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Times

FEATURED SECTION
January 26, 2020

2020 WINTER
Protecting what’s important

When you purchase a life insurance policy from Auto-Owners Life Insurance Company, you can know you’re protecting the ones you love with a company you can trust.
Don’t just sit there...

*This is the time of year to add fun and movement to your daily routine*

By Sally Rummel

Why sit on the couch watching television when there are so many other fun activities you could be doing?

Winter is the perfect time to enjoy active, indoor pursuits that get you out of your comfort zone to improve your health and learn a new skill while socializing with other people.

Get out there and DANCE

They don’t call it “happy dance” for nothing.

Dancing, whether it’s ballroom, the hustle or hip-hop, gets you on your happy feet and moving.

You’re having so much fun you don’t even realize you’re getting a full cardiovascular workout, as well as improving your balance, coordination and memory.

Dancing requires a learning curve that works your brain as well as your body, and also offers a “mental break” from everyday stress.

Collette Simerson of Fenton Township has been teaching dance for 27 years, the last 18 at the Linden VFW Hall. Classes are every Monday night, from 6:30 to 8 p.m. She’ll regularly have 30 to 40 people in class.

“I don’t teach people how to dance; I teach people how to have fun,” Simerson said. She teaches people of all ages, both single and married.

Terry and Julie Lane of Holly, ages 66 and 59, respectively, used to dance competitively and now dance mainly for fun and socializing.

“We’ve been dancing together for 15 years,” Julie said. “We wanted something we could do together. You meet so many people. We don’t just dance with each other; we dance with everyone. It’s just a really good social activity, plus it helps your memory. It’s great exercise; you work up a sweat.”

There are plenty of local opportunities for dance classes, from Great Lakes Swing Club, which meets every Wednesday at Rollhaven in Grand Blanc, to Jazzercise, Zumba, classes through Southern Lakes Park & Recreation, and the Loose Center in Linden, plus area fitness/dance studios.

Get your strength on

While most adults are aware they need regular aerobic exercise like running, brisk walking or swimming to strengthen their heart and lungs and tone their bodies, they sometimes ignore the exercise that’s even more important to their health — strength training.

More studies are showing that strength training is the only type of exercise that can substantially slow, and even reverse, the declines in muscle mass, bone density and strength that were once considered an inevitable part of aging.

See SIT THERE on 15
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FACTORY DIRECT UP TO 60 MONTHS NO INTEREST

Taking your eyes off the road for two seconds doubles the risk of crashing

By Sally Rummel

Have you ever gotten behind the wheel of a new car and had to “fiddle around” with the dashboard to figure out how to operate the Bluetooth technology or the touchscreens?

You’re not alone.

Older drivers are more likely to be distracted while driving when using in-vehicle technology than their younger counterparts, according to a recent report by the AAA Foundation for Traffic Safety and the University of Utah.

An in-vehicle information system (IVIS) is the collection of vehicle features that allow drivers to complete tasks unrelated to driving while operating the car or truck. These systems include voice command options, a screen located in the middle of the dashboard or a rotary wheel in the center console.

When performing simple tasks like programming navigation or tuning the radio, drivers between the ages of 55 and 75 took their eyes off the road for an average of eight seconds longer than drivers age 21 to 36, the study reported.

Those seconds can be dangerous.

AAA, a nonprofit auto group that provides roadside assistance, reported that taking your eyes off the road for two seconds doubles the risk of crashing.

Even technology features designed to help drivers keep from being distracted, such as voice command functions, can be a distraction. The AAA report puts the blame on poor design and complexity of the systems more so than the age of the driver.

AAA recommends drivers avoid using IVIS while on the road, unless there is an emergency. Drivers should also practice these features when they aren’t driving to become more comfortable with the systems.

Top driving DISTRACTIONS

✦ Food and drink
✦ Music
✦ Made/taken phone calls
✦ Accident gawking
✦ Sending text messages
✦ Driving without a seat belt
✦ Sleeping/dozing
✦ Applying cosmetics
✦ Updating Facebook
✦ Tweeting

Source: Drive-safely.net

SUMMARY

✦ Older drivers may not text or use cell phones as often as their teen driving counterparts, but they get distracted while driving trying to figure out in-vehicle technology — from voice command functions to navigation systems.

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If your bucket list includes travel destinations that interest you alone, then it’s time to step out and travel solo. And you won’t be alone. One in four Americans report that they’ve traveled alone and nearly half said they’d like to travel solo more in the future. According to Google Trends, use of the search term “solo travel” has doubled since 2014.

Part of the reason is because the U.S. is becoming a nation of people living alone. According to the U.S. Census Bureau, 35.7 million Americans live alone. That’s 28 percent of households, up from 13 percent of households in 1960.

Even if you are married or have a significant other, solo travel might suit you if you want to follow your own unique interests.

So where are all these solo travelers going?

• Road Scholar — This organization handles international and domestic educational vacations for seniors.
• Cruises — Holland America, for example, hosts a Solo Travelers party for single travelers. Norwegian Cruise Line offers rooms designed for the solo traveler.
• Eldertreks — Vacationers choose between five activity levels in exotic destinations like Mongolia, Ethiopia, Africa, and Antarctica. If you’re traveling solo, Eldertrek arranges a roommate.

• All-inclusive tours from Vantage Deluxe World Travel, for example, offers discounted international vacations for mature travelers, and discounted single supplement rates (the surcharge for lone travelers who occupy a room meant for two).

### 10 popular destinations for people age 45 and older:

**1. Brandywine Valley, Pennsylvania**
- Enjoy rolling countryside, music festivals, rich wine, popular museums.

**2. Scottsdale, Arizona**
- Take in year ‘round sunny weather and golfing destination, southwestern cuisine and luxury shopping.

**3. Wilmington, North Carolina**
- Meet new friends at a craft brewery, wander the waterfront, learn about ghosts on a haunted tour.

**4. Palm Springs, California**
- Old Hollywood grandeur reigns among plenty of museums, craft breweries, relaxing pools and, of course, golf.

**5. Charleston, South Carolina**
- Accolades go here for being one of America’s favorite cities, fine cuisine, historic sites, including its downtown, visit historic plantation sites.

**6. Newport, Rhode Island**
- Enjoy fresh seafood and the Newport Jazz Festival, Majestic Mansion Tour and more.

**7. Reno, Nevada**
- Check out Broadway shows and standup comedians, slot machines and adventure.

**8. San Antonio, Texas**
- It’s the second most popular retirement destination in the U.S. Hop on an open-air tour bus or enjoy art galleries.

**9. Saratoga Springs, New York**
- Enjoy upscale luxury with rustic charm, spas and jazz.

**10. Jacksonville, Florida**
- Soak up the warm weather and enjoy the strong art scene.

Sources: AARP, Wall Street Journal, USA Today

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Tips for solo travel

• Get travel insurance.
• Don’t advertise your absence — i.e., don’t put the “clean my room” sign on your hotel door.
• Ask for a room near the elevator for more foot traffic and stay away from ground-floor rooms.
• Watch what you eat to avoid an upset stomach, or worse.
• Mind your medications and be as careful with them as you are with money and passports.
• Take minimum “bling” — expensive jewelry, gold watches and pricey cameras make you a target for thieves.
• Let others know your daily itinerary and keep your cell phone on you at all times.
• Wear comfortable shoes for full days of walking and for keeping yourself steady on your feet.

Source: AARP

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Renewed grant helps Hurley senior patients look and feel their best

Patients at Hurley Medical Center have more access to the kind of compassionate care that Hurley is known for, thanks to $9,000 in grants to continue cosmetology services for hospitalized patients aged 65 years and older.

This funding enables senior patients to receive haircuts, washes, shaves, manicures and pedicures at the bedside. Carried over from last year, the program has been found to boost self-esteem, elevate spirits and help maintain important routines, not to mention keeping older patients mentally active, which helps prevent confusion in unfamiliar surroundings.

“Services made possible through these grants give patients a chance to relax and have a sense of normalcy in an otherwise not-so-normal situation. Patients are provided with a sense of connection during what can be a stressful time away from home,” said Cathy Metz, geriatric service line administrator at Hurley Medical Center.

The Stella & Frederick Loeb Charitable Trust was the source of $5,000 of the grant money, with the remaining $4,000 coming from the Martha Merkley Charitable Trust. Both trusts are administered by The Huntington National Bank.

As the area’s only Senior Center of Excellence, Hurley Medical Center is committed to providing services tailored to the unique needs of senior patients. These services include a Fast-Track rooming policy for patients 65 and older in the ER, a team of geriatric nurse specialists, a bone health program and NICHE (Nurses Improving Care for Healthsystem Elders) training for all medical and surgical nurses.

For more information on the special services Hurley offers senior patients, visit hurleymc.com.
What your digestive track is trying to tell you as you ‘mature’

By Sally Rummel

Gas, bloating, acid reflux and other “tummy troubles” may be the butt of many jokes, but it’s not funny if you’re the one experiencing these issues.

Why me?

Just as your muscles tire more easily than they did in your 20s and 30s, the muscles in your gastrointestinal tract, including the esophagus and bowel, can slow down and cause increased symptoms, especially if you’re older than 65.

As you age, your stomach produces less acid. Without acid’s protection, some medications, such as non-steroidal anti-inflammatory drugs like ibuprofen, are harder on your stomach. Those and COX-2 inhibitors, like Celebrex and Bextra, can increase the risk of stomach bleeding and ulcers.

Other causes of tummy upsets include poor diet, reduced digestive enzymes and unbalanced gastrointestinal microorganisms that can wreak havoc on your digestive and immune systems.

“Most of us need digestive help because of chemicals in our environment, antibacterial soaps and the use of antibiotics, which affects many people,” said Rebecca Culley-Healey, who practices naturopathic medicine in Fenton.

If you are washing your hands with antibacterial soap, you are exposing yourself and the environment to increased amounts of chemicals without any measurable benefit, according to a statement from Harvard University.

What’s going to happen next?

Gas and bloating

People who stick to primarily plant-based, high-fiber diets may experience gas and bloating. Other causes may be lactose intolerance, fructose intolerance, gassy foods like cruciferous vegetables, beans, etc., medications and slower digestion.

An underlying issue may be a deficit of “good bacteria” that normally lives in the colon and an overgrowth of “unfriendly” bacteria. This can cause leakage of unwanted molecules into the circulatory system, a.k.a. “leaky gut,” resulting in many symptoms of gut health decline.

Rx: Dietary and lifestyle changes, including the elimination of foods that grow bacteria, “like fast food and sugar,” Culley-Healey said. Other remedies include over-the-counter medications like Beano, a probiotic treatment.

Constipation

Your digestive system moves food through your body in a series of muscle contractions. As you age, this process slows down, and more water from the food is absorbed into the body, which can lead to constipation.

Rx: Stay hydrated, and keep active for at least 30 minutes of moderate physical activity four days a week.

See TUMMY on 13
Finding LOVE again

The ‘how, when and where’ of navigating romance over age 50

By Sally Rummel

Love and romance have no age limits. But if you find yourself in the “dating pool” after a breakup, divorce or widowhood, you might find that the dating scene has changed quite a bit since your first time around.

How to meet your match:
Meeting people online is likely the biggest shift that’s happened since the last time you dated. But for most people over 50, online dating is definitely the most popular way to make romance. Experts suggest that you use sites that users have to pay for, so the company has the person’s credit card and can bar them from the site if that’s necessary.

If it takes awhile to get the hang of online dating, have no fear. There’s a little bit of a learning curve if you haven’t been in the dating scene for a long time. And don’t give up on traditional places to meet others, like work outings, meet-up groups for hikes and book clubs to find people with like-minded interests.

TIP: Work on your online profile with a friend and have them OK your picture (a recent one, not from 20 years ago).

What’s next?
Don’t give up just because you’ve had a few bad dates.

If you’re dealing with dating frustration, remember that trying to find “the love of your life” or even just someone to date, may not happen right away.

TIP: Give a potential partner at least three dates to see if you might “click.” Keep your first date to a 20-minute coffee date, especially if it’s someone you met online. Keep the conversation light and fun.

Leave your baggage at the door
Everyone has insecurities and baggage from the past — from failed relationships to health issues or problems with your children.

TIP: Leave your baggage behind and don’t let it keep you from finding future happiness with someone.

Know what you want
This goes for everyone dating over 50, but especially for those who’ve recently left a long-term relationship. Reflect on what in your past relationship didn’t work and how to avoid a future partner with those attributes. Think about the qualities that are most important to you in building a healthy relationship.

TIP: Don’t fall into a pattern of looking for the same things you were looking for in your 20s. Your needs and situation decades later are entirely different.

See LOVE AGAIN on 13
Do it YOUR WAY

Make your passing as good as your life has been by planning ahead

By Sally Rummel

My mother said it best. She wasn’t afraid of death, just the process of dying.

If you asked most people, they would likely say they would like to live their final days at home in their own bed, as pain-free as possible, cared for by people they love. In fact, a 2017 Kaiser Foundation study reports that seven in 10 Americans hope to die at home.

It doesn’t sound like too much to ask for, but today’s end-of-life medical care may make it more likely that you’ll die in a nursing home or hospital (about 50 percent do). More than 10 percent are shuttled between one and the other in their final three days, and a fifth of all Americans die in the ICU (Intensive Care Unit of a hospital).

“Proper estate planning can save your family from difficult decisions,” said Stacey Brancheau, CFP, CTFA, attorney at law at Brancheau Law Firm in Fenton. “A person, while they are able, can select a patient advocate to make medical decisions in their stead. Implementing advance care directives allow a person to state their end-of-life care decisions ahead of time, giving the patient advocate direction when faced with making difficult decisions.”

Many people may not realize that Michigan allows a person to designate a funeral representative to make decisions about funeral arrangements. Without one, the decisions fall upon the closest family members and many times can cause discord within the family.

“These are just a few examples of how proper planning not only allows a person to make decisions in advance, but also makes it much easier for those designated to carry out those wishes,” Brancheau said.

Here’s how Katy Butler, writer for the Wall Street Journal, plans to prepare for a good end-of-life, based on three years of interviews with hundreds of people, and top experts in end-of-life medicine:

Have a vision

Know ahead of time what gives your life joy and meaning, and how much suffering you’re willing to endure to spend more time on this earth. Make sure those you love know what your definition is of “quality of life.” Put it in writing in a letter or advance directive. Appoint someone to speak on your behalf about when it’s time to “let you go” — maybe it won’t be a family member, who might be too overwhelmed and emotional.

Stay in charge

Look at your doctor as your consultant, not your boss. Find one who cares about what matters to you and isn’t afraid to tell you what’s going on. Many doctors focus most on length of life. That’s not always the best measure of a quality life.

Know the trajectory of your illness

If you face a frightening illness, ask your doctor to draw a sketch tracking how you might feel and function during your illness and its treatments.

You want to know when your focus will need to turn from cure to comfort, and find an alternative to frantic visits to the emergency room. Look for a physician, nurse house-call service or home-based palliative care program.

If money is an issue, seek out government programs like PACE (the Program of All-Inclusive Care for the Elderly), which provides medical care at home and other services that provide relief for caregivers. Don’t be afraid of hospice; it’s covered by insurance and will control pain and support your family.

Find your tribe and arrange caregivers

Dying at home requires 24-hour hands-on care, beyond what hospice and home nurse visits usually provide. That’s when you enlist the help of a wide network of neighbors and friends.

Now is the time to deepen your relationships and share activities and time with people who might become your

See YOUR WAY on 10
There’s a lady who’s sure/All that glitters is gold/And she’s buying a stairway to heaven.

—I love rock ’n roll/So put another dime in the jukebox, baby/I love rock n’ roll/So come an’ take your time an’ dance with me.

—Mama, just killed a man/Put a gun against his head/Pulled my trigger, now he’s dead.

—Pleased to meet you/Hope you guess my name/But what’s puzzling you/is the nature of my game.

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Who sang What?

*How much do you know about classic rock from the 1970s and ’80s?

By Sally Rummel

Some classic rock songs from the 1970s and ’80s will be entrenched in your mind forever. Let’s see how many of these lyrics you recall and the name of the band that made them famous:

—Back in black/I hit the sack/I’ve been too long, I’m glad to be back.

—Here comes the story of the Hurricane/The man the authorities came to blame/For something that he never done.

—You’d have me down, down, down to my knees/Wouldn’t you, Barracuda?

—We are the champions, my friends/And we’ll keep on fighting ’til the end.

—He has turned to steel/In the great magnetic field/When he traveled time/For the future of mankind.

—Well, I’m not the world’s most physical guy/But when she squeezed me tight, she nearly broke my spine/Oh my Lola, lo lo lo lo Lola

Check out the answers on page 15.

Your Way

Continued from Page 9

“posse” later on.

Take command of your space

No matter where death occurs, you can bring calm and meaning to the space, so don’t be afraid to re-arrange the physical environment. You can turn TV off and turn LED candles on; turn a bedside table into an altar for flowers, family photos or religious icons. Enlist the help of hospital staff or family members to bring in fresh air and sunlight, play music, or whatever else will bring comfort to the dying person.

Think of death as a rite of passage, not a medical event

Return to the spirit from days of old, when dying was a spiritual event. Shape your life with comfort, joy and meaning, even when your body declines.

Accept the reality of death and plan for it rather than fight it. Don’t be a passive victim; shape your life all the way to its end, arrange support and plan.
**How to bring more laughing into your life with positive effects on your physical and mental health**

By Sally Rummel

Adults don’t laugh enough and that’s no joke.

The average 4-year-old laughs 300 times a day, while the average 40-year-old laughs only four times. While Psychology Today says these numbers aren’t clinically documented, the message is clear — we need to laugh more.

Physically, laughter causes you to gulp in large portions of air, oxygenating your blood and it decreases the stress hormones in your body. Laughter strengthens your immune system and releases hormones and chemicals, including endorphins that make you feel good.

Laughter even burns calories.

One minute of laughing burns the same number of calories as six to 10 minutes on a treadmill.

But the best part of laughter is the way it makes you feel. You lighten up, feeling more positive, hopeful and engaged. “We’re friendlier, more resourceful, more attractive and more radiantly alive when we laugh,” according to Psychology Today.

**How to bring more laughter into your life:**

- Make a resolution or set a goal this year to laugh more. It’s as important as exercise, eating healthier and drinking more water.
- Get a year-in-a-box calendar that will give you a quick laugh at the start of your day.
- Buy a joke book and read one joke every morning or follow a joker on Facebook every day.
- Set cues to smile more every day.
- Befriend a person with a sense of humor that makes you laugh.
- Follow a favorite comedian and look for their comedy routines on YouTube or watch short-format comedy on Funnyordie.com.
- Follow a funny TV sitcom.
- Go to a comedy club for a date night with your partner or watch a funny movie. Locally, check out Comedy Night at the Holly Hotel.
- Hang out with little kids; they will laugh at almost anything and so will you.
- Get a pet for comedic relief.
- Play fun party games with friends. Apples to Apples, Cards Against Humanity, Telestrations, Say Anything, etc.
- Learn to laugh at yourself. Find the humor in difficult situations. Give yourself permission to be silly.
- Try something new. Whatever it is, your initial attempts will likely be clumsy and even ridiculous.
- Have a favorite comic strip, i.e., Calvin & Hobbs, Garfield, etc.
- Start a Pinterest board of funny stuff you find online or put laughter quotes on a bulletin board.
- Make a scrapbook of funny family sayings and “comedic comebacks.”
- Do more of whatever makes you laugh.
- Start a joke jar. Write funny jokes on scraps of paper and place in a jar. At dinnertime, have a family member pick out a joke to read aloud.
- Try laughter meditation. Find a comfortable place to sit. Bring your attention to your breath and release all tension from your body. Bring up an image of something you find really funny. Once you have the feeling of laughter, spread it throughout your body, from the top of your head to the tip of your toes.
- Switch from 24-hour news radio when driving in the car to comedy radio.

Source: Daringtolivefully.com, Bewell.com

Comedian Brett Kline of New York, formerly of Clarkston, performs at the Holly Hotel in 2015.
By Sally Rummel

Jerry and Marlene Fagerman of Fenton have spent the last 20 winters in warmer climates, taking their motorhome for three-month stints, mostly in Tucson, Arizona.

They’ve really enjoyed friendships made, an active social life and the warmer weather that has allowed them to enjoy their favorite outdoor pursuits: for Jerry, it’s quail hunting and hiking and biking, and for Marlene, it’s walking and hiking, socializing and visiting the Tucson Gem & Mineral Show.

But health issues kept them home last winter and this winter, so they’ve had to re-learn how to survive the cold and snow. Sure, they have warm enough clothes, but lifestyle changes have had to be made. They have to work harder to keep an active social life because most of their friends are in Florida for the winter. On the good side, they are able to spend more time with family who live in Michigan.

These winter survival hints are for the Fagermans and other local residents who have nowhere to go but Michigan during the winter.

1. Invest in layers
Re-think your wardrobe and add layers. You’ll be glad you put on that extra turtleneck under your warm down coat.

2. If you think you’re done shoveling, you’re not
Get ready to “bond with nature” as you battle the cold to remove snow from your driveway and sidewalks. You’ll learn that even when you think you’ve done a thorough job, the snow has continued to fall during your shoveling adventure. It’s time to shovel again. Be sure to follow safe shoveling practices. Or, better yet, hire a neighborhood kid to do it for you.

3. Lake effect snow is real, and it’s brutal
Non-Michiganders might not understand just how intense lake effect snow can be. Those of who live near the shorelines of the Great Lakes understand too well just how wet, windy and cold — with seemingly endless snow — that develops over the water.

4. Never expect a ‘snow day’
Days off school and work are rare, because Michiganders typically know how to navigate treacherous weather. You might...
Continued from previous page

have to put your pajamas inside out and drop ice cubes down the toilet to make it happen.

5. Get ready to drive in blizzard-like conditions

Invest in a set of snow tires, slow down and hit the road with your fellow Michiganders. Winter driving can be manageable with extreme caution and driving defensively. A snowstorm or two doesn’t usually keep us from getting from place to place.

6. Visiting a frozen beach might make you fall in love with winter

Make your way to the beach and marvel at its icy beauty. There’s nothing more fascinating than gazing at crystallized waves and towering lighthouses covered in snow.

7. Prepare to hear your fellow Michiganders complain about the weather

No matter how long we’ve lived in Michigan, we still enjoy a bit of complaining from time to time. You might often hear your Michigan friends exclaim, “Ugh! Why do I still live in Michigan?” It doesn’t mean we dislike our state, but a bit of California dreaming always comes into play each winter.

8. ‘Winter’ doesn’t necessarily always mean ‘winter’

Michigan’s weather is so unpredictable that it’s known to deliver 70-degree days in the middle of February. Of course, the reverse is also true, as we’ve even experienced snowfall in April and May. But Mother Nature makes her own rules during winter in Michigan.

9. Make your run to the store long before the storm hits

Grocery stores turn into a madhouse when a major storm threatens to snow in Michigan, so stock up early to avoid the crowds.

10. Embrace the beauty of a Michigan ‘winter wonderland’

A Michigan winter can be frustrating, uncomfortable, and even frightening. But it’s not all bad—the “winter wonderland” is gorgeous and there are lots of winter activities to enjoy, from skiing to winter hikes to sightseeing at unique frozen locales throughout the region.

The Fagermans have found the beauty of the season by taking long daily hikes on the property of the Linden Sportsmen’s Club. “We walk in the woods and enjoy getting out,” Marlene said. Source: Onlyinyourstate.com

**TUMMY**

Continued from Page 7

**Colon cancer**

Age 50 is the recommended age for having your first colonoscopy, because the risk of developing polyps in your colon increases at that age.

**Rx:** Noncancerous polyps can become cancerous, so a colonoscopy is a must-do to identify and remove any polyps before cancer has a chance to develop.

**Diverticulosis**

This common disease after age 60 occurs when the small pouches that line the colon bulge out in weak spots along the intestinal wall. Some people will have no symptoms, while others experience gas, bloating, cramps or constipation.

**Rx:** Treat cramping, fever, chills and vomiting with pain relievers, antibiotics and changes in diet.

**Acid reflux**

A person of any age can develop gastrointestinal reflux disease (GERD), but it is especially common among older adults.

Symptoms are stomach acid that backs up into the esophagus, causing heartburn and other symptoms. Left untreated, the acid can change the lining of the esophagus and lead to a condition called Barrett’s esophagus, putting a person at a small, but increased risk for developing esophageal cancer.

**Rx:** Discuss treatment options with your doctor.

**Non-alcoholic fatty liver disease**

Older adults who are obese or who have high triglycerides or diabetes are at a higher risk for this condition, where fat accumulates in the liver. It’s the most common type of liver disease in the U.S. and can cause scarring of liver tissue. Over time, patients can develop liver cancer or failure.

**Rx:** This condition can be diagnosed with a blood test of liver enzymes and an ultrasound.

Sources: Agingcare.com, M ichigan Medicine

**LOVE AGAIN**

Continued from Page 8

**What about intimacy?**

At some point, dating will likely “get physical,” but remember, there’s no need to rush it. Be upfront with your partner about your feelings and what you’re comfortable or uncomfortable with.

If you are building trust in this new relationship, this conversation will be comfortable and won’t be a negative issue at all.

**TIP:** When you are ready, use protection to avoid a sexually transmitted disease.

**Don’t play games**

Don’t wait around for a promised phone call that never comes. You’re not 20 anymore and don’t need to play those kinds of games.

**TIP:** End it.

**Look at the “big picture”**

Get the full picture of this person’s life without your “rose-colored glasses on.” Look at finances, friends and family. See how well you feel you would fit into this new social group.

**TIP:** Don’t let it go on too long without meeting friends and family. If your new partner doesn’t include them, they’re either not serious or are hiding something.

Source: Prevention.com
More than meets the eye...

Over 50? Lifestyle ‘tweaks’ may reduce your risk of serious vision loss

By Sally Rummel

Wrinkles and puffy eyes are the least of your worries when it comes to your eyes as you age.

Many age-related conditions can affect your eyes, including cataracts, macular degeneration and glaucoma. The good news is that while these conditions are more common in people age 50 and older, their appearance in your life is not inevitable, said Johns Hopkins Medicine.

Keeping yourself in good health as you age can go a long way to decrease the occurrence or effects of age-associated eye problems.

All adults should have a comprehensive benchmark eye exam by the age of 40, according to the American Academy of Ophthalmology.

Preserve your eyesight with these lifestyle changes:

• Stop smoking
  Current and former smokers have up to four times the risk of developing age-related macular degeneration compared to those who never smoked. The risk remains high even up to 20 years after quitting.

• Maintain a healthy weight
  Overweight and obese people are far more likely to develop cataracts, and obesity increases the risk of glaucoma and age-related macular degeneration.

• Slip on the shades
  People with fair skin and blue eyes have a much higher risk of developing cataracts. Exposure to ultraviolet light also increases the risk of age-related macular degeneration.

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Make sure your sunglasses protect against UV-A and UV-B wavelengths, and that they wrap around your face. Up to 20 percent of the sun’s rays can “leak” through the sides of typical glasses, according to a Johns Hopkins study.

- **Enjoy regular activity**

Studies have shown that people who are physically active and drink moderately (two drinks a day for men and one for women), experience less vision loss over 20 years than those who don’t exercise or drink at all.

- **Have regular eye exams**

Otherwise, eye diseases might not be diagnosed and treated early enough to prevent vision loss. Also, talk to your primary care physician about your vision. There are a range of eye conditions related to diabetes, including diabetic retinopathy and diabetic macular edema.

The Centers for Disease Control and Prevention (CDC) recommends that people with diabetes have a comprehensive eye exam every year and those with a high risk of glaucoma every two years.

_Sources: Johns Hopkins Medical Center, Cleveland Eye Clinic, Michigan Medicine_

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**Rock ‘n Roll quiz answers**

1) “Stairway to Heaven” is an ultimate classic rock anthem. It’s off the 1971 album “Led Zeppelin IV.”

2) “I Love Rock ‘n’ Roll” was released in 1982 by Joan Jett & the Blackhearts.

3) “Bohemian Rhapsody” was written by Freddie Mercury for Queen’s 1975 album “A Night At The Opera.” This song is one of the most famous rock songs, and many say it pioneered the music video by having been made one year before MTV made them the norm.

4) “Sympathy for the Devil” is an ironic homage to the devil and all of the horrors he’s committed over the centuries. It’s off the 1968 The Rolling Stones album “Beggar’s Banquet.”

5) “Back In Black” was released in 1980, off the album of the same name by AC/DC. This famous song is high selling and charted around the world.

6) “Hurricane” was a protest song off the 1975 Bob Dylan album “Desire.” It protests the imprisonment of Rubin “Hurricane” Carter, whose controversial imprisonment was considered by many to be based on racial profiling.

7) “Barracuda” is a 1977 song off of Heart’s “Little Queen” album. This song is about the band’s anger at their record label for lying about them being in an incestuous lesbian affair for publicity.

8) “We Are The Champions” is one of the most popular rock anthems of all time. It was on Queen’s 1977 album “News of the World” and charted all over the world.

9) “Iron Man” by Black Sabbath was released in 1970. In it, a time traveler turns to steel and destroys mankind after it doesn’t listen to his warnings of oncoming doom.

10) “Lola” was a 1970 single by The Kinks. The song was banned in both the U.K. and Australia for detailing an encounter between a young man and transgender woman and using the brand name Coca Cola.

_Source: Howstuffworks.com_
Midwifery Care Through Menopause

By Jennifer Kreft

Many women need help navigating the often murky waters of menopause. A certified nurse midwife (CNM) at Hurley can fill that role for those looking for a comprehensive healthcare experience that takes into consideration a patient's goals and who they are.

Menopause means having no menstrual cycle for one full year, according to Lori Glenn, DNP, a CNM at Hurley Midwifery. Glenn has a doctorate of nursing practice from the University of Detroit Mercy, reflecting 32 years of experience as a nurse, and 26 years as a midwife. She says the average age of menopause in the United States is 52 years old, but that is just a loose guideline.

“It's not like the switch gets turned on and off. It's really a process and it varies from woman to woman,” Glenn said.

What doesn’t vary is the emphasis on a patient’s goals that every CNM factors into their philosophy of care. “We really sit down and have conversations and look at that person holistically,” Glenn said, adding, “Some people's goals are to not have any kind of hormone therapy.”

That’s where the midwives are in their element, offering creative ways to lessen the effects of menopause. This could mean herbs and other holistic approaches, such as mindfulness and meditation, or counseling patients on the best dietary practices, since the severity of menopausal symptoms often depends on a woman’s overall health and self-care.

“Women who eat a well balanced meal and exercise regularly tend to have a little bit more ease of transition,” Glenn said.

Some symptoms of menopause are universal, and can include mood changes, hot flashes, vaginal dryness, lack of libido, weight gain and many others. Hormone therapy is usually reserved for women whose symptoms are disrupting their lives; it is not for everyone. In fact, some women can't elect this option because of chronic health problems—or habits they might have. Smokers, for instance, should steer clear of hormones because of their high risk of developing a blood clot.

Hurley CNMs generally care for women who either have no chronic health problems or their conditions are being successfully managed by their primary care provider. Without the protective effect of estrogen, women might experience high blood pressure and cholesterol for the first time in their lives as they transition to this stage of life. Thyroid issues can also happen with the hormonal changes of menopause. If a woman requires medication management for high blood pressure or cholesterol, they need to see their primary care provider.

At Hurley's Fenton and Lapeer locations, Hurley OB-GYNs and CNMs work under the same roof. They collaborate and co-manage everything from problematic menopausal symptoms to general health screenings, such as mammograms and pap smears, fostering successful health partnerships over the course of a woman’s life.

For an appointment at any of Hurley Midwifery’s four office locations in Fenton, Flint, Clio and Lapeer, Monday-Friday, 9 am-5 pm, call 810.262.4500.

Photo Credit: Doug Pike

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Women's Services