of Justice's National Elder Fraud Hotline by calling toll-free at 833-372-8311. The AARP sponsors its own Fraud Watch Network Helpline, toll-free at 877-908-3360. Their site hosts a helpful scam-tracking map where you can follow national reports.

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Lower Your Risk of Stroke

Some factors, like family history, are beyond your control. But we can cut down our chances with a few simple lifestyle changes.

KNOW THE SIGNS

There are some specific signs that indicate a stroke, so remain vigilant. Look for a sudden inability to speak coherently, and weakness or numbness in a leg, arm or face — in particular on only one side. The National Institutes on Aging also recommends monitoring for sudden vision problems, or a severe headache that happens for unknown reasons. If these symptoms are confirmed, you should immediately call 911. Time is of the essence. The faster lifesaving help arrives for the victim, the lesser the stroke's impact.

FAMILY HISTORY

Unfortunately, genetics play a role, as some people are simply more predisposed to have a stroke. The same is true of some forms of heart disease and sickle-cell issues. So, familiarize yourself with your personal family history and any health issues they've dealt with in order to better understand your risks. Sharing these details with your doctor will help shape the approach to maintaining your good health — and it could make all the difference in the world.

PROACTIVE APPROACH

A key factor in strokes is high blood pressure. Experts recommend closely watching these numbers, then quickly addressing any movement out of the accepted normal range. The doctor will typically prescribe medicine and lifestyle changes as a preventive measure. Also



keep a close eye on cholesterol and blood sugar levels. Smoking can also raise your blood pressure. Stay on a regular check-up schedule so your doctor can monitor things like arrhythmias, another thing that may lead to stroke. Key scans can also look for plaque buildup or blockages before they lead to an emergency.

WATCH YOUR DIET

Depending on how active you are, doctors generally recommend consumption of 1,500 to 2,000 calories a day. Your individual body-mass index may also play a role in this number. What you eat and drink also plays a role in stroke risks. Reduce salt intake and avoid saturated fats. Four to five cups of fruits and vegetables are recommended daily, with no more than one glass of alcohol.

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Senior Finances

As we move into our senior years, most of us will transition to a fixed income. Be ready by creating a financial framework to provide for an enjoyable and rewarding retirement. You'll also need some savings in case of emergency. With the right planning, you'll have the means to live without worry.

CREATE A PLAN

Retirement can be catastrophically affected if your savings are drained by some unexpected issue or simply by outliving your pre-planned nest egg. Enjoy these years to the fullest by planning ahead. Move investments into lower-risk mutual funds and bonds later in your career, since higher-risk options could be more volatile just when you need access to these funds. Don't focus too intently on any one segment of the market. Instead, craft a diverse portfolio while avoiding the tendency to become too conservative. That can have terrible implications if you live long enough to spend it all down. For those who are unsure about creating and maintaining this delicate balance of investments, contact a credentialed financial advisor. They can help you map out things.

CONSIDER STAYING

The traditional retirement age is still considered 65, even though life expectancy has changed a lot over the years. If you're still withdrawing 25 years later, it may not be possible to retire that early and maintain your financial footing. Consider continuing to work, both to help ease the worry of outliving a nest egg but also to bolster your retirement benefit. Social Security and many pension



plans offer financial incentives for retiring later. Others begin a second career or found a startup at an age when seniors used to retire.

SENIOR DISCOUNTS

There are a range of senior discounts and benefits that many people don't take full advantage of, to their financial detriment. Look for state and federal government programs that can help you bolster your savings.

There may be energy-assistance programs in place or property-tax relief initiatives that can help ease regular billing cycles.

Look for senior discounts in everyday settings, from national parks to movie theaters to local stores. There may be special considerations for seniors who are looking to downsize into shared community spaces, too.

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We're Living Longer

In fact, the percentage of those 65 and older in the U.S. has never been higher. Those numbers are expected to rise to an all-time high of roughly 20 percent of the entire population by 2030, as the trailing edge of the Baby Boomer generation continues into retirement. Life expectancy rates have been trending generally upward for decades, lengthening the so-called “golden years” into something more like “golden decades.” Here’s how to make the most of them:

BEHIND THE NUMBERS

A series of impressive health breakthroughs has been key to the rise in pre-COVID life expectancy, the Centers for Disease Control and Prevention reports. Our ability to deal with infections, treat maladies that once were fatal, protect against viruses, and more quickly diagnose and address chronic disease led to an incredible decline

in deaths among seniors. Scientists and physicians have learned more about the ways our lives are shortened by poor diet and lack of exercise, and now recommend key pathways to healthier living along with helpful prescription aids, if needed. At the same time, safety improvements on our highways, with our food and water, and in the workplace have done a better job of protecting everyone’s health.

ABOVE AVERAGE

Interested in meeting the average life expectancy, and then besting those numbers? Seniors who stick to diets that are low in processed foods, fatty meats and sodium are living healthier, longer lives. We’re also encouraged to eat more vegetables and fruit, while remaining social. Spending time with family and friends, getting involved with your community,



church or a hobby can work in concert to bolster both emotional well-being and health.

REACHING OUT

Of course, living longer doesn’t necessarily translate to being happy. The American Medical Association notes that some seniors still struggle with their personal quality of life. They may suffer from lone-

liness, nagging pain from arthritis or depression. Simply focusing on a healthier diet, social interactivity and exercise may not be enough to overcome these issues. Get help with your sense of well-being through frank and open conversations with family friends, medical professionals or qualified counselors. Don’t be afraid to reach out if you need help.

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Older adults who practice yoga have a reduced risk of falling, because of a proven track record of better stability. Greater flexibility and improved joint health have also been linked to reducing symptoms of osteoarthritis. Yoga participants traditionally have reported better respiratory health, lower blood pressure, improved mindfulness, reduced anxiety and needed relaxation. As you continue to practice yoga,

you may find that you have better posture, better digestion — since yoga stimulates muscles in the core — and better pain management. It's also not a huge commitment: As little as 10 minutes of yoga a day has been shown to help with bone density, a critical concern as we age.

WHAT TO AVOID

Beginners should start with a live instructor, rather than watching videos. Done incorrectly, yoga can unfortunately lead to injury. Seniors should also be aware of their natural limits. Avoid inversions that place your head below your heart, and

forward bends with legs straightened. Twists should be limited to the midrange, while avoiding extremes of movement. When deciding on a yoga studio, look for instructors who have been certified by Yoga for Seniors. They'll know more about tailoring movements to your special needs. If your breathing ever becomes labored, immediately reposition yourself. Take breaks, as needed.

BEST POSES

Some specific poses tend to work best for seniors, so ask your yoga instructor about the mountain pose, the tree pose or the

cobra pose. Those with a mobility impairment should consider chair yoga, as should anyone under doctor's restrictions or with worries about their physical condition. Make sure you have a sturdy chair without wheels.

After warmups, you'll be led through specifically designed flexibility and strength-building sessions before participating in a modified cool-down period. If done correctly, Healthline reports that this stationary, supportive option is just as beneficial as regular yoga classes. It's especially helpful for those with balance or joint issues, menopause or arthritis.

Rethink Retirement Communities

Here's how to find one that matches your active lifestyle.

COSTS AND OFFERINGS

When researching retirement communities, begin with their pricing structure and see how that matches the facility's individual amenities. Some particular offerings will signal that you're considering a more active community, including tennis courts, exercise classes or a place to play horse-shoes.

At the same time, you may want to move away from everyday chores in order to focus on socializing, hobbies or fun activities. Inquire about concierge, dining and laundry services. This is a fast-growing sector of the economy, so there's a wide range of pricing and amenities. Keep looking until you find a few that could be a perfect fit, then schedule a visit. As you arrive, note nearby options like libraries, gardens or hair salons.

SOCIAL SCHEDULE

The best retirement communities offer a packed schedule of events so that seniors can create or maintain a social circle of friends. Ask to see their calendar to learn more about how they create an open and fun environment. Planned activities might include arts and crafts, movie night, board

games, a book club or dances. Even if you're not interested in all of them, these get-togethers will help build a sense of community and friendship. The best retirement communities also occasionally offer sponsored trips to area points of interest.

LIFESTYLE CONSIDERATIONS

Are you moving into this community with a pet? Make sure each potential community allows them before committing to a move. Some communities restrict visits or travel, so particularly active residents might want to look elsewhere.

Proximity to retail, swimming pools, golf courses, churches and public transportation may be part of your decision-making process. Most important, however, is how close the community is to health care options.

The facilities should be easily accessible for first responders, and close to your doctor, the hospital and other needed service providers. Pay close attention to nearby schools, construction projects or sports facilities if you are sensitive to noise or worried about traffic.

Safety is also a concern, so make sure there is ample lighting, a wide array of security measures, emergency-response systems and a dedicated check-in area for visitors.

Looking for ways to give back to our youngest community members or stay active as you age?

Oasis supports older adults with volunteer opportunities and online special interest classes.



What is the Oasis Tutoring Program?

Since 1989, thousands of children across the country have improved their skills and discovered the joy of reading with support from Oasis tutors. Oasis Intergenerational Tutoring is a volunteer program that pairs older adults with children in grades K-3 to work one-on-one each week as their tutors, mentors and friends. Oasis tutors use a six-step approach to literacy designed by educators that emphasizes improved reading, speaking, listening and writing.

What is the Oasis Everywhere?

Oasis Everywhere offers live, online courses led by top Oasis instructors from across the country. With Oasis Everywhere virtual lifelong learning, geographic location, mobility, or travel constraints no longer apply! It features a listing of classes that are entirely web-based, but designed to provide the same interaction and intellectual stimulation that traditional in-person classrooms offer.

To register or learn more, visit tutoring.oasisnet.org for information on the Oasis Tutoring Program, or oasisnet.org/oasis-everywhere for Oasis Everywhere.



The King's Daughters Home



Residents do not have to be a "King's Daughter" nor do they have to ambulate "walk-in." We accept all levels of acuity.

- 24 hour nursing home care
- Housekeeping/laundry services
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- Family-style dining
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