

December / Jan 2018

ActiveAdult



*The benefits of including
yoga in your exercise routine*

Pg. 10

▶ **Retiring ABROAD? What You Need to Know
about Getting Benefits OVERSEAS**

▶ **Windchime Of Chico:
Senior Living At Its Finest**

▶ **Get on the fast track to being organized**

▶ **How to overcome workout fatigue**

▶ **Hobbies for different personality types**

▶ **What is the tiny house movement?**

▶ **Methods to treating arthritic kneeswords**

Retiring ABROAD? What You Need to Know about Getting Benefits OVERSEAS



By Rigoberto Quezada
Social Security Manager in Oroville

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Windchime Of Chico: Senior Living At Its Finest



By Alice Patterson

Warm. Inviting. Full of life. These are just a few of the impressions I had about Windchime Assisted Living as I sat in the lobby; I'd arrived a few minutes early for my interview with Shawn Weibel, Director of Sales and Marketing, to learn more about Windchime's services. Not long after I sat down, I was joined by one of the residents who shared how much he enjoyed living there. A former Chico State graduate, he was now residing at Windchime, thanks to his daughter who lives in Chico and who made the arrangements.

Located on the lake at California Park, Windchime is pet-friendly and offers multiple levels of care including Assisted Living, Memory Care and Respite. Assisted Living is ideal for the aging relative who might need extra help to get through their day. In addition to the usual meals, activities, and maintenance, your loved one also has access to a combination of support services like medication management, help with bathing and dressing and incontinence management.

Windchime's *In the Moment*® Memory Support program focuses on meeting a person where they are intellectually and emotionally at each point throughout the day. Staff gets to know the resident's likes, dislikes, and favorite hobbies by spending time with them.

For those who need shorter term care, or who want to try out Windchime services for 30 days, Respite Care is available.

"This is not a nursing home," she said. "Senior Living has really changed. Our residents are in a beautiful, lodge-like



environment, live independently and privately in studio apartments, and to the extent that they are able, can have complete freedom." Assisted Living offers the opportunity to meet friends, and participate in activities... It's really a community," Weibel said. Residents have access to a host of activities, including chair Tai-Chi led by David Gandt of Azad's Martial Arts. Classes are free to the public and take place on Sundays at 9:30 a.m.

Caregiving can be extremely taxing, both physically and emotionally for family members who are trying to care for an aging parent. "It can put a real strain on the relationship," said

Continued on page 5

...WINDCHIME

Continued from page 4

Weibel. "What we find is that once a loved one decides to enter the Windchime community, it really brings the family closer together," she said. The children are no longer responsible for the caregiving, and they can focus on just spending time with one another. It's great for the family relationship," she said.

"Many people strive to be at home," Weibel said, "but it can be a misnomer." Seniors may not be fully safe in a home environment, may experience loneliness, and not receive proper nutritional care. Medication mismanagement is also a risk.

"That's why Senior Living is a great option," she said. Residents receive three meals a day, proper hydration and assistance with medications if needed. Windchime is a "social model" which means they have a Licensed Vocational Nurse (LVN) on staff who is accessible 24 hours a day.

Finances are generally a factor for families when considering how to move forward with care for their loved one.

"Hiring private, round-the-clock nursing and care for your loved one can cost up to \$15,000 a month," she said. "Our apartments start at \$3,250. We are a more affordable option than hiring private care, and the family member has a place of his or her own...this becomes their home," she said. Many long-term care policies can help defray costs. Veterans eligible for an Aid and Attendance benefit can receive up to \$1,700 per month in assistance, as well.

"We want our residents to be thriving... not just surviving," said Weibel. For more information about Windchime of Chico, or to schedule a tour, call 530-566-1800.









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How to overcome workout fatigue

Regular exercise provides a host of immediate and long-term benefits. Those who exercise regularly can maintain healthy weights while reducing their risk for illnesses such as cardiovascular disease and diabetes.

While exercise can make people more energetic throughout the day, some might find themselves battling fatigue during their workouts. Muscle fatigue is a normal side effect of exercise, but people who are experiencing difficulty getting through their workouts due to fatigue may benefit from the following strategies.

- **Eat a balanced diet.** The Hospital for Special Surgery in New York City advises that a well-balanced diet that includes complex proteins, fruits, vegetables, and carbohydrates can help men and women combat workout fatigue. People who are working out in an effort to lose weight may think that combining exercise with a diet low in carbohydrates can help them achieve their goal more quickly. However, the HSS advises



people dealing with workout fatigue to increase the amount of carbohydrates they eat. Doing so will help muscles maintain their glycogen levels, which are depleted during exercise. According to the HSS, carbs should account for between 40 and 60 percent of aerobic athletes' caloric intake, and between 30 and 35 percent for anaerobic athletes.

- **Eat before and after a workout.** Early risers who like to exercise first thing in the morning might develop muscle fatigue if they workout on empty stomachs. The HSS recommends eating a light meal or snack roughly two hours before exercising, and then eating again within one hour of finishing a workout. Doing so provides some energy during a workout and helps muscles broken down during exercise refuel and repair.

- **Stay hydrated.** Hydrating during a workout helps replace the water and nutrients that are lost through sweat. Muscles that are not hydrated during a workout and throughout the rest of the day are susceptible to fatigue.

- **Use proper form when exercising.** Improper form can lead to injury and/or muscle fatigue. Men and women who cannot adhere to proper form when working out may need to reduce the amount of weight they're lifting. As activities are performed using proper form, people may find they're building muscle without growing fatigued. As workouts progress, weight can be added.

- **Give the body time to recover.** Whether it's more time between sets of repetitions or an extra day off between workouts, a fatigued body might just need more time to rest and recover. Aging men and women must recognize that they might not be capable of pushing themselves as hard as they once did and should adjust their workouts accordingly.

Fatigue is a formidable foe for exercise enthusiasts. But such exhaustion can oftentimes be overcome with a few simple strategies.



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Get on the fast track to being organized

Getting organized is on the mind of people throughout the year, but even more so at the end of December when individuals are making their New Year's resolutions. According to the data pulled from Google by iQuanti, 33,230,420 searches were made about "getting organized" in 2016. People are still interested in finding out ways to streamline their lives and conquer the clutter. Even though getting organized may seem like an arduous task, there are ways to get organized and do so quickly.

- **Keep a cleanup bin handy.** Put an empty basket in a central location, using it to gather stray items scattered around main living areas. Once everything has been collected, items can be returned to their rightful place.
- **Make the bed.** One of the easiest ways to keep a room looking neat is to make the bed each day. Store clean linens in a pillow case so the entire set is together and ready to go.
- **Purge closets and cabinets.** There's no point allowing old, stained or damaged items to take up space. Set aside days to clear expired medication from the bathroom cabinet, discard ripped or ill-fitting clothing from the closet, or to dispose of broken toys in a nursery.
- **Write things down.** Tasks seem more manageable when they are written down in black-and-white and can be crossed off as completed.

Continued on page 9

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Athletes may find that coaching provides a great chance to stay connected to a favorite sport after their own playing days have ended.

Hobbies for different personality types


Hobbies can provide a welcome respite from the hustle and bustle of everyday life. Finding the right hobby requires the consideration of a host of factors, including one's own personality. The following are some common personality types and the hobbies they might find rewarding.

The Athlete

Athletes can pursue a host of potential hobbies or activities that will foster their love of sports. Men and women who still have a hop in their step can sign up to compete in adult sports leagues. Depending on the sport, leagues might be available to adults of various ages and skill levels, and some may even be more focused on fun than competition.

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DENTI-CAL ACCEPTED

Continued on page 9

...HOBBIES

Continued from page 8

For athletes who can no longer lace up their cleats, coaching youth sports or volunteering to coach at a nearby school provides a chance to stay involved even if competing is no longer possible.

The Reader

Book lovers also can channel their passions for the written word into a rewarding hobby. While reading might not seem like the most social activity, readers who want to use their love of books to grow their social networks can start a book club. People of all ages and backgrounds love to read, so starting a book club can be a great way to meet an array of people.

Readers also can call their local libraries or schools to ask about reading programs for children. Volunteer to read to youngsters, helping the next generation discover the wonders of reading.

The Executive

Men and women who have experienced great success in the world of business can pursue a host of low-stress opportunities with a goal of sharing their experiences with the next generation of business leaders. Teaching a course at a local college or university is one such avenue, and executives can even offer to work with high school students interested in pursuing careers in business. Teaching and mentoring might be less traditional hobbies than crocheting or woodworking, but they still provide a way for adults to pursue their passions away from the constraints of the office.

The Traveler

Men and women who love to travel can begin writing travel blogs where they share stories of their domestic and international travels. Use the blog to offer an insider's insight into certain cities, offering advice on obscure eateries or activities that might be off most tourists' radars. Include photos with each blog post to attract more readers.

When looking for a new hobby, adults may find that activities that suit their personalities tend to be the most rewarding.

...ORGANIZED

Continued from page 7

Writing things down also helps make the mind feel more organized.

- **Exercise caution before buying.** Don't buy more than you need; otherwise, you'll have to find space for extra items. Also, keep inventory of food and supplies in the house so you're not unwittingly buying duplicates.

- **Sort mail and paperwork.** Establish different categories for papers so they can be sorted and discarded as needed. These may include bills, invitations, school papers, and junk mail. Reduce paper clutter by opting for digital correspondence when possible.

- **Make one repair at a time.** Tackle that source of stress by focusing on one repair and seeing it through to completion.

- **Delegate the work.** If kids want to help organize, let them. It can be a fun project for an adolescent to rearrange the pantry or offer their ideas for corralling messes.

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The benefits of including yoga in your exercise routine



Yoga continues to grow in popularity. In a questionnaire administered every five years as part of the National Health Interview Survey, the National Center for Complementary and Integrative Health and the National Center of Health Statistics found that the number of people practicing yoga increased dramatically between 2002 and 2012, when approximately 21 million adults acknowledged practicing yoga. That figure equated to nearly double the number of people who practiced yoga just 10 years earlier.

The almost meteoric rise in popularity of yoga can likely be traced to many factors, including a growing awareness among the general public regarding the impact a healthy lifestyle can have on both short- and long-term health. An essential component of a healthy lifestyle involves taking steps to protect our bodies, and that can include making an effort to reduce the aches and pains that are often associated with aging.

Continued on page 11

...YOGA

Continued from page 10

"The relaxation techniques incorporated in yoga can lessen chronic pain, such as lower back pain, arthritis, headaches and carpal tunnel syndrome," explained Natalie Nevins, DO, a board-certified osteopathic family physician and certified Kundalini Yoga instructor.

The American Osteopathic Association notes the benefits of yoga extend even further than relieving chronic pain. According to the AOA, yoga can help men, women and even children increase their flexibility as well as help them build stronger, more toned muscles. Additional benefits of yoga include weight reduction, improved cardiovascular and circulatory health and improved energy and vitality.

But the benefits of yoga extend beyond the physical to the mental. The American Psychological Association notes that several studies have shown that yoga can help strengthen social attachments, reduce stress and

relieve anxiety, depression and insomnia. For example, a 2012 study from researchers at the University of California, Los Angeles, found that a particular type of yoga that included brief, daily meditation reduced the stress levels of caregivers tasked with caring for people suffering from Alzheimer's disease and dementia.

One of the more attractive aspects of yoga is that it requires little or no financial commitment on the part of the people who practice it. Unlike fitness centers that typically require members to commit to yearly contracts or even potentially costly month-to-month memberships, many yoga studios do not require long-term commitments, instead asking that customers pay a small amount each time they visit if they are hesitant to commit to memberships. In addition, yoga requires just a mat and some appropriate clothing, ideally clothing that's conducive to flexibility but not so loose that it will prevent you from performing certain poses.

Before including yoga in your exercise regimen, speak with your physician. Once you get the green light, look for a beginner's course, explaining to your instructor that you are just starting out. Many yoga studios offer introductory classes that help men and women acclimate their bodies to yoga and the various poses it entails before moving on to more challenging poses.



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Tiny houses may appeal to eco-friendly prospective homeowners looking to cut costs.

What is the tiny house movement?

The tiny house movement has transformed the way many people look at housing and how it can help them downsize not only their residences, but also their lives.

Living small has been embraced as an eco-friendly way to cut costs and simplify life. According to the tiny house resource *The Tiny Life*, the typical American home is 2,600 square feet, while the typical tiny house is between 100 and 400 square feet. Many tiny homes are smaller than the average urban apartment. Proponents of the small house movement say that living the tiny life isn't really a sacrifice, but a way to experience a simpler, fuller life that frees them from expensive mortgage payments and unnecessary clutter.

One of the advantages of tiny house living is that buyers are often able to buy their homes (whether stationary or mobile) outright, eliminating the need to finance their purchases. Tiny homes also boast much lower utility bills than more traditional homes. Outfitting tiny homes with wood-burning appliances can keep heating costs to a minimum. In some instances, tiny homes are completely off the grid, harvesting electricity through solar panels and employing rain-capturing technology to supply water.

According to the resource *Living Big in a Tiny House*, the tiny house movement is eco-friendly.

Continued on page 13

DID YOU KNOW?

Although full moons occur roughly every 29.5 days, blue moons are much more rare. According to Space.com, a blue moon happens on average once every 2.7 years. A blue moon has nothing to do with the color of this celestial orb, but rather it refers to when there are four full moons in a season of three months instead of three full moons. The fourth moon is referred to as the blue moon. Occasionally, two full moons appear during the same month. This will next happen in January 2018. January 1st will feature the full Wolf moon. At the end of the month, on January 31, sky-gazers can view the second full moon, or the blue moon.



...TINY HOUSE

Continued from page 12

Small homes create much smaller carbon footprints than large homes. In addition, the resources needed to build and sustain such homes pales in comparison to those needed to build and maintain more traditional homes. Furthermore, with less interior space, residents of tiny homes are less likely to acquire items they don't necessarily need, reducing clutter and saving money.

The following statistics, courtesy of The Tiny Life, paint a picture of the tiny home lifestyle:

- Sixty-eight percent of tiny house people have no mortgage, and 78 percent own their home.
- The average cost to build a tiny house is \$23,000 for do-it-yourselfers.
- Eighty-nine percent of tiny house dwellers have less credit card debt than the average person.
- Tiny house owners earn an average of \$42,038 each year.
- Many tiny home owners are age 50 or older.

Those interested in the tiny house lifestyle can find many companies that now specialize in these dwellings. Empty-nesters looking to downsize may find tiny homes are an affordable way to simplify their lives.

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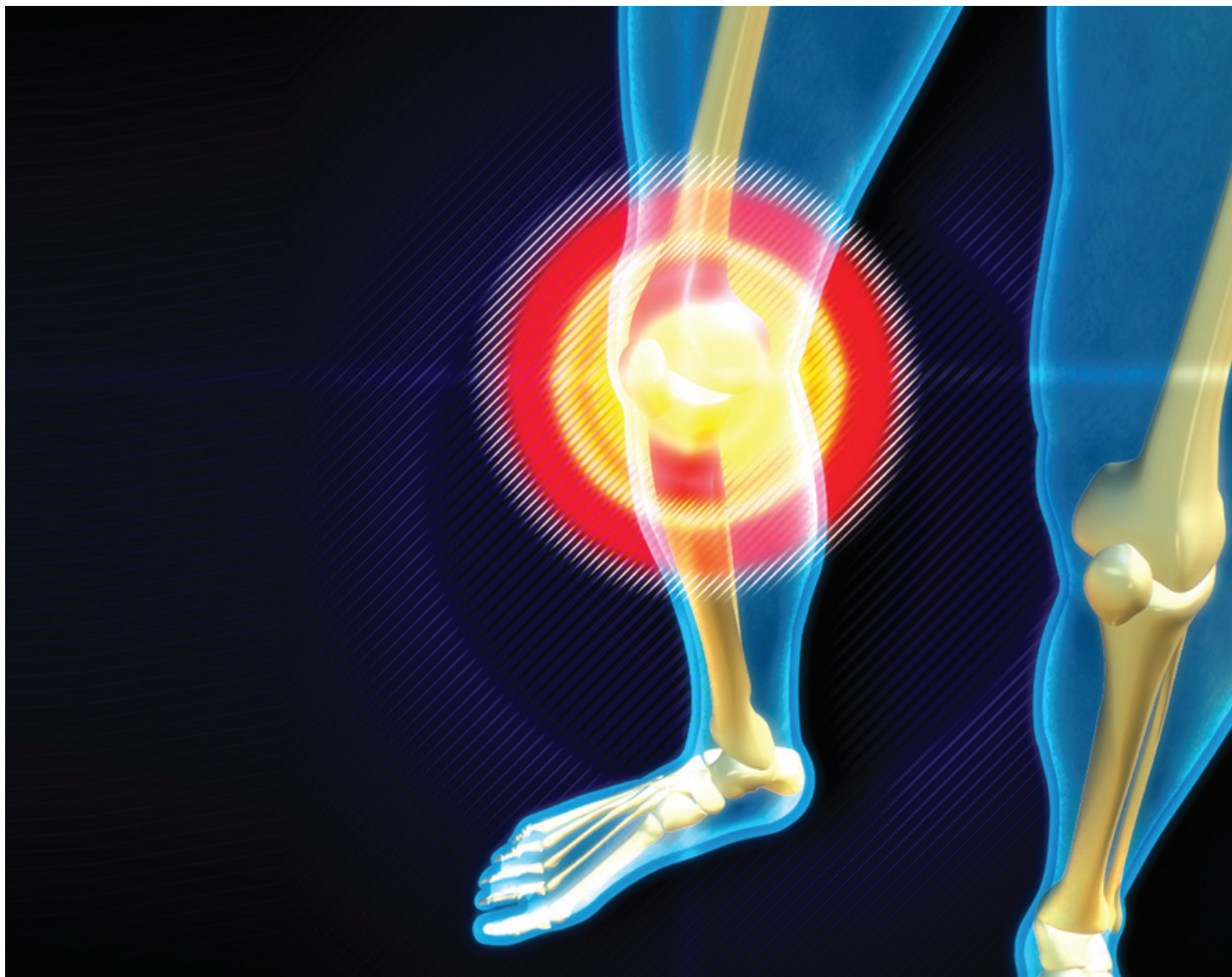
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Methods to treating arthritic knees

Osteoarthritis of the joints can affect people of all ages, but is one of the leading causes of disability in the aged population in the United States. A study published in the *Caspian Journal of Internal Medicine* found incidence of knee OA is rising by increasing average age of the general population. Age, weight, trauma, and repetitive movements are common risk factors for the condition.

According to Dr. Scott Paris of Central Jersey Spine and Wellness, more than 27 million people in the coun-

try suffer from knee arthritis. An estimated 37 percent of Canadians aged 20 or older who had been diagnosed with arthritis reported osteoarthritis, with 29 percent occurring in the knees, states Statistics Canada. Knee arthritis occurs when there is a degeneration of articular cartilage that covers and protects the patella (knee cap) at the knee joint, offers the online resource Arthritis-Health. Since this cartilage has no nerve endings, some people

Continued on page 15

can experience arthritis but feel no pain. However, pain may occur when doing specific activities that cause impact between bones, like jumping, walking up stairs or certain sports.

Over time, knee arthritis may become worse, and pain can be accompanied by stiffness and loss of mobility. This may be accompanied by knee locking or buckling.

Those who suffer from knee OA may seek treatment. In 2014, the Osteoarthritis Research Society International, a nonprofit organization dedicated to promoting osteoarthritis research and treatment, updated its recommendations for the treatment of osteoarthritis targeted to different patient characteristics. The main categories of treatment include non-drug treatments, medication, injections, and surgery.

- **Non-drug treatments:** Examples of non-drug treatments include exercise, stretching and range-of-movement strategies. Weight loss can alleviate excess strain placed on the hips and knees and reduce pain. Braces, sleeves and orthotics may help reduce pain and joint stiffness when directed properly through a specialist.

- **Medications:** Many medications are geared around reducing inflammation and pain and include over-the-counter pain relievers and NSAIDs, such as acetaminophen, ibuprofen and naproxen sodium. Topical NSAIDs may be tried, and these can reduce the risk of gastrointestinal side effects from oral medications. OARSI also found that the antidepressant duloxetine may help with chronic knee pain.

- **Injections:** The Arthritis Foundation says that some doctors can inject corticosteroid compounds directly into affected joints. Use of hyaluronic acid injections can supplement the natural substance that gives joint fluid its lubrication and viscosity. These injections may help relieve pain and improve mobility.

- **Surgery:** In cases when the aforementioned treatments are unsuccessful, doctors may suggest surgery. The Arthritis Foundation says joint lavage and arthroscopic debridement, which involve flushing the joint with a sterile saline solution and the surgical removal of tissue fragments from the joint, are controversial but may help some people achieve short-term relief. Partial knee replacement may be another option that offers a similar improvement in function, but fewer complications than a total knee replacement.

Osteoarthritis in the knee can be painful and restrictive. Working with a qualified doctor, individuals can develop a treatment plan that works for their specific conditions.

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