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Fall 2014



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For Active and Informed Adults

# REAL Connections

Fall 2014

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Pictured on the front cover are:  
Belle Keiser, daughter with her mother Reyes Maez  
Butterfly photo on page 6 courtesy of Phil Gleissner

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C.S.Lewis





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# Letter From The President



## Living to a Ripe Old Age (Did you hear the joke about.....?)

***Longevity means living to a ripe old age and, in my opinion, it also means having a good laugh about it.***

My father lived until he was 91 years old – at home, thanks to my step-mother. He was the consummate “glass half full” guy, always upbeat and smiling, even when he was in pain. If anyone would ask my dad how he was doing he always replied: “supercalifragilistic-expialidocious.” As dementia slowly took his memory he continued to have a wonderful sense of humor. For the last 10 years of his life he described himself as simply “supercalidocious”, but we knew what he meant. He would smile his huge Herschel smile, his eyes would sparkle, and then he would

say something absolutely hysterical. He loved to laugh and he loved to make us laugh.

In my own life, if anyone asks me how my husband is, I immediately smile and say “Oh that Todd, he is so funny.” When we dated I thought that he was cute and smart, but what I love about Todd is that he can make me laugh. As our children grew, our family vacations were memorable, however what I remember so vividly are the funny moments: lost retainers, spilled drinks and stomach flu. And there is nothing as precious as a bond with a sister who can make you laugh just by looking at you.

A little laughter can go a long way in promoting longevity, a new study reveals.

We all know the mood-boosting

benefits of a good laugh, but researchers at California's Loma Linda University set out to find out if humor can deliver more than just comic relief. The study looked at 20 healthy older adults in their 60s and 70s, measuring their stress levels and short-term memory. One group was asked to sit silently, not talking, reading, or using their cell phones, while the other group watched funny videos.

After 20 minutes, the participants gave saliva samples and took a short memory test. While both groups performed better after the break than before, the “humor group” performed significantly better when it came to memory recall. Participants who viewed the funny videos had much higher improvement in recall abilities, 43.6 percent, compared with 20.3 percent in the non-humor group.

Moreover, the humor group showed considerably lower levels of cortisol, the “stress hormone,” after watching the videos. The non-humor group's stress levels decreased just slightly.

Other studies have also shown the wide-ranging health benefits of laughter. A Vanderbilt University study estimated that just 10-15 minutes of laughter a day can burn up to 40 calories. Meanwhile, a University of Maryland study found that a sense of humor can protect against heart disease.

Lower cortisol? Lower stress? Sounds pretty good. But

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researchers insist the benefits are even greater.

“There are several benefits to humor and laughter,” explained Gurinder S. Bains, a Ph.D. candidate at Loma Linda University, who co-authored the study. “Older adults need to have a better quality of life. Incorporating time to laugh, through social interaction with friends, enjoying exercise in a group setting, or even watching 20 minutes of humor on TV daily, can enhance your learning ability and delayed recall.”

So what can be done?

“Find what makes you laugh and include it in your daily routine,” Bains said. “As an older adult, you will face age associated memory deficits, but

humor and laughter can be integrated into a whole person wellness plan that can translate into improvements in your quality of life: mind, body, and spirit.”

So while there are many things that help us live a long and healthy life, I prefer to focus on the ones that make me laugh. Have you heard any good jokes lately?

[http://www.huffingtonpost.com/2014/04/22/laughter-and-memory\\_n\\_5192086.html](http://www.huffingtonpost.com/2014/04/22/laughter-and-memory_n_5192086.html)

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# Letter From The Director

A colleague of mine recently posted on his Facebook page, "You can live to be 100 if you give up all the things that make you want to live to be 100." That certainly seems to be what we all believe to be the truth. We believe, and there is evidence to



support that belief, that how we care for our body is directly related to how long we live. We also believe, and there is also evidence to support this belief, that if we are "hard" on our bodies we shorten our life. I'm reminded of that quote that I always found funny but relevant. "Life's journey is not to arrive at the grave safely in a well preserved body but rather to skid in sideways, totally worn out, shouting, "that was a \*\*\*\* of a ride!" But like most things in life, the magic is in the balance.

Are we kind enough to our bodies that we enable and encourage them to last a long lifetime, but adventurous enough to have fun through the years? And then, we should consider the things that make us want to live to be 100, at least want it so badly that we are motivated to invest the additional time and energy in doing those things that will help us to live longer.

It's true that we should always

seek to balance good choices with choices that bring instant gratification and joy to life, (imagine that compelling cupcake versus the responsible salad or the glass of wine versus the decaf coffee) there have always been books...many books... written on the dilemma of making these choices and why we choose as we do. But the truth is you can't live a

life always choosing cupcakes, and you wouldn't want a life that consisted of decaf coffee. Again, it's in the balance.

But real quality of life is not just about "immediate gratification" choices it is also about making a conscious investment in our future –

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*...key to enjoying a quality life at age 100, or at any age, is the belief that our life has purpose.*

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at any age. An investment is not an immediate response; it generally requires a great deal of thought and reflection.

Happiness and quality of life is not something random, and it's not a matter of luck; it is something we design into the present. Wouldn't it be wonderful to approach every day of our life as though it was an

investment in our future happiness? To do that we would have to ask ourselves what will lead to our long term happiness and then make whatever changes necessary to move in that direction. Our choices should then support the direction of our long term happiness – or at least not move us away from that direction.

I have a photograph in my bathroom, admittedly not your usual place to have a photo, but it does insure that I will see it every morning when I'm getting ready for work and it serves to "ground me" at the beginning of each day. It's a photo of the 13 members of my family, - children and grandchildren - on a family vacation. The frame says, "Life is but a breath...live it well." That vacation was an investment for us. An investment in the future returns of wonderful memories together and strengthening those relationships that sustain us. Whether family or close friends, the returns on the investment of time spent in feeding those relationships, insures a quality of life that is immeasurable. Taking that vacation was an investment in our long term quality of life...memories that will feed my soul when I'm 100.

I believe that for all of us, key to enjoying a quality life at age 100, or at any age, is the belief that our life has purpose. Having a sense of purpose helps us feel connected to others and to the larger universe. We all want to believe that we bring something to life that makes a real difference and we all want to



believe that we have a reason to get up in the morning facing life with direction, energy and purpose.

Serving others is a humbling experience, and brings me a sense of purpose. It reminds me that I have a responsibility beyond myself to share my life and my blessings with others. In humility, I believe we find reverence for our place in the world and peace in knowing that we have helped to build a future that we may never live to see, touching the future in ways we might never have imagined.

To me, that's real faith...that's true quality of life... and that my friends, makes for one helluva ride.



Joan Cuson, Director  
Area 2 Agency on Aging/  
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*Happiness: "There is no duty we so much under rate as the duty of being happy: By being happy we sow anonymous benefits upon the world."*



Robert Louis Stevenson



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# Factors Influencing Longevity Or The Secrets To Living A Long Life

**Longevity:** a word sometimes used as a synonym for “life expectancy/lifespan.” Most of us want to be aware of any secrets hidden away, “a fountain of youth” for example, in order for us to continue to enjoy a healthy and involved lifestyle for as long as possible. We may wonder, why is it that some people reach the ripe old age of 95 still active and socially engaged, solving the Sunday New York Times Crossword puzzle correctly? Is it because their relatives lived into their 90’s, even 100’s? I inherited my hair color from my dad so maybe I will inherit his longevity genes? Or. On the opposite extreme, my dad died of a massive coronary at age 55 so I’m going to die too? No matter how much I exercise or eat healthy, I’m destined to die when I reach age 55? George Eberhardt of Chester, N.J. took part in a


DNA project in 2011: At age 94 he was still playing and teaching tennis but no one else in his family had lived beyond age 90. He credited his longevity to “70 years of marriage and his wife Marie.” In turn she cites his “intense interest in so many things” over a lifetime.

The “over 90 crowd” is the fastest growing segment of our population. In a 90+ study done at the University of California, Irvine, many surprising facts emerged by those who were surveyed. Having a social life, exercising at least 15 minutes each day, drinking 1-3 cups of coffee each day, moderate alcohol consumption, and maintaining weight

were all typical of those who were over 90 and “going strong.”

In his study of centenarians, Dr. Nir Barzilai of the Albert Einstein College of Medicine in New York, found that, “as a group, they haven’t always done the right things.” He posits that “Good DNA can even overcome less-than-ideal lifestyles.” Many in his group were obese, smoked, and few exercised. His oldest participant, who died just short of her 110th birthday, smoked for 95 years. “She had genes that protected her against the environment. One of her sisters died at age 102 and one of her brothers still managed a hedge fund at age 105.”

From the beginning of time people have tried to understand “aging”. Medical researchers and anthropologists have been studying the process of aging in order to come up with some solid answers. Who doesn’t want to live to meet their great-grandchildren or spend more time with loved ones?

In this issue of REAL Connections, we plan to explore three major factors that influence lifespan: Genetics, Lifestyle, and Personal Responsibility. We spent time with several individuals in our community whose lives reflect those qualities essential to aging well; and, we have invited professionals to share their skills and knowledge in the areas of movement and exercise; diet and nutrition; personal responsibility; and brain function. We hope that each of you who read these pages will be better equipped to achieve a healthier, longer, richer, and more meaningful lifespan! 

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# From the Doctor's Perspective

Interview with Dr. Robert Riley,  
Program Director of the  
Memorial Family Medicine  
Residency Program

Taking personal responsibility for one's own health is critical when discussing any factors influencing lifespan or longevity. Our habits, both good and bad, may need to be examined more closely during scheduled appointments with our primary care physicians whether that is annually or on an as needed basis. Those conversations require that we be honest and open if we are truly interested in being healthy as we age while trusting that whatever is said during these conversations is kept private and confidential. In order to be more proactive regarding our health, perhaps having an agenda or a written list of questions prior to meeting with the doctor will assure that all of the issues we are concerned about will be addressed.

I met with Dr. Robert Riley; Program Director of the Memorial Hospital Family Medicine Residency Program to discuss, from the physician's perspective, what kinds of questions patients should be asking their own doctors in order to take more responsibility for their own health?

"If they are a smoker, then it would be appropriate for the patient to ask 'What can you do to help me stop smoking?' The physician might make viable stop-smoking recommendations

for that particular patient. Now, whether or not they follow through is up to them.


If they are overweight and ask, 'What can I do to lose weight?' The Physician can make recommendations for a weight loss program which might include an exercise program. I might add, it is always good for patients to speak with their doctors before beginning any type of exercise program. There are exercise programs that may be too strenuous for some individuals.

Many patients ask 'What kinds of screenings should I be having?' Those recommendations have been changing. I do look at "evidence based" research and that information can be found at [uspstf.org](http://uspstf.org), the U.S. Preventive Services Task Force."

The USPSTF is an independent panel of non-Federal experts in prevention and evidence-based medicine and is composed of primary care providers (such as internists, pediatricians, family physicians, gynecologists/obstetricians, nurses, and health behavior specialists.) The USPSTF conducts scientific evidence reviews of a broad range of clinical preventive health care services (such as screening, counseling, and preventive medications) and develops recommendations for primary care clinicians and health systems. These recommendations are published in the form of "Recommendation Statements." (It is refreshing to note that there is good information out there for

all consumers who want to take more personal responsibility for their health.)

Another point that came up in our conversation turned to Medicare and the changes made in the last few years. Many Medicare recipients understood that they were eligible for a "free" annual physical, a Wellness Visit. The Wellness Visit is not as comprehensive as a physical however, included in the Wellness Visit is a comprehensive assessment of the patients' risk factors for common serious health issues including a review of the screening tests which may be indicated for that person. This is an opportune moment for the patient to discuss family histories which includes the patients' parents and grandparents, any disease or serious health event they may have experienced. Discussing this health history honestly is critical for the doctor to address any risk factors which may require further testing or screening. Some studies indicate that patients who participate in discussing their own health care, who share crucial information with their physician, do better physically and enjoy a higher quality of life.

Before leaving my appointment with Dr. Riley he added "I try to meet the patient wherever they are—it's a partnership between doctor and patient. Doctors are educators, cheerleaders, motivators, and encouragers. We celebrate with our patients whenever they are successful." 

*Hippocrates said "It is more important to know the patient who has the disease than the disease the patient has." "This remains true after 2500 years."*

**Allen Frances, Professor Emeritus Duke University**



# Good Genes And Healthy Living

For many of us, trying to find a good balance between work and family obligations while finding time to pursue recreational activities is quite daunting. At times, those extra “fun” activities fall by the wayside. We may have good intentions but after all, there are only so many hours in any given day. It was quite refreshing then, to talk with Pam Huffer who has managed to create a very healthy, exercise-filled lifestyle while maintaining her relationships with siblings, spouse, children, and friends all while working full-time in her position as the Executive Director, Alzheimer’s and Dementia Services of Northern Indiana.

Pam’s mother set a great example for Pam and her brothers as she played tennis and golf well past age eighty. Her mother, now 97, lives in Florida. Pam’s grandmother died at age 97; her grandmother’s two siblings also lived well into their nineties. Even though Pam has inherited that great DNA, the longevity genes, she takes nothing for granted. She is committed to making good choices and taking personal responsibility for her own health. “My health is incredibly important to me: the good genetics are a gift.”

Pam began her extensive interest in sports by running in local races. She gradually increased the length of the races up to 10K in length. Then, in her twenties and thirties, she continued to run but included long-distance and mountain-biking, increasing the distance and locations. She and her husband have bikes that fold and fit in Samsonite suitcases so they have biked in Europe, the Rockies, and in Florida among other places. Cross country skiing, hiking, and kayaking are also a part of her repertoire. In addition




*Pam and Lance Huffer at Banff National Park*

to her husband and their two sons, Pam’s brothers at one time or another, accompany them on these ventures so it becomes a family event. She noted, “I also see exercise as a way of generating a big appetite for that Christmas meal. We go out before eating—there is nothing that makes you enjoy a great meal like having the hunger edge that exercise provides.” “Sometimes we will bike just for fun: ride bikes with friends for thirty miles to breakfast, then ride the thirty miles back home. All the while, laughing and talking with each other so it becomes socialization.”

We then started discussing food! Pam offered “I’m always hungry and I love to eat!” She added, “But the food becomes interrelated with exercise. You don’t want to flood your body with all the wrong things, especially if you’re getting ready to go on a bike ride in the mountains.” She and her husband don’t often eat red meat; they do have turkey and

chicken as well as fresh fruits and vegetables. She adds “I rarely miss a meal. And I will splurge and have ice cream.”

During the week, in order to maintain her strength, Pam practices yoga, sometimes weight lifting “just so I’m ready for the next week end.”

As I mentioned in the first paragraph, Pam is the Executive Director of Alzheimer’s and Dementia Services of Northern Indiana which means she is an extremely busy professional. So it was fascinating to me that, in addition to everything she fits into her busy schedule, she also sings in a choir, plays the harp, cello, and guitar! Pam definitely sets the bar high for others who are on this quest for longevity. Not only does she live a wholesome and active life but as an added bonus, she has that great DNA which will hopefully allow her many more years of healthy aging. 



# Keep On Moving . . .

By Pam Murphy, OTR

EXERCISE...the word alone elicits an immediate and personal emotional response, doesn't it? Is it one of dread or exhilaration? If you are expecting this to be an article about formulas, protocols, statistics, and the latest research findings about exercise and aging, I hope you are not disappointed.

As an Occupational Therapist who has worked in the area of geriatric rehabilitation and senior wellness programming for three decades now I am wholeheartedly committed to the undeniable benefits of exercise. As an informed consumer I assume that you too appreciate that fitness is an integral component of a healthy lifestyle. After all, the media, our doctors, therapists, and even our friends and family, all preach about it, right? We are bombarded with facts and figures and we intrinsically know that we could learn more, do more, and develop better exercise habits. So why don't we? Why do many of us have so much difficulty getting to the just-do-it phase?

In my practice as a therapist, I find that most self-limiting behaviors fall into common themes which are actually based in myth and misperception. See if you ascribe to any of the ten quotations below, or have found yourself using such statements as your "excuse" for not exercising. Then read a simple truth or two, consider the question, and decide if you are ready to find out more and make your MOVE.

## "I DON'T HAVE TIME TO EXERCISE"

### *Break it up!*

Did you know that three 10 minute work-outs can have the same impact as the 30 minute per day recommended work-out?

## "EXERCISE IS BORING"

### *Add variety! Make it social rather than solo!*

Did you know that when you choose a physical activity that you find personally meaningful, that much more than just your physical health improves?

## "I DON'T HAVE THE DISCIPLINE TO EXERCISE"

### *Establish realistic goals! Develop a routine!*

### *Reward yourself!*

Did you know that consistently increasing your physical activity by just 1%, not only makes a positive change in



your health, but also works toward developing a habit of exercise?

## "I CAN'T AFFORD TO EXERCISE"

### *Give up the trendy active wear and fancy equipment!*

Did you know that fitness goals (consider walking ½ mile and climbing 10 stairs without difficulty as a recommended goal) can be achieved by simply using your own body parts, gravity, and objects found in your home?

## "I DON'T NEED TO EXERCISE... I'M NOT OVERWEIGHT"

### *Fitness level is not correlated with weight!*

Did you know that physical well-being is measured in terms of strength, coordination, flexibility, endurance, balance, and mobility?

## "I DON'T HAVE THE ENERGY TO EXERCISE"

### *Get moving for a mood booster!*

### *Keep moving for more energy!*

Did you know that physical activity improves energy even if you suffer from Chronic Fatigue Syndrome, Fibromyalgia, or Depression and that it can actually help you sleep better too?

## "I'M TOO OLD TO EXERCISE"

### *You are never too old!*

Did you know that by starting at a slow pace and progressing gradually that you can expect physical improvements, as well as, a reduction in risk factors associated with age, even falls (the number one cause of accidental deaths for seniors), no matter how old you are?



**“IT HURTS TO EXERCISE”**

*All pain is not “bad” for you!*

Did you know that you can learn how to recognize signs of normal/abnormal aches and pains, understand under what conditions pain should/shouldn't be tolerated, and how to reduce the impact from aches and pains?

**“I CAN'T EXERCISE. I HAVE A BAD BACK...**

**A PROSTHETIC KNEE...ARTHRITIS...”**

*All the more reason to exercise! Protection, support, and maintenance of optimal function of vulnerable body parts are key!*

Did you know that a healthcare professional can (and should) consult with you regarding indications and contraindications specific to your condition? And lastly,

**“I HAVE A HEADACHE, I CAN'T EXERCISE NOW**


*Have a glass of water and do it anyway!*

*Drink another with exercise!*

Did you know that a headache can be a sign that your body is dehydrated and that your body needs water whether you perspire while exercising or not?

So, if there really are no excuses and exercise enhances general well-being for everyone regardless of

age or ability/disability, what is the best form of exercise? The answer to that question lies at the very heart of the profession of Occupational Therapy. “Occupations” are defined as any activity which has the potential to heal or transform. Physical activities that engage the spirit, are intentionally performed, and carry a sense of purpose and meaning for you as an individual, hold the biggest promise for healing and transformation. Make exercise a habit and choose routines in light of your own unique preferences, style, and areas of interest. Reinforce your routines with on-going physical activity. Activities that help you feel energized-physically, emotionally, socially, and mentally are health promoting. Do you feel productive, creative, and challenged in your physical engagements? If not, maybe that is what is holding you back.

In closing, I hope I have given you some new thoughts to consider. What we think about exercise and our attitudes and perceptions about it directly influence our behavior toward MOVING. Maintaining physical health through exercise is an important feature of a healthy lifestyle. It, coupled with self-perceived satisfaction in emotional, mental, social, and spiritual aspects of physical engagement, however, is key. (for questions related to this information you may contact Pam at [pkamurphy@gmail.com](mailto:pkamurphy@gmail.com)) 

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# Still Going Strong At Age 102

When we were given the name of a 102 year old woman living independently, I was a little skeptical. But that skepticism soon faded as we walked into Mrs. Sugg's apartment. There she was, sitting in her chair alertly watching television while her daughter Martha greeted us at the door. As we introduced ourselves both mother and daughter welcomed us into the living room, walls filled with photos of history. As we pondered her age, we came to realize that she has lived through a world of history-making events—events that many of us only studied in our history books-- The Great Depression, The Market Crash, World War II, and the Rise and Fall of Nazism. She has also lived through the Korean War, the Civil Rights Movement, and the Viet Nam Conflict not to mention Iran, Iraq, and Afghanistan.

Sylvia was born in Arkansas February 19, 1912. She recounted the days when she worked in the cotton fields all day picking cotton. When she was 18, her future husband saw her in the fields and promptly went to Sylvia's dad and asked permission to marry her. And even though he was not truthful about his own age, (he was much older than the age he provided to Sylvia's dad!) Sylvia's dad said yes so the two of them got married. They moved to the North in 1945, arriving first in Chicago. But after only a short stay, they decided to head to Vandalia, Michigan where they made their home. Eventually Sylvia and her husband would raise twelve children. Her husband, James Douglas Suggs, died in June, 1955.

Despite her age, Sylvia still goes out to church every Sunday when the weather is good. One of her granddaughters picks her up then returns her to her apartment where has lived the past 35 years. She lives alone; prepares some meals, washes her dishes, is able to complete most of her own personal care. She uses a walker inside but if she needs to go distances, she uses a wheelchair. She is truly very



*Sylvia Suggs*

healthy for someone her age—has a little high blood pressure and arthritis but she sees and hears very well. When trying to get at her secret to living a long, relatively healthy life she said she eats lots of greens and lots of cabbage as well as beans and peas. She used to enjoy drinking a beer now and then and she added “I used snuff but I haven't for a long time.” And even though her mother died at a young age, her father was over age 100 when he passed so she may have inherited some of those longevity genes!


Martha, one of Sylvia's daughters, visits every day, 7 days a week. She arrives early in the morning to assure that her mother is okay and that her personal hygiene is good before leaving to return to her home in Michigan. In addition, she pays her mom's bills, does the laundry and other households tasks, and does the grocery shopping. She confided that when she goes away on vacation she always finds a replacement to step in to take her place. With five generations in this extended family, a replacement is not hard to find. Martha adds, “We have talked to mom about moving in with one of us but she wants to live in her own place.”

Sylvia watches a lot of television so she knows what is happening in the world beyond her apartment. She shook her head at one point and said “so



many bad things going on. If people would just do right.” On a lighter note she asked if I liked “Lucy”? She loves the old “I Love Lucy” reruns, especially enjoys Lucy’s interactions with “Ethel”. She also watches various game shows, loves the “Price is Right.”

I noticed the telephone placed near Mrs. Suggs chair when her daughter caught my eye. She smiled and said “yes, she does talk on that phone.” When she is alone, the phone enables Mrs. Suggs to reach out to others and maintain that important social and family connection.

As we were learning about Sylvia and her family she suddenly changed the subject and said “I wonder where my doctor is? He should be here today.” Not that I ignored this statement but I was continuing on in my pursuit to learn more about this incredible woman; she had a greeting card on her wall from President Obama, a citation from the mayor of South Bend, another from Indiana’s former governor Mitch Daniels, and countless photographs and newspaper articles. I was prepared to ask another question when there was a knock on the door and a gentleman entered carrying a bag with a young woman following. Mrs. Suggs brightened and said “there you are. I knew you were supposed to come today.” Dr. Marshall introduced himself and was now the focus of Mrs. Suggs’ undivided attention! I promptly rose, shook hands with those in the room offering my gratitude when Mrs. Suggs answered, “will you come back to see me?” How could I not return to discover more secrets from this amazing woman? 

# Eat Smart

*By Edie Sutton, B.S., M.S., Extension Educator, Purdue University*

“Eating healthy” has become a catch phrase that we hear everywhere, at the grocery store, in the media, at doctor’s appointments and in casual conversations with friends. We are even seeing the calories of restaurant foods included on their menus. This is all a good reminder of what we should be doing. But do you ever get confused by all of this information? Let’s talk about the basics. Healthy eating means choosing foods that are lower in saturated fats, sodium and added sugars. It means eating the appropriate amount of food. It also includes the method chosen in preparing the meals like baking rather than frying.

Be sure to include a variety of foods every day in your meals. It is recommended that you include fruits, vegetables, grains, dairy and a protein in most meals every day. You don’t always have to have fresh. Canned, frozen and dried are also acceptable choices for fruits and veggies. But remember to watch the sodium and sugar. So choosing canned vegetables that have no added salt is recommended as well as fruits canned in their own juices. Try to include different colors of both fruits and veggies throughout the week. Be sure to have plenty of those green leafy types like spinach, broccoli, kale and Swiss chard.

We all love our grains – pastas, breads, cakes and crackers. It is easy to over-do on these. So the recommendation is to choose breads, pastas and crackers that are made of whole grains. Research has found that eating whole grain foods may reduce the risk of heart disease, some chronic diseases, constipation and help with

weight management. Not all of your foods from this group need to be made from whole grains. But try to make half your grains whole. How do you know if it is a whole grain? Learn to read the nutrition labels on foods. Look for the first ingredient listed. If it says a whole grain, you will know that it is a whole grain product.


Dairy is not just important for kids. Everyone should include three servings of a dairy product daily. Milk provides calcium and vitamin D. Calcium is linked to improved bone health and may reduce the risk of osteoporosis. If you are unable to drink dairy, calcium-fortified soy milk is appropriate. The challenge with dairy is that it can be high in saturated fats. So select cheeses, yogurts, puddings and milk that is either low fat (1%) or fat free. Sometimes the lower fat cheeses do not melt in recipes like we are used to. You may want to try using one half of the amount of cheese, but make sure it is a strong flavored cheese. So if a recipe calls for 1 cup of cheddar cheese, substitute with ½ cup of very sharp cheddar cheese. You will be pleased with the result.

Steaks, chops, fried chicken and fish fries are all staples of the American diet. By making a choice to eat healthier, these staples may not have to be eliminated, but rather reduced. It is important to have protein in our diets. Protein can come from both animal and plant sources. To make your protein the healthiest, select lean or low-fat meat and poultry. Select seafood that is rich in omega-3 fatty acids such as salmon, trout, sardines, Pacific oysters and Atlantic and Pacific mackerel. Try to eat 8 ounces of seafood each week.

*Continued on page 20*



Beans, nuts and seeds are a great source of protein without saturated fats. Try a meatless meal once or twice a week. - With cold weather coming, bean chili is a wonderful meatless meal. It is also important to remember that using a solid fat like shortening, butter or margarine when cooking meat will only add empty calories to your diet. Try to bake, broil, roast or grill more often.

Watch your serving sizes too. Learn what a serving is. This can be done by getting into the habit of reading the nutrition labels on foods or choosing a recipe that includes the nutrition information. And don't forget to add thirty minutes of physical activity every day. Get back to the basics for eating healthy. 

### Broccoli with Lemon Crumbs

Yield: 10 servings  
2 slices whole-wheat bread  
2 Tablespoons butter  
1 lemon  
½ teaspoon kosher salt  
Freshly ground black pepper  
2 12-ounce bags broccoli florets or 1 large bunch broccoli, cut into florets

- Whirl the bread in a food processor or blender to make bread crumbs. Melt the butter in a small skillet. Add the bread crumbs and sauté over medium heat until toasted. Grate the zest from the lemon. Cut the lemon in half and squeeze the juice from one half into the pan. Add the salt and several grinds of black pepper and cook, stirring constantly, until dry. (The Lemon Crumbs can be made to this point up to 2 days ahead. Spoon into a plastic bag and set aside at room temperature.)
- Microwave the broccoli according to the package directions. (If using fresh broccoli, pile the florets on a microwave-safe plate and sprinkle with a few tablespoons of water. Cover with plastic wrap and microwave 3 to 5 minutes or until crisp-tender.) Remove and sprinkle with the Lemon Crumbs.

- Time-saver: Cook the broccoli florets right in their microwavable bag. No waiting for water to boil. And, again, no extra pot to clean. CALORIES 34 ; FAT 0g; CHOLESTEROL 0mg; CALCIUM 38mg; CARBOHYDRATE 6g; SODIUM 163mg; PROTEIN 3g; FIBER 2g; IRON 1mg

### Orange - Almond Salad

Yield: 4 servings  
3 c assorted salad greens  
2 navel oranges, peeled and sectioned  
½ c thinly chopped celery  
2 T chopped green onion  
¼ c cider vinegar  
¼ c. Splenda®  
2 t olive or canola oil  
¼ c toasted slivered almonds

- Combine salad greens, orange sections, celery and green onion in a large bowl.
- Combine vinegar, Splenda® and oil in a small mixing bowl; whisk until well blended, and drizzle over greens immediately before serving.
- Garnish with toasted sliver almonds.
- Serve immediately. CALORIES 110 ; FAT 6g; CHOLESTEROL 0mg; CALCIUM 6mg; CARBOHYDRATE 14g; SODIUM 25mg; PROTEIN 3g; FIBER 4g;

# Stay Connected,

“A healthy social life may be as good for your long-term health as avoiding cigarettes, according to a massive research study. Researchers at Brigham Young University and the University of North Carolina at Chapel Hill pooled data from 148 studies on health outcomes and social relationships—every research paper on the topic they could find involving more than 300,000 men and women and found that those with poor social connections had on average 50% higher odds of death in the study’s follow-up period than people with more robust social ties.” (Time Magazine, July, 2010) Staying social may help manage stress while strengthening the immune system. Good relationships may help keep us in a more positive, happier mood. And, people who are happier have healthier habits, like exercising, eating a nutritious diet and spending time with others whether that is family or friends. Another word for happiness is gratitude. According to Gretchen Rubin, “Keeping a gratitude journal modifies brain activity. When people write down three good things about their day for a few weeks, their brain chemistry actually changes.”

During some our interviews with those in the community, we found that continuing to stay connected socially was an important factor in staying healthy. For Karol and Marion, an older couple who live in their home here in South Bend, staying connected to their children comes quite naturally, even though none of their children live in the area. So, they regularly schedule visits to Indianapolis, Minneapolis, and Denver, homes for their three children and seven grandchildren (which includes a set of triplets!)

In addition to staying connected to family, Mr. and Mrs. P. are very involved in their church community. They volunteer on a regular basis both in their church and in outside projects, are active members of the Serra Club, and the Knights of Columbus. Obviously, their faith plays a very important role in their “holistic” health. For many years after Marion retired, daily Mass attendance was on their list of priorities.

They have traveled extensively, both abroad and here in the U.S. They laughingly shared a story of their early days of marriage when, Mr. P had been laid off his job at Boeing, (he is an aeronautical engineer) they bought a travel trailer



# Laugh, And Be Happy!

and spent a year traveling around the country which included a trip to Niagara Falls and Canada. In the years since they have traveled to Rome, Spain, Poland, Alaska, and the Caribbean to name a few of their destinations. They voiced their gratitude and thankfulness often for the opportunities that have come their way.

Both of them stay fit by exercising and eating a healthy, nutritious diet. In the winter they take advantage of a stationary bike and elliptical machine in their home. In the spring and summer, when she isn't making a dish for a funeral dinner at her church or volunteering food for the Center for the Homeless, Karol enjoys working with her plants and flowers. And, when Marion isn't playing golf or working on home improvements, he can usually be found in their terraced back lawn where he has created a beautifully landscaped centerpiece: an amazing water garden complete with fish and lily pads. Sitting in their back yard is akin to going on a retreat – the soothing sounds of water from the pond, the birds singing in the trees, and just being surrounded by the beauty of nature makes the perfect place for solitude and reflection.



**Karol and Marion  
Pasierbowicz**

*“There is a calmness to a life lived in  
Gratitude, a quiet joy.” - Ralph H. Blum*

For 94 year old Reyes, being involved with daily activities at St. Paul's is very important for her well being. Her daughter suggested eating in her apartment one day during a visit and Reyes countered “no, I need to sit with my friends in the dining room.” Being with her family or friends has always been important to her. She added “I am a very social person!” She owned her own restaurant in Niles and ran it for fourteen years. It was very important for her then, as it is now, to be around people and to stay engaged, connected.

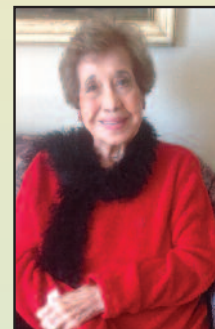
Reyes is beautiful; she appears much younger than her age . . . she is poised in her demeanor with a smile that seems to radiate her happiness. Her joyful attitude, perhaps, plays a significant role in her outward appearance. Her daughter added, “She has always

been this way. She is a joyful person. Anytime there is a problem or something bad happens, my mother's response is ‘maybe I should bake some cookies’. She is always able to make the best of any given situation, is very accepting. Her faith plays an important role in her day to day life. She prays her rosary at least once each day.”

She goes out with her daughter to visit family or to run errands. Her daughter shared that when Reyes was 83, the two of them went to Europe. “I had trouble keeping up with her” her daughter added. “She was always ready to get up and continue going even after a very busy day. And up until age 90, my mother enjoyed dancing and going to casinos. And I might add, she takes only one prescription medication.”

Reyes may have inherited some longevity genes from her father who lived to be age 99 but she still exercises each day with a group who meet across the hall from her apartment. She is conscious of her diet and strives to eat healthy. She added “the food here is very good.”

Two of her siblings are now deceased but the others are doing well in their 80's. She has a large, extended family which will grow to five generations in October of this year. Reyes is a happy, joyful woman who rejoices each and every day that she is alive, active, and well. She is grateful that she is still able to be with her family during special occasions and holiday celebrations. She is especially happy to celebrate the birth of another family member in the very near future!



**Reyes Maez**

My thanks to Pam, Marion, Karol, Sylvia, and Reyes for opening their lives to us. They are trying to live fully and well as long as possible. Some of them may very well benefit from that longevity gene inherited from their mothers or fathers. Others may not have that longevity gene but they do take personal responsibility as they follow the advice of aging experts as they live their daily lives. Their secret may simply be to get enough sleep, laugh, eat a healthy diet, get plenty of movement and exercise; stay socially connected with families and friends, and to be happy and grateful for each day they are able to pursue their interests whatever that might be. They present a challenge to each of us to follow suit, if, according to Spock, we want “to live long and prosper!” 🍀

*By Jane Lorton*



# Caregiver Heroes Celebrated!

Real Services, Inc. Area 2 Agency on Aging presented its 18th Annual Age of Excellence Awards Luncheon, May 8, 2014 at the Century Center in downtown South Bend, Indiana. This event recognizes people who care for and serve older adults and the disabled, as well as older adults who have served our community. 628 people attended this celebration with special music provided by South Bend Community School Corporation's Jefferson Intermediate School Jazz Ensemble. The award recognition geographic area covers St. Joseph, Elkhart, LaPorte, Marshall, and Kosciusko counties; and nominations were received from a large quantity of organizations and individuals.

This year, Saint Joseph Regional Medical Center was the Title Sponsor and Co-Host of the Age of Excellence Nomination and Awards Luncheon event. Other major sponsors included American Senior Communities, Memorial Home Care, North America Administrators and Peacock and Company; among many others.

The special guest keynote speaker was multi-talented TV and stage star, Vicki Lawrence, who is well known for co-starring on the Carol Burnett Show. After making the audience almost roll on the floor in laughter with her stand-up comedy, Vicki shared some of her care giving experiences with her father, mother, sister and step-mother; and how misunderstandings can separate a family but how wonderfully love brings them back together.



***Pictured above are, left to right: Steve Watts, Chairman of REAL Services Board of Directors; Dr. Robert Abel, 2014 Hoosier Lifetime Award Winner; Vicki Lawrence, TV and Stage Actress. (Photo courtesy of McDonald's Studio)***

The nominees honored at the 2014 Age of Excellence Awards Luncheon are among some 65.7 million caregivers who make up 29% of the U.S. adult population providing care to someone who is ill, disabled or aged. Caregiver services in American were valued at \$450 billion annually in 2009 and continue to rise at accelerating rates. The value of unpaid family caregivers will likely continue to be the largest source of long-term care services in America; especially with the aging population of 65 years or older doubling between the years of 2000 to 2030; increasing from 35.1 million to 71.5 million. (AARP Public Policy Institute - 2012).

As always, the most touching moments during this event were when our nominees were honored for their selfless giving to those in need. It is with this in mind that the Area 2 Agency on Aging hosts this annual event where ordinary people are recognized for extra-

ordinary acts of kindness to loved ones and their communities. This year, 128 nominees received recognition! Each person nominated was truly unique and our hearts were warmed greatly as we celebrated their tangible on-going expressions of love. Awards in nine categories were given at this recognition ceremony and the categories and winners were:

- Caregiver of the year for an Older Adult – Josephine “Jo” Fetter of South Bend
- Caregiver of the Year for the Disabled – Amy Adams of LaPorte
- Professional of the Year – Alecia Cox of Rolling Prairie
- Business of the Year – Holy Cross College of Notre Dame
- Volunteer Group of the Year – St. Joseph High School of South Bend
- Education Award – Deborha Carriveau of LaPorte
- Kimble Volunteer of the Year – James Rahilly of South Bend
- Volunteer of the Year – Becky McClure of South Bend
- Hoosier Lifetime Award - Dr. Robert Abel of Elkhart County

The Hoosier Lifetime Award winner, Dr. Robert Abel of Elkhart grew up on a farm in Harrison Township in Elkhart County and graduated from Wakarusa High School, Goshen College and the Indiana University




School of Medicine in 1950. He served in the U.S. Army overseas and is a veteran of World War II. Dr. Abel began a family medical practice in Wakarusa on July 1, 1951 and has been a member of the American Medical Association and the Indiana Medical Association for over 60 years. He has been a member of many boards and organizations including the Elkhart County 4-H Fair Board for 62 years and the Wakarusa Chamber of Commerce for 60 plus years. He served as part of the Elkhart General Hospital medical staff for 60 plus years, was the Medical Director for the Bashor Home of the United Methodist Church for 60 years and Medical Director for the Holiday Rambler/Monaco Coach organization for 50 years. Dr. Abel is the recipient of the 2012 "Friend of the Chamber" Award and the 1999 Chamber "Citizen of the Year" Award. He was elected to the Hall of Fame for State and County Fairs in 1985, elected to the Elkhart County Sports Hall of Fame in 1995, and elected to the Indiana Football Hall of Fame in 1966. And Dr. Abel was celebrated as the Parade Marshall for the 2014 Wakarusa Maple Syrup Festival.

Dr. Abel has been the Medical Director of Miller's Merry Manor/Miller's Senior Living Community

in Wakarusa for the past 30 years. He helped bring Miller's Merry Manor to Wakarusa in 1984 after identifying a need for long-term care services in the area. Dr. Abel currently makes rounds at Miller's six days a week, including evenings; and, when required, in the middle of the night. He oversees the care for 50 plus patients. Dr. Abel also continues to make house calls for elderly patients. Many people are thankful that Dr. Abel has been their physician for their entire lives as well as for their parents and children.

Dr. Abel has been married to his wife for 65 years and they have 4 children, 7 grandchildren, and 6 great grandchildren. He has delivered 10,612 babies during his professional career and at 89 years old has no plans of retirement! We celebrate Dr. Abel, each winner and all of our 2014 Age of Excellence Award nominees.

Please continue to check our REAL Services website for upcoming announcements about our 2015 Age of Excellence Luncheon nomination deadline and luncheon event dates. Nominations and inquiries can be sent to Pam Harris, REAL Services, Inc. 1151 S. Michigan Street, South Bend, IN 46601, emailed to [pharris@realservices.org](mailto:pharris@realservices.org) or via phone at 574-284-7104. 

“She tells me all the time I’m so happy. She loves being home with us.”

Isabel cares for her 76-year-old mother, diagnosed with dementia, at home. Isabel was able to quit her job and take on the role of full-time, paid caregiver, **thanks to the professional and financial support of Caregiver Homes.**



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# A Home Makeover With A REAL Meaning

When Barb Morrival's telephone rang on the summer afternoon of July 30, 2014, the thought never crossed her mind that it would be REAL Services on the other end congratulating her and her husband, Guy, for winning the REAL Room Makeover Grand Prize. "Are you kidding me?" she said to the caller. There was tremendous excitement that filled the telephone line.

"We've always supported REAL Services through the raffle, but never thought we would win!" Barb said when asked what her reaction was to winning. The decision for

Guy and Barb Morrival to build their home of 18 years, stemmed from wanting to help Guy's mother stay independent and out of a nursing home. "We built this house in 1996 and moved my mother in with us" Guy explained. "But once she moved in, she was here three months and was not happy. She wanted to be back in her own house. That's when REAL Services began to help us out." REAL Services helped Guy's mother cope with her Parkinson's disease and stay independent in her home from October 1996 to December 2000.



Guy and Barb have been supporters ever since.

Barb, a retired first-grade teacher, also explained her fondness for REAL Services' Meals on Wheels program. "During the holidays, I would have my first-graders make

cards to put in the Meals on Wheels lunches that would be delivered to the seniors," Barb disclosed. The fact that the raffle was benefiting Meals on Wheels was another reason they chose to enter five tickets into the raffle this year. Barb and Guy have both had long time teaching careers in the South Bend community; Barb teaching first grade for 30 years until she retired in 2012 and Guy teaching high school math until retiring in 2002.

Located in a quiet residential




*Barb and Guy Morrival*



neighborhood in Granger, Indiana, you can see the memories that this house contains. Countless pictures of family and treasured child artwork line the walls and the refrigerator to illuminate Guy and Barb's most prized possession... family. Family is the reason they chose to spend their grand prize home makeover on a particular part of their house. Guy and Barb plan to renovate their outdoor patio into a four season sunroom. "We've always wanted a sunroom and we want to make more space for when family visits," Barb stated when asked why they chose this part of the house to renovate. The sunroom will have air conditioning for the summertime and will also have heat to enjoy the space during the winter. Together, Guy and Barb have two daughters and five grandchildren with whom they love spending time. You can see the gleam in both of their eyes as they talk about the finished product and how many cherished memories will continue to be made in their home.

The fifth annual REAL Room Makeover Raffle sold more tickets than ever before and grossed a record-breaking \$93,150. Net proceeds from the raffle will be used to support the Meals on Wheels program of REAL Services. The program delivers nutritionally balanced meals to homebound people who are unable to prepare their own meals. REAL Services is grateful to everyone who participated in the raffle and made it such a successful event!

Congratulations to all the prize winners this year and good luck to all those who choose to enter next year's drawing. 

## Winners of the 2014 REAL Room Makeover

### *Grand Prize Drawing July 30*

Barb and Guy Morrival - Granger, winner of Grand Prize, a \$25,000 room makeover by Peacock and Company.

David Ciesielski - Lakeville  
Yvone Kocsis - South Bend  
Becky Miller - Edwardsburg  
Renee Knippel - South Bend  
Mary Lou Wolfe - South Bend  
David Ciesielski - Lakeville  
Judy Hinsey - Mishawaka  
Tim and Kathy Lykinuski - South Bend

LuAnn Pontius - Elkhart  
Susan Ganser - South Bend  
Ann Riley - South Bend  
James Hurt - South Bend  
Diane Daniels - Mishawaka  
Sharon Dolan - LaPorte  
Linda Smith - South Bend  
David Nufer - South Bend  
Randy Leazenby - South Bend  
John O'Brien - South Bend  
Tom Keller - South Bend  
Karen Schnoebelen  
Rosanne Hostetler - South Bend  
Jennifer Ellis  
Dan and Marcia Saracino - Granger  
Laura Guentert  
Sarah Anne and Ira Anes - Granger  
Mark and Lisa Leblanc - South Bend  
James Adair - South Bend  
Tonja Roman - South Bend  
Mary Lou Wolfe - South Bend

### *The Summertime Drawing July 3*

David Nufer - South Bend  
Jill Becker - White Pigeon  
Dorothy Kalmar - South Bend  
Charles Rosenberg - South Bend  
Dean and Laurel Key - Mishawaka  
Marcus Realty - South Bend  
Karin Warner - Granger  
Virginia Fish - Bristol

### *The Early Bird Drawing June 6.*

Carol Hochstetler - Bremen

Dean and Laurel Key - Mishawaka

Jeanne Monsma - South Bend  
John Mummert - Walkerton  
Barbara Sutton - South Bend

*The REAL Room Makeover Raffle simply would not be a success without the hard work of our raffle committee and area businesses. We deeply appreciate the support of these wonderful organizations that donated prizes to make the event a success. We are grateful. Thanks to you.*

**Blackthorn Golf Club**  
**Blue Chip Casino**  
**Blue Gate Garden Inn**  
**Bonefish Grill**  
**Broadway Theatre League**  
**Café Navarre**  
**Center PC**  
**Corndance of Mishawaka**  
**Edible Arrangements**  
**Elbel Park**  
**Erskine Park**  
**Four Winds Casino Resort**  
**Ivy Court Inn & Suites**  
**LaSalle Grill**  
**Main Street Grille in Mishawaka**  
**Martin's Supermarkets**  
**McCarthy's on the Riverwalk**  
**Memorial Health & Lifestyle**  
**Michael Kors**  
**Nautica**  
**Peacock and Company**  
**Ruth's Chris Steakhouse**  
**Silver Hawks**  
**Simply Catering to You**  
**South Bend Civic Theater and Villa Macri**  
**South Bend Symphony**  
**Triumph Fitness**  
**Toscana Pizza**  
**University of Notre Dame**  
**Warren Golf Course at Notre Dame**  
**Woochi Japanese Restaurant**  
**Z-Stone**



# To Play Or Not To Play – *That Is The Question*

Who can resist their claims to think faster, improve focus, maximize memory and improve brain function? I know I can't. Further, many activities within the cadre of brain games available for your smart phone, tablet or computer, are quite fun, even a bit addictive. Over the last several years the brain game industry has rapidly expanded, now even having television commercials in our local community. But, do these brain games work? It's a question surprisingly difficult to answer.

Playing computer based brain games, or cognitive games, as they are sometimes called, is much like going to the gym. When at the gym, your activities are designed to maintain, or improve the performance and overall health of a part of your body, or your whole body. For example, a treadmill might target your heart, while weight machines target individual muscle groups. Brain games are designed to exercise the different processes and functions in your brain. Functions like memory, attention, processing speed, problem solving, language, and perception. Often, just like being at the gym, the objective is to see what your strength and performance is now, and then to enhance it through specifically designed activities that push your comfort zone and are a bit hard to complete, until that muscle gets stronger and more adept with the new activity.

Reading the comments and stories of online brain game users seems to indicate that many people report they feel sharper, more focused perhaps quicker at certain brain tasks. Reading just a small portion of the science and research done to assess the efficacy of these brain training games seems to indicate less clear-cut outcomes.

When looking at the research, it's important we remember that there are many, many, types of cognitive games being evaluated in very different settings. Some are designed and evaluated with healthy adults and older adults, while others are designed and evaluated with those recovering from a brain injury, or as part of disease recovery.

Cognitive workouts have been designed to mimic video games for children in schools in an effort to expand learning and short term memory, while others might simulate being an adult service provider who needs to remember the names and requests of multiple customers at the same time. Some studies share the outcome of a smaller number of people; let's say less than 100, while others have looked at thousands of people, even in different cities at the same time. Some report outcomes from the perspective of short-term impact looking at how people did the first time they played a battery of cognitive games as compared to the final time they played. Others look at intervals over time, in one case, as far as ten years after engaging in a course of cognitive games.

So what's the consistent outcome of the research on these brain games? Well, that's the interesting part. It seems to date, from what almost any of us could find through looking at both the research articles available over the Internet, and in the articles written by sources we often rely on for our facts and current events, that there isn't exactly a consistent message about the efficacy of these games.

The overall theme is that while some people that engage regularly in brain games may feel better about their own brain's performance, and there is inconsistent objective evidence showing that these improvements continue after one stops regularly playing the games. A 2014 published research article looking at the ten year effects of cognitive training (not specifically listed as computer based brain games) for a group of over 2800 adults, in multiple cities, with an average baseline age of 74 showed that some of the speed of processing and reasoning interventions maintained their impact on cognitive abilities and daily tasks, however the impacts on memory were not independently held over time (Rebok et al., 2014).

Though perhaps not as definitive an answer as we might have hoped for when considering the



# “LIVE YOUR BEST LIFE AS YOU AGE”



efficacy of brain games, the opposite is true about other types of activities – three categories of activities in particular.

1. Many clear and consistently documented benefits for the health and resilience of the brain (and body) are achieved through exercise and attention to your physical health. Still considered counter intuitive to many, for the average healthy adult, the quickest way to influence and maintain the overall health and performance of your brain is through engaging in activities in ways that expand your oxygen intake. An ideal target would be to get 30-45 minutes of good solid breathing a bit heavier than usual exercise 5 times a week. Oxygen is your brain's primary fuel, and paying attention to breathing deeply, as well, as doing things that make us breathe a bit heavier than usual boosts the oxygen that travels through our system to our brain. Similarly, good nutrients, adequate sleep, and maintaining balance are all shown to support longevity in your brain. Checking with your doctor about your physical health and how it influences your brain health is always a good decision.


2. The second category of activities that consistently tie to the vitality and longevity of your brain is through making time for your social life. Spending time with other people, sharing stories, laughing, being purposeful, feeling a part of a group, or becoming

involved in a local project has been shown to boost our mood, our brain's vitality, even have positive impacts to our immune system. This category of research also tells us that part of maintaining a healthy social life is finding your personal balance between time with others, and time being quiet, more introspective, in nature, and as often as possible, choosing an outlook of gratitude for both the little, and sometimes big things, in our lives, both now, and in our past.

3. The third category of activities that influence and are shown to be associated with extending longevity in

the brain is to learn about, and try new things. Quite separate from brain games, there is consistent benefit shown when we learn new things and have experiences that are new and need our active involvement. Like the other categories, there are many things to choose from ranging from trying your hand at a new hobby, meeting friends for a lecture happening at the library, taking a class, meeting for coffee at a restaurant you haven't tried before, or taking a new route on your walk. When we stay engaged in learning new things, we keep the physical structure of our brain open and active so that ideally the messages that are sent back and forth throughout our brain or body, don't get snagged somewhere in the middle.

Can't resist the idea of feeling more focused, boosting your memory, having expanded perception, or speed of processing? Go play...just perhaps don't limit it to a computer based brain game. Or, join one of the many programs offered by BrainWorks, a part of Beacon Health System, where you can learn more about your brain, understand how memory works, or take a class where you can do many of the things that are shown to extend longevity and vitality at all ages.

Go to [www.memorialbrainworks.com](http://www.memorialbrainworks.com) to see a schedule of events. 


Author: Debra Raybold, Director, Memorial BrainWorks,  
574-647-6628 or [brainworks@beaconhealthsystem.org](mailto:brainworks@beaconhealthsystem.org)




# Top Ten Tips For Seniors

Medicare fraud and abuse costs Americans approximately \$60 billion each year and can cost senior citizens time and money getting cases resolved.

Senior Medicare Patrol (SMP), a program run by the Indiana Association of Area Agencies on Aging exists to help seniors identify and prevent fraud and abuse. SMP recommends that you...

1. Visit only your personal doctor, hospital or clinic for medical help. Trust only them to make referrals for special equipment, services or medicine.
2. If someone calls and tries to threaten or pressure you into something – hang up!
3. If someone comes to your door and says they are from Medicare and they need your Medicare number - shut the door!
4. If someone offers to buy your Medicare number, don't do it.
5. Never provide a salesperson with your doctor's name or number.
6. Never show anyone your medical or prescription records without first talking to your doctor or pharmacist.
7. Don't leave mail in your mailbox for more than one day. People can steal personal information right out of your mailbox.
8. Rip up or shred your Medicare papers and other important documents before throwing them away. People go through trash.
9. Remember, Medicare doesn't sell anything.
10. Always read your Medicare Summary Notice (MSN). This is the piece of mail stamped "This is Not a Bill" that comes in after you get medical care. 

## AGING SAFELY AT HOME

1. Be alert to your surroundings. Make safety your priority.
2. Have your house number posted outside your home in an unobstructed way.
3. When someone knocks, don't open the door unless you know who is there.
4. Never open the door and let someone in to use your telephone. Offer to make the call for them.
5. If someone comes to your door that you believe might be dangerous, call the police.
6. When returning to your home after being away and you find a burglar, leave if you can. Do Not resist or fight if you cannot leave.
7. If you find the door ajar when returning home, DON'T GO IN. Go to the nearest telephone and call the police.
8. Always lock your exterior doors, both when you are at home and away.
9. Make sure all exterior entrances and doorways are well lighted.
10. If you have an alarm system, use it, even during the day.
11. Become acquainted with your neighbors.
12. Have your lawn mowed, sidewalks clear of snow. Don't let newspapers pile up; have mail held at the post office if your neighbor is unable to intercept for you.
13. Keep bushes and plant growth at a height of no more than 24 inches from the ground (those near windows and doors.)
14. Use timers on all lights.
15. Turn the volume on the telephone down when you are away so it cannot be used as a cue that no one is home.
16. Never carry identification tags on your key ring or holder.
17. Don't hide a spare key outside your door. Burglars know where to look.
18. Avoid keeping large amounts of cash in your home.
19. While out, carry as little cash as possible and carry credit cards in a concealed coat or chest pocket. 



## Medicare Fraud Could Happen to You!

Senior Medicare Patrol is here to help you avoid, detect, prevent and report Medicare fraud. Call 1.800.986.3505.



Follow us: [www.facebook.com/INSMP](http://www.facebook.com/INSMP)

Funded in part by the US Administration for Community Living.





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Comfort Keepers Michiana provides compassionate in-home care that helps older adults live happy, fulfilling lives in the comfort of their own homes. Our wide range of services promote independence and wellbeing. Our Interactive Caregiving®: Alzheimer's & Dementia Care offers a unique approach provided by caregivers who are trained to assist our clients in maintaining as much ability as possible. Customized care plans help keep minds, bodies and lives active, happy and healthy.



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# **Kosciusko** **Community** **SENIOR SERVICES** **KCSS**

*Also known as Kosciusko County Council on Aging and Aged, Inc.*

800 North Park Avenue • Warsaw, IN 46580

The following services are provided to seniors age 60 and older living in Kosciusko County:

- Transportation (since 1978), over 14,000 rides each year, Medicaid approved.
- Mobile Meals (since 1974), over 35,000 mobile meals each year and Weekend/Emergency Meals (since 2002).
- Homemaking Services (since 1976).

**Please call 574-267-2012 for information and services.**

## **KOSCIUSKO COMMUNITY SENIOR ACTIVITY CENTER (SAC)**

The SAC operates 5 days a week and provides a wide range of informational, educational, and recreational activities. The SAC provides a place for seniors age 50 and over to socialize and participate in activities and gather information which will help improve their lives.

*Please call 574-267-2012 or 574-268-2132 for information and to receive a monthly SAC Newsletter*

***The future belongs to those who paid for it . . . Senior Citizens***



## 10 Habits To Break If You Want To Live Longer And Other Good Ideas

1. Stop eating mainly processed foods
2. Stop Smoking
3. Stop Sitting Still
4. Stop Holding a Grudge
5. Stop Keeping to Yourself
6. Stop thinking that only big changes count
7. Stop letting fear keep you from being healthy
8. Stop cheating your night's sleep
9. Stop Stressing
10. Stop relying on – or blaming – your genes

*By Sharon Basaraba,  
Healthy Aging Expert*

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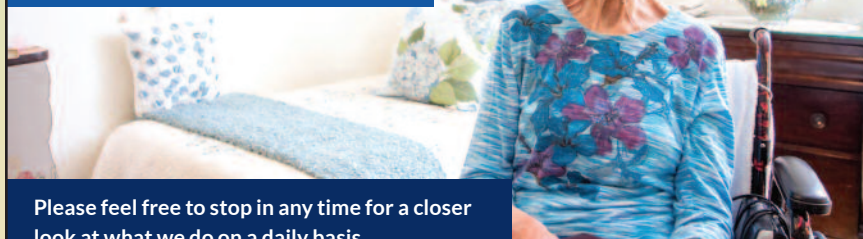
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## Senior Medicare Patrol Working To Fight Fraud And Abuse

You've probably heard your friends and neighbors tales of Medicare fraud: scam artists asking for your Medicare card, providers charging for procedures you never had, or charging Medicare patients higher rates.

Thankfully, in Indiana, there are senior citizens on patrol.


This isn't your typical neighborhood crime watch. Instead, it's a statewide network of volunteers charged with helping you avoid Medicare fraud and abuse. They are called the Senior Medicare Patrol (SMP), and they want to save you from Medicare and Medicaid scams.

Nationwide, it's estimated that Medicare and Medicaid fraud and abuse costs taxpayers \$60 billion a year, so the work SMP is doing not only helps seniors, but also taxpayers who eventually shoulder the burden of these expenses.

SMP staff and their highly trained volunteers conduct outreach to Medicare beneficiaries, caregivers and the professionals that serve them in their communities through group presentations, exhibiting at community events, answering calls to the SMP help lines and one-on-one counseling. Most SMP volunteers are retired Medicare beneficiaries and thus well-positioned to assist their peers.

Their primary goal is to teach beneficiaries how to protect their personal identity, identify and report errors in health care bills, and spot deceptive health care practices.

If you suspect that you are a victim of fraud, reach out to your local Area Agency on Aging by calling 800.986.3505. The SMP volunteers in your area will help you take action to prevent, detect or report Medicare fraud and abuse.

Additionally, the Senior Medicare Patrol is always looking for more volunteers. You can join the Patrol by contacting the Area Agency on Aging or calling the SMP office directly at 317.205.9201. 





# REAL and Alzheimer's Services Volunteer Opportunities!

*all individuals, groups, businesses, and families  
are encouraged to apply for one-time or ongoing projects . . .*

## **Come be an extension of our agency by volunteering for a REAL Services program**

### **MEALS ON WHEELS DRIVER**

Help provide healthy meals to homebound seniors by delivering a hot lunch and prepared dinner to their home. You can deliver once a week or more.

*St. Joseph County only.*

group | individual | ongoing projects

### **GUARDIANSHIP ADVOCATE**

Serve as an advocate for an elderly person for whom REAL Services is the legal guardian. Visit, check on their care, and advocate for their interests and preferences. *St. Joseph, Marshall and Elkhart Counties only.*

group | individual | ongoing projects

### **SEASONAL PROJECTS**

- yard work — rake, mow, trim bushes
- painting — interior or exterior
- snow removal — shovel and/or salt

group | individual | ongoing projects

### **HOUSE CLEANING**

Help with simple house cleaning tasks, or gather a group to do “deep” cleaning and larger organizational projects

group | individual | ongoing projects

### **NURSING FACILITY FRIENDLY VISITOR**

Meet regularly with local nursing home residents that don't typically have visitors. Sit and talk, or incorporate creative projects.

group | individual | one-time or ongoing projects

### **SMP PROGRAM VOLUNTEER**

Help protect individuals and the future of our government programs by volunteering with the Senior Medicare Patrol program. This program empowers seniors to prevent health care fraud.

individual | ongoing projects

### **HANDYMAN**

Help with simple household repairs. Tasks range from changing light bulbs to fixing a leaky faucet!

group | individual | ongoing projects

### **OFFICE VOLUNTEER**

Help with mailings, brochures, and other administrative office tasks. Both small and large projects for various REAL departments.

group | individual | one-time or ongoing projects

### **GROCERY SHOPPER**

Purchase groceries for homebound adults. Get their list, shop for them, and unload the groceries.

individual | one-time or ongoing projects

### **ADULT DAY SERVICES VOLUNTEER**

Assist with activities at Milton Adult Day Center.

Volunteer weekly, monthly, or once a year.

### **HEALTH EDUCATION PROGRAMS**

Be a leader for workshops which educate individuals on how to live a more healthy life with chronic conditions; teach practical strategies to prevent falls. Programs scheduled in Elkhart, Kosciusko, LaPorte, Marshall, and St. Joseph Counties.



# REAL and Alzheimer's Services Volunteer Opportunities

## SIGN ME UP!

I am    My group is interested in the following program(s):

- Meals on Wheels
- Guardian Vol. Advocate
- Nursing Facility Friendly Visitor
- SMP Program
- Seasonal Projects
- Housecleaning
- Handyman
- Office Volunteer
- Grocery Shopper
- Adult Day Services
- Health Education Program

Name

Address

City

State

Zip

Daytime Phone

E-mail

**CONTACT US TODAY! Volunteer Department:** 1151 S. Michigan Street, P.O. Box 1835, South Bend, IN 46634 / (574) 284-2644 or (800) 552-7928 / [www.realservices.org](http://www.realservices.org) click on "volunteers"

Due to the sensitive nature of the clients we serve, it is Agency policy that we cannot utilize volunteers with any type of criminal history. Thank you for your understanding.

### Alzheimer's and Dementia Services of Northern Indiana Advisory Council, 2014

Ms. Paula Abraham  
Ms. Kimberly Geiger  
Mr. JP Hoyer  
Ms. Malana Maher  
Ms. Casey Norton  
Ms. Judy Nye  
Ms. Wendy Page  
Ms. Michelle Stesiak  
Ms. Kim Wilson  
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Mr. Dan Wolfson



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- Individual family disease counseling
- Respite care grants (for caregivers to "take a break from caregiving")
- Quarterly Newsletters



Contact: [info@alzni.org](mailto:info@alzni.org) or call 574.232.4121.....[www.alzni.org](http://www.alzni.org)





# ask SHIP

**Q: My neighbor said she received important notices in the mail about her Medicare coverage last year and that the color of the notice was important. What does she mean?**

**A.** Around this time each year, Medicare and Social Security begin sending out important notices. Many of them require action from you. Some of them will be printed on a specific color paper according to the information being sent. Below is an explanation of some of these mailings.

### Gray Notice

The **Loss of Deemed Status** will be sent to anyone who no longer automatically qualifies for Extra Help for their Part D drug costs in 2015. If you have limited income and resources, you may still qualify for Extra Help, but you will need to re-apply to find out.

The notice will explain why you no longer automatically qualify and encourage you to complete an enclosed application for Extra Help.

You can expect this notice some time in September.

### Orange Notice

If you have Extra Help and still automatically qualify, you should receive a **Change in Extra Help Co-Payment Notice** if your co-pays will change for 2015. You can expect this orange notice around October.

### Blue Notices

If your Medicare drug plan is leaving the Medicare Program, you will receive a **Reassignment Notice – Plan Termination**. This means you will be reassigned to a new Medicare drug plan in 2015 unless you choose a new plan in early December.

If you receive a blue **Reassignment Notice – Premium Increase**, you are being notified that your Medicare drug plan premium is increasing above the regional LIS premium subsidy amount. You will be reassigned to a new Medicare drug plan in 2015 if you don't join a new plan.

If you receive a blue **MA Reassignment Notice**, your current Medicare Advantage plan is leaving the Medicare Program, and you will be reassigned to a new Medicare Advantage plan in 2015 unless you choose a new plan in early December.

You can expect any of these blue notices in late October to November.

### Tan Notice

In November, you might want to be on the lookout for the **LIS Choosers Notice**. This notice is sent to people who have Extra Help and chose a Medicare drug plan on their own. If you receive this notice, it means your plan's premium is changing, and you will have to pay a portion of the premium in 2015 unless you join a new \$0 premium plan.

If you or someone you know needs help understanding their Medicare benefits or with other Medicare related issues, call at 1-800-452-4800, 866-846-0139 TDD. You can also find us on Facebook and Twitter.

SHIP is a free, unbiased counseling program provided by the Indiana State Department of Insurance.



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## REAL Services, Inc. Office Locations

### Area Agency on Aging Case Management Offices

Elkhart County  
3701 S. Main St.  
#1005 (120)  
Elkhart, IN 46517  
(574) 875-0606

Marshall County  
510 W. Adams St.  
Suite #260  
Plymouth, IN 46563  
(574) 936-3175

LaPorte County  
910 State St.  
LaPorte, IN 46350  
(219) 324-4199  
877-324-4199

St. Joseph County  
1151 S. Michigan St.  
South Bend, IN 46601  
(574) 284-2644  
800-552-7928 (IN Only)

Kosciusko County  
720 E. Winona Ave.  
Warsaw, IN 46580  
(574) 269-1173

Caregiver Connection  
317 S. Kenmore St.  
South Bend, IN 46619  
(574) 251-2590

### REAL Services Regional Kitchen for Independent Living

#### Meals on Wheels

Meals for 35 Nutrition Sites  
121 Garst St.  
South Bend, IN 46601  
(574) 256-1649

REAL Services, Inc. is a not-for-profit corporation, which serves elderly and individuals of all income levels in the counties of St. Joseph, Elkhart, LaPorte, Marshall, Fulton, and Kosciusko. The objective of REAL Services is to assist those we serve in maintaining their independence to the maximum degree possible and finding meaning and satisfaction throughout their lives.



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574.364.2700



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