



SeniorCare Experts

# AGING WELL

SUMMER EDITION 2010

www.srcareexperts.org

VOLUME 7 • NUMBER 3

Helping seniors live independently since 1974!

## Let's Hit the Road!

Seniors Say Riding Bikes Not Just for Kids

By Kirk Kandle

**Americans are living longer and stronger.**

The number and percentage of people over the age of 55 continues to increase, and particularly as the baby boomer generation matures, more older adults than ever are participating in cycling. According to AARP.org, cycling provides a low impact aerobic workout for older adults that is good for the heart, and strengthens the legs, including the knees. It also can help maintain a healthy weight, and is an activity that can be done with the grandkids!

-- STORY CONTINUES ON PAGE 3



## Meet Louisville's Cycling Seniors



Photo by Kirk Kandle

**Joe Ward**, one of Louisville's "mature" enthusiasts has ridden his bike extensively for more than four decades.

"I was inspired to start cycling to work on the original Earth Day in 1970," says Joe, a Crescent Hill resident who continued riding his bike to work for 30 years. "I kept careful track of all my miles back and forth. And one July day – 13 years into my daily commutes – I passed 24,902.45 miles, the circumference of the Earth at the equator." That's more than eight tons of pollution 68-year-old Joe didn't emit into the Earth's atmosphere during that time. Joe, a former environmental reporter, retired a few years ago, but he continues to share his zeal for cycling. He's written two books: *Wheeling Around Louisville* and *Wheeling Around the Bluegrass* (both are available in local bookstores). Says Joe: "Something about cycling can change your attitude from grouching about a day to feeling good about it."

### In This Issue

ANOTE FROM  
OUR DIRECTOR  
PAGE 2

MODIFY YOUR HOME:  
STAY SAFE and SECURE  
PAGE 4

CELEBRATING OUR  
VOLUNTEERS!  
PAGE 8

YOUR PILLS AND THE  
HEAT of SUMMER  
PAGE 10

MEET CHEF  
DENISE JEROME  
PAGE 12

SUMMER CALENDAR  
of EVENTS  
PAGE 13

BETTY WHITE:  
ONE FUNNY GAL!  
PAGE 14

You are never too  
old to ride a bike!

Meet **Gay Windsor**, 82,  
a resident of Old Louisville.

She routinely rides her vintage Murray bicycle from her home to the Greentree Mall in southern Indiana, across the river via the Clark Memorial Bridge, several times a week. And she also cycles from home to the Robben's Roost skating rink on Six Mile Lane to roller skate two hours – and then bikes back home. Talk with Gay for a few minutes about her cycling adventures, and you'll get a feeling that she bikes for the pure joy of it. She remembers when she used to ride with her son to Fontaine Ferry Park. The amusement park has long since been torn down, but Gay pedals on, the picture of health, a big smile on her face.



Photo by Kirk Kandle

-- CONTINUED ON PAGE 3



145 Theirman Lane  
Louisville, KY 40207  
(502) 896-2316

www.srcareexperts.org



From the desk of:  
SCE Executive Director,  
**Mike VanHimbergen**

## Greetings to all the AgingWELL faithful from the offices of SCE!

**I know it's supposed to be *from the desk of* but it's buried under too many layers of paper as we work to develop a budget for next year.**

**The responses to the new look of the paper have been overwhelmingly positive!**

**Please continue to feel free to send us your comments; we'd love to hear from you!**

My directive for this article is to keep it light and meaningful to our senior readers. For instance, in the last issue, "*How to stay young*," was a litany of actions to minimize stress. Shortly after publication I received an email from a brother-in-law with a related message titled, "*The Philosophy for Old Age, on the age of 102*" attributed to comedian George Carlin. Quite simply, it noted how our perspective of age changes as we grow older. **It goes like this:**

**Do you realize that the only time in our lives when we like to get old is when we're kids?** If you're less than 10 years old, you're so excited about aging that you think in fractions. "How old are you?" "I'm four and a half!" You're four and a half, going on five! That's the key.

**You get into your teens, now they can't hold you back.** You jump to the next number, or even a few ahead. "How old are you?" "I'm gonna be 16!" You could be 13, but hey, you're gonna be 16! And then the greatest day of your life—you become 21! Even the words sound like a ceremony. You BECOME 21... YESSSS!

**But then you turn 30.** Ooooooohh, what happened there? Makes you sound like bad milk! He TURNED; we had to throw him out. There's no fun now, you're just a sour dumpling. What's wrong? What's changed?

**You BECOME 21, you TURN 30, then you're PUSHING 40.... Whoa!** Put on the brakes, it's all slipping away. Before you know it, you REACH 50 and your dreams are gone.

**But wait! You MAKE it to 60.** You didn't think you would. So you BECOME 21, TURN 30, PUSH 40, REACH 50 and MAKE it to 60!

**You've built up so much speed that you HIT 70!** After that it's a day-by-day thing, you HIT July 1, 2010!

**You get into your 80's and every day is a complete cycle;** you HIT lunch, you TURN 4:30, you REACH bedtime.

**And it doesn't end there.** Into the 90's you start going backwards; "I was just 92"

**Then a strange thing happens.** If you make it over 100, you become a little kid again, "I'm 100 and a half!"

**"May you all make it to 100 and a half!"**



Please email your comments to my attention at:  
m.vanh@srcareexperts.org

**896-2316**

### A LETTER TO THE EDITOR:

Dear *AgingWELL* Staff:

My neighbor sends me your newspaper, *AgingWELL*. I just wanted to tell you how much I enjoy it. I read it cover to cover and the new format is very appealing and pleasant. Sometimes I save it to re-read an article. I appreciate all the information and thoroughly enjoy it. Thanks! - *Jo Adams*

Dear Jo,

Thanks for writing! We at *AgingWELL* appreciate the feedback and we're glad you enjoy our community newspaper. How about if we start sending you your very own copy instead of sharing with your neighbor? We'll see you get your own copy from now on!  
- *Ed.*

*AgingWELL* is published quarterly for the senior community, clients, family members, friends, volunteers, sponsors, and health care professionals.

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### Our Mission:

To enable Louisville seniors to live healthy, comfortable and fulfilling lives at home, by being a trusted non-profit provider of services, products and information in metro Louisville.

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## But, bikes are for kids, right?

**Wrong.** Biking is for all ages. In the Netherlands and Germany, people who are 75 and older make roughly half their trips on foot or bike. Age 75 and older! As little as 20 minutes of cycling per day on average can reduce an adult's heart risk by 50 percent, according to the American Heart Association. With the United States leading Europe in incidence of heart disease, high blood pressure, high cholesterol, stroke, diabetes, chronic lung disease, arthritis, cancer, and chronic diseases in general, could one difference be something as simple as mode of transportation? Some health experts think so.

## Ready to give it a try?

*Here's the beginner breakdown from CafeBabyBoomers.com:*

### **Have your sight and hearing checked.**

Deafness need not stop you but you should know whether you have a hearing impairment so that you will be more careful to look around before making any maneuver. Your sight should be up to the required standard for driving a car, with glasses if you need them.

**Be able to look back over your shoulder without losing your balance or feeling strain.** If you have neck stiffness or injury that prevents you doing this, do not cycle on the road.

### **Be well positioned on your bike.**

Adjust the seat height so that your legs are about 80% extended when the pedal is at its lowest. Arms should be slightly bent (never lock your elbows) and you should avoid any stress on the wrists.

### **Stretch before cycling.**

Cycling is good for most people's joints provided you start easily and gradually. If you have arthritis in the knees or hips, cycling can be very beneficial, although you are advised to check with your doctor for your individual case. Cycling is often recommended before knee surgery, and when recovering from a soft tissue knee injury.

### **Check back pain.**

You may find, unfortunately, it is not helped by cycling and may be worsened, especially if you cannot achieve a good posture on the bicycle.

**Check with a doctor if you have heart disease or angina.** Cycling can be very good for the heart and lungs. A Japanese study found that many people who had

chest pains on running, had no pain when pedaling. Pedaling is a smooth action that does not require such extreme bursts of energy as running, weights and many other forms of exercise. But check with your doctor if there is any possibility that you have heart disease or angina.

### **Increase gradually.**

Cycling is also very good for the thigh muscles, which tend to become weak if not exercised. Cycle a little every other day and stop when your legs feel heavy or you feel tired. Do not try to cycle fast or in a high gear. Gradually you can increase your activity until you are cycling three times a week for a half hour.

## **Cyclists Love Company** **Joining a bike club is a good idea in order to get experience and support.**

It can be more fun, and safer, to ride with others. Some groups go full speed, while others just like to ride for moderate exercise. If you want to get competitive, the National Senior Games Association has qualifying events in all 50 states. You can find competition in your age group, and the camaraderie is a big part of it.

## **What About Safety?**

**Don't go anywhere without a helmet.** Front and rear lights are also important. So are things like reflective vests, bright clothing, and reflectors. Ride with traffic and never on sidewalks. This may be contrary to the way many folks first learned to ride, but it is current law and a ticket can be handed out for riding against traffic. Find routes where you feel comfortable riding, and avoid streets where you're not comfortable with the surface, the traffic congestion, or anything else. With a little consideration and preparation, cycling is one of the best exercises to take up later in life. So, feel free to hit the road! Senior cycling can greatly increase our levels of fitness and resulting ability to enjoy life.

## **For beginner fun:**

Try a rental from Wheel Fun Rentals at Louisville's Waterfront Park. You can rent a two, three, or four-wheeled cycle on an hourly basis and ride along the 16-mile pedestrian-only RiverWalk. Call (502) 589-2453 or visit [www.wheelfunrentals.com](http://www.wheelfunrentals.com) for more info.

## **Other resources:**

Bike Louisville at [www.louisvilleky.gov](http://www.louisvilleky.gov) – laws and road rules, safety tips, commuting, local shops and organizations, rentals, racing teams and more. [www.bicyclingforlouisville.org](http://www.bicyclingforlouisville.org) - advocacy, education and research web site. Also includes calendar of local biking events.

What's a grandmother of two doing on a tricycle? Meet **Judy Long**, 71, an avid "tricyclist."

Judy is an Anchorage, Kentucky resident who tends to leave her Chevy Suburban parked in her driveway on Sunday mornings. She prefers to head out on her tricycle. It's less than a mile from her home to her church at the Anchorage Presbyterian Church.



- Photo courtesy Judy Long

As little as 20 minutes of cycling per



day on average can reduce heart risk by 50 percent. Cycling is often recommended before knee surgery, and when recovering from a soft tissue knee injury.

*At 58, local Louisville writer Kirk Kandle is riding his bicycle solo across the TransAmerica Trail.*



Kirk Kandle

His trip will take him from Yorktown, Virginia to Astoria, Oregon. Follow Kirk's progress on his transamerican bike trek at his blog: <http://pedalaround.blogspot.com>.

He is raising funds for the American Diabetes Association with this trek, in memory of his dad who died from complications from diabetes.

# Aging in Place: Your House on Your Terms

*How to Remain Comfortable and Safe in Your Own Home*

By Clete Reinhart

*As we, or our loved ones, get older, or if there's a medical condition or accident, the home we once loved and was perfect for us may no longer match our needs.*

*There is a solution.*

*Aging in Place is the process of modifying a home so that its occupants can remain there - comfortable, safe and secure for their lifetime.*

*As we grow older, we need to make changes to our homes to make it friendlier to our current needs.*

There was a change of thought in the early 1970s, when a group of experts, including some with backgrounds in construction, design and medicine, met to discuss the problems that people with expanded needs face in their existing homes. The group evolved into the Center for Universal Design, which then published their principles, recommendations and guidelines of Universal Design.

*Universal Design* is defined as the design of products and environments usable by all people, to the greatest extent possible, without need for adaptation, specialized design or assistance.

*There's a misconception that Universal Design only deals with the issues of handicapped individuals.*

Actually, Universal Design can be used in all walks of daily life.

*Simple modifications, such as replacing round door knobs with lever handles, installing a grab bar next to the bathtub or changing the lighting in the kitchen can make life easier and safer for everyone in the home.*



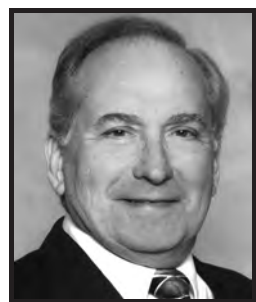
*Another mistaken notion is that Universal Design modifications are always expensive.*

While there is a certain amount of expense involved in updating a kitchen or bathroom, for example, the incorporation of Universal Design into the renovation is minimal.

*If you would like to investigate aging-in-place home modifications, be sure to use trained professionals in this, or any, home renovation.*

The National Association of Homebuilders, in conjunction with the AARP, has created an accredited designation known as "Certified Aging in Place Specialists (CAPS)." Those with CAPS designation are usually building and remodeling professionals, and are trained to find the needs of their clients, establish a design to meet those needs, and carry out the work necessary to make the house feel like a home.

The majority of existing homes aren't currently designed to allow this to happen, because the construction did not incorporate the designs and products necessary to allow lifestyle changes. These older homes were designed to fit the building lot, rather than the families who would live there. *In the past, the family had to adjust to the house, rather than have the house adjust to them.*



*Clete Reinhart, RR, RB, CAPS, is a registered builder and remodeler, and the owner and president of Reinhart Construction Company. He is also a past president of the Home Builders Association of Louisville, and currently serves as a Life Director of the National Association of Home Builders. If you would like to investigate how your house could become perfect for you again, see his ad on the back page for contact info.*

## SCE CHARITY GOLF SCRAMBLE

2010 GOLFING FUN...  
**FORE!!!**

SeniorCare Experts annual golf outing FUNdraiser is celebrating 36 years of senior services with one of the longest running charity golf events in the area!

Monday, Sept. 27th  
Polo Fields Golf & Country Club  
Tee time: 12:30

- \$10,000 Hole-in-One cash prize
- Bob Hook Hole-in-One car
- 50/50 Raffle
- Silent Auction

Contact Becky Ricketts for sponsorship opportunities and team registration 895-2805 ext. 116 or email her at [b.ricketts@srcareexperts.org](mailto:b.ricketts@srcareexperts.org).



## Senior Day Out!

**Come For The Fun!**

Louisville Metro TRIAD (a partnership between local law enforcement, senior groups, service providers and volunteers) will host the 10<sup>th</sup> annual Senior Day Out, an event that draws more than 1,500 local seniors each year.

**Date:** Tuesday, October 5  
**Time:** 8:00 am – 1:30 pm.  
**Place:** Kentucky International Convention Center

The event will feature activities, health screenings, speakers, door prizes, information booths, live entertainment, bingo and a free lunch.

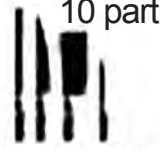
Please register by September 18 to receive the complimentary lunch.

Contact **Cindy Venable** at (502)574-5092

# Fun in the SCE Kitchen!

SCE's Summer Cooking Series off to a great start!

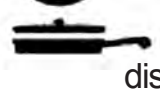
Our first class was held on May 25 with our food expert Mary Rose Mattei and 10 participants gathered around the SCE kitchen at 145 Thierman Lane.



We paid close attention as we learned about shopping the local farmers' markets and planning menus.



We made yogurt sundaes with fresh fruit and energy-boosting trail mix.



Mary served a delicious chicken dish and orzo salad with veggies. Participants took home plenty of hand outs and goodies. We are looking forward to the next class!

**It's Not Too Late!**  
We have a few spots left for the next class.

July 20:  
**Why Breakfast?**  
Muffins, Quiche, Teas  
11:00 a.m. – 1:00 p.m.  
**\$5.00**

SCE Kitchen  
145 Thierman Lane  
**To register, call  
Carol at 896-2316**

## SCE Fund Drive - Please Give Generously!

Celebrating SCE's Mission:  
**Helping Seniors Live Independently**

Older Americans are enjoying increased health and longevity. Without doubt this is something to celebrate. But there is another side to this story and that's why SCE's mission is so important to our aging family members and friends.

Many aging Americans need some assistance in order to enjoy the independence and well-being we all cherish. With a growing number of age 85+ Americans, comes an increased need for local support services that allow older adults the choice to stay in their homes and communities as they age.

Our mission: to enable seniors to live healthy, comfortable and fulfilling lives at home for as long as possible. We believe that older adults are entitled to spend their retirement years in good health living with independence and dignity. You may have seen one of our volunteers deliver a meal or provide escorted transportation for your neighbor or loved one. SCE has these and other services in place and ready to help.

The growing aging population and an unstable economy place an increased demand on SCE and our mission services. Often our financial resources fall short for addressing everyone's needs. This is why we come to you and ask for your charitable contributions to support our mission and assist us in meeting these needs.

If you didn't reply to our spring fund drive; it's not too late! Or you may have; but wish to make an additional contribution. Please use the form below to contribute to our mission to enable local seniors live independently for as long as possible.

Thank you for caring and sharing!

Becky Ricketts,  
Community Resource Manager



**896-2316**

**www.srcareexperts.org**



Becky Ricketts

*Becky Ricketts is the  
Community Resource Manager  
for SeniorCare Experts.*

### SeniorCare Experts Mission Support

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Gift Amount:  \$50  \$75  \$100  \$250  \$500+  Other

I wish to remain anonymous  Tribute  Memorial

Please make checks payable to **SeniorCare Experts**

Mail to: SCE, 145 Thierman Lane, Louisville, KY 40207

Visit our website at [www.srcareexperts.org](http://www.srcareexperts.org) for more information on giving.

Come to BUY or SELL!

# SCE's Sidewalk Sale!

Join In The Fun!

Saturday July 31, 2010  
8:00 AM – 12:00 PM

**RAIN DATE :**  
Saturday August 7

**145 Thierman Lane**  
between U-Haul &  
Wal-Mart Grocery

Bring your Trash &  
Treasures. Provide your own  
chairs, table and tent.

*Proceeds benefit  
the mission of  
SeniorCare Experts*

\$20.00 donation for  
10'x10' booth space

Reservations and  
payment due by July 24th

Call Carol to reserve your booth,  
896-2316 or email  
c.kaufmann@srcareexperts.org

Check out our website  
www.srcareexperts.org

**Follow us on Facebook!**

## 2010 SCE Volunteer Opportunities

*Volunteers are key to fulfilling several of SCE's core services. If you have a caring heart and a sincere desire to serve the aging in our community, please call us! You can help deliver meals, provide transportation, assist with events and fundraisers or help as a receptionist in our office.*

### Volunteer Orientations

For new or returning volunteers and anyone interested  
in learning more about SeniorCare Experts.

**July 28 at 9:30am • August 19 at 1:30pm  
September 13 at 9:30am**

Meet at SCE - 145 Thierman Lane. Please call 896-2316  
to RSVP or email c.kaufmann@srcareexperts.org.  
One-hour meetings with refreshments.

#### Volunteers of SCE say:

*"I bring better health and nutrition each time I deliver a meal."  
"I provide safety and security when I personally escort a senior to an appointment."  
"I answer the phones and make the caller feel glad that they dialed SCE for help."  
"I help make Louisville a better place to grow old in."*

**Thank You to  
SCE Volunteers  
and their  
donated time!**

**March: 923 Hours by 153 Volunteers  
April: 873 Hours by 154 Volunteers  
May: 805 Hours by 152 Volunteers**

### Making The World A Better Place! SCE Volunteers Celebrating Birthdays in July, August and September

#### JULY

Ruby Gordon  
Mary Lee Friedman  
Betty Mattingly  
Margo Borders  
Bob Stratman  
Nan Dobbs  
Roger Crum  
Sara Boswell  
Jean Ricketts  
John Hodgson  
Larry Smith  
Preston Van Winkle

Caroline Wesley  
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Leisa Baechler  
Marvin Schaffner  
Mary Rita McDevitt  
Elsie Thornbury  
Ginny Pallo  
Michael Lamsfuss  
Susan Kanerviko  
Jim Caldwell  
Jim Simpson  
Kay Hudson  
Joe Michal  
Jaci Gravette  
Kirk Kandle  
Brenda Hyatt  
Judy Gough

#### AUGUST

Victoria Schamore  
Dan Friedman  
Jean Lewis

#### SEPTEMBER

Dale Abrams  
Karen Rapp  
Martin Schmidt  
Norma Pontrich  
Don Keller  
George Robertson  
Terry McDevitt  
John Rowe  
Ken Riley  
Rosemary Barton  
Dick Tongberg  
Mary Cartwright  
Nicki Swiderski  
George DeChurch  
Roy Ricketts  
Charlotte Barton  
Pitsy Buren



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## PLEASE NOTE:

Gifts received after May 25, 2010 will appear in the next issue. If your company matches gifts, please let us know.

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Mrs. Adrienne Byer

Every effort has been made to present our donors and supporters as accurately as possible. If we made an error or omission, please accept our apology and contact us so we may make the necessary correction.

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### March, April, May 2010

In Memory of Alma Daugherty  
Joan Daugherty

In Memory of Ronnie Gordon  
Kentucky Public Retirees: North Central Chapter

In Memory of Billie Stierle  
Stuart & Joan McCombs

In Memory of Mim Hawkinson  
Allene Hutson

In Memory of My husband, Norman Bartlett  
Helen Bartlett

In Memory of my mother, Beverly Draffin  
Rayne Mayer

In Memory of Jesse Bowman  
Thelma Bowman

In Memory of Evelyn's Parents  
Evelyn Shepherd

In Memory of Maggie Osborne and Ann Magers  
Pam and Jeff Magers

In Honor of Priscilla Rao,  
former Executive Director of SCE  
Louis M. Benn Trust Foundation

In Honor of niece Christina Fox, on her 1st Communion  
Sheri Hedges

In Honor of all the Special People I work with at SCE  
Dolores Dietz

*Please remember SeniorCare Experts and our mission for Birthdays, Anniversaries, Memorials, Honorariums and other life progressing events.*

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# The Volunteers of SeniorCare Experts Build a Better World!

## 2010 Annual SCE Volunteer Appreciation Luncheon

By Becky B. Ricketts

### SCE Volunteers Rock!

On a cool day in April, our SCE staff stepped aside from daily work responsibilities to honor our volunteers at our annual appreciation event. Over 100 volunteers, staff and sponsors met at the St. Matthews Community Center to enjoy a lunch with donated sandwiches from McAlister's Deli, luscious fruit bowls from Belmont Village Senior Living, an assortment of fabulous desserts by Atria Senior Living Group, coffee from Heine Brothers and beautiful decorated cakes by volunteer Pam Magers. The party included door prizes donated by many local businesses and gift bags provided by Treyton Oak Towers. Our guests also enjoyed vocal entertainment by Viki Perry, and comedic vignettes by Ben and Carol Fessler of the Young Hearts Theater group.

***Our community faces no shortage of challenges, and many look to government to solve environmental, educational, healthy aging, and other problems.***

But none can be solved by government alone. In fact none can be solved with out the committed efforts of humans.

Every day SCE volunteers step up to help us fulfill our mission! Every weekday a volunteer is delivering a meal, checking on our senior clients, driving one of our seniors to a doctor or run errands, helping with clerical needs in our office, answering our telephones, and help during fund drives assembling mailings. We have volunteers

*Becky Ricketts is the Community Resource Manager for SeniorCare Experts.*

*Her parents, Jean and Roy, are volunteers for SCE.*



Becky Ricketts



Listen to our clients talk about our volunteers...

*"Mother and I are so appreciative of the SCE volunteers. They are a key component of her safe life in her own home. Thank You!"*

- Daughter of D.C.

*"My SCE volunteers that deliver my meals are wonderful, friendly and gracious. One even remembered me with a goody bag for Easter. Thanks."*

- P.C.

*"Words cannot express the help the volunteers have given to me, not only for transportation, but the personal help they give me since I am blind. I really enjoy the conversation also."*

-V.J.

*"Thank you for using your time to bring me my meals. Your greeting and smile help me through my day."*

- Anonymous SCE client



Transportation volunteers: (from left) Judy Gough, Sandra Amsler, Victoria Schamore, Jeanne Vezeau

who serve on our Board and various committees. Hundreds of Louisville's senior adults can have the choice to live at home as long as possible because our volunteers are here to help. Many of our volunteers confirm their dedication to our mission by sharing with their friends who often become volunteers.

***So, thank you, thank you, to our volunteers. You are the heart and soul of our organization and mission!***



Ben and Carol Fessler of the Young Hearts Theater group performed comedy sketches.



Decorated Cake by Pam Magers



Our wonderful staff of volunteer receptionists: (from left) Billie Wickham, Jean Lewis, Dorothy Weber, Ginny Pallo, Karlene Fleischer, Barbara Patton, Ann Curtis, Pam Magers

**A Special SCE Thank You To These Lunch Sponsors!**



# Tips for Communicating with the Hearing Impaired

## Hearing Impaired Need Not Mean Communication-Impaired

By Charlaine Reynolds  
Eldercare Consultant and Family Advocate



**More than half of all adults age 64 or older experience some hearing loss. Use these tips to improve communication.**

### **Gain the person's attention before speaking.**

Be sure the person can see your face and mouth and keep your hands away from your face. Position yourself two to six feet away at eye level.

### **Is the area noisy?**

Consider moving to more quiet area. Beware of background noise. If in your home, always turn down the TV or radio. If in someone else's home, ask that they turn it down.

### **Make sure the person is comfortable and areas are well lit.**

Many hard of hearing adults rely on facial expressions and lip-reading to help with comprehension of what is being said.

If the adult has better hearing in one ear, position yourself on that side, but do not shout. You can ask the person if speaking louder helps. Usually it does not, because when we speak louder, our pitch also rises, and higher pitches are usually more difficult to hear. If the person does not seem to understand, trying using different words that mean the same thing.

### **If a family member owns a hearing aid, check to see if he or she is wearing it.**

If not, ask why? It may not have been fitted properly. Often, it is necessary to return to the audiologist to ensure a good fit. Is it turned on, do the batteries work? A hearing aid is only an amplification system. It makes everything louder, but not necessarily clearer. Some hearing aids also produce "tinny" or mechanical sound that many users find so annoying that they would rather not even wear the aid.

### **Need help evaluating your own hearing?**

For a free online hearing test, go to [www.hear-the-world.com](http://www.hear-the-world.com).

For more information, contact the local chapter of the Hearing Loss of America Association, Hearing Loss of Kentuckiana. It meets the 2nd Tuesday of each month in the library of St. Leonard Elementary School, 440 Zorn Ave. Visit their website [www.hearinglossky.org](http://www.hearinglossky.org).

Charlaine Reynolds offers families education, advocacy and guidance about the aging process through Eldercare Kentuckiana. For more information, contact her at 502-742-5802, [charlainereynolds@gmail.com](mailto:charlainereynolds@gmail.com) or visit her website at [www.eldercarekentuckiana.com](http://www.eldercarekentuckiana.com). See her ad on back page.

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If you know of a Retiree's club or organization of active retiree's that are looking for some type of entertainment for their meeting or event, the Central Music Educational Department is available to give free music and wellness seminars for seniors!

For more information call  
**(502) 896-2009 and ask for Wayne**



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# Your Pills, the Heat and Sun of Summer

By Lynn Harrelson, R.Ph., FASCP  
Senior Pharmacy Solutions,  
Medication Therapy  
Management Services

*Everyone is eager for the warmer, sunny months of summer. We can't wait for the warmth of spring and then, in a blink, we have the hotter, sunnier summer months.*

Our bodies adjusted better to these changes when we were younger. Now we need to take extra care during the summer. Our bodies need to maintain a temperature that stays about the same so that we can function properly.

Some of the pills we take may block our body's natural ability to adjust to changes in temperature and may cause skin reactions. In the summer, pills can cause overheating and sunburns.

*Our body protects us from overheating in two ways. One, by increasing blood flow to the skin. Second, by sweating.* Some pills change either of these two ways our body handles summer heat.



Lynn Harrelson

*Lynn Harrelson, R. Ph., FASCP is a registered senior care pharmacist. She is the owner and operator of Senior Pharmacy Solutions. Contact her at 502-425-8642 or visit her web site at [www.SeniorPharmacySolutions.com](http://www.SeniorPharmacySolutions.com). See her ad on back page.*

**Some medicines and drugs keep the body from increasing blood flow to the skin.**

Mental health medications like haloperidol-Haldol®, risperidone-Risperdal® can prevent us from being aware that it is getting hotter outside; we just don't feel the heat, and we don't think that we're overheating. Other medications like stimulants and decongestants (pseudoephedrine-Pseudofed®) actually reduce blood flow to the skin. Propranolol-Inderal® and other beta blockers reduce the heart's ability to pump more blood into the skin. These pills also increase the likelihood of dizziness or lightheadedness as the body attempts to respond to heat.

**Some medicines and drugs decrease sweating.**

Sweating takes the heat away from our body but medications such as tricyclic antidepressants (including amitriptyline, nortriptyline) can stop or slow the sweating process. Other medications with this effect include cold and allergy medications (like diphenhydramine - Benadryl®, chlorpheniramine-Chlorotrimeton®), narcotics such as hydrocodone and codeine, as well as some natural products like jimson weed. Water pills like furosemide-Lasix®, HCTZ – hydrochlorothiazide as well as most alcoholic and caffeine containing beverages can decrease sweating because of the dehydration that they may cause. You also lose potassium with these pills and that can also cause more severe muscle cramps when you are dehydrated and overheat. One other side effect of dehy-

## In the summer, pills can cause overheating and sunburns.

dration is constipation, which can be worsened in the summer.

**So what can we do to protect ourselves during the hot, summer months?**

Stay cool, stay hydrated and limit your sun exposure. If you are outside, wear clothes that wick or take the sweat or moisture and heat away from your body. Try to stay in the shade and out of direct sun. Use a hat or umbrella. Use fans – hand held and house fans help cool the air around you. Always have water handy. Use a sun block if you are anticipating being in the sun for any period of time. Take extra safety measures whenever you start taking any new medication during the summer months. You never know how the sun will cause your skin to react when you start a new medication. The most important is to know all your medications (prescription or supplements) that you use. Read the sheets that come with your medicine and ask your pharmacist what to expect. **Be extra cautious when any new medicine is started. During the summer months, always assume that your medications may alter how you handle the heat and the sun.** Be prepared and you will prevent overheating and sunburns.



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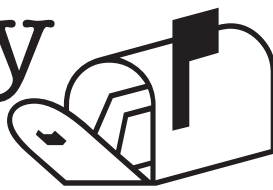
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# Ask Terry and Terry



**Terry L.** is a medical social worker with over twenty years of experience. She advises and counsels patients and families, helping them remain safe, independent and healthy.

**Terry M.** has worked as a licensed Counselor and Teacher in corporate and academic settings for over 25 years.

## Have a query?

Send your questions to *AgingWELL* Editor, Lucy Koesters at [l.koesters@srcareexperts.org](mailto:l.koesters@srcareexperts.org) or 145 Thieman Lane, Louisville, Kentucky 40207

**Note:** All questioners will remain anonymous.

## Husband is Driving Me Crazy!

Dear Terry and Terry,

My husband is driving me crazy. We are in our eighties and don't get out much. I stay busy at home, but my husband doesn't know what to do with himself. He follows me around like a little puppy dog. He used to get out, but no longer drives and does not know what to do. He will sit and watch a little TV, but then gets restless and here he comes again to pester me! My household work is tiring enough without his following behind me like a lost child. What am I supposed to do with him? - **Pooped Out and Pestered**

Dear Pooped Out and Pestered,

Take heart! Sit down and talk through mutually acceptable solutions. This is the most direct approach. Another is to find a way to expand your social network. This will divert your husband to other people and interests. Many seniors are now able to reach other seniors with similar interests, hobbies, etc. through the internet. Also, check with S.C.E., your church or community centers for programs to engage the active minds of seniors. In any case, don't do nothing. Your feelings will intensify and become hurtful for you and your husband if you do not address the issue. And remember, it's only an adjustment in the way you express your relationship, not a life changing event! - **Terry M.**

## Yard Man is Dominating Friend's Life!

Dear Terry and Terry,

I have a friend (89) who lives alone and has macular degeneration. For a year, her yard man (not married; 50) has dominated her life. She is afraid of being alone and has permitted him to alienate her from others. She has one relative with whom she was close until this man came along. She is not mentally diminished other than her fear of being alone. I assure her that I will be here for her as well as her relative, but when anything negative comes up about this person, she changes the subject. He calls her with hard luck stories and she has given him money. He also has access to her checks. She cannot see what she is signing and I fear for her financial well being. I suggested she talk with her lawyer to no avail. Her one relative is out of the picture. What can I do? - **Shut out and worried**

Dear Shut Out and Worried,

Unfortunately, this is a common situation. Someone other than family becomes involved through casual contact and becomes "friends" of sorts, helping with various tasks. The older person is flattered. It confirms that she is still lovable and worthy of someone's attention who is not obligated through a sense of responsibility to help. This is why criticizing the 'helpful' friend is met with resistance. What is possibly going on is financial exploitation. Have you observed anything which might confirm this, such as her checking account being overdrawn or a large check made out to Kroger when only a few items came home in the grocery bag? Suggest going out to lunch, then stopping at her bank to meet with a bank officer to check on her accounts. If they look suspicious, the bank officer will point this out. She will be more accepting if this comes from a third party, instead of family or friend. If there is a problem noted, contact Adult Protective Services. This organization handles suspected abuse, neglect or exploitation. Make an anonymous referral by calling the Abuse Hotline at 1-800-752-6200. They will meet with your friend, look at her accounts and try to figure out what is going on. They will also confront the party who is exploiting her. But your friend has to allow them to do this. It's a tough situation. Stick with her and good luck! - **Terry L.**

# The Book Hook Pam's Picks



By Pamela Magers

## Inspiring Coming of Age Tale. Troublesome Creek

By Jan Watson

*Troublesome Creek* is the inspiring story of Copper, a red haired, free spirited young woman coming of age in the 1880's. Detailed descriptions of life before the turn of the 20th century in the Appalachian hills of Kentucky sweep you back in time. You will feel the love Copper has for her beloved mountains, her pets, and her simple way of life as you follow her from age 15 through 17. Copper's love of mountain life clashes with her mother's wish for her to become a "proper lady."

I was particularly impressed by the characters' strong convictions and reliance on their unshakable faith to carry them through life's struggles. *Troublesome Creek* is the first of a series of three books by Jan Watson, a Lexington, Kentucky native.



## Creepy tale of obsession! Never Tell A Lie

By Hallie Ephron

*Never Tell A Lie* features Ivy Rose, a very pregnant 33 year old suburbanite. Ivy and her husband, David, have just renovated a Victorian home, and have decided to hold a yard sale. Melinda, an old schoolmate, who is also pregnant, shows up at the sale and engages Ivy in a lengthy and somewhat disturbing conversation. David 'rescues' Ivy by taking Melinda on a tour of their home. No one observes Melinda leaving; days later, police show up. The evidence indicates that Melinda has been murdered... possibly by David. This creepy twisting tale of obsession will keep you turning the pages!



## Bittersweet imaginative tale. Saving Cee Cee Honeycutt

By Beth Hoffman

*Saving Cee Cee Honeycutt* centers on Cecelia (Cee-Cee), a twelve year old girl providing care for her mentally ill mother. When the mother is suddenly killed, Cee-Cee is sent to live with a great aunt. The loving and amusing characters Cee-Cee encounters while living with her aunt help to bring the joy of laughter back to her life. It is a bittersweet tale with a message that life holds an abundance of promise.



*Pam Magers is SCE's "book lady." She is a Volunteer Receptionist and avid reader. Pam is the former founder and owner of Pj Press Printing in Fern Creek. For book comments or suggestions, please contact Pam at: [mpmagers@att.net](mailto:mpmagers@att.net)*



# SeniorCare Experts Home Delivered Meals Program

## Meet the Chefs:

### *Chef Denise Jerome of The Catering Company*

By Lucy Koesters,  
SCE Communications Coordinator

Welcome Chef Denise Jerome of The Catering Company, another of SCE's new home-delivered meals kitchens. Denise's business offers full service catering, as well as providing daily meals for Kaleidoscope, a large adult-day center in Jeffersontown. Her kitchen supplies meals for SCE routes through Hikes Point, Buechel, Jeffersontown and Fern Creek.

Denise came to SCE several months ago with energy and enthusiasm for a new venture. She says she loves the challenge of starting something new. She worked with SCE's staff to develop a packaging and distribution plan, and along with her already-developed senior-friendly menu, began providing meals for several of SCE's home delivered routes. Her meals have been well-received, and along with Denise's flexibility, attention to detail, and prompt

***“Seniors tend to enjoy home cooking. They like good flavors, but not spicy.”***

customer service, the new partnership is off to a great start. Even though Denise began cooking at age nine and has never stopped, she took a detour to become trained as a bio-chemist. She worked in labs prior to starting a restaurant business over ten years ago with her husband. “I guess I'm good at mixing things,” she says.

The Catering Company has evolved over the past several years from a restaurant/ deli in the beginning to a full-service catering enterprise now. It employs 12 full time staff members and 75 wait staff, and can handle



*Chef Denise Jerome and her Catering Company staff want to “take care of everyone.”*



feeding up to 1,000 people. It is currently listed as the third largest caterer in Louisville according to Business First magazine.

So, how does she fit in SCE's meals? “Oh, you all are easy,” she laughs. She adds that having already developed a “senior-friendly” menu helps. “Seniors tend to enjoy home cooking. They like good flavors, but not spicy.”

Denise wants her SCE customers to be satisfied and happy. “We want to take care of everyone,” she says, adding that “feedback is always appreciated. We are always working to improve our menus.”

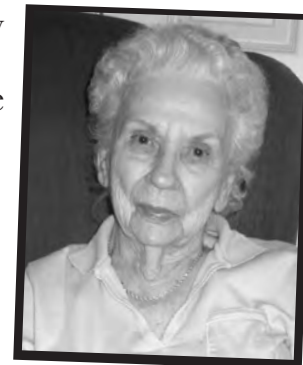
*For information about SCE's Home Delivered Meals Program, please call Kay Wysbrod at SCE (896-2316).*

## SCE Client Spotlight: Virginia McCoy

By Lucy Koesters, SCE Communications Coordinator

*Virginia McCoy's bright eyes sparkle as she talks about her life and travels over her nearly 95 years.*

She is a tiny lady, who smiles easily and laughs often as her memories flow. Virginia currently lives at the Masonic Home Village and has been a SeniorCare Experts client for four years. SCE's volunteer home delivered meals drivers enjoy spending a little time with her each day as she receives her meals.



Virginia was born in Warren County, Kentucky on May 29, 1915. She grew up in a large family with 5 siblings and loved school. She met her husband, Howard, at Christian College in Bowling Green, Kentucky, in the 1930s. “Instead of a diploma, I received a ring,” she says, laughing. The couple moved around before settling in Louisville, Kentucky. They had three children – two girls and a boy. Virginia went to work when the children were school-age – at a time when working mothers were rare. She was employed in several positions before settling into a 20-year career as a deputy clerk in Circuit Court. “It was not easy working with lawyers,” she remembers.

Upon retirement, Virginia decided to travel. A trip to Germany and Europe left a lasting impression. Traveling on a large German Lufthansa Air airplane from JFK airport to Berlin, she recalls, “It was luxury all the way!” Virginia remembers touching the still-intact Berlin Wall, “like all the other tourists.” Rome was another favorite. At the Cistine Chapel, she waited two hours to claim a bench to lie on and stare up at the ceiling. “You simply couldn't believe your eyes, it was so beautiful.” She tried, but was unsuccessful at getting a friend's rosary blessed by the Pope. “We waited forever for him, but finally had to leave.” Of the blessing for her friend, she laughs, “Well, we didn't get that one done.”

Asking what Virginia's secret to longevity and a positive outlook on life is, she lists several things. “I've always kept active, I like to help people, I enjoy my church and I believe in religion.” Most important? “Don't drink alcohol. I never have. I'm very proud of that.”

Virginia receives meals through SCE's home delivered meals program. She says, “Having enjoyed traveling to all but six states, and spending time overseas as well, I have enjoyed many good meals, but I truly say the SCE meals are quality-prepared. I would like to thank Chef Gary McCurdy and Chef Keith Wayne.”

We appreciate them too, Virginia – because they please wonderful clients like you.

# New Kentucky Medicaid Partnership Protects Assets



*'Medicaid Asset Protection' Partnership with Long Term Care Insurance can protect financial resources while qualifying for Medicaid long term care services.*

By Martin Katz

*When we need long term care services like extended care at home to help with everyday activities up to long-term skilled nursing, who pays?* Many think health-care insurance, Medicare, or the Veterans Administration will pay, but that's not usually the case. To receive VA long term care benefits, a veteran must have an extremely high percentage of service related disability. Medicare is limited to short term rehabilitation and doesn't cover non-medical, but necessary daily home services such as bathing, dressing, and continence issues. Traditional health insurance is even more limited.

*The last option we think of is Medicaid. To receive long term care services through Medicaid, you must be impoverished. Truly impoverished.*

The loopholes of property transfers and gifting (transferring assets to family members, for example) to make ourselves "look poorer" ended with the Deficit Reduction Act passed by Congress in 2006. An individual has to "spend down" their assets to a few thousand dollars to become eligible for Medicaid long term care assistance.

*There is a new way in Kentucky, however, to protect some assets and still qualify for Medicaid.* A new partnership agreement allows you to "save" some of your financial resources in conjunction with the purchase of a long term care insurance policy. Will this make sense for your situation?

*First, get an objective assessment of your assets, lifestyle, and community resources. Key word: Objective.*

Look for a specialist in rehabilitative services or a certified financial planner who will look out for your interests. This information will help determine if you should consider long-term care insurance as an option. Very generally, if you own property and have other financial resources of \$75,000+, are in stable health, and you are not over 80 years old, it may make

sense to purchase this insurance, which will pay benefits to support in-home, nursing or adult day programs (which can get very costly).

*Here is how the partnership agreement works: You purchase a Long Term Care Partnership policy through an insurance company participating in the program.*

The partnership means that after the policy pays out its total benefits, you can protect that amount of assets. For example, let's say over a five year period your policy paid out \$ 350,000 for a variety of long term care services and you've exhausted all your benefit dollars. In that example you would be able to protect \$ 350,000 in assets from Medicaid requirements. This feature is called "Medicaid Asset Protection." The state will legally "disregard" those assets, while allowing you to receive Medicaid long term care services.

*There is no extra cost for Medicaid Asset Protection aka the Partnership program.*

The Partnership is between the state insurance department and private insurance companies. It's a win-win situation for both the government and the private insurance company. By having more citizens holding long term care coverage, the state reduces its overall Medicaid costs. At the same time, each policyholder can safely and legally protect their hard earned savings if they exhaust their private long term care benefits.

*The importance of understanding who pays for long term care, will allow you to make smart decisions that can affect not only you, but your family, friends, and even the community at large.*

*Martin Katz holds a Masters Degree in Rehabilitative Counseling from the University of Louisville and is the owner of the Long Term Care, LLC specializing in Medicaid and Long Term Care Insurance and related products.*



## Save These Dates! Community Events and Classes

### JULY

4 - Independence Day: Go watch some Fireworks!

8 - St. Matthews Area Business Association Business Expo  
Trinity High School 3-7 pm. 899-2523

15 - Norton Brownsboro FREE Class  
*Healthy Eating on the Go*  
Blood Pressure Screening  
6-8 pm. 636-1014

20 - SCE Cooking Class - 145 Thierman Ln.  
*Why Breakfast?* Quiche, Muffins, Teas  
11:00 am - 1:00 pm. \$5.00 896-2316

20 - Bernheim Forest Day Trip  
High Time Program for Seniors  
Jewish Community of Louisville  
9:30 am - 4:00 pm. 238-2743

22 - Norton Suburban FREE Class  
*Faces of Arthritis: Symptoms and Management*  
6-8 pm. 629-1234

31 - SCE Sidewalk Sale - 145 Thierman Ln.  
8:00 am - Noon. For booth space: 896-2316

### AUGUST

10 - Norton Suburban FREE Class  
*Don't Fall for Senior Scams*  
6-8 pm. 629-1234

19 - Norton Audubon FREE Class  
*All About Cholesterol and Optimal Health*  
6-8 pm. 629-1234

19-29 - Kentucky State Fair - Kentucky Expo Ctr.  
9:00 am - 10:00 pm. 367-5002

24 - KY/IN Stroke Assoc. Tasting Event  
The Olmstead on Frankfort Ave.  
5:30 pm. - 8:30 pm. \$60  
Gen. Adm. Tables available 499-5757

### SEPTEMBER

6 - Labor Day - Take it easy!

11 - Alzheimer's Association Memory Walk  
Louisville Waterfront Park  
[www.memorywalk2010.kintera.org/Louisville](http://www.memorywalk2010.kintera.org/Louisville)

12 - Grandparent's Day - Hug your grandchildren!

16 - Norton Audubon FREE Class  
*Fitness Trends and Guidelines*  
6 - 8 p.m. 629-1234

23 - Norton Suburban FREE Class  
*Myths about Fibromyalgia and Lupus*  
6-8 p.m. 629-1234

23 - Autumn Begins - Say goodbye to summer!

**Helpful websites:** KY Dept. of Insurance: <http://insurance.ky.gov>  
INDIANA: [www.longtermcareinsurance.IN.gov](http://www.longtermcareinsurance.IN.gov)

# Fun and Games!



## BETTY WHITE *One Funny Gal!*

Betty White is one funny 88 and a half year old gal! Her recent appearance on Saturday Night Live, a show typically associated with much younger comedians highlights her young-at-heart soul. She is the oldest person to host SNL, a thirty-five-year-running show that itself is no spring chicken. Betty received overwhelmingly positive reviews for her show performance, being described as “sharp, charming and not the least out of place.”

*Speaking about the internet campaign that led to her appearance, she said on the show that she hadn't known what Facebook was, and now that she does, she feels that “it is just a huge waste of time.”*

*After the late night show, Betty went out on the New York town, partying with the SNL cast until 3 in the morning. She then boarded her plane back to California at 6:30 a.m., prompting NBC news anchor, Brian Williams to proclaim to his viewers the following morning, “Now, that’s the way you do it!”*



### QUOTABLE QUOTES

*Age is strictly a case of mind over matter. If you don't mind, it doesn't matter. - Jack Benny*

*The best way to get most husbands to do something is to suggest that perhaps they're too old to do it. - Anne Bancroft*

*A smile is a curve that sets everything straight. - Phyllis Diller*

*Laughter is an instant vacation. - Milton Bearle*

*She was at the beauty shop for two hours. That was only for the estimate. - Henny Youngman*

*My formula for living is quite simple. I get up in the morning and I go to bed at night. In between, I occupy myself as best I can. - Cary Grant*

### Word Search: Famous Actors

D	Y	E	N	G	A	C	B	P	W	K	E	A	R	S	S	F
N	I	E	A	P	L	M	A	A	L	W	G	D	R	D	C	Y
A	P	C	E	O	U	E	S	E	L	B	A	G	N	L	H	Q
M	G	C	A	R	D	H	M	S	H	Q	C	G	H	O	W	O
K	K	R	R	P	I	N	A	M	F	F	O	H	D	N	A	Z
C	P	A	A	N	R	S	A	E	O	R	P	I	D	Y	Z	A
A	Y	M	G	N	Y	I	A	R	R	N	E	O	M	E	E	F
H	T	T	I	M	T	T	O	R	B	I	O	N	A	R	N	F
N	O	S	L	O	H	C	I	N	E	W	A	Y	S	Y	E	L
N	S	T	E	W	A	R	T	C	T	D	K	T	E	A	G	E
Q	Z	P	V	B	X	V	E	S	O	R	N	N	S	R	G	C
T	R	A	V	O	L	T	A	T	O	S	O	A	E	A	E	K
P	W	C	O	V	E	E	A	Y	A	O	T	D	B	R	R	S
I	S	I	L	L	I	W	D	W	L	L	L	N	X	Z	M	H
T	E	N	D	R	O	F	N	C	K	I	S	R	E	A	W	E
T	K	O	G	I	B	S	O	N	W	B	O	G	A	R	T	E
W	A	Y	N	E	I	F	F	F	A	Z	W	L	U	L	V	N

- |          |          |           |               |
|----------|----------|-----------|---------------|
| AFFLECK  | CLOONEY  | HACKMAN   | SCHWAZENEGGER |
| ASNER    | COSTNER  | HOFFMAN   | SHEEN         |
| ASTAIRE  | DICAPRIO | LEMMON    | SLATER        |
| AYKROYD  | EASTWOOD | MURRAY    | STEWART       |
| BANDERAS | FONDA    | NICHOLSON | TRAVOLTA      |
| BOGART   | FORD     | PACINO    | WASHINGTON    |
| BRANDO   | GABLE    | PECK      | WAYNE         |
| CAGE     | GIBSON   | PITT      | WILDER        |
| CAGNEY   | GRANT    | REYNOLDS  | WILLIS        |

For word search answers, call Lucy at 896-2316.

### Baby Boomer Things to Ponder...

I used to eat a lot of natural foods until I learned that most people die of natural causes.

If quitters never win, and winners never quit, then who is the fool who said, “Quit while you're ahead?”

All of us could take a lesson from the weather. It pays no attention to criticism.

Politics is supposed to be the second oldest profession. I have come to realize that it bears a very close resemblance to the first.

How is it one careless match can start a forest fire, but it takes a whole box to start a campfire?

Never take life seriously. Nobody gets out alive anyway.

### Get Published!

Have a funny story, brain teaser, original poem, poignant memory or other short, original article you'd like to share with our readers?

**Send it to:** Lucy Koesters, *AgingWELL* Editor

SeniorCare Experts • 145 Thierman Lane • Louisville, KY 40207

All submitted materials should be copyright-free and will be used at the discretion of the editor and editorial consultants. Published items may be edited. Submissions become the property of SCE – please keep a copy of your work!

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Birthdate \_\_\_\_\_ Additional member's name \_\_\_\_\_

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Address: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Fax: \_\_\_\_\_  
Copy: \_\_\_\_\_

Total # of Words : \_\_\_\_\_  
Ad Cost per insertion: \$ \_\_\_\_\_  
Total Order Cost: \$ \_\_\_\_\_

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- Home Care / Respite Services
- Transportation
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