

outside in

BRINGING THE OUTSIDE WORLD IN FOR SENIORS IN OUR COMMUNITY

OUR MISSION: “Using primarily volunteers, PeopleCare will assist and support the homebound elderly by providing socialization, emotional support and access to service providers where no one is denied services.”

In This Issue

Retirement — Time to Revisit Your Passions	1
Raising Canes — Self-Defense	2
Remembering Gene Cohen	3
Memorial Gift Program	3
PeopleCare 2009 Funding Drive	4
What is an Aging Friendly Community	5
Older Patients — New Doctors	6
Brain Exercise	7
Why Go Hungry? / Salvage Groceries	8

“LIVE ALL YOU CAN; IT’S
A MISTAKE NOT TO.”

-HENRY JAMES

Retirement — Time to Revisit Your Passions

During my years of work as a retirement community executive, I had many opportunities to observe the residents file to their Bingo, Baggo, and Bunco games on a weekly basis. I would often hear them complain about the routine, boredom, and a lack of variety with the activities. I thought to myself, “What a terrible waste! These men and women have worked all of their lives to enjoy retirement. Why shouldn’t it be accompanied by a sense of fulfillment and maybe some adventure?”

Have you really taken a step back and thought about what you’d like to do during your retirement? While it’s OK to sit back and enjoy that Bingo game, you may want to consider something more challenging from a physical (if you can) and mental standpoint. It might be time to do a bit of soul searching and re-visit a hobby that you were passionate about, or find a new one.

I “retired” from my hobby of tap dancing for 20 years. Eleven years ago, I returned to it because I was forced to participate in a mandatory employee talent show at the retirement home. I can’t pull rabbits out of a hat or tell

jokes, so I returned to the only thing I knew well. After resuming my lessons, my teacher encouraged me to enter my first competition at



age 43. I won a gold medal! At age 49, I won my first platinum medal while competing against 25 women who were less than half my age. I was named by the judges as the overall winner out of 300 contestants. Competing was tiring from a physical and mental standpoint. Yet, I felt a sense of satisfaction from the challenge. During the same year, I was cast in a small part in *The Nutcracker*. I’m 51 years old, and teach tap and ballet to children on a part-time basis. I watch my students compete with the same sense of pride (and an occasional tear) as when I was competing. I was able to realize a dream that subconsciously I didn’t know I had.

I know that having such a wonderful experience during mid-life is unusual.



Retirement — Revisit Your Passions *continued*

However, it brings a few points to mind. First, I wasn't too old to pursue something I was passionate about. Neither are you! Second, dancing is a fantastic form of exercise. Third, executing the steps made me use my brain. Alzheimer's studies suggest that a variety of types of exercise are helpful to the brain, so consider joining a walking club, try some strength training, or go dancing if you can. You don't necessarily need a gym to tone your brain. Mental exercise has also been associated with a reduced risk of getting Alzheimer's. So consider taking a class, play memory games, read or work puzzles, or simply talk with a friend.

Everyone should set aside a few minutes each day to think about his or her vision for retirement. You might want to pursue an old interest, or try something you al-

ways wanted to explore. Your vision for retirement is your vision for happiness.

Have some fun. And if you are considering a move to a retirement community, please scrutinize the activity schedule. Your dream and their activities should be on the same page! - *Andrea Donovan*



Andrea Donovan is the founder and chief executive officer of **Andrea Donovan Senior Living Advisors**. She assists seniors and their families with finding alternative living options. She has toured and evaluated more than 200 senior communities in the Chicago metropolitan area. Her research has surpassed 2000 hours. For further information, call (708) 415-2934, or visit the website at www.adsla.biz.

“Whatever you can do, Or dream you can do, Begin it. Boldness has genius, power and magic in it. Begin it now!” - *Goethe*

RAISING CANES

SELF-DEFENSE: PROTECTING YOURSELF WITH A CANE

So you're worried about your safety? Martial arts instructors are now teaching cane-fighting techniques, which use simple jab and arm-hook maneuvers to keep assailants at bay. Contact the Cane Masters International Assoc. (800-422-2263, or www.canemasters.com) for seminars and training DVDs.



MAKING BOOKS ACCESSIBLE

Thousands of new titles—including the latest bestsellers—will now be more easily available for people unable to read traditional printed books. A recent partnership between Bookshare, the world's largest online library of digital books for people with “print disabilities,” and more than two dozen publishers, will make that possible. Bookshare members can download books and use special software that reads a book aloud or displays its text on a computer screen or Braille access device. Membership is available to those with a visual disability and also to individuals with a physical or learning disability that makes it difficult or impossible to read standard print.



For more information, go to www.bookshare.org.

- *Cathie Gandel*, AARP BULLETIN, June '09

15	20	21	27	19	31	20	15
26	2	9	3	3	6	9	26
26	1	7	7	8	3	8	26
23	8	2	2	7	2	7	23
20	5	2	3	1	3	1	20
23	4	5	5	1	5	4	23
32							32

Count Down Answer
(from pg. 7)

Remembering Gene Cohen—1944-2009

Gene Cohen, a geriatric psychiatrist who believed that people past retirement age have untapped stores of creativity and intellectually rigorous skills in their later years, changed the way we view the lives of the elderly. “The magic bullets are all blanks,” he said in 1998, advising people to rely on “intellectual sweating” instead of pills and herbs for good mental health. “Make it a point to learn something new, instead of turning to hormones or ginkgo biloba.” Dr. Cohen found that the later adult years can be a time of great creativity. Brains create new brain cells as long as people are encouraged to keep trying new pursuits, he reported, and people in the traditional retirement years have almost limitless capacity for intellectual growth.

“Dr. Cohen wanted to move the paradigm from a focus on problems to a focus

on potentials,” said Gay Hanna, executive director of the National Center for Creative Aging. His 2002 study showed that those who engaged in the arts late in life had fewer illnesses and injuries and more independence. Dr. Cohen reported that arts programs appeared to reduce “risk factors that drive the need for long-term care.” Dr. Cohen sought to re-introduce fun to those suffering from physical ailments and provide a way for younger family members to engage with those whom he considered “keepers of the culture.”

Gene Cohen will be remembered for changing the way we view the lives of the elderly. Single-handedly he changed the image of aging from a period of senescence to a period of creativity.

- excerpt from *Patricia Sullivan*,
THE WASHINGTON POST

“ALL MEN
SHOULD STRIVE
TO LEARN
BEFORE THEY
DIE; WHAT THEY
ARE RUNNING
FROM, AND TO,
AND WHY.”

- James Thurber

MEMORIAL GIFT PROGRAM

MAKE A GIFT IN MEMORY OF A LOVED ONE OR FRIEND, OR MAKE A GIFT AS A LIVING TRIBUTE IN HONOR OF SOMEONE YOU CARE ABOUT.

In Memory of: NAME _____

In Honor of: NAME _____

Amount of Gift: \$15 \$25 \$50 \$100 Other _____

Please make your gift checks payable to: **PeopleCare, Inc.**
60 Akenside Road, Riverside, IL 60546 or call, 708-442-1223

Name _____

Address _____

City, State, Zip _____

Phone _____

Thank You

FOR YOUR DONATIONS & FOR SUPPORTING OUR 2009 FUNDING DRIVE

*Thank you to all the donors that have contributed to PeopleCare's mission!
We couldn't do it without you! Your thoughtful contributions will continue to support our
vision that older adults in the last third of life would never feel abandoned but should
be able to live their life in the most productive way possible.*

*(The following are names of donors for 2009 up to the time of printing.
We regret if any names were inadvertently omitted due to printing deadlines.)*

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“Remember that when you leave this earth, you can take nothing with you that you have received
— only what you have given: a full heart enriched by honest service, love, sacrifice and courage.”

- St. Francis of Assisi

What is an 'Aging-Friendly' Community?

Simply put, an aging-friendly community promotes the physical and psychosocial wellbeing of community members throughout the life cycle. More specifically, a community might be considered aging-friendly to the extent that its major systems (housing, transportation/mobility, health, social interaction, productivity, cultural and religious involvement, educational and leisure activity) are responsive to the changing needs and capabilities of its members as they age, providing opportunities for fulfillment with regard to five psychosocial developmental tasks of later life: continuity, compensation, connection, contribution and challenge.

Continuity: In an aging-friendly community, individuals are able to maintain lifelong interests and activities even as they experience normal aging. Older adults benefit from opportunities to maintain continuity with regard to their social behavior and social circumstances, so as to preserve internal psychological structures. In an aging-friendly community, access and interaction are facilitated by the types of transportation systems, public spaces, and zoning regulations that bring people of all ages closer together with the services and products they need.

Compensation: In an aging-friendly community, services and products exist to ensure that the basic health and social needs of individuals with age-related disabilities are met. While such compensation requires the availability of ade-

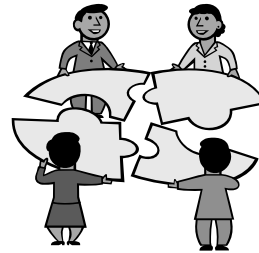


quate, affordable in-home care, it also includes access to interventions and supports that often can mitigate the need for such care.

Connection: Individuals who have more actual and potential sources of social support have better physical and psychological well-being, and greater resilience

in response to illness and other life stressors. Social interactions strengthen communities and provide an accumulated resource upon which older community members can draw, and also contribute to.

Contribution: In an aging-friendly community, older residents are not just passive service recipients or "clients," but active contributors to the well-being of the community, of one another, and of themselves. Individuals and communities benefit when older adults have opportunities to contribute the special wisdom and experience that can come with age.



Challenge: In an aging-friendly community, there are ample opportunities for older adults to develop new sources of fulfillment, productive engagement, and social interaction. Social, recreational, and educational activities are designed to engage and excite older participants, including lifelong learning and exercise, in all its forms.

- *Andrew E. Scharlach*, ASA GENERATIONS: JOURNAL OF THE AMERICAN SOCIETY ON AGING, Summer 2009

A SOCIETY FOR ALL AGES IS MULTIGENERATIONAL. IT IS NOT FRAGMENTED, WITH YOUTHS, ADULTS AND OLDER PERSONS GOING THEIR SEPARATE WAYS. RATHER, IT IS AGE-INCLUSIVE, WITH DIFFERENT GENERATIONS RECOGNIZING — AND ACTING UPON — THEIR COMMONALITY OF INTEREST.

- *Kofi Annan*,
United Nations
Secretary General

Older Patients, New Doctors: Confidence & Trust are Key

“LOVE IS THE ONE
THING THAT
MULTIPLIES WHEN
WE GIVE IT AWAY.”

- GLORIA BURGESS

“NEVER LET
THE FUTURE
DISTURB YOU.
YOU WILL MEET
IT, IF YOU HAVE
TO, WITH THE
SAME WEAPONS
OF REASON
WHICH TODAY
ARM YOU
AGAINST THE
PRESENT.”

- Marcus Aurelius

Changing physicians can be wrenching for older patients. My mother never got over it when her longtime doctor retired. The “new” doctor took care of Mom for more than 15 years, but she would still tell him what she thought he wanted to hear.

Now, my 70-something aunt, who has diabetes and Parkinson’s disease, is going through a similar change. Her longtime physician is shifting to an endocrinology-only practice and has asked patients to find another primary care doctor.

As is widely recommended, my aunt brought to her first appointment with her new doctor a list of all the medications she’s taking. But she also brought a sheet of paper on which she briefly described her youth, marriage, motherhood and other seminal life events, things essential to her personhood that she wanted her new physician to know.

Did my aunt talk about her fear that she’ll become progressively disabled because of her Parkinson’s? I suspect not. That’s a hard thing to share with a total stranger, even one who has a thick

file containing your medical history on her desk.

For others going through something similar, the National Institute on Aging has a helpful publication, “Talking With Your Doctor: A Guide for Older People” (available online at:

www.nia.nih.gov/HealthInformation/Publications/TalkingWithYourDoctor.)

Discuss Medications: Too often older patients don’t talk about their medications, even when they feel the drugs aren’t working. A 2007 study in the *Journal of General Internal*

Medicine found that 27 percent of seniors who decide to skip doses or stop taking a drug because of side effects hadn’t discussed the matter with their physicians.

Acknowledge any Problems:

Don’t chalk up troublesome symptoms to getting old and endure them stoically. That goes for problems such as incontinence, short-term memory loss, sexual dysfunction and depression. Many conditions that once were assumed part of “normal aging” can be treated and even prevented.

- *Judith Graham*, CHICAGO TRIBUNE NEWSPAPER



Heart to Heart - Count Your Blessings



If you have food in your refrigerator, clothes on your back, a roof over your head and a place to sleep, you are richer than 75 percent of the people

in this world. If you practice your religion without fear or harassment, arrest, torture or death, you are more blessed than almost

three billion people in the world. If you can read this, you are more blessed than over two billion people in the world who cannot read anything at all.

BRAIN EXERCISE - KEEP YOUR BRAIN AND BODY HEALTHY

Count Down

Fill in the empty squares with numbers 1 through 9. The numbers in each row must add up to the numbers in the right-hand column. The numbers in each column must add up to the numbers on the bottom line. The numbers in each diagonal must add up to the numbers in the upper and lower right corners. Good Luck!! *(answers on page 2)*

					32
1		5		4	23
1		2		5	20
7	2	2	4		23
	8		7		26
9	9			2	26
21	27	19	31	20	15

Anagrams — Just for fun

Rearrange the following words or phrases to form a new word or phrase.

DORMITORY - *(when you rearrange the letters: DIRTY ROOM)*

ASTRONOMER - *(when you rearrange the letters: MOON STARER)*

THE EYES - *(when you rearrange the letters: THEY SEE)*

THE MORSE CODE - *(when you rearrange the letters: HERE COME DOTS)*

SLOT MACHINES - *(when you rearrange the letters: CASH LOST IN ME)*

ELEVEN PLUS TWO - *(when you rearrange the letters: TWELVE PLUS ONE)*

SNOOZE ALARMS - *(when you rearrange the letters: ALAS! NO MORE Z'S)*

A DECIMAL POINT - *(when you rearrange the letters: I'M A DOT IN PLACE)*



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Why Go Hungry?

If you're having trouble putting healthy food on the table, consider checking out SNAP—the federal Supplemental Nutrition Assistance Program (formerly the food stamp program), which defrays the cost of groceries and home-delivered meals.



- The average monthly SNAP benefit in May was \$134 per individual and \$295 per household.
- In most states, people 60-plus are eligible if their net monthly income – after housing, medical and certain other costs – doesn't exceed \$903 (individual) or \$1,215 (couple). Benefits are loaded onto a debit card that can be swiped at checkout.
- For information, go to: www.aarp.org/snap
— West Suburban Senior Services -
The Senior Chronicle

Salvage Groceries

If you're hungry for savings—or just hungry—consider the newest trend in grocery shopping: “salvage” supermarkets that offer discounts of up to 50 percent on items that are overstocks (think TJ Maxx for food), have been discontinued by manufacturers, or are improperly labeled, dented or about to expire.

Worried about the safety of those “damaged” goods? These stores, like other supermarkets, are usually inspected by state officials and must meet the same safety criteria.



For a list of salvage grocery stores in your area, visit: www.andersonscountrymarket.net/directory.

— Sid Kirchheimer