

# SENIOR *Lifestyles*



## Five ways to show seniors they're appreciated

Senior citizens account for a significant percentage of the overall population. Estimates from the U.S. Census Bureau released in 2020 indicate the nation's 65-and-older population had grown by more than one-third over the preceding decade. By 2050, the number of senior citizens is expected to be close to 90 million. As of 2021, Statistics Canada reported there were roughly 7.1 million persons age 65 and older living in Canada.

People are living longer than ever, and as individuals age, the demand for senior services continues to grow — as does the need to be patient and respect the elderly. There are many ways to show seniors just how much they're appreciated.

1. Help with chores. Lend a hand with chores around the house that

may have grown difficult for seniors. This can include mowing the lawn, weeding garden beds, shoveling snow, raking leaves, or even taking the garbage pails in and out on collection days.

2. Visit more often. Frequent visits are one of the simplest ways to show seniors you care. Whether seniors live in a private home or managed care facility, visitors brighten their days, especially if they no longer get out and about as frequently as they once did. Spending time together and sharing stories can bring smiles to the faces of older adults.

3. Plan activities with seniors in mind. When organizing parties and special events, consider the needs of seniors on the guest list. Add music from their era to playlists or DJ requests. Seat seniors with mobil-

ity issues near exits and restrooms. Make sure to arrange for photos with the guest of honor to keep family history alive.

4. Thank seniors. Find any reason to thank a senior. Perhaps someone served in the military or volunteered their time with children. Celebrate accomplishments big and small with a simple "thank you."

5. Prepare a meal. Invite a special senior over for a home-cooked meal with the family. Make it a regular occurrence on the calendar. If he or she cannot get out easily, bring a hot meal over to his or her place, instead.

Simple gestures of gratitude and appreciation can brighten a senior's day and let that person know he or she has not been forgotten.



## A Q&A regarding hospice, palliative care

Illnesses and aging can force families to make challenging decisions regarding the health and well-being of people they love. Care facilities, home health aides and other services can help improve quality of life for those people who are no longer well enough — physically or cognitively — to care for themselves. Palliative and hospice care are part of these care offerings.

### What is palliative care?

Palliative care is specialized medical services for individuals living with serious illnesses. It is not designed to cure or treat the condition itself, but it is a way to manage symptoms. It is typically used in conjunction with other forms of medicine that are

attempting to treat or cure the disease.

### What is hospice care?

Hospice is similar to palliative care in that it is geared to enhancing quality of life. Hospice care is for people in the last phases of incurable diseases and is intended to ensure they live as fully and comfortably as possible, according to the American Cancer Society. Unlike palliative care, which accompanies traditional medical care, those who accept hospice care typically cease any other care attempting to cure the illness.

### Who can benefit from palliative or hospice care?

The National Institute on Aging says

anyone living with a serious illness, such as cancer, dementia, Parkinson's disease, and heart failure, can appreciate the support palliative care provides. It is helpful at any stage of the illness, and is best started soon after diagnosis.

Hospice care is for those who are in the final stages of their illnesses. Generally, hospice services are reserved for people who are expected to live another six months or less if their illness continues to run its course.

### Are these services permanent?

The good news about palliative care and hospice care is that wishes are completely driven by the patient and his or her family.

If the patient is incapable of making medical directives, his or her medical proxy can make changes to care wishes.

Research indicates that many times hospice care is started too late because people think it's a form of "giving up." However, anyone in hospice care can resume active care if they or their caregivers choose to do so.

### What can palliative and hospice care resolve?

The Mayo Clinic says that palliative and hospice care can improve symptoms such as pain, nausea or vomiting, anxiety, depression, constipation, difficulty breathing, fatigue, and trouble sleeping, among others.

Hospice care also can include spiritual and bereavement care. Hospice teams typically follow up with members of the immediate family to offer them counseling or other services.

### Who is in charge?

Patients and their families decide what they want out of these care measures. Palliative care teams are separate from the patient's medical care team that's managing their treatment. Hospice care teams coordinate the majority of care for the patient and communicate with the patient's medical care team.

Hospice and palliative care are considerations for people with serious conditions.

## Did you know?

Do you relish the idea of an afternoon nap? If so, you're in good company. According to the National Sleep Foundation, John F. Kennedy, Winston Churchill, Napoleon, and Albert Einstein each fancied afternoon naps. Youngsters nap, and so do many seniors. But by and large, humans are part of the minority of mammals that do not sleep for short periods of time throughout the day, instead dividing their days between sleep and wakefulness. However, there are some benefits to catching a midday snooze. The Mayo Clinic says napping can be a way to catch up on sleep lost during the night or if a person is feeling sleep-deprived. It also may be a way to relax, increase alertness and improve mood. Naps should take place before 3 p.m. and not exceed 20 minutes. The longer and later one naps, the greater the potential it will interfere with nighttime sleeping or backfire and cause daytime grogginess.

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**Maries Manor crowns Valentine royalty for 2023**

The Valentine's Day party at Maries Manor was a grand event with the crowning of royalty. Valentine King and Queen are Luther and Shela Fryer (seated, photo right) with Stephan Elliott and Marie Sheldon elected Prince and Princess. Residents and staff enjoyed good food and music.



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**Travel opportunities for retirees**

Retirement provides individuals with ample time to engage in activities they enjoy. Many seniors spend that newfound free time relaxing and seeing the sights.

Seniors are a travel-friendly demographic. The World Tourism Organization says that, in 1999, more than 593 million international travelers were age 60 years and older. Seniors are projected to take two billion trips annually by 2050. As Baby Boomers and Generation Xers continue to retire, a larger portion of the overall population will have time to travel.

When seniors plan trips, they have many ways to get around in style.

**Cruising**

Cruising can be an ideal way for older adults to travel. Cruise ships depart from ports across the world and travelers can choose from an array of itineraries. People can travel on cruises that are at sea for as few as three to five days to others that are out for weeks at a time.

One reason seniors enjoy cruising is because it's all-inclusive with little extra planning required. Step aboard a cruise ship and enjoy a floating hotel complete with food, lodging, entertainment, shopping, gambling, and much more. Organized excursions at ports of call can add to the thrill of cruising.

**Guided tours**

Escorted tours are another option seniors may want to consider. By working with reputable tour operators, seniors can engage in affordable, safe and comfortable tours via bus, train or other modes of travel. Tour companies take the work out of the trips by handling the details and showcasing the best locales. Tour experts know when to schedule meals and sightseeing to avoid the crowds so that everyone can sit back and relax on their adventures.

**RV excursions**

Travel by recreational vehicle is a great way for individuals with time on their hands to see the sights up close and personal. When RVing, the time spent traveling is the adventure, and the destination is simply the cherry on top.

The RV industry exploded during the

pandemic because it provided a safe way to enjoy a vacation and get away from home. MARVAC Michigan RV & Campgrounds says currently more than nine million households own an RV in the United States. There's no age limit to buying an RV, although the RV Industry Association says the average owner is 48-years-old and married.

RV-friendly campsites and parks enable travelers to mingle with each other, providing affordable and fun ways to travel.

**Timeshares**

Seniors who got in on the timeshare

bandwagon early in life can choose to enjoy their travel years even further. The timeshare model enables buyers to purchase the right to use particular homes, condos, hotel rooms, resorts, or other accommodations for specific periods of time. For example, some timeshare agreements are for one week each year in a designated location. Seniors with more time on their hands may want to revisit timeshare agreements to increase the frequency in which they can use properties or to find timeshare companies that enable swapping properties with others so that different locales can be enjoyed.

*Upcoming Trips*

- March 15-17 River Bend Casino
- May 3-6 Pella, Iowa Tulip Festival
- May 12 May Mystery Trip
- May 17 MO Botanical Gardens
- June 9-12 Indiana Quilt Gardens
- June 10-21 Alaska Land & Cruise
- July 21 "State Fair" (Lyceum Theatre)
- August 15-18 4-Day Mystery Trip
- August 20-25 Niagara Falls & Buffalo
- September 5-18 Atlantic Coastline Cruise
- September 25-28 Eureka, Springs, Arkansas
- October 13-24 Luxury Tented African Safari
- Nov. 22-Dec. 4 Rhine River Christmas Market Cruise

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December Christmas Trips will be announced in the summer newsletter!

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