

Living 50 Plus

**Valentine King and Queen
photos inside for
Gasconade Manor,
Gasconade Terrace,
Gerald Nursing and Rehab,
and Victorian Place**

WEDNESDAY, FEB. 27, 2019
PAGES 1B-12B

GASCONADE
COUNTY

Republican



How aging adults can maintain their mental acuity

Aging is associated with or linked to a host of mental and physical side effects. For example, many adults expect their vision to deteriorate as they grow older. Such a side effect can be combatted with routine eye examinations that may indicate a need for a stronger eyeglass prescription, a relatively simple solu-

See **Mental acuity**, Page 3B

MAINTAINING SOCIAL connections can help aging men and women prevent cognitive decline.

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Mental acuity • from page 2B

tion that won't impact adults' daily lives much at all.

While physical side effects like diminished vision might not strike much fear in the hearts of aging men and women, those same people may be concerned and/or frightened by the notion of age-related cognitive decline. Some immediately associate such decline with Alzheimer's disease, an irreversible, progressive brain disorder that gradually destroys memory and cognitive skills, ultimately compromising a person's ability to perform even the simplest of tasks. But age-related cognitive decline is not always symptomatic of Alzheimer's disease. Learning about Alzheimer's and how to maintain mental acuity can help aging men and women better understand the changes their brains might be undergoing as they near or pass retirement age.

Is Alzheimer's disease hereditary?

The National Institute on Aging notes that only a very rare form of Alzheimer's disease is inherited. Early-onset familial Alzheimer's disease, or FAD, is caused by mutations in certain genes. If these genes are passed down from parent to child, then the child is likely, but not certain, to get FAD. So while many adults may be concerned about Alzheimer's because one of their parents had the disease, the NIA notes that the majority of Alzheimer's cases are late-onset, which has no obvious family pattern.

Can Alzheimer's disease be prevented?

Studies of Alzheimer's disease are ongoing, but to date there is no definitive way to prevent the onset of the disease.

How can I maintain mental acuity as I age?

Researchers have not yet determined a way to prevent Alzheimer's disease, but adults can take certain steps to maintain their mental acuity into retirement.

- Exercise regularly. Routine exercise may be most associated with physical benefits, but the NIA notes that such activity has been linked to benefits for the brain as well. For example, a 2011 study published in the journal Proceedings of the National Academy of Sciences of the United States of America found that aerobic exercise training increases the size of the hippocampus, leading to improvements in spatial memory. The NIA also notes that one study indicated exercise stimulated the brain's ability to maintain old network connections and make new ones vital to cognitive health.

- Read more. Avid readers may be happy to learn that one of their favorite pastimes can improve the efficiency of

their cognitive systems while delaying such systems' decline. A 2013 study published in the journal Neurology by researchers at Chicago's Rush University Medical Center found that mentally active lifestyles may not prevent the formations of plaques and tangles associated with Alzheimer's disease, but such lifestyles decreases the likelihood that the presence of plaques or tangles will impair cognitive function.

- Stay socially connected. Maintaining social connections with family, friends and community members also can help women prevent cognitive decline. Epidemiologist Bryan James of the Rush Alzheimer's Disease Center studied how social activity affected cognitive decline, ultimately noting that the rate of cognitive decline was considerably lower among men and women who maintained social contact than it was among those with low levels of social activity.

The idea of age-related cognitive decline strikes fear in the hearts of many men and women, but there are ways for adults to maintain their mental acuity well into their golden years.

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The health benefits of grandparent-grandchild relationships

In the not-so-distant past, extended families were the norm, with multiple generations residing on the same street if not in the same house.

Today the family unit is largely an amalgam of different situations. The rise of two-income families has pressured parents into finding childcare situations. Quite often grandparents once again step in to offer guidance and support for youngsters. This can be a good thing for both the grandparents and the grandchildren.

Although a bevy of psychological research focuses on parent-child relationships, new evidence points to the benefits of the grandchild-grandparent relationship as well. Close relationships between these different demographics is often a sign of strong familial ties.

A study from researchers at Boston College discovered that emotionally close ties be-

tween grandparents and adult grandchildren reduced depressive symptoms in both groups. Research at the University of Oxford among English children between the ages 11 and 16 found that close grandparent-grandchild relationships were associated with benefits including fewer emotional and behavioral problems and fewer difficulties with peers.

Adult and grandchildren alike benefit from relationships with their elders. Grandparents can provide a connection and exposure to different ideas while providing a link to family history and knowledge regarding traditions and customs not readily available elsewhere.

Nurturing grandparent-grandchild experiences may be easy for families where grandparents live in the same house or close by. For others, it may take some effort. The following are some ways to facilitate time

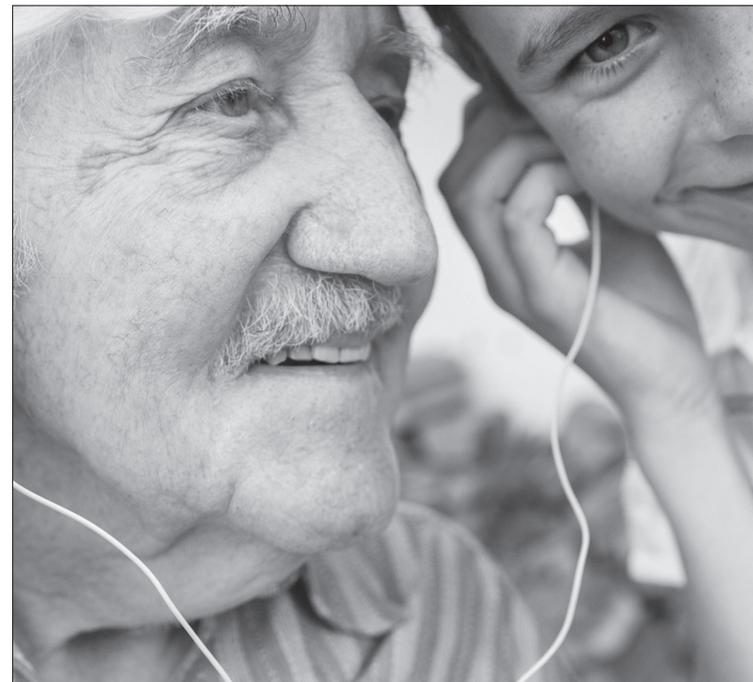
spent together.

- Schedule regular family reunions or get-togethers. Host or plan multi-generation events that bring the family together and expose children to various members of their family.

- Promote one-on-one time. Have grandchildren spend time with grandparents in intimate settings. Alone time can be good for both and offers each undivided attention. A meal at a restaurant or time spent doing a puzzle or craft can be interesting to both generations involved.

- Video chat when possible. If distance makes frequent visits challenging, use technology to bridge that gap. Send photos, letters and electronic communications. Tech-savvy grandparents can use Skype or Facetime to stay in touch and speak one-on-one with their grandchildren.

- Share skills with each other. Either generation can play teacher to the other. Grandparents



may have certain skills, such as baking, sewing or wood crafts, they can impart that may not be readily taught today. Children can help grandparents navigate computers, video games or

sports activities.

Grandchildren can help grandparents feel younger, and grandchildren can learn new experiences from their grandparents.

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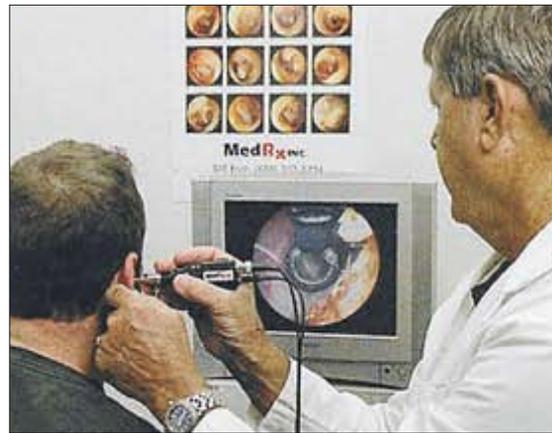
Terrace presents Valentine Royalty

Gasconade Terrace presents their 2019 Valentine's Day Princess and Queen. Doris Schneider was chosen as this year's princess (left) and Virginia LeClaire was selected this year's queen.

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Gerald Nursing and Rehab selects Valentine's Court

Gerald Nursing and Rehab recently selected their 2018 Valentine's Court. The Court members are (from left) Larry Strait, prince; Mary Slinkard, princess; Janice Bacon, queen; and Benny Grimes, King.

PHOTO SUBMITTED



Victorian place selects 2019 Valentine Royalty

The King serenaded Vivian Matlock (queen) and Norman Fleischmann (king) during a coronation ceremony that took place Feb. 14 at Victorian Place of Owensville.

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Mark your Calendars! The Spring Area Wide Garage Sale is Scheduled For April 25, 26 & 27, the Last Weekend In April.

Things people should know about creating wills

Drafting a last will and testament is an essential component of estate planning. Despite the importance of having a will, a recent survey from AARP found that two out of five Americans over the age of 45 do not have one.

Wills allow heirs to act with the decedent's wishes in mind, and can ensure that assets and possessions will end up in the right hands.

Estate planning can be tricky, which is why many people turn to attorneys to get the job done right. Attorneys who specialize in estate planning will no doubt discuss the following topics with their clients.

- **Assets owned:** Make a list of known assets and figure out which assets are covered by the will and which will have to be passed on according to other estate laws, such as through joint tenancy on a deed or a living trust. For example, life insurance policies or retirement plan proceeds will be distributed to your named beneficiaries. A will also can cover other assets, such as photographs, clothing, cars, and jewelry.

- **Guardianship:** Parents' wills should include a declaration of who they want to

become guardians their underage children or dependents.

- **Pets:** Some people prefer to use their will to also dictate guardianship for their pets and to leave money or property to help care for those pets. However, pets do not have the legal capacity to own property, so one shouldn't gift money directly to pets in a will.

- **Funeral instructions:** Settling probate will not happen until after the funeral. Therefore, funeral wishes in a will often go unnoticed, states the legal advisement resource Find Law.

- **Executor:** An executor is a trusted person who will carry out the terms of the will. This person should be willing to serve and be capable of executing the will.

People who die without a valid will become intestate. This means the estate will be settled based on the laws of where that person lived, and a court-appointed administrator will serve in the capacity to transfer property. This administrator will be bound by laws and may make decisions that go against the decedent's wishes. To avoid this outcome, a will and other estate planning documents are crucial.

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GASCONADE MANOR NURSING HOME NEWS

Manor residents enjoy Valentines day coronation

BY PATTY KING

Gasconade Manor Activities Director

Gasconade Manor Royalty was elected Thursday, Feb. 14, as a new King and Queen were crowned at the coronation ceremonies.

Mr. Leeward Horstmann and Mrs. Joann Creason accepted the crowns, sashes and boutonniere/bouquet and took their rightful place at the Royal Dining table.

After the coronation, everyone dined on prime rib, garlic mashed potatoes and steamed asparagus while beautiful violin music played for the court. A decadent strawberry topped pound cake was served for the dessert course and topped off the meal superbly.

It was a very regal event and all who attended enjoyed the day.

Also crowned during the event were Princess Rosemary Durbin and Prince Vince Cruse.

Thank you to all family, friends and staff who participated in the event. Thanks also to Hangin' By a Thread for the sashes, Old World Creations for the beautiful flowers, Susan Krupp for the music and the culinary staff of the Manor for the delicious meal.



THE VALENTINE king and queen from the Gasconade Manor in Owensville are Joann Creason, queen, and Leeward Horstmann, king. **PHOTO SUBMITTED**

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What is a silent stroke?

The brain is a complex organ responsible for controlling many different bodily functions. When working at optimal capacity, the brain is a wonder to behold. When illness or trauma affects the brain, various parts of the body may not work as they should.

One of the more devastating things that can affect the brain is stroke. Stroke describes a sudden stoppage of blood from reaching the brain. Harvard Medical School states that if a large number of brain cells are starved of blood supply, they can die. With their demise, a person's memory and ability to speak and move can be compromised.

While many strokes come on suddenly, certain factors may indicate a person is at risk. Such factors may include prior heart attacks, genetics, high blood pressure, smoking, or a prior stroke. However, in a particular type of stroke — a "silent stroke" — symptoms are far more subtle and

difficult to spot.

Silent cerebral infarction, often referred to as "SCI" or "silent stroke," is a brain injury likely caused by a blood clot interrupting blood flow to the brain, offers the American Stroke Association. Silent strokes increase risk for other strokes and can be a sign of progressive brain damage. A silent stroke is typically only noticed as a side component of an MRI of the brain. Many times patients do not recall having a stroke and never felt any symptoms. Silent strokes should not be mistaken for mini-strokes. Mini-stroke is a brief but discrete and memorable event, with symptoms appearing for a few minutes or a few hours.

According to a study on silent stroke titled "Functional and Cognitive Consequences of Silent Stroke Discovered Using Brain Magnetic Resonance Imaging in an Elderly Population" and published in the Journal of American Geriatrics Society, silent strokes

are quite common and can have serious consequences. Researchers have found that silent stroke is associated with impairments in tests of cognitive function rather than movement-oriented performance tests like rising from a chair. Almost 50 percent of studied silent strokes affected frontal circuit components of the brain, such as the frontal cortex, basal ganglia and thalamus. Lesions in these brain structures compromised executive functions and were related to vascular dementia. Another study showed associations between silent stroke and visual field deficits, weakness in walking on heels, history of memory loss, migraines, and lower scores in cognitive function tests.

The "silent" part of a silent stroke also refers to the areas of the brain that the stroke affects. Experts at Harvard Medical School explain that, during a silent stroke, an interruption in blood flow destroys areas of cells in a part of



the brain that is "silent," meaning that it doesn't control any vital functions. Researchers say that, over time, the damage from silent strokes can accumulate, leading to more and more problems with memory. Collectively, silent strokes become silent no longer.

There are certain ways to reduce the risk of any type of stroke. These include:

- managing high blood pressure and high cholesterol levels
- quitting smoking
- reducing the risk of diabetes

and effectively treat the condition if it is present

- losing weight to prevent obesity
- exercising and avoid a sedentary lifestyle
- taking a low-dose aspirin or a drug that prevents blood clots.

Silent strokes largely go unrecognized but can lead to significant brain injury. Getting the facts can help men and women reduce their risk for silent stroke.

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Exercise and aging: How to work out safely after 50

In an ideal world, people young and old exercise each day. But as men and women age, finding time to work out is not so easy.

Commitments to work and family often take precedence over daily exercise. As a result, many people 50 and over might not have exercised regularly or at all in many years. But as children grow up or even move out, people facing down their golden years are often compelled to get back in the gym. That's a wise decision that can increase a person's chances of being healthy and happy in retirement. But before beginning a new exercise regimen, men and women over 50 should take heed of the following safety tips to ensure their efforts are not derailed by accident or injury.

- **Speak with your physician.** The National Institute on Aging notes that even people with chronic conditions such as heart disease, diabetes or arthritis can be physically active. However, anyone with such a condition and even those who don't fall into those categories should consult with their physicians and receive a full physical before exercising. Such a

consultation and checkup can shed light on any unknown issues, and physicians can offer advice on how to safely manage any problems that may arise.

- **Begin with low-intensity exercises.** Even if you feel great and have maintained a healthy weight, don't push yourself too hard at the start. Your body needs time to adjust to physical activity, so choose low-intensity exercises like walking and light strength training so your muscles, tendons and ligaments can adjust. Initially, exercise every other day so your body has ample time to recover between workouts.

- **Choose the right places to exercise outdoors.** Exercising outside provides the best of both worlds for many people, providing a chance to get healthy all while enjoying the great outdoors. When exercising outdoors, choose areas that are not remote and where others can see you and offer help if you suffer an injury or have an accident. Boardwalks, public parks and outdoor gyms are safer places to work out than wooded areas or other places well off the beaten path.

- **Stay hydrated.** The NIA notes that



many people lose their sense of thirst as they age. But just because you aren't thirsty does not mean you don't need water, especially while exercising. Water regulates body temperature and lubricates the joints, thereby decreasing your risk

of injury during exercise.

Exercising after 50 can help people live healthy well into retirement. But caution must be exercised when aging men and women return to exercise after a long break.

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SENIOR SERVICES

Owensville Senior Menu

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Squash, Fruit Cocktail, Chicken Tenders, Peas, Dessert

Thursday, Feb. 28

Baked Pork Chop, Broccoli, Applesauce, Beef Stew, Sweet Potato Streusel, Dessert

Friday, March 1

Fish, Roasted Mediterranean Blend, Peaches, Chicken Pot Pie, Tossed Salad, Dessert

Monday, March 4

Hamburger/Grilled Onions, Green Beans, Peaches, Honey Bourbon Pork Chop, Sweet Potato Fries, Dessert

Tuesday, March 5

Easy Roast Chicken, Broccoli, Fruited Jello, Chopped BBQ Beef/Bun, Roasted Red Potatoes, Dessert

Wednesday, March 6

Roast Beef, Mashed Potatoes/Gravy, Fruit Cocktail, Breaded Fish, Carrots, Dessert

Thursday, March 7

Meatloaf, Roasted Vegetables, Pears, Chicken Broccoli Casserole, Mashed Potatoes/Gravy, Dessert

Friday, March 8

Easy Parmesan Crusted Chicken, Brussels Sprouts, Brown Betty Apples, Tuna Noodle Casserole, Baked Sweet Potato, Dessert

Owensville Senior Events

Wednesday, Feb. 27	
9:00 a.m.	Food-O
12:30 p.m.	Pinochle
Thursday, Feb. 28	
9:00 a.m.	Make a floral design
9:30 a.m.	Steppin Out
	Birthdays/Anniversaries
Friday, March 1	
12:30 p.m.	Pinochle
Monday, March 4	
12:30 p.m.	Bingo
Tuesday, March 5	
9:30 a.m.	Steppin Out
Wednesday, March 6	
12:30 p.m.	Pinochle
Thursday, March 7	
9:30 a.m.	Steppin Out
Friday, March 8	
9:30 a.m.	Steppin Out
12:30 p.m.	Pinochle
Saturday, March 9	
6:00 p.m.	Pinochle

Gerald Senior Menu

140 W. Industrial Drive
Phone (573) 764-2256

RESERVATIONS MUST BE MADE BY 10:30 A.M. DAILY
ALSO SERVING
LESLIE AND BEAUFORT

Thursday, Feb 28

Chili/Crackers, Hot Dogs, Potato Chips, Fruit

Tuesday, March 5

Fried Chicken, Baked Potato, Corn, Fruit

Thursday, March 7

Lasagna, Salad, Garlic Bread, Fruit

OATS Schedule

For reservations call (573) 437-5539

For OATS Medicaid Run
call 1-866-269-5927.
For reservations for the To Go
Bus call 437-8646.

Date.....	Place	Date.....	Place
March 4	Jefferson City	March 13	Amish Stores
March 7	Rolla	March 15	Washington
March 12	Swiss	March 18	Jefferson City

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Adopting a dog or cat later in life

Companion animals bring great joy to their owners. The unconditional love cats and dogs provide appeals to people of all ages. While many people associate pets with kids who can't wait to welcome the first cat or dog into their homes, pets can benefit aging men and women as well.

It's not uncommon for seniors to feel lonely or depressed when they retire, their children move away or they lose a spouse or close friend or friends. The American Humane Society states that studies show pets help seniors overcome loneliness and depression by providing affection, company and entertainment. Pets also provide much-needed mental stimulation, and many pet owners find their pets help them become more physically active as well.

Seniors who adopt pets may also feel a sense of purpose when helping animals who may not have anywhere to live. This is particularly true of older companion animals, which many young families are understandably hesitant to adopt. Mature pets might be an ideal fit for seniors. When seniors are looking to adopt a pet, there are various reasons why older pets

or particular animals might be the perfect fit for them.

- Adult pets may already be house trained, saving seniors the trouble and effort of training them.

- Seniors may find cats fit their lifestyles more than dogs, as cats are less active and do not need to be walked or played with as much as dogs. Cats also are small and easily maneuverable, meaning even seniors who have arthritis or other physical limitations can easily care for cats. Many cats are also content to spend long periods of time sleeping on their owners' laps.

- Small dogs that can be active within the house might be a good idea as well, especially for seniors with mobility issues. They're also easily transported to and from vet appointments.

It's important that seniors carefully weigh the benefits of adopting a pet against any limitations they may have. Having a backup plan for care is advantageous as well. Seniors should not adopt a pet if they anticipate frequent travel or medical care that requires they be away from home for long periods of time.

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www.crmc.org  



Charles P. Coyne, III, MD

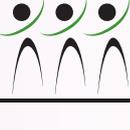


Brian Edwards, DO



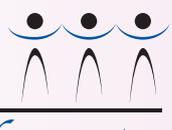
Elaine Hobein, FNP

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