

MENTAL  
HEALTH TIPS

NUTRITIONAL  
NEEDS

RECOVERING  
FROM INJURY

A publication of  
SOUTHERN LAKES  
NEWSPAPERS LLC

SPRING  
2024



# living

SENIOR



*Prairie Village*  
by Fairhaven

**Homes Available**



**“Life Lease”**  
2 bedroom,  
2 bath duplex homes.  
New custom  
construction

Welcoming those 55  
and older. Interior and  
exterior maintenance  
included



435 W. Starin Road, Whitewater, WI

262-473-2140

[www.fairhaven.org](http://www.fairhaven.org)



448506



***FUNERAL HOMES  
& CREMATORY INC.***

*Elkhorn*

730 N. Wisconsin St.  
(262) 723-6390

*Genoa City Twin Lakes*

113 Freeman St.  
(262) 279-5933

620 Legion Drive  
(262) 877-3013

[www.haaselockwoodfhs.com](http://www.haaselockwoodfhs.com)

364251

**Call to Learn More!**

When you or a loved one could use a helping hand, turn to our caring team of experts in senior living at Oak Park® Place. We will be with you every step of the way from the first call through move-in day. Choose a community that promotes **Independence when you want it, assistance when you need it.**®

**Burlington**  
(262) 758-6700

**Oak Creek**  
(414) 574-4500

**Wauwatosa**  
(414) 292-0400



[oakparkplace.com](http://oakparkplace.com)



452199





# Steps seniors can take to safeguard their mental health

The wide-ranging impact and reach of mental health issues garnered considerable attention during the COVID-19 pandemic, when the virus as well as mandates designed to reduce its spread led to increased feelings of anxiety and isolation.

Since then, life has returned to normal for billions of people across the globe, but many people, including seniors, continue to experience mental health issues.

The Pan American Health Organization reports that at least one in four older adults experiences a mental disorder such as depression, anxiety or dementia. And those figures will likely only grow, as population estimates indicate seniors will make up a greater percentage of the global population in the years to come.

Seniors dealing with mental health issues may feel helpless, but there's much they can do to safeguard their mental health.

Here are some suggestions along with an explanation as to how they can help.

## SOCIALIZE REGULARLY

A study published in *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences* recently found that older adults who socialized with people beyond their circle of family and close friends were more likely to have greater positive moods and fewer negative feelings.

Unfortunately, a significant percentage of older adults report feeling isolated from others.

According to the University of Michigan National Poll on Healthy Aging that was conducted in January 2023, one in three older adults reported infrequent contact (once a week or less) with people from outside their home.

• CONTINUED ON PAGE 12

living  
SENIOR

A publication of Southern Lakes Newspapers LLC  
1102 Ann St., Delavan, WI 53115  
(262) 728-3411

EDITOR IN CHIEF: .....Heather Ruenz  
PAGE DESIGNER: .....Jen DeGroot  
CREATIVE DIRECTOR: .....Heidi Schulz  
ADVERTISING  
DIRECTOR:.....Vicki Vanderwerff  
FOR ADVERTISING OPPORTUNITIES:  
Call (262) 728-3411

**above:** Seniors dealing with mental health issues may feel helpless, but there's much they can do to safeguard their mental health including volunteering, speaking with a professional, and socializing on a regular basis.

METRO CREATIVE *Living Senior*



# Tips to build a nest egg in a time marked by a high cost of living

A rise in the cost of living has presented challenges to millions of households across the globe. As the cost of everything from food to natural gas to fuel for vehicles has risen, many people have struggled to find ways to save money, especially for their long-term goals like retirement.

The term “nest egg” has long been associated with long-term financial goals like retirement savings or college tuition.

But what are individuals to do if short-term costs get in the way of their long-term goals? There’s no magic formula for building a nest egg, but these tips can help anyone grow their savings despite the high cost of living.

## IDENTIFY A SPECIFIC, ACHIEVABLE GOAL

Simply resolving to save “more” without attaching a figure that defines what “more” is can make it hard to build a substantial nest egg.

Examine your finances, including what’s coming in each month (i.e., take-home wages) and what has to go out each month (housing and automotive costs, etc.). Document these expenses and then identify

an achievable goal to build your nest egg.

If necessary, trim some fat related to monthly expenses that are not necessities so you can redirect funds to your nest egg. Cancel streaming services or cut back on dining out so those funds can be redirected to building a nest egg.

## TAKE ADVANTAGE OF PRE-TAX OPPORTUNITIES TO SAVE

Pre-tax opportunities to build a nest include retirement vehicles like a 401(k).

With these plans, money is deducted from a paycheck before taxes, thus lowering workers’ immediate tax burdens (taxes are paid when funds are withdrawn) and enabling them to save more now.

Some employers even match contributions up to a predetermined percentage, so enrolling in plans that offer employer match contributions can be an especially effective way to build a nest egg.

## BEGIN LIVING ON A BUDGET AND STICK TO IT

The idea of living on a budget may seem simple, but it’s less common than some may recognize.

A 2023 survey from the online financial resource NerdWallet found that 83 percent of the more than 2,000 adults 18 and over who participated acknowledged they overspend. Perhaps more telling is that 84 percent of respondents indicate they have a monthly budget but exceed it anyway.

Individuals who want to build a sizable nest egg are urged to work with a financial advisor to devise a monthly budget and then stick to it.

## SAVE FOR EMERGENCIES

A lack of emergency funds can quickly jeopardize a nest egg.

Without a somewhat sizable savings account, individuals could be forced to borrow from their retirement accounts in emergency situations. That strategy hurts in more ways than one, as it both reduces the amount in the nest egg and also affects how much the nest egg can grow, as gains are greater when balances are higher.

The NerdWallet survey found that 48 percent of respondents want to prioritize emergency savings, and that strategy can be vital to building a nest egg.

A sizable nest egg can help anyone live comfortably in retirement, and various strategies can help people grow their nest egg even as the cost of living remains high.

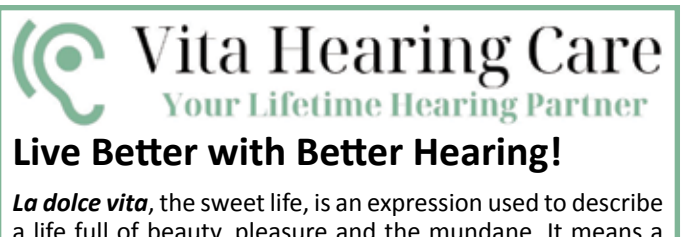
(METRO CREATIVE)



**Toynton Funeral Home provides personalized and compassionate burial and cremation services in the Walworth, Wis. area. Our team is available to assist you with all your service needs. We maintain a personal commitment to a standard of excellence in serving you.**

**328 Kenosha St., Walworth, WI  
262-275-2171 • www.toyntonfuneralhome.com**

391706



**La dolce vita**, the sweet life, is an expression used to describe a life full of beauty, pleasure and the mundane. It means a life of music, love, good food and conversation!

We are dedicated to helping people enjoy the good life through better hearing!



The Gilane Family is “**HEAR**” for you! Combined, we have over 30 years of experience in the hearing care industry. Jeff Gilane is our Hearing Instrument Specialist and co-owner, Cynthia Gilane is our CEO/co-owner and Repair/Cleaning Expert. Sadie is our CMO (Chief Mascot Officer).

We are your **Locally Owned & Independent Lifetime Hearing Partners!**

Call us today to schedule your **FREE – No Obligation Consultation**

**(262) 332-6700**

**Vita Hearing Care**

**808A Fox Lane, Waterford, WI 53185**

448695





# A review of the types of strokes

A stroke occurs when blood supply to a portion of the brain is interrupted, essentially killing brain cells. This damage can change how the brain works, affecting a person's ability to move and speak. It also may change the way the affected person thinks and feels.

The United Kingdom-based Stroke Association says the effects of a stroke depend on where it takes place in the brain and how extensive the damage is.

People may be familiar with ischemic stroke, caused by cutting off blood to the brain, as well as a hemorrhagic stroke, which is the result of bleeding in the brain. But a transient ischemic attack, also known as a mini stroke, may be less understood.

## WHAT IS A TIA?

Transient ischemic attacks, or mini strokes, are caused by the same thing as larger strokes, which occur when blood flow leaks or is blocked in the brain.

However, in mini strokes, the blood flow interruption or leakage is temporary, and will return to normal spontaneously.

## SYMPTOMS

MedicineNet says the majority of mini strokes produce symptoms similar to regular

strokes, but they linger only temporarily.

These can include:

- Weakness
- Numbness
- Difficulty speaking (or dysphasia)
- Dizziness
- Vision changes
- Tingling
- Abnormal taste or smells
- Confusion
- Loss of balance
- Altered consciousness

## PROGNOSIS

Symptoms of TIA tend to last only a few minutes or up to 24 hours, says the Mayo Clinic. Since the symptoms of a mini stroke and stroke are the same, it is important to seek medical attention in every case.

Medical imaging can help determine what caused the mini stroke.

If blood clots are present, medicine to prevent those clots may be prescribed. Some people need procedures to remove fatty plaque deposits from arteries that supply blood to the brain.

Although a mini stroke is not as severe as a stroke, it often is an early warning sign

• CONTINUED ON PAGE 14

## Testing can help ID stroke risk

A stroke seems to strike out of the blue, but it's cumulative effects that lead to one occurring.

Although it may seem like stroke is unpredictable and there is no way to pinpoint exactly when one might happen, there are tests that can be done to help determine if a person is at elevated risk for stroke.

This may help people make marked changes to their lifestyles and undergo more frequent screenings for health conditions that can contribute to stroke risk.

The Stern Stroke Center at Montefiore says every 40 seconds someone suffers a stroke in the United States, and every four minutes someone dies of a stroke. Stroke remains the No. 1 cause of disability in the United States.

The following are tests which measure higher stroke risk so people can take action.

- Heart auscultation: When a doctor takes out a stethoscope and listens to your heart, he or she is performing a heart auscultation. This simple test can help identify problems with heart valves or heartbeat irregularities. Both of these conditions can cause blood clots that lead to stroke.

- Carotid ultrasound: Harvard Health says a carotid ultrasound can detect the buildup of cholesterol-filled plaque in the carotid arteries in the neck. As these arteries deliver blood to the brain, a blockage can compromise that and lead to stroke.

- Cerebral angiography: Healthline says a cerebral angiography involves injecting a contrast medium into your blood so that imaging will clearly show blood vessels in the brain, which can help identify any blockages or bleeds.

- Electrocardiogram: An EKG monitors heart rhythm by using sensors positioned on the chest to show heartbeat waves. An abnormal heart rhythm or heart rate can put you at risk of stroke.

- Blood pressure measurements:

• CONTINUED ON PAGE 14

People may be familiar with ischemic stroke, caused by cutting off blood to the brain, as well as a hemorrhagic stroke – the result of bleeding in the brain. But a transient ischemic attack, also known as a mini stroke, is often less understood.



## Ways to help prevent

# OSTEOPOROSIS

Osteoporosis is a condition that weakens bones to a point of making them brittle. It may only take a small bump or fall for bones affected by osteoporosis to fracture.

The National Institute on Aging says osteoporosis is a “silent disease” because people who develop it may not notice any changes until a bone breaks. Typically a hip, spine or wrist are the areas of the body where these fractures occur.

Johns Hopkins Medicine says that 50 percent of women in the United States age 50 or older will break a bone due to osteoporosis, and about 55 million Americans have the condition.

Osteoporosis affects women more often than men, particularly because women have lower bone density than men. Loss of estrogen in the later years of life can increase a woman’s risk for osteoporosis.

The good news is that osteoporosis

is largely preventable, and proper bone health that begins early and lasts throughout life can help.

- **Sufficient calcium intake:** Women age 50 and younger should consume 1,000 mg of calcium each day (1,200 mg of calcium each day is recommended for women over the age of 51).

Calcium can come from foods, beverages and supplements.

- **Protein intake:** Protein also is a necessary nutrient for bone health, says the International Osteoporosis Foundation. Choose lean protein sources.

- **Get enough vitamin D:** Vitamin D is made in the skin after exposure to the sun, but the average person does not get enough.

Supplementation often is the answer to ensure healthy levels of vitamin D and by eating foods rich in vitamin D, such as eggs, mushrooms and fortified dairy foods or juices.

- **Keep active:** It is important to engage in regular weight-bearing and muscle-strengthening activities, which also helps to strengthen bones.

- **Maintain a healthy weight:** Maintaining a healthy weight is important, as being too thin or having a BMI under 19 is harmful to bone health.

- **Prevent falls:** Take steps to reduce falls. This includes removing slippery rugs and installing grab bars in the bathroom.

In addition, engage in activities that can improve balance, posture and coordination to prevent fall risk.

- **Get screened for bone density:** A bone mineral density test is a special X-ray capable of detecting bone loss.

Women who are concerned about osteoporosis are urged to speak with their doctors to learn more about prevention and treatment.

(METRO CREATIVE)

---

Osteoporosis, a condition that weakens bones to a point of making them brittle, is largely preventable. Proper bone health can help with prevention, which includes getting screened for bone density, maintaining a healthy weight, and appropriate intake of calcium and protein.

METRO CREATIVE Living Senior





# How nutritional needs change with age

Healthy eating is important at any age and can set the course for a life of vitality and wellness. Sufficient nutrition can help prevent chronic illnesses and make sure that growing bodies develop properly.

As one ages, various changes take place in the body, making healthy eating even more essential.

According to Healthline, nutritional deficiencies can affect aging individuals, which can decrease quality of life and lead to poor health outcomes.

Individuals should pay attention to their vitamin and mineral intake at various ages so they do not miss out on important nutrients.

As a person ages, here are some approaches to consider.

## CONSUME FEWER CALORIES

According to Connie Bales, PhD, RD, associate director of the Geriatric Research, Education, and Clinical Center at Durham VA Medical Center, people need fewer calories every decade.

That's because individuals are moving around less and have less muscle. This causes a decline in metabolic rate.

## INCLUDE MORE NUTRIENT-DENSE FOODS

Even though caloric needs go down with age, it's important to pack as much nutrition into the calories a person does consume.

That means finding nutrient-rich foods like whole grains, fruits, nuts, beans, vegetables, fish, and lean cuts of meat.

## CONSUME MORE LEAN PROTEIN

Muscle loss and loss of strength can develop as a person ages.

Healthline says the average adult loses 3 to 8 percent of their muscle mass each decade after age 30. Eating more protein could help aging bodies maintain muscle.

## EAT FORTIFIED CEREALS AND GRAINS

The ability to absorb vitamin B12 can decrease as one gets older and with the use of certain medicines.

Many health professionals recommend patients get more vitamin B12 by consuming foods enriched with this vitamin.

Vitamin supplements may be needed in addition to food.

## DRINK MORE FLUIDS

Health.com says sensation of thirst declines with age.

Drinking water and other fluids becomes a priority to stay hydrated. It also helps with digestion.

## PRIORITIZE BONE HEALTH

Osteoporosis is a concern for older adults, particularly women who have reached menopause. Osteoporosis occurs when bones become brittle and can break from only the slightest bump or fall, says the Mayo Clinic.

Vitamin D and calcium help strengthen bones, and older adults may need more of these nutrients.

Individuals should speak with their health care providers and nutritionists for further insight into their changing nutritional needs. Such professionals can help customize diets to address specific health concerns.

(METRO CREATIVE)

Individuals should pay attention to their vitamin and mineral intake at various ages so they do not miss out on important nutrients. As we age, changes take place in the body, making healthy eating more of a priority.

METRO CREATIVE Living Senior



At your side with compassion,  
commitment and comfort

*Local Hospice, Palliative, and Guided Care For The Ones You Love*

Founded by volunteers in 1990, Rainbow Community Care provides services that support patients and families throughout the entire journey with aging and serious illness.

Highly regarded for excellence in hospice care, palliative care, advance care planning, grief support, parish nursing, and volunteer programs, we care for people living in their homes, assisted living facilities, nursing homes and at the Rainbow Hospice Care Inpatient Center in Johnson Creek.

Rainbow Community Care is dedicated to improving the overall health of the communities we serve in rural southern Wisconsin.

Guiding our day-to-day work at Rainbow is a set of values centered around caring for the most vulnerable people living among us. We are here to serve you with the core belief that this is your life and your journey.

[RainbowCommunityCare.org](http://RainbowCommunityCare.org) (920) 674-6255

482186



**for Every Occasion...**



**Royal Treat 50¢ Off**

ANY ROYAL TREAT WITH THIS COUPON

Limit one Royal Treat

Offer good at Burlington Dairy Queen

Offer good through April 30, 2024.

**Burlington Dairy Queen**

324 S. Pine St., Burlington • 763-9385

482197



**Satisfaction Always Starts With Planning Ahead**

Preplanning your funeral is the only way to make sure your final requests will be fulfilled. Relieve your family from having to make decisions during an extremely stressful time. They'll appreciate knowing your funeral is exactly as you had planned.

Learn more about **Pathway**,<sup>®</sup> a life insurance/annuity program that is used exclusively to fund funeral arrangements

**Daniels Family Funeral Homes & Browns Lake Crematory**

**Schutte-Daniels Browns Lake Crematory**

625 S. Browns Lake Dr., Burlington, WI 53105 • (262) 763-3434

**Polnasek-Daniels**

908 11th Avenue, Union Grove, WI 53182 • (262) 878-2011

[WWW.PEKININSURANCE.COM](http://WWW.PEKININSURANCE.COM)

**Pathway**<sup>®</sup> from Pekin Life Insurance Company

The purpose of this communication is the solicitation of insurance. Respondents will be contacted by a licensed agent from the funeral home who will offer the Pathway<sup>®</sup> plan from Pekin Life Insurance Company, which is a life insurance policy or annuity that is used to fund a funeral prearrangement.

448226

**Fairhaven**

*Senior Services*

*"Where Life Is Added To Years"*

**INDEPENDENT APARTMENTS**

with Care Levels

**ASSISTED LIVING**

Brand New Units Coming Summer 2024

**HEARTHSTONE MEMORY CARE**

24 Private Rooms

**THERAPY SERVICES ON SITE**

For More Information Or To Set Up A Tour,  
Please email Brian at [robinsonb@fairhaven.org](mailto:robinsonb@fairhaven.org)

435 W. Starin Road, Whitewater, WI

262-473-2140

[www.fairhaven.org](http://www.fairhaven.org)



448507



# The role of a home health aide

Caregivers come from all walks of life. Doctors and nurses may be the frontline medical providers people encounter most frequently, but there are plenty of others who do their part to maintain the well-being of individuals, including home health aides.

Home health aides, sometimes called personal care aides, are brought in to assist a person with activities of daily life.

An aide typically helps a person who may need some assistance with tasks they cannot perform due to illness or disability. Home health aides may work in a person's home, in a group home or in another care facility.

AARP says home health aides are considered health care paraprofessionals and must meet established training requirements, which vary by location.

Home health aides may perform various duties, including:

- Assistance with personal care, such as dressing, toileting, feeding, and moving from bed to chair, etc.
- Checking vital signs
- Monitoring a client
- Light housekeeping
- Meal planning and cooking
- Picking up prescriptions
- Companionship

Home health aides typically will not provide skilled nursing care and may not be able to offer recommendations on treatment or medications.

Individuals can find the services of home health aides who may work independently or are placed through agencies. Sometimes a doctor or hospital will have connections to home health services and can make referrals.

It can be useful to interview several potential aides to find one who will fit with the needs and personality of the person requiring assistance.

A good home health aide will be compassionate, patient and flexible. As illness or injury also can affect a person's mood, home health aides must be able to adjust if a client is reluctant to receive help or is depressed or anxious from his or her limitations.

Home health aides serve vital roles in the health care community by providing care and companionship to those who can no longer live independently.

(METRO CREATIVE)



## Tips to find a home health care aide

A desire to live independently seems to be part of human nature. Though that desire may continue to burn as individuals approach retirement age, unforeseen circumstances like medical issues or the death of a partner may result in a need to work with a professional caregiver.

Home health aides can help aging individuals or those with certain physical or cognitive limitations live full lives without requiring them to move into assisted living facilities or seek alternative housing arrangements.

Home health aides provide a host of services, and individuals living in well-populated areas may have no shortage of options as they seek to hire a professional to help themselves or a loved one with the tasks of daily life.

Individuals or families beginning their search for a home health aide can keep these tips in mind.

### IDENTIFY THE SERVICES REQUIRED

The Family Caregiver Alliance notes there are several main areas to assess when identifying which services individuals may need help with.

Personal care consists of bathing,

eating, dressing, toileting, and grooming.

Household care involves cooking, cleaning, laundry, and shopping. Home health aides who provide medical care may help clients manage medications, provide physical therapy and help clients get to their doctor's appointments.

Companionship is a component of emotional care, which also may entail engaging clients in meaningful activities and conversation. Identifying the services required can help individuals and their families zero in on the professionals who can help them.

### SEEK RECOMMENDATIONS FROM TRUSTED DOCTORS AND CONFIDANTES

An individual who needs daily assistance at home can ask his or her physician for recommendations (family members can ask as well).

Physicians undoubtedly have had previous patients who have benefited from the services of HHAs, so they can likely recommend local professionals.

Trusted confidantes, such as neighbors, relatives and friends, who

• CONTINUED ON PAGE 14

Home health aides provide a host of services. There are several options that should be considered when someone is seeking to hire a professional – to help themselves or a loved one – with the tasks of daily life.

METRO CREATIVE Living Senior



# The HERITAGE

INDEPENDENT LIVING FOR SENIORS | EAST TROY, WI

*Independent Senior living at its best...  
with a personal touch.  
Where an active lifestyle is affordable.*

**SMALL PETS WELCOME!**

*For an appointment, call Sarah Halbesma  
at (262) 642-4800*

3223 North Street • East Troy, WI 53120



heritageeastroy@oakbrookcorp.com  
heritageeastroy.com



387398



## Independent Senior Living at its Finest!

### • 1 & 2 Bedroom Residences Available

- Includes Heat, Water, and Underground Parking
- Laundry Facilities, Elevator, Social Activities
- Additional Storage at No Cost
- Beautiful Community Room with Patio & Grilling Area
- Small Pets Always Welcome!



1101 South Pine St.

## Spring Brook Village SENIOR LIVING COMMUNITY

Professionally Managed By Oakbrook Corporation

**Call Ashley at (262) 763-6263 to schedule a tour**

1101 S. Pine St., Hwy. 83, Burlington, WI 53108

(on Pine St. just north of Hwy. 83/36)

Income Limits Do Apply



448700

RACINE COUNTY SENIOR NUTRITION  
PROGRAM  
&  
BRUNO'S RESTAURANT

# MY MEAL, MY WAY

ADULTS AGE 60+  
FOR MORE INFO  
CALL 262-833-8766

730 CORNERSTONE CROSSING  
WATERFORD



*don't miss it*



SECOND AND FORTH FRIDAYS EACH MONTH

SERVING 11:00 AM - 12:30 PM

452196

## Do you have a disability?

Society's Assets: a resource for people with disabilities.

Increase your independence at home and in the community with the services we can provide.

- ♦ Assistive Technology
- ♦ Peer Support
- ♦ Advocacy
- ♦ Independent Living Skills Training
- ♦ Home & Vehicle Accessibility
- ♦ Info & Referral
- ♦ Avoiding the Nursing Home

Call 800-378-9128 for more information.

## Are you on Medicaid?

### Or eligible for Medicaid?

- ♦ You refer your helpful friend or relative.
- ♦ We train & pay them.
- ♦ They help you!



If you have a friend or family member that helps you, they can get paid and we will take care of the details.

Ask about Familiar Faces, Familiar Places

**800-378-9128**



Serving Southeastern Wisconsin  
5200 Washington Ave., 225 Racine, WI 53406

[www.societysassets.org](http://www.societysassets.org)

452196





# How to recover from an injury

There is no escaping the fact that the human body changes as it ages.

Some changes associated with aging are beneficial, such as increased wisdom and knowledge from past experiences. Others however, particularly changes to health and wellness, can be disconcerting.

Generally speaking, recovering from any injury can be a time-consuming process. For those over the age of 60, that process can take much longer than many are prepared for.

According to Restorative Strength, a fitness and personal training service for seniors, elderly adults generally heal from injuries slower than young people.

Caring Senior Services says there are a few reasons why healing can be delayed:

- Having diabetes is one of the most common reasons why seniors' bodies have a harder time healing.

The disease can negatively impact wound healing because elevated glucose levels narrow the blood vessels and hardens the arteries.

- The inflammatory response in seniors drastically slows down as people age. This response is the first phase when blood vessels expand to let white blood cells and nutrients reach wounds. When delayed, the

wounds heal much more slowly.

- Reduced skin elasticity and diminished collagen fibers in seniors can contribute to the body's tissues not being able to return to a normal state after injury.

- Sedentary seniors may have lost muscle mass and flexibility, which are known to help physically active individuals regain mobility after an injury. Bones also may be more brittle, particularly if osteoporosis is present.

Although it's impossible to reverse the hands of time, seniors can take the following steps to potentially avoid injuries or recover from them more quickly.

- Slow and steady physical activity: Exercise, including routine strength-training activities, helps strengthen muscles and bones.

According to Pioneer Trace Healthcare & Rehabilitation, when complete bed rest is not advised after an injury, getting up and moving even just a little each day can jump-start the recovery process.

Regular activity prior to any injury also may help make the body stronger and more flexible, which can reduce the likelihood of injuries to begin with.

- Maintain a positive mindset. The mind has a role to play in injury recovery.

Minimizing stress levels through meditation, as well as engaging in positive thinking techniques, can make healing and therapies more successful.

Reducing stress can also boost the immune system, which will offer additional healing benefits.

- Improve diet. The body needs certain vitamins and minerals to function properly. Eating a well-rounded, healthy diet can provide the fuel that facilitates healing.

- Work with a qualified professional.

Seniors should not take on exercise or recovery efforts on their own.

Exercising the right way and following prescribed guidelines can speed up recovery and may help prevent future injuries from occurring.

Recovery from injury could take longer for seniors. But with exercise, positive thinking and guidance from health professionals, there are ways to speed up the injury recovery process.

(METRO CREATIVE)

---

Although it's impossible to reverse the hands of time, seniors can take numerous steps to potentially avoid injuries or, if they happen, recover more quickly.

METRO CREATIVE *Living Senior*



5111 60th Street, Kenosha, WI 53144  
 www.prokofuneralhome.com  
 262-654-3533  
 rachael@prokofuneralhome.com

When it comes time to care for a deceased loved one, you may feel overwhelmed and confused about the next steps and options. Our funeral home staff members are here and ready to help.

Traditional Funeral Services • Cremation Services  
 Memorial Services • Celebration of Life  
 Grief & Guidance Support

Licensed in WI and IL

452235

# EAST TROY PHARMACY

Keith A. Witt, RPh

3284 Main Street, East Troy, WI

Phone 262-642-3510

Fax 262-642-3512

Monday-Thursday

9 a.m.-7 p.m.

Friday

9 a.m.-6 p.m.

Saturday

9 a.m.-1 p.m.



452234

## MENTAL HEALTH • CONTINUED FROM PAGE 3

### SPEAK WITH A MENTAL HEALTH PROFESSIONAL

Among the more troubling aspects of the mental health crisis affecting seniors is that the Pan American Health Organization reports two-thirds of older adults with mental health problems do not get the treatment they need.

Speaking with a mental health professional can help older adults in myriad ways. Such professionals can identify the issue that is prompting seniors to seek help and offer suggestions that can improve overall health and quality of life.

According to Roundstone Insurance, reliance on digital behavioral health tools, including telehealth, was turned to both during the pandemic and ever since, and seniors can utilize such services if they have limited mobility and/or no one to help them make it to in-person appointments.

### VOLUNTEER

Many older adults are retired, and while ample free

time may have seemed like the ultimate reward after a lifetime of working, many retirees experience a void once their life no longer has the structure that work can provide.

The independent nonprofit HelpGuide.org reports that retirement depression can compel retirees to feel as though they miss the sense of identity, meaning and purpose that came with their jobs, which can make some feel depressed, aimless and isolated.

Volunteering can help fill the void created by retirement, and the positive mental health effects of volunteering are well-documented.

According to the Mayo Clinic, studies have shown volunteering increases positive, relaxed feelings and gives volunteers a sense of meaning and appreciation.

No one is immune to mental health issues, including seniors. But older adults can take various steps to address their mental health and improve their overall health as a result.

(METRO CREATIVE)



DELAVAN  
HEALTH SERVICES

## SHORT & LONG TERM CARE

905 East Geneva Street  
 Delavan, WI 53115

Tel: 262-728-6319

Fax: 262-728-6693

VA Contracted



452264







## TIPS FOR DAILY LIVING WITH

# arthritis

Arthritis isn't a single disease, but a term that refers to more than 100 conditions characterized by joint pain or joint disease, says the Arthritis Foundation. Arthritis is the leading cause of disability in the United States and affects women at a proportionally higher rate than men.

Arthritis looks and feels different to the various people who experience it, and symptoms can vary from day to day depending on variables such as the weather and individuals' level of physical activity.

When arthritis flares up, it can make performance of daily activities challenging. Therefore, people experiencing arthritis can take steps to make living with the condition somewhat easier.

### WORK WITH AN OCCUPATIONAL THERAPIST

An occupational therapist can assess work and home situations and make recommendations on potential modifications to these spaces that might be right for your situation.

The bathroom and kitchen typically are two spaces where people spend a lot of time and can be areas of focus.

Having items at counter height; purchasing smaller sizes of products that are easier to hold; avoiding bending down by using a grabber tool; and having a chair or stool nearby so that you can sit while doing an activity can help.

### TAKE ADVANTAGE OF SMART DEVICES

The bevy of smart devices now available can work to your advantage. With the push of a button on a phone app or through voice control, you can turn on lights, switch the thermostat or perform any other tasks programmed around the house. This can help when mobility is compromised.

### FOCUS ON KITCHEN TASKS

Meal preparation can be a chore when arthritis makes it painful. Rather than eating out all of the time, some tips can help.

Utilize frozen fruit or vegetables that already are chopped and prepared to cut down on these tasks. Invest in lightweight cookware and dishes to simplify moving items around.

• CONTINUED ON PAGE 14

## Did you know?

Arthritis is a series of conditions that primarily affects joint health. The two main types of arthritis are osteoarthritis and rheumatoid arthritis.

The University of Michigan Health says osteoarthritis occurs when the smooth cartilage joint surface wears out, and the condition usually begins in an isolated joint.

Rheumatoid arthritis is an autoimmune disease that causes the body to attack itself. Rheumatoid arthritis targets the joints, but other parts of the body can be affected as well.

According to the Cleveland Clinic says that osteoarthritis is generally diagnosed in adults older than age 50.

Rheumatoid arthritis tends to develop in adults between the ages of 30 and 60.

(METRO CREATIVE)

Arthritis affects millions of individuals around the world. By making some changes, people living with the condition can often find life a little bit easier.

METRO CREATIVE *Living Senior*

## TYPES OF STROKES • CONTINUED FROM PAGE 5

that the patient is at risk for a stroke.

Roughly one in three people who has a TIA goes on to experience a stroke. Therefore, they should be taken seriously. Fortunately, with treatment, a more dangerous incident often can be avoided.

### RECOGNIZING STROKES AND MINI STROKES

The National Stroke Association and other organizations use the acronym FAST to determine if someone is having a stroke.

**F:** Ask the person to smile, if one side

of the **FACE** droops, it's a warning sign.

**A:** Ask the person to lift both **ARMS**. If one arm drifts down or they have difficulty moving it, it's a warning sign.

**S:** Ask the person to repeat a simple phrase. If **SPEECH** is slurred or odd, it could be a stroke.

**T:** If a person develops any of the warning signs, it is **TIME** to call emergency services and take action.

Mini strokes are similar to strokes, but they are temporary. But mini strokes still warrant medical attention, as they can be a harbinger of larger strokes.

(METRO CREATIVE)

## STROKE RISK • CONTINUED FROM PAGE 5

It's important to have blood pressure measured regularly, as more than two-thirds of individuals who experience a stroke have hypertension, says Verywell Health. Chronically elevated blood pressure can lead to disease of the blood vessels over time, all of which can cause a stroke.

• Cholesterol check: Getting cholesterol levels checked at least once every five years

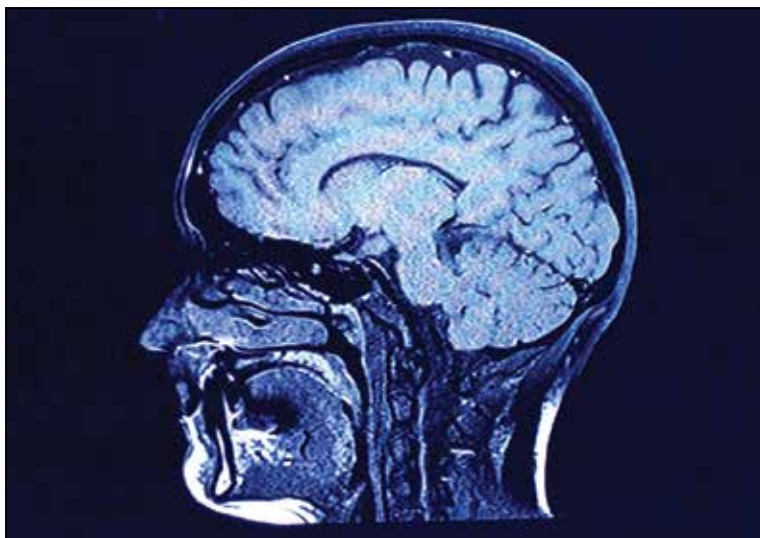
can help doctors identify if high cholesterol is a problem. Lowering LDL, the "bad" cholesterol, helps reduce stroke risk.

There may be no way to completely detect if or when a stroke will happen, but there are tests that can zero in on heightened risk factors for stroke.

(METRO CREATIVE)

It may seem like stroke is unpredictable and there is no way to pinpoint exactly when one might happen, but there are tests that can be done to help determine if a person is at elevated risk for a stroke.

METRO CREATIVE  
Living Senior



## HOME HEALTH CARE AIDE • CONTINUED FROM PAGE 9

have been in similar situations, or have family members who have required home health aides, also can be an invaluable resource.

### CONTACT A LOCAL AGENCY

The caregiver alliance notes that contacting a local Home Care Agency is a formal way to find an home health aides for yourself or a loved one.

Various agencies are likely in operation within a reasonable distance of a person's home, though the Family Caregiver Alliance notes far fewer agencies serve rural areas.

Contacting a local Home Care Agency can put individuals and their families in contact with professionals who can help match people with particular needs with aides who specialize in such care or have extensive experience providing a range of home care services.

### LOOK INTO A DIRECT HIRE GROUP

AARP notes that direct-hire agencies maintain networks of independent caregivers and facilitate connections between those professionals and individuals and families seeking help.

When working with a direct-hire group,

## ARTHRITIS

• CONTINUED FROM PAGE 13

Electric jar openers, kitchen scissors and even vegetable steamers that require less water are additional kitchen tools that can make life with arthritis a little easier.

### MOVE YOUR BEDROOM

If climbing stairs repeatedly is problematic, move clothing or even your bedroom downstairs to reduce trips up and down.

Additional relocation techniques can include putting a mini fridge in your bedroom or relocating the washer and dryer upstairs to make laundry easier.

### CONSIDER A ROLLATOR

A rollator is a wheeled walker that doubles as a seat. It provides support when walking, but also can be a comfortable place to stop and take a seated break.

### WAYS TO GET THE RIGHT PAIN RELIEF

Pain relief can make it easier to cope with arthritis such as the following strategies:

- Anti-inflammatory medications
- Physical therapy
- Massages
- Stretching
- Exercising

Additionally, prescription therapies that target the immune system in people with autoimmune arthritis can help reduce pain.

Work with health professionals to get the right combination of what is needed to alleviate pain and stiffness.

Arthritis affects millions of individuals around the world. By making some changes, people living with the condition can find life a little bit easier.

(METRO CREATIVE)





## Tips to prevent

# PICKLEBALL INJURIES

Pickleball has inspired millions of devotees. According to the Association of Pickleball Professionals, roughly 36.5 million individuals played pickleball in 2022.

Pickleball is thriving, and that's great news for those who love the game. Unfortunately, pickleball also has proven beneficial to orthopedic practices. A 2023 analysis from UBS estimated pickleball injuries could cost Americans nearly \$400 million in 2023. Seniors are especially vulnerable to pickleball injuries, as a 2021 study published in the journal *Injury Epidemiology* found that 86 percent of emergency room visits related to pickleball affected individuals 60 and older.

Injuries are a part of any sport, and pickleball is no different. Though there's no foolproof method to guarantee pickleball players don't get hurt playing the game they love, the following are some tips that can reduce injury risk.

### GEAR UP

Pickleball is a competitive sport, but there's a tendency among some players, particularly novices, to take a casual approach to the game. Veteran players may

know better, but anyone new to the game should be sure to wear the appropriate gear when playing. Athletic shoes with ample traction can reduce the likelihood that players will slip or fall. The right racket also can reduce risk for elbow injuries. The sporting goods experts at Dick's Sporting Goods note that paddles should feature a light to medium weight, comfortable grip and a large sweet spot. The right paddle will be different for everyone, so novices are urged to speak to veteran players for advice on which paddle might be best for them.

### EMBRACE PHYSICAL ACTIVITY

Pickleball can be a great workout, and players can reduce their injury risk by embracing physical activity even when they are not playing. Leg exercises can help build lower body strength, but strength exercises that focus on the upper body also can reduce injury risk.

### LOOSEN UP BEFORE PLAYING

Taking the court right after getting out of the car is a recipe for injury. Arrive five to 10 minutes before a game and use that

time to loosen up. A short walk and some subsequent stretches can help players make sure their bodies are not too tight to play. Some brief warm-up exercises and stretching can reduce muscle tension and make the body less vulnerable to injury.

### HYDRATE BEFORE, DURING AND AFTER A GAME

The experts at Johns Hopkins Medicine note that water cushions the joints, which helps athletes maintain their flexibility. Flexibility can reduce injury risk, particularly in a sport like pickleball. The 2021 study published in *Injury Epidemiology* noted that 60 percent of pickleball injuries are sprains, strains or fractures. Remaining flexible can reduce athletes' risk for sprains and strains. Johns Hopkins recommends adults consume between six and 12 ounces of water for every 20 minutes of sports play and to drink between 16 and 24 ounces afterward.

Pickleball is wildly popular, even though pickleball injuries are common. Players can embrace various strategies to reduce their injury risk.

(METRO CREATIVE)

# **SPECIALIZING IN** **HEALTH** **INSURANCE** **FOR** **SENIORS**

**Call Your Local Agent**

**NICHOLAS  
BLAWAT**

**1-414-545-7878**

**1-800-924-4061**

**Allied Senior Services  
Insurance LTD**



434127