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CALENDAR OF EVENTS

2024

- ★ July 13-July 17: CATS
- ★ August 10-August 18: SPRING AWAKENING
- August 24/ 8PM: Juke Box Heroes: The Mahoney Brothers
- August 25/ 3PM: JAZZ | Big Band Royalty
- September 15/ 3PM: Linda Ronstadt Revue
- September 21/ 3PM & 8PM: Bolder Canyon: A Tribute to John Denver
- ★ October 11-October 20: JOSEPH... TECHNICOLOR DREAMCOAT
- October 26/ 2PM: Kenny Rodgers & Dolly Parton Tribute
- October 27/ 3PM: Good Stuff: A Tribute to Steely Dan
- ▲ November 3/ 3PM: ORCHESTRA | The Great American Songbook
- November 9/ 2PM: Theatre Rock LIVE!
- November 10/ 3PM: JAZZ | Frank Sinatra's Radio "Symphonette"
- November 24/ 3PM: A Carole King Christmas
- ★ December 7-December 21: IRVING BERLIN'S WHITE CHRISTMAS
- December 31/ 6PM & 9PM: Tusk: A Tribute to Fleetwood Mac

2025

- ▲ January 5/ 3PM: ORCHESTRA | Alphonse's New Year
- ★ January 18-26: YOU'RE A GOOD MAN, CHARLIE BROWN
- February 1/ 2PM: Chris Pinnella: Tribute to Tony Bennett
- ★ February 15-February 22: THE DIARY OF ANNE FRANK
- March 1/ 8PM: The Breakers, A Tribute to Tom Petty
- March 2/ 3PM: JAZZ | Boogie Woogie Big Band
- March 8/ 8PM: Asbury Shorts: World's Best Short Films
- March 9/ 3PM: A Tribute to Gordon Lightfoot
- ★ March 28-April 6: FOOTLOOSE: THE MUSICAL
- ▲ April 27/ 3PM: ORCHESTRA | An Afternoon at the Opera
- ★ May 9-May 18: 1776: AMERICA'S MUSICAL
- June 7/ 3PM & 8PM: BASH: A Tribute to Stevie Wonder

★ ALGONQUIN BROADWAY SERIES
■ ALGONQUIN CONCERT SERIES
● ALGONQUIN JAZZ SERIES
▲ ALGONQUIN ORCHESTRA SERIES

July 13-28, 2024	August 10-18, 2024	October 11-20, 2024
December 7-21, 2024		January 18-26, 2025
February 15-23, 2025	March 28-April 6, 2025	May 9-18, 2025



Warm weather fun for active seniors

STAR NEWS GROUP

Seniors may have more time for leisure and recreation than working adults, and the warmer months provide ample opportunities to get active.

After months of chilly temperatures, seniors in various parts of the country may be eager to get outdoors and enjoy some fun in the sun.

The U.S. Centers for Disease Control and Prevention recommends that adults age 65 and older get at least 150 minutes of moderate-intensity aerobic activity each week. There are plenty of ways for active seniors to meet this exercise goal and have some fun along the way.



COURTESY OF METRO CREATIVE CONNECTION

Active seniors can embrace long, warm summer days to enjoy plenty of time away from home.

The following are some good starting points.

JOIN OR START A WALKING CLUB

Walking is a great way to stay in shape and work the mind as well. View new sights along the way by changing the route each time you go. Walk-

ing with friends can pass the time and provide the motivation to keep going.

CATCH A SPORTING EVENT

Attending a sporting event can be an entertaining way to spend several hours, and that includes amateur and recreational sports. Catch a grand-

child's swim meet or a baseball game for an action-packed way to connect with loved ones and get out.

TAKE A FISHING CHARTER

Casting a rod from a dock or pier is perfectly acceptable, but securing a spot on a fishing charter is a great way to spend hours out on the water enjoying the scenery and the sport of fishing. Plus, there's the added benefit of enjoying the fruits of your labors by cooking the day's catch for dinner once you arrive home.

BE A TOURIST

Many cities and towns have their own tourism boards and showcase interesting spots that have historical significance or

appeal to other interests. Be a tourist for the day — even in an area with which you are familiar. Hop on a trolley or sight-seeing bus to view the town as an outsider.

SPEND TIME SWIMMING

Swimming is a low-impact activity that can work the body in many different ways. Devote time to doing a few laps in the pool. Or make a day of going to a lake or another body of water to wade out and enjoy some strokes in nature. Stick to swimming areas that are monitored by lifeguards for optimal safety.

TEND TO A GARDEN

Gardening is a great form of light exercise that can produce reward-

ing results. If you don't have a garden or enough space for one at home, many neighborhoods have community gardens in which you can secure a plot.

VISIT A FAIR OR FARMER'S MARKET

The warm weather months are a peak time for outdoor activities, including various community fairs and farmer's markets. Chances are you can find a farmer's market nearby most days of the week, but especially on the weekend. A town market or state fair is a great way to get out and walk, play games of chance or enjoy some live entertainment. Check your community calendar for local events.

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Centenarians Celebrate Century Milestones:



Stories of Resilience and Legacy

In a world where time seems fleeting, where moments blur into years and decades slip by unnoticed, three remarkable individuals pause to celebrate the century milestones they have reached. Bert Berstel, Lorraine Kiernan, and Carol Acierno, all turning 100 years old, offer glimpses into lives colored by resilience, love, and an unwavering spirit.

Harold (Bert) Berstel: A Navy Pilot's Legacy

Bert, as he is known affectionately by friends and family, embodies the spirit of duty and responsibility. Service was thrust upon him in World War II. Serving as a Navy pilot at age 18, he learned early of the weight of responsibility. "A lot of people depended on me, so I grew up in a hurry," Bert reminisces.

Bert shares his wisdom for longevity, which everyone always seems to ask when they hear he is 100 years old. "Don't stop whatever you are doing. Keep active and don't stop." His years are marked not only by service but also by a loving marriage, two children, and two cherished grandchildren. "My family is what I live for," he affirms, reflecting on a life lived with purpose and love.

Lorraine Kiernan: A Lifetime of Memories

Lorraine's journey took an altogether different path in WWII albeit with equally significant responsibility. As a member of the Navy Waves (Women Accepted for Volunteer Emergency Service), Lorraine served as a private secretary to a Naval Commanding Officer in Washington DC, where secrecy was essential. She was his gatekeeper. It was during that time that she met

her future husband while he was on leave from his ship. When they decided to get married, the priest suggested skipping the typical wedding gown and marrying in her uniform. "How many people can get married in uniform?" was his response and she followed his lead. Lorraine's story is a testament to love and dedication. "I had such a good life," she reflects, with gratitude. With three successful sons and a legacy of love, Lorraine's century milestone is a celebration of appreciation.

Carol Acierno: Lessons in Strength and Legacy

From humble beginnings to academic excellence, Carol's journey echoes the struggles and triumphs of generations past. Raised by immigrant parents in the shadows of hardship, Carol's family embodied resilience and determination. We had no money, but we had each other," Carol recalls, her voice filled with pride.

Despite the challenges of the Depression and the anxieties of war, Carol's family found strength in unity and perseverance. The realities of life: no money, tenement housing, lack of formal education... "I wouldn't change a thing. It taught us inner strength, the value of money, hard work and the importance of education." Despite her family's financial constraints, she was inspired by her father's dedication to self-education and instilled in her children a profound appreciation for learning. She made it her life's mission to ensure her children received the education she couldn't, and as a result, all of them achieved PhDs.

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Travel opportunities for retirees

STAR NEWS GROUP

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

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

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

CRUISING

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

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



COURTESY OF METRO CREATIVE CONNECTION

Seniors have many travel options, and retirement is the ideal time to get out and enjoy time away from home.

GUIDED TOURS

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

RV EXCURSIONS

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

The RV industry exploded during the pandemic because it provided a safe way to enjoy a vacation and get away from home. MARVAC Michigan RV & Campgrounds says currently more than nine million

households own an RV in the United States. There's no age limit to buying an RV, although the RV Industry Association says the average owner is 48-years-old and married.

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

TIMESHARES

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

VISITING FAMILY

Retirees may aspire to spend more time with family members who do not live nearby. Families may want to consider mother-daughter residences or properties with small guest houses so that seniors can stay in the residences when visiting but have some privacy at the same time.



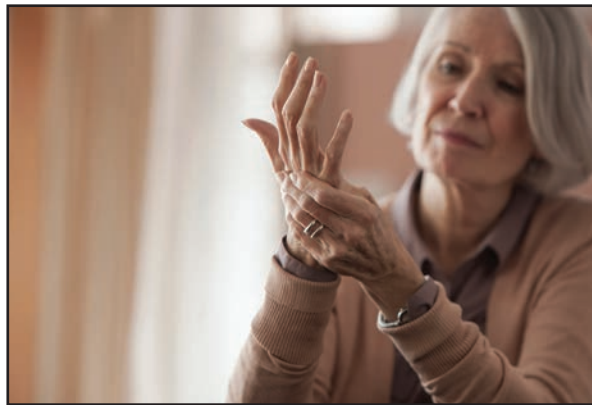
Tips for daily living with arthritis

STAR NEWS GROUP

Arthritis isn't a single disease, but a term that refers to more than 100 conditions characterized by joint pain or joint disease, says the Arthritis Foundation.

Arthritis is the leading cause of disability in the United States, and affects women at a proportionally higher rate than men.

Arthritis looks and feels different to the various people who experience it, and symptoms can vary from day to day depending on variables such as the weather and individuals' level of physical activity. When arthritis flares up, it can make performance of daily activities challenging. Therefore, people experiencing arthritis can take steps to make living



COURTESY OF METRO CREATIVE CONNECTION

Arthritis affects millions of individuals around the world. By making some changes, people living with the condition can find life a little bit easier.

with the condition somewhat easier.

WORK WITH AN OCCUPATIONAL THERAPIST

An occupational therapist can assess work and home situations and make recommendations on potential modifica-

tions to these spaces that might be right for your situation. The bathroom and kitchen typically are two spaces where people spend a lot of time and can be areas of focus. Having items at counter height; purchasing smaller sizes of products that

are easier to hold; avoiding bending down by using a grabber tool; and having a chair or stool nearby so that you can sit while doing an activity can help.

USE SMART DEVICES

The bevy of smart devices now available can work to your advantage. With the push of a button on a phone app or through voice control, you can turn on lights, switch the thermostat or perform any other tasks programmed around the house. This can help when mobility is compromised.

FOCUS ON KITCHEN TASKS

Meal preparation can be a chore when arthritis makes it painful. Rather than eating out all of

the time, some tips can help. Utilize frozen fruit or vegetables that already are chopped and prepared to cut down on these tasks. Invest in lightweight cookware and dishes to simplify moving items around. Electric jar openers, kitchen scissors and even vegetable steamers that require less water are additional kitchen tools that can make life with arthritis a little easier.

MOVE YOUR BEDROOM

If climbing stairs repeatedly is problematic, move clothing or even your bedroom downstairs to reduce trips up and down. Additional relocation techniques can include putting a mini fridge in your bedroom or relocating the wash-

er and dryer upstairs to make laundry easier.

GET A ROLLATOR

A rollator is a wheeled walker that doubles as a seat. It provides support when walking, but also can be a comfortable place to stop and take a seated break.

GET THE RIGHT PAIN RELIEF

Pain relief can make it easier to cope. Strategies include anti-inflammatory medications, physical therapy and massages, stretching and exercising, and even prescription therapies that target the immune system in people with autoimmune arthritis. Work with health professionals to get the right combination of what is needed to alleviate pain and stiffness.



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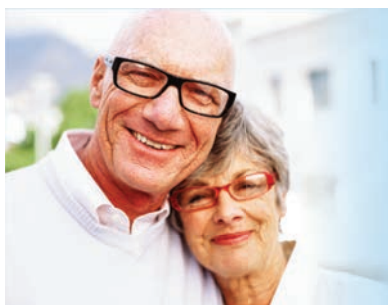
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COURTESY OF METRO CREATIVE CONNECTION

Medical staff and family caregivers must develop relationships built on communication and respect to provide the best level of care to patients.

How caregivers work in concert with doctors

STAR NEWS GROUP

Managing an illness, disease or injury often requires a collaborative effort that involves a number of medical professionals, such as doctors and nurses.

The support and assistance of family caregivers also is essential when managing illness. In fact, family members can play important roles when they work closely with medical professionals in helpful ways.

How can family caregivers assist doctors and nurses as their loved ones receive medical care? And what can medical professionals do to ensure caregivers are afforded the respect they deserve? There are many steps each can take.

BECOME A COMMUNICATOR

Communication is key in a doctor-caregiver relationship. Doctors may strive for extreme focus on the patients' care, but they also can welcome

input from family members who may have information that can help doctors work more effectively. Caregivers should not be afraid to speak up out of fear that their insight will be dismissed.

KEEP COMMUNICATIONS CONCISE

In modern medical settings, health care professionals see many, many patients over the course of a day. This is likely followed by paperwork and then email or phone correspondence follow-up. Caregivers should realize that doctors and nurses are busy professionals and aspire to keep their communications concise.

BE PATIENT

According to the American Association for Physician Leadership and a 2018 survey by the Physicians Foundation, doctors work 51 hours a week and see 20 patients per day on average. Unless there is an extreme

medical emergency, family caregivers should not expect an immediate follow-up to a concern or question following a visit. However, most doctors offer a call or patient portal message when time allows.

AIM FOR ASSERTIVE, NOT AGGRESSIVE, INTERACTION

A family caregiver is often a patient's most diligent advocate. But being too aggressive when interacting with nurses and doctors might lead the care team to view a caregiver as an adversary rather than an ally, advises AARP. Instead, it is best for caregivers to come across as informed, pleasant and respectful partners.

DO YOUR RESEARCH

It is alright for a caregiver to delve deeper into information about a patient's condition so they can be as informed

SEE **DOCTORS** PAGE 11



How families can share caregiving responsibilities

STAR NEWS GROUP

Family caregivers are unsung heroes. Such individuals typically provide vital services to their loved ones who cannot fully care for themselves, and they often do so without compensation.

Data from the U.S. Bureau of Labor Statistics indicates the prevalence of family caregivers across the country. According to the BLS, 14 percent of the population, which equates to roughly 37 million people, provide unpaid elder care across the nation.

Caregiving for a family member can take a toll that affects caregivers' physical and mental health.

According to the Centers for Disease Control and Prevention, caregiv-

ers are at increased risk for developing multiple chronic diseases since many neglect their own health needs while caring for others.

In addition, roughly 15 percent of caregivers who participated in a CDC survey reported experiencing 14 or more mentally unhealthy days in the past month.

The physical and mental toll of caregiving underscores how important it can be for families to find ways to share caregiving duties.

Though each situation is unique, the National Institute on Aging offers the following advice to families as they seek to share the responsibility of caring for a loved one in need.



COURTESY OF METRO CREATIVE CONNECTION

Sharing the responsibility of caregiving can ensure caregivers and their loved ones in need are not overwhelmed by the challenges they might confront each day.

IDENTIFY THE CARE REQUIRED

The NIA recommends families discuss caregiving needs as early as possible and ideally before an emergency situation

arises. If possible, the person in need can participate in this conversation and help to calmly discuss which services are wanted and needed.

If a loved one is diagnosed with a condition in its early stages, such as dementia, families can then work together to identify the level of care required in the immediate future and potentially down the road should the condition worsen.

CHOOSE A PRIMARY CAREGIVER

The primary caregiver will be the individual who accepts the bulk of the daily responsibilities of caregiving.

Identifying this person early, ideally before a primary caregiver is even needed, can limit

confusion should the day come when the individual needs daily care.

DETERMINE EACH CAREGIVER'S CONTRIBUTION

The caregiving team can discuss each person's skills and how they can be used to take care of the individual in need.

This can be particularly useful when assigning specific tasks. For example, a caregiver who works in the medical field may be most qualified to speak to medical staff about their loved one's condition, while another who works in the financial sector may be tasked with managing a loved one's bank accounts and ensuring bills are paid on time.

RECOGNIZE EVERYONE HAS LIMITS

A caregiving team is just that: a team.

As noted, caregiving can take both a physical and emotional toll, so it's important that everyone, and particularly the individual chosen as the primary caregiver, receive routine breaks to ensure everyone can take care of themselves.

It's important that a caregiving team maintain a degree of flexibility to account for the physical and mental challenges caregivers may encounter as they tend to a loved one in need.

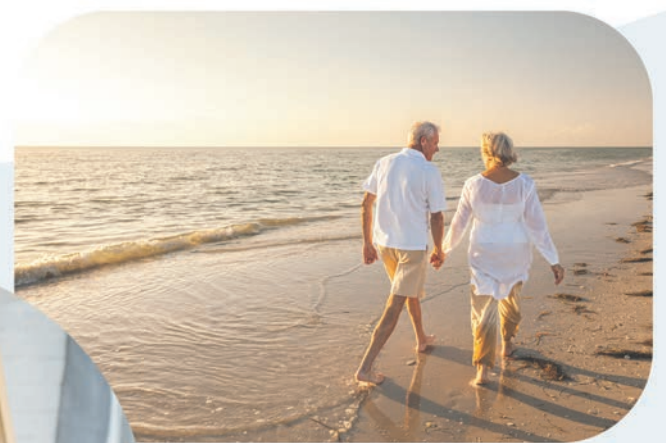


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How seniors can get their balance back

STAR NEWS GROUP

Balance issues can pose a serious threat to individual health. When a person experiences issues with their balance, they may experience dizziness, lightheadedness and feel as if a room is spinning. Each of those factors can increase the risk for potentially harmful falls.

Seniors may not have the market cornered on balance issues, but the National Institute on Aging notes that many older adults experience such problems. The NIA also notes that people are more likely to have balance problems as they grow older. A number of variables can contribute to balance problems, including medications, health conditions like heart disease and vision problems, and alcohol consumption. The NIA notes that the remedy to balance issues may depend on what's causing them, though some exercises that require individuals to move their heads and bodies in a certain way can help treat some balance disorders. A physical therapist or another professional with an understanding of the relationship between balance and various systems in the body also may be able to help.

When a specific cause, such as hypertension or low blood pressure, is identified, health care teams may be able to recommend various approaches to help seniors get their balance back.



COURTESY OF METRO CREATIVE CONNECTION

Health care teams may be able to recommend various approaches to help seniors get their balance back.

HYPERTENSION

A 2015 study published in The Journal of Physical Therapy Science found that hypertension, also known as high blood pressure, can negatively affect balance. The study found that this occurs because hypertension damages the large arteries and decreases microcirculation in specific functional areas, ultimately resulting in impairment that reduces a person's ability to maintain a stable posture. Taking steps to address hypertension, such as eating less sodium, maintaining a healthy weight and exercising regularly, may also lead to a reduction in balance problems related to the condition.

LOW BLOOD PRESSURE

Low blood pressure also can contribute to balance problems. According to the American Geriatrics Society, sudden low blood pressure, which is also referred to as orthostatic hypotension, can manifest when sitting up and standing up. When it does, a per-

son may experience dizziness or lightheadedness, which may last just a few seconds or several minutes. The AGS notes that dizziness related to low blood pressure also may appear within one to three minutes of sitting up or standing up, which means individuals may be vulnerable to falls even when they initially feel fine after sitting up or standing up. The NIA reports that individuals with low blood pressure can manage the issue by drinking plenty of fluids, including water, and avoiding alcohol. In addition, pay careful attention to posture and movements and make a concerted effort to stand up slowly.

Balance issues are often linked to aging, but that does not mean seniors are helpless against symptoms like dizziness and lightheadedness that are linked to problems with balance. Working with a healthcare team and identifying potential causes of balance issues can help seniors improve their health outcomes.

Seniors can boost energy with the right foods

STAR NEWS GROUP

A nutritious diet is a key component of a healthy lifestyle. And for seniors, the right diet can be a key part of treating any number of health issues. In fact, changing one's diet may be something seniors can consider if they are feeling sluggish.

Food can be a helpful ally for seniors dealing with fatigue and low energy. WebMD says eating a balanced diet is one of the ways to improve low energy levels, and that balanced diet should include certain foods that are natural energy boosters.

WHOLE GRAINS

Switching refined grains for whole grains is a good way to boost energy. These grains are full of complex carbohydrates that help boost metabolism and provide energy. They'll also work longer in the body than the more refined options. Swap out "white" products like breads and rices for whole wheat or brown rice.

LEAN PROTEIN SOURCES

While protein does not give the same quick boost of energy as a high carbohydrate meal, it will help fuel the body and keep a person feeling full longer. According to Discovery Senior Living, protein helps increase concentration levels, produces stronger muscles and helps maintain optimal blood sugar levels. Chicken, tuna and legumes are some notable protein sources.

NUTS

Most nuts are a complete package that provide healthy fats, proteins and amino acids that are good for the body. The fiber and carbohydrates in nuts digest more slowly and help provide a steady supply of energy throughout the day. Replace croutons in salads with nuts, or sprinkle some nuts on oatmeal at breakfast.

FRUITS AND VEGETABLES

Berries, sweet potatoes, dark, leafy greens, and other produce are low-calorie, low-sugar options for snacks and sides that boost health.

They're full of fiber and antioxidants that can ward off illness, and they can provide an energy boost as well. Berries and vegetables can be added to smoothies or salads.

DOCTORS

FROM PAGE 8

as possible. Also, he or she should feel free to reiterate care directions back to the medical staff to make sure that everything is understood and can be followed according to the plan established by the doctor.

PREPARE FOR APPOINTMENTS

During medical appointments, patients have the undivided attention of their doctors. This is the best time to ask questions, bring up concerns and provide follow-up about what is going on at home. Caregivers and patients can come ready with a list of items that have been jotted down on paper or itemized on a smartphone.

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COURTESY OF METRO CREATIVE CONNECTION

Many people find it hard to stay motivated to exercise. Seniors can try a few strategies to ensure they stay the course with their fitness routines.

How seniors can overcome a lack of motivation to exercise

STAR NEWS GROUP

EXERCISE AWAY FROM HOME

Exercise has its fair share of devotees and millions of others who recognize its value but still struggle to include workouts in their daily routines.

Motivation can be a significant hurdle when it comes to exercise, and recent studies are a testament to that difficulty.

In a 2021 survey, 43 percent of respondents indicated they suffered from a lack of motivation to exercise.

Lack of motivation can affect people of all ages, including seniors. However, seniors may be uniquely positioned to overcome their lack of motivation to exercise, particularly if they're retired and have time on their hands.

Seniors who aspire to exercise more frequently can consider these strategies if motivation becomes an issue.

During the early days of the COVID-19 pandemic, a phenomenon that has been characterized as “basement burn-out” developed. That referred to the lack of enthusiasm to exercise at home when gyms and other fitness facilities were forced to close as a public safety measure. Home workouts can become monotonous since most people do not have enough room at home to house the same array of equipment that’s available at their local gym. Seniors can overcome monotonous workouts by purchasing a gym membership at a local facility. Many clubs offer discounted rates to seniors and some even offer senior-specific fitness classes like yoga and Pilates.

Seniors can also enlist friends and family members to join them when

they exercise. Encourage neighbors or friends to come along to the gym for a favored fitness class, or invite friends and family on hiking excursions or daily walks. The National Institute on Aging notes that turning exercise into a social activity is a great way for seniors to maintain their motivation to exercise.

TRACK YOUR PROGRESS AND CELEBRATE SUCCESSES

The NIA touts the benefits of tracking progress when trying to stay motivated to exercise. As exercise efforts pay increasing dividends, seniors may find it’s no longer hard to stay motivated. Success can be measured in various ways.

Some might aspire to produce healthier blood test results at the doctor’s office, while others may hope to lose a few pounds. However you define success, celebrate

EMPLOY THE BUDDY SYSTEM

Seniors can also enlist friends and family members to join them when

SEE **EXERCISE** PAGE 17



What seniors should know about prediabetes

STAR NEWS GROUP

Most seniors recognize that routine visits to their physicians are an important component of preventive health care. Annual physicals are important for everyone, but they're especially important for individuals 65 and older who may be more vulnerable to disease and various other health conditions than younger adults.

The National Institute on Aging reports that millions of individuals 65 and older have visited their physicians and learned they have a condition known as prediabetes.

For some, the day they receive a prediabetes diagnosis also marks the first time they've heard of the condition. Since so many seniors are affected by prediabetes, it can behoove anyone to learn more about it.

WHAT IS PREDIABETES?

The Centers for Disease Control and Prevention notes that prediabetes is a serious health condition characterized by higher than normal blood sugar levels.

When a person has prediabetes, his or her blood sugar levels are not yet high enough to indicate type 2 diabetes, but that could change if prediabetes patients do not make changes to prevent such a progression.

HOW COMMON IS PREDIABETES?

A 2023 study published in the journal Diabetes Care indicates that 464 million individuals



COURTESY OF METRO CREATIVE CONNECTION

Prediabetes can be a precursor to type 2 diabetes, which only highlights how important it is that older adults recognize their risk for the condition.

across the globe had impaired glucose tolerance (IGT) and 298 million had impaired fasting glucose (IFG) in 2021. Each of those conditions are hallmarks of prediabetes, cases of which the study indicates are expected to rise significantly by 2045.

WHAT CAUSES PREDIABETES?

The CDC notes that when a person has prediabetes, the cells in his or her body do not respond normally to insulin, which is a hormone produced by the pancreas that enables blood sugar to enter cells, which then use it for energy.

The pancreas then makes more insulin to get cells to respond, but eventually the pancreas cannot keep up, resulting in a rise in blood sugar.

DOES PREDIABETES PRODUCE SYMPTOMS?

Many people have had prediabetes for years and do not know it. In fact, the CDC reports that more than 80 percent of the 98 million American adults who have prediabetes are unaware that they do.

HOW CAN I DETERMINE IF I HAVE PREDIABETES?

The sheer volume of people who have prediabetes but are unaware that they do begs the question of what individuals can do to learn if they have the condition before they develop type 2 diabetes.

Recognition of the risk factors for prediabetes is a good start.

The CDC urges anyone who has any of the following risk factors to

SEE **PREDIABETES** PAGE 17

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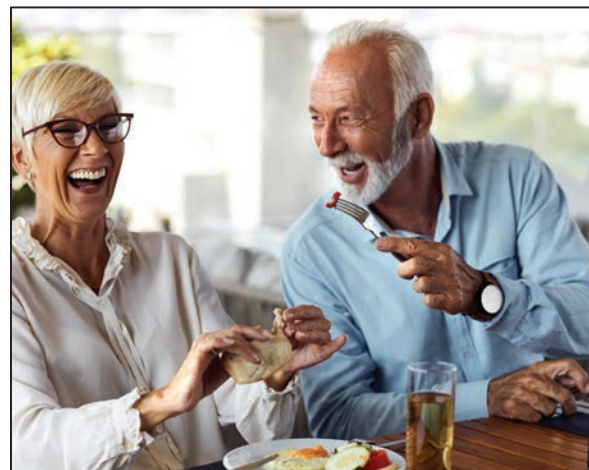


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How nutritional needs change with age

STAR NEWS GROUP



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Healthy eating is important at any age and can set the course for a life of vitality and wellness. Sufficient nutrition can help prevent chronic illnesses and make sure that growing bodies develop properly. As one ages, various changes take place in the body, making healthy eating even more essential.

According to Healthline, nutritional deficiencies can affect aging individuals, which can decrease quality of life and lead to poor health outcomes.

Individuals should pay attention to their vitamin and mineral intake at various ages so they do not miss out on important nutrients. As a person ages, here are some approaches to consider.

Individuals should speak with their health care providers and nutritionists for further insight into their changing nutritional needs. Such professionals can help customize diets to address specific health concerns.

CONSUME FEWER CALORIES
According to Connie Bales, PhD, RD, associate director of the Geriatric Research, Education, and Clinical Center at Durham VA Medical Center, people need fewer calories every decade. That's because individuals are moving around less and have less muscle. This causes a decline in metabolic rate.

consume. That means finding nutrient-rich foods like whole grains, fruits, nuts, beans, vegetables, fish, and lean cuts of meat.

CONSUME MORE LEAN PROTEIN

Muscle loss and loss of strength can develop as a person ages. Healthline says the average adult loses 3 to 8 percent of their muscle mass each decade after age 30. Eating more protein could help aging bodies maintain muscle.

DRINK MORE FLUIDS

Health.com says sensation of thirst declines with age. Drinking water and other fluids becomes a priority to stay hydrated. It also helps with digestion.

PRIORITIZE BONE HEALTH

Osteoporosis is a concern for older adults, particularly women who have reached menopause.

EAT FORTIFIED CEREALS AND GRAINS

The ability to absorb vitamin B12 can decrease as one gets older and with the use of certain medicines.

Osteoporosis occurs when bones become brittle and can break from only the slightest bump or fall, says the Mayo Clinic. Vitamin D and calcium help strengthen bones, and older adults may need more of these nutrients.

INCLUDE MORE NUTRIENT-DENSE FOODS
Even though caloric needs go down with age, it's important to pack as much nutrition into the calories a person does

Many health professionals recommend patients get more vitamin B12 by consuming foods

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Tips to prevent pickleball injuries

STAR NEWS GROUP

Pickleball has inspired millions of devotees.

According to the Association of Pickleball Professionals, roughly 36.5 million individuals played pickleball in 2022, and 45 percent of players who participated in a YouGov study conducted between August 2021 and August 2022 indicated they planned to play more pickleball in the coming six months than they had in the previous six months.

Pickleball is thriving, and that's great news for those who love the game. Unfortunately, pickleball also has proven beneficial to orthopedic practices.

A 2023 analysis from UBS estimated pickleball injuries could cost Amer-

icans nearly \$400 million in 2023.

Seniors are especially vulnerable to pickleball injuries, as a 2021 study published in the journal Injury Epidemiology found that 86 percent of emergency room visits related to pickleball injuries affected individuals 60 and older.

Injuries are a part of any sport, and pickleball is no different. Though there's no foolproof method to guarantee pickleball players don't get hurt playing the game they love, the following are some tips that can reduce injury risk.

GEAR UP

Pickleball is a competitive sport, but there's a tendency among some players, particularly nov-

ices, to take a casual approach to the game.

Veteran players may know better, but anyone new to the game should be sure to wear the appropriate gear when playing. Athletic shoes with ample traction can reduce the likelihood that players will slip or fall.

The right racket also can reduce risk for elbow injuries. The sporting goods experts at Dick's Sporting Goods note that paddles should feature a light to medium weight, comfortable grip and a large sweet spot.

The right paddle will be different for everyone, so novices are urged to speak to veteran players for advice on which paddle might be best for them.



COURTESY OF METRO CREATIVE CONNECTION

Pickleball is wildly popular, even though pickleball injuries are common. Players can embrace various strategies to reduce their injury risk.

EMBRACE PHYSICAL ACTIVITY

Pickleball can be a great workout, and players can reduce their injury risk by embracing

physical activity even when they are not playing. Leg exercises can help build lower body strength, but strength ex-

SEE PICKLEBALL PAGE 17

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Know your osteoporosis risk

STAR NEWS GROUP

Bone is living, growing tissue that changes as a person ages. Although healthy bone can naturally diminish as a person gets older, seniors in particular are at elevated risk of osteoporosis, a bone disease marked by rapid bone deterioration.

Osteoporosis occurs when bone mineral density and bone mass decrease, or when the strength and structure of bone changes, according to the National Institute of Arthritis and Musculoskeletal and Skin Diseases.

Bone is constantly being broken down and replaced. When a person has osteoporosis, creation of new bone cannot keep up with the loss of old bone.

Osteoporosis can make bones so brittle that even a seemingly innocuous movement, such as coughing, bumping into something or bending over, can cause bones to break, says the Mayo Clinic. These breaks commonly occur in the spine, wrist or hip.

Osteoporosis affects people of all genders, ages and races. However, white and Asian women, especially those past menopause, are at the highest risk.

The Bone Health & Osteoporosis Foundation says that osteoporosis is known as a silent disease because bone weakening is undetectable.

Subtle signs, such as a stooped posture, a curved back or if some-

one seems to be getting shorter, may indicate osteoporosis. Breaking a bone is often the first sign of the disease.

There may be ways to prevent osteoporosis or alleviate its symptoms. A nutritious diet and regular exercise are essential for keeping bones healthy throughout life. This includes getting enough calcium through foods and possibly supplementation. Individuals should work with their doctors to get the right amount of calcium, as too much from supplements may cause kidney stones. Vitamin D also works in concert with calcium to produce strong bones, and many people are deficient in vitamin D.

Exercise also is needed for strong bones. Strength training with weight-bearing and balance exercises enjoyed regularly throughout life can help maintain healthy bones as one ages.

Additional lifestyle issues can increase risk for osteoporosis. These include long-term use of certain medications like glucocorticoids and adrenocorticotropic hormones to treat various conditions. Proton pump inhibitors, cancer medications and antiepileptic medicines also may increase risk for osteoporosis. Heavy alcohol consumption and smoking also can contribute to osteoporosis.



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Osteoporosis is not something to take lightly. A bone-density test can indicate if bones are weakening and if intervention is necessary. However, measures should be taken early in life to prevent osteoporosis in the future.

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PICKLEBALL

FROM PAGE 15

upper body also can reduce injury risk.

LOOSEN UP BEFORE PLAYING

Taking the court right after getting out of the car is a recipe for injury. Arrive five to 10 minutes before a game and use that time to loosen up. A short walk and some subsequent stretches can help players make sure

their bodies are not too tight to play. Some brief warm-up exercises and stretching can reduce muscle tension and make the body less vulnerable to injury.

HYDRATE BEFORE, DURING AND AFTER A GAME

The experts at Johns Hopkins Medicine note that water cushions the joints, which helps athletes maintain their flexibility. Flexibility can reduce injury risk, par-

ticularly in a sport like pickleball.

The 2021 study published in Injury Epidemiology noted that 60 percent of pickleball injuries are sprains, strains or fractures. Remaining flexible can reduce athletes' risk for sprains and strains. Johns Hopkins recommends adults consume between six and 12 ounces of water for every 20 minutes of sports play and to drink between 16 and 24 ounces afterward.

PREDIABETES

FROM PAGE 13

speak with their doctor about having their blood sugar tested:

- Being overweight
- Being 45 or older

• Having a parent, brother or sister with type 2 diabetes

• Being physically active less than three times per week

• A history of diabetes during pregnancy (gestational diabetes) or giving birth to a baby who

weighed more than nine pounds

• Having polycystic ovary syndrome

• Being African American, Hispanic/Latino American, American Indian, or Pacific Islander.

EXERCISE

FROM PAGE 12

when you achieve your fitness goals. Rewards such as a spa day, a night out at the theater or a weekend getaway can provide all the motivation you need to stay the course.

BE FLEXIBLE WITH YOUR ROUTINE

Mobility issues and other physical limitations may affect seniors. But such issues need not prevent aging men and women from exercising, even if it does mean they won't be able to hit the gym four or five days per week.

Mix up your routine so you can still exercise even if physical limita-

tions make traditional workout routines more challenging.

Go for nature walks on days when your body needs a break from strength-training, and check the forecast at the start of each week so you can rearrange your routine if Mother Nature makes outdoor exercise impossible on certain days.

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Tips to find a home health aide

STAR NEWS GROUP

A desire to live independently seems to be part of human nature. Though that desire may continue to burn as individuals approach retirement age, unforeseen circumstances like medical issues or the death of a partner may result in a need to work with a professional caregiver.

Home health aides (HHAs) can help aging individuals or those with certain physical or cognitive limitations live full lives without requiring them to move into assisted living facilities or seek alternative housing arrangements. HHAs provide a host of services, and individuals living in well-populated areas may have no shortage of options as they seek to hire a professional to help themselves or a loved one with the tasks of daily life. Individuals or families beginning their search for a home health aide can keep these tips in mind.

IDENTIFY THE SERVICES REQUIRED

The Family Caregiver Alliance notes there are several main areas to assess when identifying which services individuals may need help with. Personal care consists of bathing, eating, dressing, toileting, and grooming. Household care involves cooking, cleaning, laundry, and shopping. HHAs who provide medical care may help clients manage medications, provide physical therapy and help clients get to their doctor's appointments. Companionship is a component of emotional care, which also may



COURTESY OF METRO CREATIVE CONNECTION

Individuals who need some assistance with daily living can employ various strategies to find home health aides who can provide such services.

entail engaging clients in meaningful activities and conversation. Identifying the services required can help individuals and their families zero in on the professionals who can help them.

SEEK RECOMMENDATIONS FROM TRUSTED DOCTORS AND CONFIDANTES

An individual who needs daily assistance at home can ask his or her physician for recommendations (family members can ask as well). Physicians undoubtedly have had previous patients who have benefited from the services of HHAs, so they can likely recommend local professionals. Trusted confidantes, such as neighbors, relatives and friends, who have been in similar situations, or have family members who have required HHAs, also can be an invaluable resource.

CONTACT A LOCAL AGENCY

The FCA notes that contacting a local Home Care Agency is a formal way to find an HHA for yourself or a loved one. Various agencies are likely in operation within a reasonable distance of

a person's home, though the FCA notes far fewer agencies serve rural areas. Contacting a local Home Care Agency can put individuals and their families in contact with professionals who can help match people with particular needs with HHAs who specialize in such care or have extensive experience providing a range of home care services.

LOOK INTO A DIRECT-HIRE GROUP

AARP notes that direct-hire agencies maintain networks of independent caregivers and facilitate connections between those professionals and individuals and families seeking help. When working with a direct-hire group, inquire about their fees and ask if they can share any information regarding how to pay independent contractors who can be found through their agencies. It's also important to ask if direct-hire groups formally vet professionals that can be found through them or if individuals and families must conduct their own background checks.

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We all know that one constant in life is change. This is especially true when you are looking after a senior loved one. How do you give them the best of all worlds: top-notch care and options that fit their changing needs and wants, all in a place that feels like home? With so many options today, which one do you choose?

The right choice for many families is an established senior living community with a continuum of lifestyle and care services. Senior living communities provide services that may include assisted living, memory care, long-term skilled nursing care, and sub-acute (short-term) rehabilitation. (Sunnyside Manor Senior Living in Wall, NJ, offers all of these.) Some communities may focus on just one option.

Seniors and their families say that having a variety of senior living options right on one campus makes life easier. “It is a relief to know all needs have the potential to be met under one roof.” said the family

of a resident at Sunnyside Manor Senior Living in Wall.

The consistency and convenience of a continuum of services takes the “what-ifs” out of senior care. Extra help is right onsite when care needs change, whether for the short term (such as rehabilitation after a procedure) or when more support is needed day-to-day.

On a continuum of care campus, all the resources that seniors and their families need for long-term wellness are in a familiar place that feels like home. When care needs change, an expert team manages medical, personal and social details, while residents and their families enjoy all that the community has to offer.



At Sunnyside Manor, this personalized approach to the wellbeing of residents and their families is central to their mission as a family-owned senior living community. Second generation owner and

administrator MaryEllen Keane says, “To me, ‘family owned’ means residents and their families are always first. That’s the secret to Sunnyside Manor’s longevity. At Sunnyside Manor, expertise in senior care also means expertise in individuals and families.”

With over 100 years of care, Sunnyside Manor is a one-of-a-kind, family-owned and operated senior living community. From the big picture to the little details, the Keane family understands what really makes a community feel like home, and keeps seniors and their families thriving through life’s changes.

Learn more about why families rely on Sunnyside Manor Senior Living. The continuum of care at Sunnyside Manor includes assisted living, memory care, long term care, and sub-acute (short-term) rehabilitation, with one simple monthly fee and no large buy-in. **Whether you’re looking for short-term support or a longer-term plan, visit LiveSunnysideManor.com or call 888-347-5773 to speak with a senior living expert.**





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