



SENIOR FOCUS

A Guide to Healthy Living For Seniors and Others



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Treatment for Severe COPD

Helping Some Patients Breathe Better

(StatePoint) More than 3 million Americans live with severe emphysema, a type of chronic obstructive pulmonary disease (COPD) that makes breathing difficult. While there's no cure, recent advances in treatments are helping some patients breathe better.

The American Lung Association's Treating Severe COPD Educational Campaign encourages people with severe emphysema to speak to their healthcare provider about their options, which may include endobronchial valve (EBV) treatment. As part of the campaign, they're sharing these important facts:

What is EBV treatment? When someone has emphysema, their lungs stop working effectively and air gets trapped inside their lungs instead of leaving when they exhale. With no room for fresh, oxygenated air, the person becomes short of breath. The trapped air causes that section of the lung to enlarge, putting pressure on the healthier parts of the lung and diaphragm. This is called hyperinflation. EBV treatment is a safe, FDA-approved interventional therapy in which small, removable, one-way valves are implanted in strategic areas. They allow air to be breathed

out of that area of the lung, preventing air-trapping that can result in shortness of breath.

When should I consider EBV? As emphysema progresses, some medications that worked well may stop controlling symptoms. If neither medication nor oxygen is controlling symptoms well, major surgery like lung volume reduction or a lung transplant had traditionally been the next and last resort. With some individuals, EBV can fill the treatment gap between medication and surgery.

You may be a candidate if you have advanced emphysema and are highly symptomatic despite receiving optimal medical treatment. You also need to be non-smoking or willing to quit. If you're currently smoking, the American Lung Association's Freedom From Smoking program can help you quit.

What are EBV's benefits? While recovery will depend on factors like overall health and the severity of COPD, the goal of EBV is to breathe easier without the necessary recovery from a surgical treatment. EBV treatment may improve lung function, increase your exercise capacity, and improve your quality of life. Most

patients who've received the treatment report feeling better and say they're now able to be more active.

Complications of the EBV treatment can include but are not limited to pneumothorax, worsening of COPD symptoms, hemoptysis, pneumonia, dyspnea and, in rare cases, death. Talk with your physician about other contraindications, warnings, precautions, and adverse events. Only a trained physician can decide whether you're an appropriate candidate for EBV treatment.

"Before my treatment, I would take a few steps and then wait to catch my breath. Now, every day I find I can do something I couldn't before," says Susan Scott, an Ohio resident who was diagnosed with COPD years ago and was experiencing worsening symptoms before getting the procedure. "My boyfriend and I hope to travel. I have a son in California and we're going to go visit him soon. Being able to do that is everything to me. I also can't wait to start cooking and leash training my dog."

What to ask your healthcare provider. Because EBV treatments are relatively new, not all healthcare providers are knowledgeable about the procedure. Speak with your



PHOTO SOURCE: STATEPOINT.

COPD patient, Susan Scott.

provider to see if it's right for you. Keep in mind that you may have to advocate for yourself or seek a second opinion.

"My pulmonary clinic didn't have a lot of information regarding EBVs. If my doctor knew more about it, she might have recommended it to me. I was the one who kept pushing it," says Scott.

If you have emphysema or severe COPD, you can find resources as well as learn more about EBV by visiting lung.org/copd.

Take time to learn about treatment options. Doing so is for many, the first step to breathing easier.



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4 Tips to Confidently Care for Gray Hair

(StatePoint) Sponsored by L'Oreal Paris. The pandemic led many women to confidently embrace their silver hair, not only as a practical move, but as a stylish statement. With elegant stars like Helen Mirren and Andie MacDowell proving that gray is glamorous, (and younger stars even dyeing their hair gray to get in on the trend) you may be feeling empowered to show off your naturally silver strands. Experts say that there are a few things to know that can help you make the transition gracefully.

"While I love this trend, it's true that the grow-out process can get a little dicey and create challenges," says Jonathan Colombini, celebrity hairstylist. "Like any other hair color, gray requires specific maintenance. It can be wiry, dull and brassy without intervention. But low-effort solutions can ensure you look great and help you confidently own that color."

To make a silver statement, consider Colombini's best kept secrets:

Fight Frizz. Gray hair can have a frizzier, more wiry texture than you may be accustomed to. Tame tresses

by using a silk bonnet or silk pillowcase at night and by getting sufficient hair-healthy nutrients in your diet, including biotin, zinc and vitamin E. Be sure to also drink plenty of water. Staying hydrated promotes circulation and oil production of the scalp for healthier looking hair.

Add Shine. Counteract gray hair's natural tendency to get dull and brassy. Every seven to 10 days, use a toning gloss to enhance your hair's natural, gorgeous hue. While toning gloss is a service typically performed in a hair salon, you don't need any special skills to achieve these results at home with Le Color Gloss by L'Oreal Paris. The line offers three shades of silver for all hair types and textures, helping you tone, color, boost shine and deeply condition, no matter what shade of gray you're rocking. Whether you're silver, silver white or silver opal, here's how to use the product effectively:

1. Evenly distribute Le Color Gloss through clean, damp hair all the way through the ends (use a wide-tooth comb for thicker curly hair textures).
2. Leave it on for 5-15 minutes.



PHOTO: (C) JACOB LIND / ISTOCK VIA GETTY IMAGES PLUS

(Review instructions for specific development time for your shade and desired result.)

3. Rinse your hair thoroughly with water. If you're looking for even more color or want to build a deeper result, especially on non-color-treated hair, use again after seven days.

"I like this option because it's easy for anyone to use. It's also infused with coconut oil, so not only will it not damage hair, but it's also super conditioning," says Colombini. "I recommend using it in the shower on your shampoo day."

Prime for Blow-Drying. Now that warm weather is here, you're likely going out more and styling your hair more. Remember though that gray hair can require a bit of

extra TLC, making it especially important to protect your hair from all this extra heat. After towel drying your hair, apply EverPure Weightless Blow Dry Primer. Providing up to 450 degrees F heat protection and up to 48-hour frizz control, this nourishing heat protectant will keep hair looking nourished, smooth and beautifully shiny, without weighing it down.

Be Confident. So much of rocking a look is the energy you bring to it. Radiate confidence in your decision and remember everything that your natural hue symbolizes: empowerment, wisdom, grace and experience.

"Gray hair isn't 'giving up.' Quite the contrary. It's a gorgeous color in itself," says Colombini. "It just requires maintenance."

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What You Need to Know About Life-Saving COVID-19 Treatments

(StatePoint) While stopping the spread of COVID-19 is the goal, the reality is that every day, more people contract the disease. For this reason, it's important to be aware of available treatment options.

The Treating COVID-19 Campaign, which was developed independently by the American Lung Association, with grant support from Regeneron and GSK, is sharing some important insights into outpatient treatment options:

- Know your risk. It's important to know if you're at high risk for severe illness from COVID-19, as this can determine what treatments are available to you. There are many factors that may put you in the "high risk" category, including if you're 65 and older, you smoke cigarettes, you have a chronic lung disease, are immunocompromised, or are living with certain medical conditions, including chronic

lung disease, heart disease, diabetes and chronic kidney disease. Individuals who are overweight or pregnant also fall in the high-risk category. You can see a full list at Lung.org/covid-19.

- Test, and then treat, at onset of symptoms. Experiencing symptoms that may be COVID-19? Get tested right away. If you test positive and are high risk, speak with your healthcare provider promptly about treatment options that may help prevent severe illness and reduce the risk of hospitalization. Currently available treatments include antivirals or monoclonal antibody treatments (mAbs). Your healthcare provider can help you determine the best course of treatment for you, which needs to start as soon as possible to help prevent possible progression of severe illness.
- Get informed. The Food and Drug Administration has authorized certain

antiviral medications and monoclonal antibodies. Antivirals and monoclonal antibodies can help your immune system fight off the coronavirus infection, with a goal of preventing you from becoming seriously ill. Antivirals target certain parts of the virus to stop it from replicating, while monoclonal antibodies help the immune system better recognize and stop the infection. In both cases, medications need to be prescribed by a healthcare provider and started as soon as possible after diagnosis to be effective.

- Be your own advocate. Many patients have discovered firsthand that persistence can be necessary when it comes to getting treatment for COVID-19. When Jill Hein's 83-year-old father tested positive, his primary care provider told him he wasn't very sick and to go home and call if he got any sicker.

"When this information was relayed back to me, I objected and asked that Dad follow up with his pulmonologist immediately. He didn't want to, insisting that his primary care provider said he was doing okay. It wasn't until I told Mom, 'This can kill him,' that I got through to them and she called his pulmonologist for a second opinion. Within four hours of having the infusion, Dad felt himself getting better. Over the next couple days, he continued to improve at home. Thankfully, he fully recovered," says Hein.

For more information about treatment options, as well as COVID-19 care tips, visit lung.org/treating-covid. With people taking fewer precautions as COVID-19 restrictions are lifted, the virus is spreading at a high rate. The good news is that there are treatments available for the most vulnerable among us to help avoid severe illness and hospitalization.



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How Technology Can Help You Age in Place

(StatePoint) By 2030, almost a quarter of the American population will be over the age of 65, up from 16% in 2020, creating a situation that's going to drive greater demand and greater pressure on the care industry. In addition to a larger workforce and more financial resources, new technologies also have the potential to help solve the problems created by this seismic demographic shift.

According to experts, Artificial Intelligence (AI) and Machine Learning (ML) are already among the key components of new technologies providing improved quality of life for those who want to continue living independently at home.

"While AI and ML have transformed other industries, adaptation has been slow in the care industry, but we're working to change that," explains Chia-Lin Simmons, chief executive officer of LogicMark, (NASDAQ: LGMK), which manufactures personal emergency response systems

(PERS), health communications devices and remote care and activity monitoring technologies to create a Connected Care Platform, and recently incorporated two-way voice communication technology into its medical alert pendant.

To help you live safely and comfortably in your home in the years to come, Simmons offers a few strategies for using the newest technology to your advantage:

- PERS, also known as Medical Emergency Response Systems, allow you to call for help in an emergency by pushing a button. Wearable pendants – along with water-resistant wall-mounted devices and mobile solutions – can keep you protected in every room of your home by helping you instantly connect with loved ones and emergency personnel. Those offered by LogicMark use AI and ML for pattern recognition and fall detection, for an added layer of security. To learn more, visit logicmark.com.

- Automatic pill dispensers can help ensure you never miss a dose or take too much medication. Depending on your needs, you may need to look for a solution offering both visual and audio notifications, or one suited for those with limited dexterity.

- Motion-sensing lighting can make nocturnal trips to the bathroom – common in one's golden years – much safer, helping to reduce the risk of dangerous trips and falls. Many lighting options plug directly into outlets, while others are battery-operated and can be installed anywhere. Be sure to include these fixtures in bedrooms, hallways and bathrooms.

"True independence must be accompanied by peace of mind for you, your family and your caregivers," says Simmons. "By adopting new technologies, you can help create a virtual safety net, enabling you to stay at home while living in a safe environment and providing piece of mind to your loved ones."

Mountain Meadows Consistently Delivers Outstanding Customer Service to Leavenworth Seniors

Leavenworth, WA. Mountain Meadows, a Leavenworth-based provider of assisted living for seniors, is proud to announce that they have, yet again, surpassed the national averages for customer satisfaction scores in 2022.

Mountain Meadows works with Pinnacle Quality Insight, a customer satisfaction measurement firm, to gather real-time survey results from current residents and family members to gain a better understanding of the residents' needs and make improvements when necessary. Every month, Mountain Meadows is scored from 1 to 5 in a variety of categories including Overall Satisfaction, Personal Care, Dining Service, Cleanliness, Response to Problems, Dignity and Respect, Communication, etc.

Mountain Meadows annual scores were recently released,

and they have achieved a greater percentage of ratings of 5 (the highest available) than the national average of the 2,500 care providers that Pinnacle measures in all categories. They also have increased their annual average scores from 2021 to 2022 in almost all categories.

"We are honored to surpass Pinnacle's national average in all categories and raise our individual annual average year-over-year", said Nate Oglesby, Executive Director of Mountain Meadows. "Our team works tirelessly to ensure our residents receive the very best care and service. I am immensely proud of what they have achieved so far and look forward to seeing the continuous improvement of which I know we are capable."

Earlier this year, Mountain Meadows received Pinnacle Quality Insight's 2022 Customer

Experience Award™. By qualifying for this Award in multiple categories, Mountain Meadows has satisfied the rigorous demand of scoring in the top 15% of the nation across a 12-month average.

About Mountain Meadows
Mountain Meadows is a senior living community based in Leavenworth, WA specializing in independent living, assisted living and memory care for older adults. We offer a range of services that help our assisted living residents live independently. Mountain Meadows takes pride in the senior care services we provide to our residents and their families. Our supportive community is more than just a place to live—it's home! For more information, visit our website – www.mountainmeadowsliving.org

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