A bi-monthly publication for Senior Citizens
published by The Morning Shopper
August 10, 2021

Golden Years

Providence Community Pharmacy strives to serve

Providence Community Pharmacy has implemented a number of services to assist customers in their health care needs.

Several of these include:

Compliance Packaging

Providence Pharmacy is able to put together a package of all the medications a patient needs for a week in one, convenient package.

The time the medications are to be taken is colored coded on a sheet indicating which medications are to be taken in the morning, at noon, in the evening and at bedtime. Each sheet contains the medications needed for one week. All medications are sealed for safety.

"We generally package enough medication for one month for those patients whose medication needs are stable. However, we can customize the packages for those who need this service," said Becky Barner, PharmD, RP at Providence Community Pharmacy.

Each 'pod" of medications is labeled to identify which medications are included and a full list and description of the medications is included at the top of the package.

"This system means no more guesswork, and no more bottles or pillboxes. And, because they're clearly labeled by date and time of day, the patient has the comfort of knowing they took the right medication at the right time," Barner said.

The "pods" are detachable and portable, allowing a patient to take medicine on the go.

All the sheets of medication are Filled by a pharmacist, eliminating the worry of mixing up medications. The packing allows patients the peace of mind and confidence that they are taking their medication correctly.

Barner said that the compliance packaging is helpful for those of any age, but is especially designed for seniors. She encourages anyone interested in the packaging to stop in to the pharmacy to discuss options.

Senior Day

Senior Day is offered every Wednesday and those 55 years and over will receive a 10 percent discount on all over the counter (OTC) products.

The pharmacy also provides free home delivery in Wayne and Wakefield and free mail out services.

The drive-thru at Providence Community Pharmacy has been uses extensively and the pharmacy also offers curbside delivery of medications.

Free personalized blood pressure checks are also available for anyone at the pharmacy.

Anyone with questions about the services offered at Providence Community Pharmacy or for more information, contact the Pharmacy at (402) 375-8862.



Becky Barner, PharmD, RP, at Providence Community Pharmacy, explains the benefits of Compliance Packaging of medications for patients.



Quilts of Valor

As part of this year's Henoween activities in Wayne, Quilts of Valor were presented to the following service men and women: Robert Carhart, William Kaup, Verdel Backstrom, Darrell Gilliland, David Ley, Don Endicott, Adam Endicott, Katie Kraemer, Max Kathol, Essie Kathol, Mike Fluent, Ronald Temme and Galen Wiser. Presenting certificates to them were Imogene Brasch and Sandy Preston.

Inside ....

- Financial advice from George Phelps
- Advice to protect seniors online
- Signs and symptoms of dementia
- How to build friendships in your golden years
- Carbon monoxide - a summer killer
- Class floats from Chicken Show parade
- Effective exercises for seniors
- What to expect from cataract surgery
- Signs of unsafe driving in older drivers
- Hobbies for seniors residing in assisted living communities
- Amazing benefits to seniors having pets

Hostage data: Ransomware and protecting your digital information

On May 7, 2021 the Colonial Pipeline, which carries almost half of the East Coast's fuel supply from Texas to New Jersey, shut down operations in response to a ransomware attack. Colonial paid a $4.4 million ransom not long after discovering the attack, and the pipeline was reopened within a week. While there was enough stored fuel to weather the outage, panic buying caused gasoline shortages on the East Coast and pushed the national average price of gasoline over $3.00 per gallon for the first time since 2014.

Ransomware is not new, but the Colonial Pipeline incident demonstrated the risk to critical infrastructure and elicited strong response from the federal government. Remarkably, the Department of Justice recovered most of the ransom, and the syndicate behind the attack, known as DarkSide, announced it was shutting down operations. The Department of Homeland Security issued new regulations requiring owners and operators of critical pipelines to report cybersecurity threats within 12 hours of discovery, and to review cybersecurity practices and report the results within 30 days. On a broader level, the incident increased focus on government initiatives to strengthen the nation's cybersecurity and create a global coalition to hold countries that shelter cybercriminals accountable.

Malicious Code

Ransomware is malicious code (malware) that infects the victim's computer system, allowing the perpetrator to lock the files and demand a ransom in return for a digital key to restore access. Some attackers may also threaten to reveal sensitive data. There were an estimated 305 million ransomware attacks globally in 2020, a 62% increase over 2019. More than 200 million of them were in the United States.

The recent surge in high-profile ransomware attacks represents a shift by cybercriminal syndicates from stealing data from "data-rich" targets such as retailers, insurers, and financial companies to locking data of businesses and other organizations that are essential to public welfare. A week after the Colonial Pipeline attack, JBS USA Holdings, which processes one-fifth of the U.S. meat supply, paid an $11 million ransom. Healthcare systems, which spend relatively little on cybersecurity, are a prime target, jeopardizing patient care. Other common targets include state and local governments, school systems, and private companies of all sizes.

Ransomware gangs, mostly located in Russia and other Eastern European countries, typically set ransom demands in relation to their perception of the victim's ability to pay, and high-dollar attacks may be resolved through negotiations by a middleman and a cyber insurance company. Although the FBI discourages ransom payments, essential businesses and organizations may not have time to reconstruct their computer systems, and reconstruction can be more expensive than paying the ransom.

Protecting Your Data

While major ransomware syndicates focus on more lucrative targets, plenty of cybercriminals prey on individual consumers, whether locking data for ransom, gaining access to financial accounts, or stealing and selling personal information. Here are some tips to help make your data more secure.

Use strong passwords and protect them. An analysis of the Colonial Pipeline attack revealed that the attackers gained access through a leaked password to an old account with remote server access. Strong passwords are your first line of defense. Use at least 8 to 12 characters with a mix of upper- and lower-case letters, numbers, and symbols. Longer and more complex passwords are better. Do not use personal information or dictionary words.

One technique is to use a passphrase that you can remember and adapt. For example, Jack and Jill went up the hill to fetch a pail of water could be J&jwuth!!2faPow. Though it's tempting to reuse a strong password, it is safer to use different passwords for different accounts. Consider a password manager program that generates random passwords, which you can access through a strong master password. Do not share or write down your passwords.

No easy answers. Be careful when establishing security questions that can be used for password recovery. It may be better to use fictional answers that you can remember. If a criminal can guess your answer through available information (such as an online profile), he or she can reset your password and gain access to your account.

Take two steps. Two-step authentication, typically a text or email code sent to your mobile device, provides a second line of defense even if a hacker has access to your password.

Think before you click. Ransomware and other malicious code are often transferred to the infected computer through a "phishing" email that tricks the reader into clicking on a link. Never click on a link in an email or text unless you know the sender and have a clear idea where the link will take you.

Install security software. Install antivirus software, a firewall, and an email filter — and keep them updated. Old antivirus software won't stop new viruses.

Back up your data. Back up regularly to an external hard drive. For added security, disconnect the drive between backups.

Keep your system up-to-date. Use the most recent operating system that can run on your computer and download security updates. Most ransomware attacks target vulnerable operating systems and applications.

If you see a notice on your computer that you have been infected by a virus or that your data is being held for ransom, it's more likely to be a fake pop-up window than an actual attack. These pop-ups typically have a phone number to call for "technical support" or to make a payment. Do not call the number and do not click on the window or any links. Try exiting your browser and restarting your computer. If you continue to receive a notice or your data is really locked, contact a legitimate technical support provider.

For more information and other tips, visit the Cybersecurity & Infrastructure Security Agency website at us-cert.cisa.gov/ncas/tips.



Kinship Pointe

Independent & Assisted Living

Accepting New Move-Ins!

All the comfort and safety of your home with the peace of mind at our home!

Call today to find out how you can safely move in to Kinship Pointe!

Phone: 402.375.1500

Advice offered for protecting seniors online

Technology is a great way to stay connected with family and friends, get access to news and entertainment, and simplify tasks like banking and scheduling appointments – but it can also open us up to be the target of a scam, especially as we age. That's why it's so important for older adults to feel confident when going online. Understanding best practices and signs of phishing, fraud, and other online scams go a long way to help them feel empowered.

While new scams are created every day, the most common are those that attempt to create a sense of urgency around sensitive information, which is why older adults are often targeted by criminals for tax-related scams. Other cons regularly aimed at older adults include fake sweepstakes, tech support fraud, and imposters pretending to be a grandchild in distress in need of financial support.

In fact, a survey by Home Instead revealed that two-thirds (67%) of U.S. seniors online have been the victim or target of at least one common online scam or hack. This is why older adults are encouraged to take the following precautions to protect themselves online:

1. Create strong passwords. Lock all internet-enabled devices, including computers, tablets and smartphones, with secure passwords – at least 12 characters long using a variety of letters, numbers, and symbols.

2. Secure access to accounts with two-step verification. Many online services require a two-step verification now and several apps and websites recommend you use one.

3. When in doubt, throw it out. If an email or message looks unusual, delete it. Clicking on links in email is often how scammers access personal information. Turn on spam filters to scan for suspicious messages.

4. Share with care. Be aware of what you share publicly on social media and adjust privacy settings to limit who can see your information.

5. Log out. Log out of apps and websites when you're finished using them. Leaving them open on your computer or smartphone could make you vulnerable to security and privacy risks.

6. Choose the right technology. Consider devices developed specifically with older adults in mind, such as GrandPad. This can be a great way to introduce technology through a controlled, easy-to-use platform. It also helps seniors stay connected with loved ones while living independently at home.

7. Use trusted Wi-Fi resources. Hackers may try to intercept your internet communications. Confirm that the network you wish to join is that of a trusted business or company. If the network doesn't seem valid, use your personal hotspot.

8. Do your research. Many scammers will create authentic looking websites to gain trust. If a site is unfamiliar to you, do additional research to ensure it's legitimate before sharing personal information.

——

Home Instead seeks to provide seniors and their loved ones with the necessary tools and resources to better protect themselves online. To learn more, visit www.ProtectSeniorsOnline.com for additional tips and tricks or call your local Home Instead office at 800.732.2577.

Signs and symptoms of dementia explained

Dementia is a global issue that affects people's daily lives in myriad ways. According to the World Health Organization (WHO), dementia is a syndrome marked by deterioration in memory, thinking and behavior. That deterioration affects dementia patients' ability to perform everyday activities, potentially robbing them of their independence.

The WHO reports that approximately 50 million people across the globe have dementia and there are nearly 10 million new cases diagnosed each year. Though the hallmarks of dementia, such as memory loss, might be the same, the WHO notes that dementia affects each person differently. That's due to certain factors, including a patient's personality prior to becoming ill.

Though people will experience dementia differently, the signs and symptoms of the disease are typically categorized as being in one of three stages: early stage, middle stage and late stage.

Early stage

Signs and symptoms that mark the early stage of dementia are often chalked up as side effects of aging. But the WHO notes that dementia is not a normal part of aging, so its signs and symptoms, even if they are not yet severe or significant, should not be written off as a byproduct of growing old. Common symptoms in the early stage of dementia include forgetfulness, losing track of the time and becoming lost in familiar places.

Middle stage

Life becomes more difficult during the middle stage of dementia, when signs and symptoms become more apparent. The forgetfulness present in the early stage now becomes forgetfulness of recent events and people's names. People in the middle stage also may become lost in their own homes and experience a growing difficulty with communication. People in this stage may need help caring for themselves, and some experience behavioral changes such as wandering and repeated questioning.

Late stage

Memory disturbances are significant in the late stage of dementia, when people are almost entirely dependent on others. People in late stage dementia may have difficulty recognizing relatives and friends and be unaware of the time and place. Many people in this stage need assistance with self-care and they may have difficulty walking. Behavioral changes may escalate, and some people in this stage become aggressive, even toward their loved ones.

Dementia affects tens of millions of people across the globe. Though there currently is no cure for dementia, the WHO emphasizes the importance of early diagnosis, which starts with learning the stages of dementia and the hallmarks of each stage.

Are Alzheimer's disease and dementia the same thing?

There are many different forms of dementia, and Alzheimer's disease is one of them.

In fact, the WHO notes that Alzheimer's is the most common form of dementia, potentially contributing to as many as 70 percent of dementia cases. But people diagnosed with dementia do not necessarily have Alzheimer's.



How to build friendships in your golden years

Making friends as a child or even as a parent to school-aged children is relatively easy. Classrooms and school functions facilitate the building of friendships. Even as one gets older and enters the workforce, it's not uncommon for people to become friends with their coworkers.

As people near retirement age, their situations may have changed considerably. Children have moved out, careers are coming to an end and friendships may be hard to maintain due to people relocating or traveling. Older adults may aspire to make new friends, but they may not know how.

According to Irene S Levine, Ph.D., The Friendship Doctor and contributor to Psychology Today, it is not unique for seniors to want to make new friends. Age can be a barrier because there are stereotypes that pigeonhole people of certain ages. But Levine notes that state of mind and physical ability is not directly tied to chronological age. Making friends is possible at any age. These guidelines can help along the way.

• Explore online connections. A study published in the Journal of Gerontology found seniors (even those in their

See BUILD, page 4

We are Proud to be a Campus of Care

PARK VIEW HAVEN NURSING HOME

309 N. Madison, Coleridge, NE 68727
Visit us on our website at: www.parkviewhaven.org
402-283-4224

Care With a Loving Touch

Check out our Affordable Rates

THE EMBERS ASSISTED LIVING

509 W. Cedar, Coleridge, NE 68727
Visit us on our website at: www.theembers.org
402-283-5020

DIGNITY WARMTH ELEGANCE

Stop In & See For Yourself



Carbon monoxide - a silent summer killer

The highest percentage of carbon monoxide exposures occur during the winter months. However, carbon monoxide exposures can happen any time of year, especially during natural disasters and power outages.

It is imperative that the citizens understand the dangers, the symptoms and how to prevent poisoning from carbon monoxide.

Symptoms of carbon monoxide poisoning include sleepiness, headache, dizziness, blurred vision, vomiting, shortness of breath and convulsions. The first step in treating carbon monoxide poisoning is getting the victim to fresh air. Then seek medical attention immediately.

Carbon monoxide is a gas produced when fuels burn incompletely. It has no color, taste or smell. The major causes of carbon monoxide poisoning in the summer may include:

- Gas powered generators indoors;
- Lack of ventilation in a car;
- Using a charcoal grill indoors;
- Using propane cooking equipment in enclosed areas (i.e. tents or campers);
- Boat exhaust fumes and onboard generators;
- Malfunctioning appliances with pilot lights (i.e. water heater or gas stove).

The Poison Center offers the following suggestions to help prevent carbon monoxide poisoning:

- Inspect all fuel-burning equipment yearly;
- Vent fuel-burning heaters to the outside;
- Never use a charcoal grill or hibachi inside;
- Install carbon monoxide alarms on every level of your home;
- Never leave a car running in an attached garage, even with the garage door open;
- Have the vehicle muffler and tailpipes checked regularly.

Symptoms of carbon monoxide poisoning resemble those associated with other health conditions that are common among the elderly, especially in the winter. The carbon monoxide death rate is highest among people greater than 65 years of age.

If you suspect carbon monoxide poisoning or if you have questions, contact the Nebraska Regional Poison Center toll-free at 1-800-222-1222.







Reminiscing

A number of alumni of Wayne High School were a part of this year's Chicken Show Parade. Due to not having a parade in 2020, many of the classes ending in "0" took advantage of this year's event to catch up with classmates. Pictured are the floats from the class of 1960, 1970 and 1971.

Build

(continued from page 3)

80s) who stay connected with friends and family using social media report feeling less lonely and better overall. Connected seniors also demonstrated higher executive reasoning skills. There are plenty of ways to meet new people online by joining social media groups that cater to your interests. In person meetings in particular cities or regions of the country also can make for great ways to make new friends. Exercise caution when meeting people in person after contacting them online. Bring another person along, whether it's a spouse or an adult child, to ensure that you are safe.

- Volunteer your time. One way to meet new people is to get involved with causes or activities you love. This serves the double benefit of getting you outside and active and puts you in touch with people who share your passions and interests.
- Attend alumni events. If you have an interest getting in touch with someone from your past and reconnecting, make the time to attend school reunions and other alumni activities. It can be fun to reconnect with friends from high school or college.
- Join a gym. The local gym isn't just a great place to get physically fit. Group exercise classes also can be ideal places to meet other people who enjoy working out. Strike up a conversation with another class participant you see on a regular basis. Once you develop a rapport, schedule lunch dates so your friendship grows outside of the gym.

Making friends is not just for the young. Men and women over 50 also can find ways to build new friendships.



Effective exercises for seniors

Losing interest in an exercise regimen is a situation many fitness enthusiasts have confronted at one point or another.

Overcoming a stale workout routine can be simple for young athletes, whose bodies can typically handle a wide range of physical activities. That flexibility allows younger athletes the chance to pursue any number of physical activities when their existing fitness regimens grow stale.

But what about seniors who have grown tired of their workouts?

Even seniors who have lived active lifestyles since they were youngsters are likely to encounter certain physical limitations associated with aging. According to the Centers for Disease Control and Prevention, the likelihood of dealing with one or more physical limitations increases with age. CDC data indicates that 8 percent of adults between the ages of 50 and 59 have three or more physical limitations. That figure rises to 27 percent among adults age 80 and over.

Physical limitations may be a part of aging for many people, but such obstacles need not limit seniors looking to banish boredom from their workout routines. In fact, many seniors can successfully engage in a variety of exercises that benefit their bodies and are unlikely to grow stale.



• Water aerobics: Sometimes referred to as "aqua aerobics," water aerobics may involve jogging in the water, leg lifts, arm curls, and other activities that can safely be performed in a pool. The YMCA notes that water aerobics exercises are low impact, which can make them ideal for seniors with bone and joint issues like arthritis.

• Resistance band workouts: Resistance band workouts can be especially useful for seniors who spend a lot of time at home. Resistance bands are inexpensive and don't take up a lot of space, making them ideal for people who like to exercise at home but don't have much space. Resistance bands can be used to strengthen muscles in various parts of the body, including the legs, arms and back. Resistance bands can be pulled or pushed in any direction, which allows for more versatility in a workout than weight machines and dumbbells. That versatility allows seniors to spice up their workout regimens when things get a little stale.

• Pilates: Pilates is another low-impact exercise that can be ideal for seniors with bone and joint issues. According to SilverSneakers®, a community fitness program for seniors that promotes living through physical and social engagement, Pilates can help seniors build overall strength, stability and coordination. SilverSneakers® even notes that seniors can experience improvements in strength and stability by committing to as little as 10 to 15 minutes of daily Pilates exercises.

• Strength training: Seniors on the lookout for something more challenging than a daily walk around the neighborhood should not overlook the benefits of strength training. The CDC notes that seniors who participate in strength training can stimulate the growth of muscle and bone, thereby reducing their risk for osteoporosis and frailty. In fact, the CDC notes that people with health concerns like arthritis or heart disease often benefit the most from exercise regimens that include lifting weights a few times each week.

Physical limitations are a part of aging. But seniors need not let such limitations relegate them to repetitive, boring workouts.

What to expect from cataract surgery

Cataracts are a clouding of the lens of the eye that can cause blurry vision and increase glare from lights. The Mayo Clinic indicates that cataracts can make it difficult for people to carry out their normal activities or interfere with treatment of other eye problems. In such instances, doctors may recommend cataract surgery.

The American Academy of Ophthalmology says cataract surgery involves removing the lens of the eye when it's cloudy. A cloudy lens can make people feel like they are looking through a foggy or dusty car windshield. That's because a cataract-plagued lens cannot refract light rays effectively. Many images appear hazy and blurry, or less colorful. Surgery is the only way to effectively treat cataracts. The cloudy lens is replaced with an artificial clear lens called an intraocular lens, or IOL, says the AAO.

Cataract surgeries have become routine and most operations are successful. The National Institutes of Health says as many as 95 percent of people who undergo cataract procedures experience an improvement in the sharpness of their vision.

Replacement of the damaged lens is the goal, but there are different types of cataract surgery that vary based on the size of the incision and the technology used to remove the cataract. Phacoemulsification is one popular procedure during which a surgeon will make a two- to three-millimeter-long incision in the front of the eye for an ultrasonic probe. The probe utilizes vibration to break up the cataract and removes the fragments with suction. A foldable lens is then inserted through the incision. Here are some things to expect from cataract surgery.

• A week or more before the surgery an ultrasound test will measure the size and shape of the eye. This helps to determine which type of IOL will later be inserted and become a permanent part of the eye.

• IOLs can come with different features, such as blocking ultraviolet light or being monofocal or bifocal in nature. Others correct astigmatism. An eye doctor will discuss which type of lens is best.

• Medicated eye drops may be prescribed before surgery to reduce the

See Cataract, page 6

George Phelps
CFP, CLU, ChFC
Wayne, NE
Independent Securities & Insurance Broker
Office Hours 9 am-4 pm or by Appointment
Talk or Text • 402.369.1818
120 West 3rd Street • Wayne
Accepting New Clients
www.georgefphelps.com
email: gphelps36@gmail.com



Signs of unsafe driving in older drivers

A license to drive has long been symbolic of independence. Teenage drivers long for the day they earn their licenses and can take to the road without mom or dad riding shotgun, while aging drivers want to keep driving as long as possible so they can come and go as they please in their golden years.



There's no formula drivers and their families can employ to determine when it's time to take the car keys away from senior citizens. Thankfully, fatal collisions involving older drivers have declined considerably in recent decades. According to the Insurance Institute for Highway Safety, collision-related fatalities among drivers ages 70 and older declined by 15 percent between 1997 and 2018. A host of factors have no doubt contributed to that decline, including lane-assist technology and forward collision warning systems that have become standard offerings on many modern vehicles.

As much as technology has helped make driving safer for everyone, aging drivers should still keep an eye out for certain signs that may indicate their skills behind the wheel are diminishing and potentially compromising their ability to drive safely. According to AARP, the following are warning signs of unsafe driving.

• Delayed response to unexpected situations: Frequent close calls and narrowly avoiding collisions when other drivers stop suddenly indicate reduced response time that can put aging drivers at an elevated risk of being involved in an accident.

• Becoming easily distracted while driving: Distracted driving has become a significant concern in recent decades, but it's often associated with young drivers. However, aging drivers who are easily distracted also pose a safety risk to themselves and other motorists.



• Decrease in confidence while driving: Only drivers will know if they feel confident enough to drive safely, and it's vital that aging drivers be honest with themselves when assessing how they feel when driving.

• Having difficulty moving into or maintaining the correct lane of traffic: Lane-assist technology can help drivers recognize how often they're staying in the correct lane of traffic. When the warning bell goes off frequently, it might be time for older drivers to reconsider if it's safe for them to be behind the wheel.

• Hitting curbs when making right turns or backing up: Hitting curbs when turning or backing up indicates drivers may be having difficulty controlling their vehicles and/or seeing the road, both of which indicate it's no longer safe for drivers to get behind the wheel.

• Getting scrapes or dents on car, garage or mailbox: These signs also indicate drivers are having trouble controlling their vehicles.

• Driving too fast or too slow for road conditions: This indicates drivers are not as alert to their surroundings as they need to be to stay safe on the road.

It's not easy for aging drivers to relinquish their drivers' licenses. Learning to recognize potential warning signs of unsafe driving can help aging drivers make the safest decisions for themselves, their passengers and their fellow motorists.

Cataract

(continued from page 5)

risk for eye infections.

• Patients may need to stop taking certain medications prior to surgery, particularly if they can increase bleeding risk. Also, doctors may advise patients to avoid solid food several hours before surgery and avoid drinking alcohol for a day prior.

• You will be awake for the procedure, but your eye will be numbed and you won't be able to see what the surgeon is doing. Some doctors provide a sedative to help with relaxation.

• Typically the surgery is an out-patient procedure, meaning you'll be able to return home the same day. However, you will not be able to drive, so arrange for transportation.

• Medicated eye drops may be prescribed, and recovery may include limiting activities for a few days. Any eye discomfort should disappear after a couple of days. Eye patches and protective sunglasses also may be recommended.

Cataract surgery can give people a new lease on life through improved visual clarity. The procedure is relatively easy and successful for the majority of people who undergo it.



Power Lift & Power Reclining Chairs

See them today!

See for yourself • Relax with ease

DISCOUNT FURNITURE

YOUR FURNITURE HEADQUARTERS
FOR NORTHEAST NEBRASKA

1 1/2 MILES NORTH OF WAYNE

402-375-1885 OR 1-855-375-1885

-- EASY TERMS -- FREE DELIVERY & SET-UP --

PRAIRIE BREEZE
ASSISTED LIVING

"The newest in comfortable living for the seasoned citizen."

- Three home cooked meals per day plus scheduled snacks
- Daily wellness checks
- Assistance with activities of daily living and personal care
- Assistance with administration of medication
- Weekly housekeeping
- Weekly laundry
- Cable & television hook-ups
- Assistance with care planning schedule
- Assistance in arranging medical care
- Coordination of therapies, if needed
- Social and leisure activities
- Scheduled courtesy transportation
- 24-hour staff
- Assistance with whirlpool or shower
- Garage stall rental available
- Much more . . .

Stop by and see the comforts yourself!

One Mazour Dr. (Hwy. 16 & Slaughter Ave.)
Pender, Nebraska • Phone 402-385-2088



Hobbies for seniors residing in assisted living communities

Assisted living facilities are a vital resource for aging individuals. Data from the American Health Care Association® and the National Center for Assisted Living® indicates that more than 811,000 people reside in assisted living facilities across the United States.

Assisted living facilities have changed dramatically over the years, making them ideal options for adults who may need varying degrees of help with daily activities. Such facilities can help with activities like bathing and preparing meals, but they also can help residents find and explore new or existing hobbies. As individuals adjust to life in assisted living facilities, finding new hobbies or rediscovering old passions can be a great way to connect with fellow residents.

• Reading: Reading is a rewarding activity that can greatly benefit seniors and provide an engaging pastime for those with limited mobility. Many assisted living facilities offer activities that are designed to foster communication between residents and a book club can do just that. What's more, reading every day may be especially valuable for people age 65 and older. A 2018 study published in the journal JAMA Psychiatry found that dementia risk was considerably lower among men and women 65 and older who participated in intellectual activities like reading than it was among seniors who did not engage in such pursuits.

• Gardening: AARP notes that gardening provides a host of health benefits that go beyond ensuring fresh fruits and vegetables will be on the dinner table. For example, vitamin D is vital to bone health, which is important for aging men and women who are vulnerable to osteoporosis. A 2014 study from researchers in Italy found that exposure to sunlight can help older adults get adequate amounts of vitamin D. Signing up for a gardening club can be a great way for seniors to get some exercise, enjoy time outside the assisted living facility and promote strong bones.

• Art therapy: According to the Chicago Methodist Senior Services, art therapy is a creative form of therapy designed to help older adults with memory loss or those experiencing mental or physical stress. The Harvard Medical School notes that recent research has indicated that engaging in creative activities may be more effective at delaying cognitive decline than merely appreciating creative works. A 2014 study from researchers in Germany found that retirees who painted and sculpted had greater improvements in spatial reasoning and emotional resilience than a similar group who attended art appreciation classes. Many assisted living facilities offer art therapy or similar programs to residents, and enrolling in such programs can promote social interaction and provide numerous benefits to men and women over 65.

Assisted living facilities offer an array of programs designed to help residents develop rewarding hobbies that can benefit their long-term health.

Amazing benefits to seniors having pets

Pets bring much joy to the lives they touch. So it should come as no surprise that the 2019-2020 National Pet Owners Survey, which was conducted by the American Pet Products Association, found that about 85 million families in the United States own a pet. In Canada, 7.5 million households are home to companion animals, states the PetBacker blog.

Pets offer companionship and unconditional love. While they are fitting for any family, seniors may find that having a pet is especially beneficial. The organization A Place for Mom, which helps match families with senior living residences, says pets provide a comfort system that produces measurable health results. Caring for pets and being around them can produce a chemical chain reaction in the brain that may help to lower stress hormones while also increasing production of the feel-good hormone serotonin.



This is not the only health benefit pets may provide. A recent study from the Mayo Clinic, which looked at 1,800 people between the ages of 25 and 64 who had healthy hearts, found that almost half owned a dog. Having a dog was likely to spur heart-healthy behaviors, like exercising with the pet, eating well and having ideal blood sugar levels.

Pets also provide emotional support and companionship that can help seniors — including those who may be divorced or widowed — feel more secure and happy. The National Poll on Healthy Aging found that, among respondents who had pets, 88 percent said their pets helped them enjoy life, and 86 percent said their pets made them feel loved.

Seniors considering getting a pet can explore the many benefits to doing so.

• Reduce pain: A study published in Pain Magazine found therapy dogs provided "significant reduction in pain and emotional distress for chronic pain patients."

• Feeling of purpose: Caring for an animal not only stimulates physical activity, but it also can give seniors a reason to get up and go, which equates to a feeling of purpose.

• Altered focus: Having a pet can help seniors focus on something other than physical or mental health issues and preoccupations about loss or aging, according to New York-based psychologist Penny B. Donnenfeld.

• Increased physical activity: Pets require care, and that interaction can get seniors moving more than if they didn't have a pet.

• Improved health: Ongoing research from Harvard Medical School has found dog owners have lower blood pressure, healthier cholesterol levels and lower risk of heart disease than those who don't own a dog.

• Stick to routine: Caring for pets helps seniors maintain a routine. Having structure after retirement can be important to ward off risk of depression. Staying on top of feeding, grooming and other pet needs also can help prevent cognitive decline.

Pets bring many benefits to their owners' lives, and they may be the perfect remedy for seniors looking for a friend and purpose.

Hillcrest Care Center & Assisted Living



The mission of the Hillcrest Care Center and Assisted Living is to provide support, care, and rehabilitation in an environment where each person feels at home.

For more information on Hillcrest Care Center & Assisted Living contact 402-256-3961 •Laurel, NE

we give you peace of mind, which gives us peace of mind.

simple human sense

Northeast Nebraska Insurance Agency

Wayne 375-2696 • Wakefield 287-9150 • Laurel 256-9138 • Pender 385-6500

Auto-Owners INSURANCE

LIFE • HOME • CAR • BUSINESS



Aging with Dignity,

Caring with Quality

Our staff takes pride in providing quality care in a supportive, personal and considerate manner. We offer skilled nursing and assisted living facilities with many onsite amenities. You can rest assured your loved one is in capable, caring hands with us.





Come and take a tour by calling us at 402-287-2244 or visit us online at www.wakefieldcarecenter.com

WAKEFIELD HEALTH CARE CENTER

306 Ash St.
Wakefield, NE

Providence Therapy Services

Your First Choice For All Your Therapy Needs



Experience and Excellence

For those that receive it, therapy services can be life changing. Providence Therapy provides an array of services to help people of all ages restore mobility and gain independence. We offer comprehensive physical, occupational and speech therapy services for outpatients, skilled and acute inpatients at Providence Medical Center, and Providence Home Health patients. Therapy services are also provided to the residents at Hillcrest Care Center of Laurel, Wakefield Health Care Center and Laurel public schools.

Therapy Locations

Wayne: 1200 Providence Road | (402) 375-7937
Laurel: 699 Cedar Avenue | (402) 256-9551
Wakefield: 308 Ash Street | (402) 287-1005

PMC
Providence Medical Center

Providencemedical.com