

Senior Living

*Life Begins
at Retirement*

April 19, 2017 • Section C
Itemizer-Observer



Giving to the next generation

(Family Features)
From self-expression to self-direction, there are countless ways to age out loud. Some of the most rewarding ways for older adults involve passing on experiences, wisdom and skills to others.

Everyone has something to share, and these ideas from the Administration of Community Living can help you get started.

Mentor. Use professional or personal experiences to guide a child, young adult or peer. Example: Visit Senior Corps at nationalalservice.gov to learn about becoming a foster grandparent.

Volunteer. Put skills to use while giving back to your community. Example: Sign up to collect food or clothing donations, serve meals at a local soup kitchen or help older adults with daily tasks at home, such as paying bills.

Teach. Impart expertise via formal or informal education and tutoring opportunities. Example: Check with local schools that may need reading, math or science tutors.

Speak. Sign up for speaking engagements, paid or unpaid, as well as



newspaper.

Create. Pick a medium and use art to express yourself and share your perspective. Example: Paint, draw, sculpt, play music, dance, make crafts - whatever suits you.

These ideas and many others can help amplify the voices of older Americans and raise awareness of vital aging issues in communities across the nation. Find more ideas at oam.ACL.gov.

storytelling events. Example: Open-mic events, often at theaters and libraries, welcome speakers of all ages.

Engage. Visit a senior center or organize a gathering focused on connecting with others. Example: Book clubs attract participants of all ages and encourage the exchange of ideas.

Write. Pen an article, op-ed or even a book to communicate wisdom and lessons learned. Example: Start with something you know the most about, such as a career, hobby or historical event, and submit a column to your local

3 Ways to Give Back During National Volunteer Month



(StatePoint) April, which is National Volunteer Month, is an excellent time to get involved in your community.

Here are three ways to give back, depending on how much time you can commit.

One Afternoon

If life is complicated, consider a short, one-time project, such as a local park clean-up or tree-planting event. Or, contact a local soup kitchen about pitching in at a meal.

A Weekly Commitment

Becoming a mentor or volunteer tutor offers a young person longer-term support

and can improve his or her chances of success in school and beyond. However, be prepared to clear out some time in your schedule every week.

One Large Project

If you have a large block of downtime, but can't commit to an ongoing program, consider organizing a fundraiser. Whether it's a dance-off for heart health or a bake sale for veterans, there are plenty of ways to raise funds for an organization that matters to you.

National Volunteer Month is always a great reminder to use your time, energy and talents for good.

3 Ways Seniors Can Save on Prescriptions This Year

(StatePoint) If you signed up for a new Medicare plan during Open Enrollment, it's important to understand how your prescription drug costs may be affected. Even if you did nothing to alter your coverage, some features of your plan may have changed for 2017.

Unfortunately, almost one-in-five Medicare beneficiaries don't have a good understanding of their plan, and a good portion have some misconceptions about copays, according to a recent survey by Walgreens.

Here are three easy steps to help you make the most of your benefits and find potential cost-savings for your prescription medications under your Part D coverage.

Think Generic

When possible, consider using a less expensive prescription drug brand or generic. These alternatives typically carry the same formulas at a reduced cost, saving patients substantially over time.

Preferred Pharmacies

Verify whether your plan has preferred pharmacies -- which are pharmacies that have an agreement with a Part D plan to charge less than a standard network pharmacy. For example, Walgreens, which is a preferred pharmacy for many of the nation's top plans, can help lower the cost of your copays, even to \$0 in the case of Tier 1 generics on certain plans.



"Depending on the design of your plan, coverage, and prescription drugs, you can pay higher copays at one pharmacy in comparison to another if your pharmacy is not in your plan's preferred network! So, choosing the right pharmacy is definitely important," says Mariah Moon, the blogger behind "The Simple Parent," who recently wrote about helping her mother research her options for lowering her drug costs as part of the #PartDATWalgreens campaign.

90-Day Refills

"My pharmacist told me that many physicians are willing to write 90-day prescriptions for many of the medications that seniors are often prescribed. This not only saves time by requiring fewer trips to the pharmacy, but also may save copay costs," says Shelley Webb, a registered nurse and founder of "The Intentional Caregiver," who cared for her father in her home for four years and was recently sponsored by Walgreens to share tips about saving on prescription costs with her readers.

Medicare beneficiaries seeking help navigating prescription drug costs can find free resources at walgreens.com/topic/pharmacy/medicarepartd.

If you didn't review your plan before renewing, it's not too late to become a savvy consumer and learn more. Doing so can help you save money.

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Here are just a few of the
events happening at the
Monmouth Senior Center.



Dallas Area
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Here are a few of the
events happening at the
Dallas Senior Center.

Victorian Tea — April 21 “Let’s Go Places”

It is Victorian Tea Time at Monmouth Senior Center. The event is slated for Friday, April 21 with two seatings — 12:00 and 2:30. Tickets are \$10 and will go on sale Saturday, April 1 at the Community Breakfast.

You can call the Center and we will reserve tickets for you, but they must be paid for that week or they will go back out for sale. There is no limit to how many you may purchase. Last year we sold out in 3 days so don’t hesitate.

Style Show is “Let’s Go Places”. We will need lots of workers during this event. There is a sign up sheet on the board in the office. Cleanup crew is also needed to relieve those who work so hard throughout the day.

Creative Writing

Want to write a book, write your life story, poetry, plays, etc? This class, on Fridays at 10:00, is the perfect place. Everyone gets along and helps critique each other’s work. You can begin at any time.



Photography Class

The next Photography Class with Barbara DiMattio is set for Wednesday, April 26, 1:30 pm. The class is meeting at the Kiosk at Baskett Slough Wildlife Refuge on Hwy 22. Then they are going to carpool to the bottom to be up and personal with the wildlife. Be sure and bring your cameras. If you need help finding where to go contact the office.

Hiking Group

The Hiking Group is starting up again now that the weather is improving. Those wanting to participate can contact Linda McBurney at (503)779-7532 or Mary Jane Faulkner at (503)838-3540 each week to see where the hike will be. The group carpools. Thursdays at 1:00.

Mother’s Day Bingo

In honor of Mother’s Day, Sharon Kay Woods has special prizes that will be extra special. Date is Wednesday, May 10, 1:00 p.m. We had snow and ice for her Christmas Bingo but that didn’t stop most of the people. Don’t let anything stop you for this Bingo. Refreshments will also be served.

Armed Forces Day Celebration

In honor of Armed Forces Day we are taking the Friday before, May 19, 10:00 am and inviting veterans to bring pictures and share stories of their days in the military. There are not many World War II veterans left and they have some great stories to tell. There is also the Korean, Vietnam, Gulf, Afghanistan, and Desert Storm wars. We hope many who served will bring their pictures to share with one another and talk about some of their experiences. Plan now to attend. If you have questions please contact Sue in the office or call 503-838-5678.

AARP Defensive
Driving Class

The next class at Monmouth Senior Center is scheduled for Saturday, May 13, 9-4. Please contact the Center to register.

Check with your insurance to see how much it will save you.

Coin Club

Polk County Coin Club meets the 3rd Tuesday of each month at the Center. The doors open at 6:15 pm, meeting starting at 7:00pm. For further information about joining the club contact John at 503-362-9123

Bingo: Mark your calendars for the 1st and 3rd Friday evenings of the month. Come join us for some bingo. The doors open at 5:30; games start at 6:30. We will be serving hot dogs, chili dogs and pie. The progressive pot is still growing; it is over \$300.00. You have a chance to win that in 60 numbers or less. The cards are still 6 for \$5.00 or \$1.00 a card; you must play at least 3 cards to be able to play in the progressive game. The sheets are \$1.00 each. We also sell 50/50 tickets they are 3 for \$1.00. Come early, meet your neighbors or bring them with you. Hope to see you there. Thanks to the bingo team that make it work.

Gospel Jam: April will feature another Gospel Jam. The last two have been very well attended and enjoyable. Please join us on April 27 and enjoy some special music. The jam starts at 6:30PM and we ask you to bring your favorite snack to share. Admission is free and we invite all musicians to attend.

Knitting and Crochet Classes: These classes are going very well and will continue in April with knitting taught by Barbara Bail on the first two Tuesdays and Crochet taught by Anona Hamilton on the last two Tuesdays.



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Vacation Destinations Where You Can Stretch Your Dollar in 2017

(StatePoint) Getting more out of a vacation starts with finding ways to stretch your travel budget.

To help, travel deals publisher Travelzoo recently unveiled the top six destinations where Americans will find the strongest deals in 2017.

“We predict three trends will influence travel deals next year. Increased choice for flights, a strong U.S. dollar, and hotel openings will create increased supply leading to competition and more deals,” says Michael Stitt, president, North America of Travelzoo, which recently unveiled its annual “Wow Deal Destinations” for 2017.

Florida’s Gulf Coast

Seven new hotels opened in 2016 in the Clearwater area, including the luxury Opal Sands Resort. A new Wyndham Grand Resort on Clearwater Beach is among several upscale brands opening their doors in 2017. Budget airline Allegiant flies into St. Pete-Clearwater International Airport from 20 U.S. cities, and nearby Tampa airport is serviced by most major U.S. carriers, resulting in heavy competition and frequent airfare sales.

New Zealand

The number of airline seats to New Zealand has doubled this year, with three top airlines introducing direct flights from the U.S. The increased competition means packages that used to cost \$2,000 per person can now be found for as little as \$1,299. Travelzoo deal experts also recommend the Air New Zealand Explorer Pass, a cost-effective way to see the country from North Island to South Island.

Peru

There are now seven airlines flying nonstop from the U.S. to Lima, creating more intense competition than ever. The dollar is at a 10-year high

against the Peruvian sol. Recently the Peruvian government started limiting the number of visitors to Macchu Pichu, so those interested in visiting should do so soon.

Paris

The French department of tourism reports a 1.8 million drop in the number of visitors to Paris for the first 10 months of 2016 compared to 2015. If this trend continues, it will put pressure on Parisian hotel rates. At the same time, a favorable exchange rate and sharp increase in low-cost flight options mean Americans can experience the French capital for the lowest price in recent years.

United Kingdom

The British pound hit a 31-year low after the U.K. voted to leave the European Union in June 2016. A weak pound, coupled with a drop in airfares means increasingly aggressive deals available to U.S. travelers.

Washington, D.C.

A slew of new hotels makes now the time to visit a city that’s already popular with deal-seekers. Washington, D.C. has a huge number of free attractions, including world-class museums like the newly opened National Museum of African-American History & Culture on the National Mall. Fourteen new hotels this year and 16 opening next year will likely drive down room rates. For deals, consider weekends, when business travelers leave town.

For more information on the 2017 Wow Deal Destinations, visit the Travelzoo blog at travelzoo.com/blog/2017wow.

This year, consider taking advantage of the trends identified by experts that can make amazing destinations affordable and convenient.

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Tips to Curb Muscle Loss as You Age

(StatePoint) As the population of Americans over age 55 soars toward 70 million over the next decade, more Americans are searching beyond avoiding wrinkles and fine lines for tips, foods and products that will help them live the lives they desire well into their advanced years -- and this includes muscle maintenance.

As people age past 30, they can lose up to eight percent of their muscle mass each decade. Finding a way to maintain muscle through the years has been one of the more elusive parts of the healthy aging quest.

"Muscle loss can really take its toll. Even simple movements like opening a jar of pickles or gardening, become more difficult," said medical director of NYU Langone's Preston Robert Tisch Center for Men's Health, Dr. Steven Lamm. "When you have less muscle mass, the muscles you have must work harder. It can be exhausting."

Per Dr. Lamm, there are a few easy steps that can keep your muscles healthy as you age -- and new research shows there may even finally be a way to curb muscle loss associated with aging.

Be Active

One of the most effective ways to keep muscles in tip-top shape is to be active. Even quick exercises done regularly can make a huge difference in your muscle health. "Try the long route when you're taking the dog for a walk or take the stairs instead of the escalator. Staying active can also maintain joint health," said Dr. Lamm.



Feed Your Muscles

Most people know that protein is a building block for muscle, yet don't get enough of it. Sleep also feeds muscle growth and recovery. "I tell my patients to aim for a regular sleep schedule of eight or nine hours each night to promote optimal muscle mass, heart health and brain health," said Dr. Lamm.

Try a Supplement

You cannot halt aging, but new research shows you may be able to curb the muscle loss that comes with getting older. A new clinical study showed that daily supplementation with the super antioxidant, Pycnogenol (pic-noj-en-all), improved muscle function and endurance and reduced some of the symptoms accompa-

nying muscle loss. "I've recommended Pycnogenol to my patients for years as a natural extract for healthy aging, and as an important building block of wellness. This research builds on those findings," says Dr. Lamm.

Pycnogenol is one of the most researched ingredients on the market, and decades of research demonstrate the benefits of this natural extract for cognitive support, joint health, and skin health that all contribute to an overall healthier self as we age. It's available in more than 700 dietary supplements, multi-vitamins and health products worldwide. For more information, visit pycnogenol.com.

Muscle maintenance is a key to healthy aging. Luckily, there are many steps you can take to prevent muscle loss and stay strong through the years.

Stay Young at Heart (and in Body and Mind)

(Family Features) When joints ache and you don't move as fast as you used to, it may seem that growing old is anything but graceful. While you can't stop the hands of time, there are ways you can keep your physical and mental well-being in tip-top shape for years to come.

Even if you've spent a lifetime practicing healthy habits, your senior years are no time to allow those practices to fall to the wayside. On the other hand, if you put off quality self-care for later in life, rely on your experience and maturity to know that taking care of yourself is as important as, well, life itself.

Eat balanced meals. It's never too late to begin paying more attention to what you eat. Seniors may be prone to poor eating habits for the sake of convenience or because it's not as much fun cooking for one or two when you once had a full house to feed. Actually, as you age, keeping your weight in check and continuing to fuel your body with essential nutrients is more important than ever.

Keep moving. It's true that aches and pains may keep you from being as spry as you once were, but limiting your movement can actually create a snowball effect that results in even less mobility over time. Muscles that aren't used regularly can weaken and restrict your movement even more, so work with your physician to determine an appropriate amount of activity for your condition.

Mind your mind. When you're in the workforce, or while you're tending to the needs of a growing family, you rely on your brain to power through, probably without even thinking about it. Yet over time, most people experience some degree of cognitive deterioration, partially from basic biology and partially from lack of "exercising" that vital muscle. Keep your mind sharp by communicating regularly with your family and friends, and seek out activities that put your brain to use, such as crossword puzzles or word games.

Be a social butterfly. A common lament of middle-age is the lack of time to nurture friendships. With an empty nest and an open calendar, there's no time like the present to strengthen long-term bonds or seek out new companions who share life experiences and a desire to age with grace. Close connections with friends and family members will not only boost your emotional well-being, they can ensure there are others watching out for you on a regular basis.

Do as you're told. When you're younger, skipping an annual checkup here and there seems like no big deal. As you age, those regular assessments are more important. They serve an important role in identifying potential issues and introducing treatments before big problems arise. Honor your regular medical appointments and heed the advice you're given - including taking any medicines as prescribed.

3 Ways Seniors Can Get More from their Smartphones

(StatePoint) With the rapid pace of new developments in smartphone technology, it can be hard to keep up with all the changes, especially if you grew up in an era when phones were attached to a cord.

Phones these days aren't what they used to be -- but that's for the best, as smartphone technology can actually improve your life. Here are three easy ways that seniors can get more from smartphones:

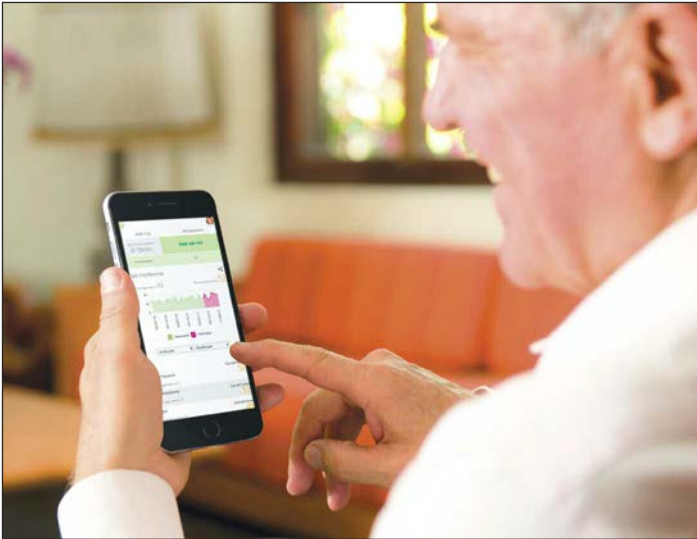
1. "Read" audiobooks.

Whether your hands are tied up gardening or cooking, or you simply want to give your eyes a rest, consider listening to books on your smartphone. You can purchase audiobooks a la carte or opt for a subscription plan, which offers deals, such as unlimited selections for a flat monthly fee.

Features like bookmarks and back buttons make it easy to "flip through" a digital audiobook.

2. Use health apps to manage conditions.

Well-designed health apps can help patients manage their conditions. For example, ArthritisPower, a free app for patients with arthritis, allows users to track symptoms and treatment outcomes, and share the information with their doctors.



Created by CreakyJoints, a go-to resource for arthritis patients and their families, in collaboration with the University of Alabama at Birmingham, the app is also a data-gathering tool for researchers. Via informed consent, user data is helping researchers better understand how different treatments work for different people.

"One out of every five U.S. adults of all ages lives with doctor-diagnosed arthritis and it's important that patients actively engage in managing their own treatment plan," says Seth Ginsberg, President and Co-Founder of CreakyJoints and Principal Investigator of ArthritisPower.

To download the free app or learn more,

visit arthritispower.org.

3. Video chat with loved ones.

Talk and see grandkids and other far-flung friends and loved ones between visits with video chatting. It's the perfect way to ensure you don't miss important milestones.

Many such video communications services are free, even internationally, and can present affordable alternatives to placing long-distance calls on a landline.

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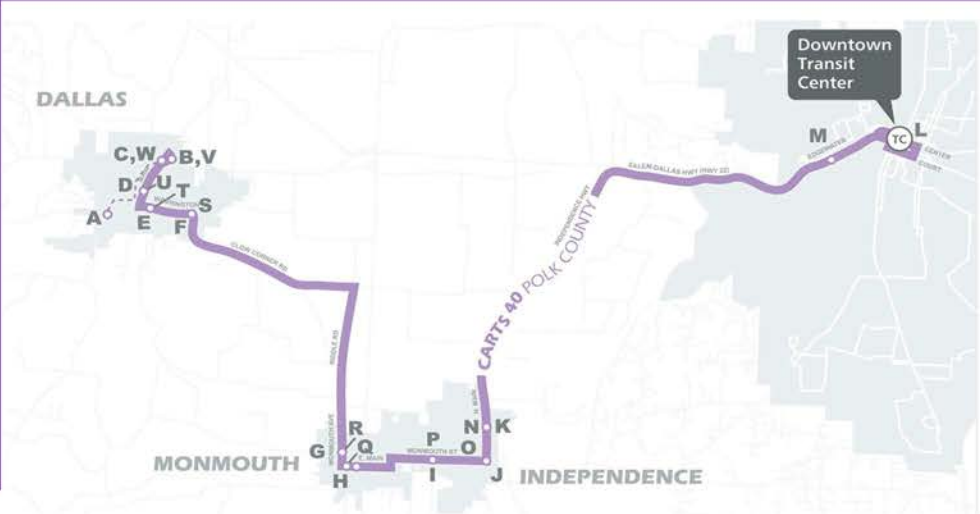
1X		
one way	\$3	\$1.50
day pass	none	none
universal	\$85	\$42.50
month pass (good on 1X, CARTS & Cherriots)		

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one way	\$3	\$1.50
day pass	\$6	\$3
month pass	\$85	\$42.50

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For more fare information go to:
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To Salem

	A	B	C	D	E	F	G	H	I	J	K	L
	Fairview @ Maple (Dallas Center Market)	Kings Valley @ Dallas Dr (Dallas Walmart Parking Lot)	Orchard @ Kings Valley (Dallas Safeway)	Oak @ Main (Dallas)	Washington @ Lewis (West Valley Hospital)	Godsey @ Miller (Dallas)	Monmouth Ave @ Church (WOU Werner Center)	Main @ Warren (Monmouth City Hall)	13th @ Monmouth St (Independence Roth's)	Monmouth St @ 2nd (Independence Library)	Main @ Polk (Independence)	Downtown Transit Center (Salem)
Morning	5:41a	5:46a	5:48a	5:53a	5:55a	5:58a	6:08a	6:12a	6:20a	6:24a	6:26a	6:41a
Morning	—	8:15a	8:17a	8:22a	8:24a	8:27a	8:37a	8:41a	8:49a	8:53a	8:55a	9:10a
Midday	On Request	11:38a	11:40a	11:45a	11:47a	11:50a	12:00p	12:04p	12:12p	12:16p	12:18p	12:33p
Afternoon	On Request	2:48p	2:50p	2:55p	2:57p	3:00p	3:10p	3:14p	3:22p	3:26p	3:28p	3:43p
Afternoon	—	5:14p	5:16p	5:21p	5:23p	5:26p	5:36p	5:40p	5:48p	5:52p	5:54p	6:09p

To Dallas

	L	M	N	O	P	Q	R	S	T	U	V	W
	Downtown Transit Center (Salem)	Edgewater @ Rosemont (Safeway)	Main @ Polk (Independence)	Monmouth St @ 2nd (Independence Library)	13th @ Monmouth St (Independence Roth's)	Main @ Warren (Monmouth City Hall)	Monmouth Ave @ Church (WOU Library)	Godsey @ Miller (Dallas)	Washington @ Lyle (West Valley Hospital)	Jefferson @ Oak (Dallas)	Kings Valley @ Dallas Dr (Dallas Walmart Parking Lot)	Orchard @ Brentwood (Dallas Goodwill)
Morning	7:00a	7:07a	7:22a	7:24a	7:28a	7:36a	7:40a	7:50a	7:53a	7:55a	8:10a	On Request
Morning	9:30a	9:37a	9:52a	9:54a	9:58a	10:06a	10:10a	10:20a	10:23a	10:25a	10:30a	On Request
Midday	12:50p	12:57p	1:12p	1:14p	1:18p	1:26p	1:30p	1:40p	1:43p	1:45p	1:50p	On Request
Midday	1:36p	1:43p	1:58p	2:00p	2:04p	2:12p	2:16p	2:26p	2:29p	2:31p	2:36p	On Request
Afternoon	4:00p	4:09p	4:24p	4:26p	4:30p	4:38p	4:42p	4:52p	4:55p	4:57p	5:02p	On Request
Afternoon	6:30p	6:39p	6:54p	6:56p	7:00p	7:08p	7:12p	7:22p	7:25p	7:27p	7:32p	On Request

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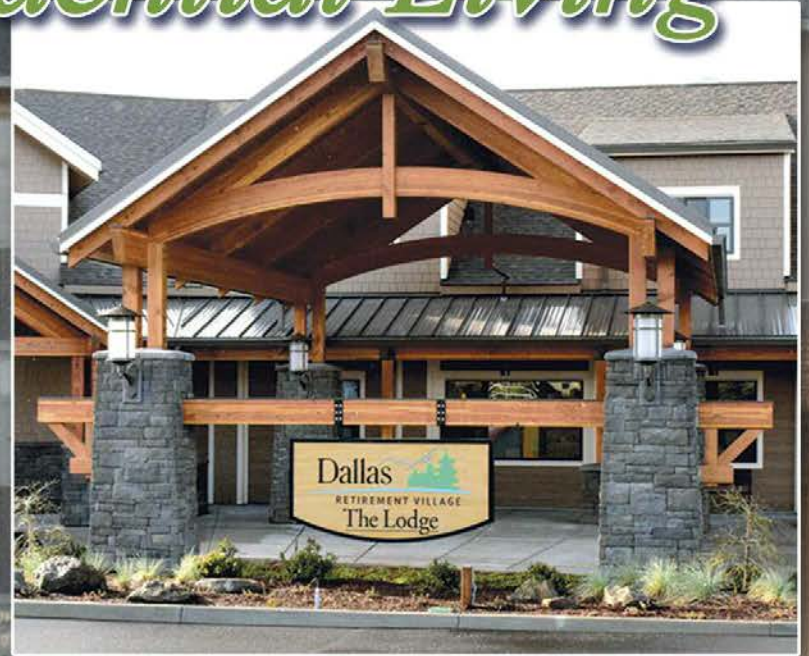
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