

As seen in the December 2008 issue
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HEALTHY AGING

Live your best life at 40, 50, 60 and beyond

What's your aging IQ?

Separate the facts
from the myths

Aging Well:

Stories of five women who
define healthy aging

Health Connection:

The link between mind
and body

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DEAR READERS:

Let me tell you about Olivia. I was 22 years old and fresh out of college when I moved to Washington, D.C., to work in the blood bank at Walter Reed Army Medical Center. It did not take long before I became good friends with Olivia.

This energetic, fun-loving, hard-working nurse with a warm personality drew people to her. Many of those people, like me, were almost 40 years her junior and still had trouble keeping up with her. Olivia became my model for successful aging and continues to inspire me.

Healthy aging begins with caring for our most basic physical and mental needs. Nutrition plays a critical role in how we age. Olivia enjoyed eating out but always ate in moderation and included a wide variety of fruits, vegetables and calcium-rich foods in her diet. She maintained a trim figure by swimming several times a week and walking. These habits helped her ward off heart disease and diabetes, while maintaining muscle and bone strength.

Olivia was very social and never missed a party. I remember inviting her to my first attempt at throwing a dinner party in my new apartment. My cooking was a disaster that night, but thanks to Olivia, we laughed all evening. Laughter is a great antidote to aging, and we need to be able to laugh at ourselves.

The food at Olivia's retirement party was much better than my cooking. I still vividly remember her dancing and singing the lyrics, "Take this job and shove it," as she ended more than 40 years of nursing and transitioned to new interests and activities.

I watched over the years how Olivia cared for herself and never missed a recommended vaccine or cancer screening. She aged successfully, and her health continues to allow her to enjoy life. Her health also allowed her to continue to help others well beyond her working years.

We need strong role models in our lives, and Olivia served me well. I think of her when I'm swimming laps or enjoying a girls' night out. I feel fortunate I met Olivia early in my life and learned the formula for healthy aging can be a lot of fun. I hope the role models in this issue inspire you.



Judy Monroe, M.D.
State Health Commissioner



Embrace Life

No matter your age, it's a state of mind

TOGETHER, LET'S CHANGE THE MENTALITY THAT "GETTING OLD" IS something to dread. Life expectancy for American women is now 80.4 years, but let's not just live longer. Let's live better!

As public health professionals representing different decades of life, we want to share what healthy aging means to us and encourage you to reshape your own views on aging.

Tanya Parrish, 34, Director of the Office of Women's Health:

"I know how to lead a healthy lifestyle ... but it doesn't always come naturally. At this stage in life, my biggest motivation for healthy living is my daughters. I want them to establish a healthy relationship with food and learn to enjoy physical activity. Tobacco addiction has never been a part of my life. My daughters already know the dangers of smoking and I hope that stays with them as teens.

For me, aging well means finding balance; acknowledging my missteps along the way; and striving for improvement — not perfection. I make time for family, friends, work, and for ME. Stress is a part of everyone's lives. While my natural tendency is to drown my troubles in chocolate cake, I know there are healthier alternatives. Walking or quiet reflection produce lasting, positive results.

I'm still a work in progress ... but by "practicing what I preach" about healthy lifestyles, I try to set a good example for my daughters and plan to be alive and well to enjoy my grandchildren some day."

Dr. Judy Ganser, 62, Medical Director with Maternal and Children's Special Health Care Services:

"I believe that aging well means to continue being active physically and mentally as long as you can and being involved with your community and family in meaningful ways. Keep exercising your body and brain for a sense of well-being. As a doctor, I'm aware of the preventive measures I should take and the health screenings I should have, but at times, I've neglected those things. Preparing healthy meals continues to be a challenge. As an active woman, I also realize I need to get more rest. The realization of these healthy goals is important for all women. Put time for exercise on the calendar. Develop a hobby or your creative side. Spend more time with people who lift up your spirits. For me, it's energizing to spend time with young people.

Living a healthier lifestyle can be difficult for women, especially those in the "sandwich" generation dealing with competing needs of children and parents. But we need to listen to what our bodies need and take time to act in our best interest."

Different ages, different stages of life — it's never too early or too late to adopt healthy habits. Start today. Embrace life and live it to the fullest, no matter what age appears on your driver's license!

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LIVING LONGER

Increased life spans present some challenges for women



We have known for some time that women outlive men. On average, a woman can expect to live almost seven years longer than her male counterpart. On the surface this is good news, but it also creates challenges.

The additional years we gain often are compounded by the reality that we may live with some form of disability or another. Women are more likely to experience health conditions that disproportionately impact older persons, including bone fractures, pneumonia and cataracts. Studies show women of various ethnic and racial backgrounds are even more prone to these ailments and conditions than non-Hispanic Whites.

Many women today defy those odds by engaging in healthier lifestyles, becoming more proactive about their health, and ultimately living into their 80s, 90s and beyond.

One generation synonymous with this trend is the baby boomers — people born between 1946 and 1964, also known as the post-war generation. Health is just one of the many arenas the baby boomers impact.

Three years from now, a large percentage of baby boomers will celebrate their 65th birthdays. Despite the successes of this generation, not all baby boomers will experience the gift of longevity or lead productive lives beyond their golden years.

Single minority women, living alone, who

reach this milestone typically will earn less than a two-wage earner family, have less discretionary income and smaller nest eggs. They're at greater risk of living in poverty, a factor that significantly affects their health status. The uncertainty of Social Security creates additional concern, particularly when women older than 65 rely on Social Security as their sole means of support.

Women's health and aging matters are a major concern in Indiana. The average woman can expect to live longer than ever before. The Centers for Disease Control and Prevention report the life expectancy for women who reach 65 is nearly 20 additional years.

All Hoosiers should have the opportunity to reach this milestone and beyond. It's important that we improve our health behaviors while we're young. We also need to increase the number of culturally competent professionals and support policy makers who can positively influence our health so all seniors, including minorities, can reap the joys of aging, no matter how many candles are on their birthday cake.

Nancy Jewell
President and CEO
Indiana Minority Health Coalition

Take the Quiz

Test your knowledge on all things aging (Answers on Page 14)

1. Perimenopause is the period leading up to menopause during which the ovaries gradually start to produce less estrogen.
 True False
2. Middle-aged and older adults should not exercise more than once a week due to the risk of injury. True False
3. Older people don't need as much sleep as younger people. True False
4. Quitting smoking is the single most important factor to promote healthy physical aging. True False
5. Once a woman reaches age 65, she can expect to live about another 10 years. True False
6. It is important to get the recommended screenings and checkups in order to maintain good health and catch any problems early.
 True False
7. By the year 2030, more than 20 percent of the population will be older than 65. True False
8. Exercise is not only good for physical health but also can reduce the risk of cognitive disorders, like Alzheimer's.
 True False
9. After menopause, women no longer are interested in sex. True False
10. If you didn't practice healthy habits when you were young, it is too late to start now. True False



Plant to Harvest

Morella Dominguez Capriles, age 47, blooms as she ages

by Deb Wezensky

MORELLA DOMINGUEZ CAPRILES HAS noticed women often enter a new dimension of living once they reach age 40. But she embraces the transition.

“I feel that those changes make you become a better person,” she says. “I see life differently.”

Dominguez values seeing life from a more mature perspective. She has learned to bloom wherever she’s planted. As a bilingual Latina, adjusting to living in a new culture had its challenges. But those kinds of life experiences, as well as the joy of her family and friends, keep her growing in a positive direction. Her appreciation of life’s “simple” things — love of family and friends, health and a future for the “good of all” — has grown as well.

Despite a hectic schedule, Dominguez takes time to cultivate her relationships. Her three children, ages 23, 21 and 14, are proof that time spent nurturing others is a source of joy. “Just to see them grow, develop and become what Marco (her husband) and I have taught them to be is so rewarding. I am so proud of what we did with them,” she says.

Dominguez shares one of her secrets to successful relationships: Listen. It’s a skill her parents instilled throughout her childhood in Venezuela. “I believe that the lessons your parents give you are the real life lessons — listen to your parents,” she says. “Communication is crucial in every relationship. Listen, listen, listen.”

And she should know. Dominguez makes a point of looking for opportunities to build bridges to those around her. “I believe that our society is open ... but we all have to contribute to be better citizens of this country. We all have to participate ... we have to believe in people,” she says.

Dominguez, having earned her degree in communications at Butler University at age 40, knows the power of having others believe in you. “Participation from my family

HEALTHIER SKIN

Preventative measures from the inside out

by Arthur J. Sumrall, M.D., American Board of Dermatology and the American Academy of Anti-Aging Medicine board certified and founder, Longevity Institute and Sumrall Dermatology and Cosmetic Surgery

Everyone wants to look younger. As a dermatologist for more than 25 years, many patients have asked, “Dr. Sumrall, my skin looks rough and old. Can you prescribe a topical cream to make me look younger?” It is my duty to tell them what they don’t always like to hear.

Skin is a reflection of the inside of the body. All the topical prescription creams in the world will go only so far. Taking care of your body from the inside out will reduce skin irritations, blemishes, wrinkles and dryness and can aid in younger-looking skin. Taking care of your skin on the outside is only half of the battle.

Skin is the largest organ of your body. It is affected by all environmental toxins, the food you eat and aging.

One of the first steps to healthier-looking skin is through detoxification. Detox can consist of high-tech procedures done in a medical office to nutritional regimens aimed at cleansing your body.

To promote healthier skin, you also should remember to take in adequate hydration — preferably half of your body weight in water in ounces each day — and get the proper amount of exercise.

Aging, menopause and changes in hor-

mones certainly can cause skin aging. Hormone Replacement Therapy can lead to improvement in the skin. Talk to your doctor to find out whether HRT is right for you.

Take these steps to create glowing, younger looking skin:

➤ Always apply an SPF 30 sunscreen when outside. The consequences of “photoaging,” or prolonged exposure to the sun’s UV rays, are epidermal burning, which can lead to skin cancer and older looking skin; loss of collagen and elasticity; immune suppression; and increase in skin inflammation. The best sunscreens contain some or all of these ingredients: zinc oxide, titanium dioxide, octocrylene, benzophenone and/or ethylhexyl methoxycinnamate.

➤ Get regular monthly facial treatments for skin rejuvenation, such as microdermabrasion or one of the many versions of skin peels available today.

➤ Use topical skin stimulus creams, such as tretinoin, glycolic and niacinamide creams.

We’d all like to have younger-looking skin. So start by taking care of your body from the inside out. Your skin naturally will rejuvenate and replenish itself, revealing a younger, healthier-looking you. ☺



Morella Dominguez Capriles, pictured with her husband, Marco, gained a new perspective on life after 40.

and friends was very important. They support everything I do. My husband and kids, all together helped me to study, read, interpret and do my homework ... it really taught not only me, but my kids, about the responsibilities of life," she says.

A key element in helping Dominguez keep those responsibilities in balance is exercise. A devoted wife, mother and director of multicultural affairs at the Indiana Minority Health Coalition, she still finds time to work out. "I dance Zumba, an exercise with Latin music that makes me forget my stress and have fun," she says.

Very family oriented, her physical activities also include walking, bowling and playing kickball with those she loves. She also enjoys traveling, especially visiting her parents and family in Venezuela.

Another key to Dominguez's approach to aging gracefully: "No. 1 point is to love your neighbor, love your family and make sure you love yourself. Whatever you give, you will receive. Plant to harvest. Do good always," she says.

The willingness to value others plays out in her work. "My work at the Indiana Minority Health Coalition gives me the opportunity to develop programs and partnerships with other organizations with one common goal: help people. What else can I ask for?"

Dominguez has no plans of slowing down any time soon. "Everything is mental," she says. "If you are 100 years old, but your spirit feels like 20 ... you'll have some limitations — but always you feel 20. Be positive. Achieve your dreams by working on them ... do what you want to do in life." ☺



A TIME OF TRANSITION

From childbearing to menopause

Q & A with Jeffrey M. Rothenberg, M.D., M.S. Associate Professor, Department of OB/GYN Section Chief, General OB/GYN Indiana University School of Medicine

Q: What issues should older women and their spouses consider when deciding to become pregnant?

A: Women in their 40s can safely have babies, but several things must be kept in mind. It may be harder to conceive and the miscarriage rate is much higher. In addition, the risk of having a baby with a chromosomal anomaly increases proportional to your age. The healthier a woman is going into pregnancy, the easier and safer it will be for her and her baby.

Q: When should couples seek help with regard to infertility?

A: In this age group, it would be wise to seek preconceptional counseling from a provider or genetic counselor. If a woman in her 40s is not pregnant within 6 months, professional help is warranted.

Q: What do women need to know as changes in menstrual cycles start to occur?

A: Perimenopause is the time leading up to menopause when the ovaries gradually start to produce less estrogen. Menopause is reached when you have not had a menstrual period for one year. When a woman approaches menopause, there is not enough estrogen to thicken the uterine lining, and menstrual periods and ovulation stop. In your 40s, increasing and decreasing hormone levels can cause changes in your menstrual cycle which can be erratic but usually are not life threatening.

Q: What should women know about side effects of menopause?

A: As women approach menopause, many may start having hot flashes (also known as hot flashes), sleep problems, vaginal changes and sexual changes. A hot flush is a sudden feeling

of heat that rushes to the upper body and face. Perimenopausal women may also encounter sleep problems. You may have insomnia (trouble falling asleep), or you may be awake long before your usual time. Also, as your

estrogen levels decrease, changes take place in the vagina. Over time, the vaginal lining gets thin, dryer and less flexible. Some women have vaginal burning and itching. Your sex drive and sexual response may change in the perimenopausal years or beyond.

Q: What do women need to know about postmenopausal hormone therapy (HT)?

A: HT replaces the estrogen your body is no longer making. Estrogen is often prescribed as a daily pill but is also available as a patch or vaginal ring. One benefit of HT is the relief from menopausal symptoms. For about 98 percent of women who take estrogen, hot flashes are relieved. Estrogen also treats vaginal dryness and irritation. Women who take estrogen have fewer urinary problems, such as infection and incontinence. HT can also keep bones strong, which helps prevent osteoporosis. However, HT is not risk free. Estrogen therapy causes the lining of the uterus to grow and can increase the risk of uterine cancer. There also is an increased risk of breast cancer in women who use combined hormone therapy. Hormone therapy also modestly increases the risk of heart attack, stroke and blood clots. You and your provider should decide if HT is right for you by weighing your personal risks versus benefits. ☺



Jeffrey M. Rothenberg



Mary Guerriero
Austrom

ACHIEVING BALANCE

Can you take care of yourself and them too?

by Mary Guerriero Austrom, Ph.D., Wesley P. Martin Professor of Alzheimer's Disease Education, Department of Psychiatry, Director of Education Core, Indiana Alzheimer Disease Center, Indiana University School of Medicine

Caring for an aging loved one can be stressful, especially if he or she is experiencing mental or physical health problems. When the caregiver has a family of her own, job and other responsibilities, it can be extremely demanding.

With appropriate planning and time to care for themselves, most can provide excellent care to adult loved ones. The following coping strategies can help:

Be good to yourself

Remember you cannot take care of anyone else without first taking care of yourself. Do not give up everything important to you in order to assume caregiving duties. Take time for your own needs and interests, and try not to feel guilty about it. Do not ignore your own physical health. Take time to go to your doctor. Eat right, exercise and get enough sleep.

Plan ... then plan some more

The more contingencies for which you are prepared, the fewer stressors you will encounter. Find out about services available in your community, visit adult daycare centers and long-term care facilities, and talk to an elder law attorney before needs arise. You can make better decisions and remain more objective if you are not in a crisis situation.

Communicate with everyone

Try to include all family members in planning meetings. You can avoid potential family conflicts if everyone is kept informed.

Maximize their independence

Do not try to do everything for your loved ones; allow them to maintain as much independence for as long as possible. Too often, caregivers increase dependence by trying to do too much for the care recipients. Do not worry about their clothes matching if it creates frustration. Do not focus on what they can't do.



Be realistic

Before moving a relative in with you, first answer the following questions:

- > Does that family member want to move in with you?
- > Do you have enough space?
- > Have you discussed this with your family?
- > Do you have enough time to provide the necessary care and supervision?
- > Can you handle the additional costs?
- > Are there other options available?

Keep your sense of humor

Look for the joy in life; try to laugh a little every day. A positive attitude has been shown to have beneficial effects on one's coping ability and overall quality of life.

Positive self-talk

Focus on things you do well, and forgive yourself and others for mistakes. Learn from mistakes and move on. Apologize to your care recipient if you lose your patience or temper.

Ask for help when you need it

Do not be a martyr! Asking for help is not a sign of weakness but a sign of strength. Try to be very specific about what kind of help you need, and you will be more likely to receive it.

Join a support group

Many caregivers report they get the best help and advice from support group members who have had similar experiences. It's nice to know you are not alone. ☺



Exercising is a way of life for Ann Neal-Winston.

Nifty at 50

Former Jazzercise franchisee Ann Neal-Winston, age 59, weighs in on aging gracefully

by Deb Wezensky

AGE WAS ALWAYS JUST A NUMBER, UNTIL the morning Ann Neal-Winston woke up to the reality of being over 50. She asked God, "What happened?" But she decided not to sit around waiting for an answer. She's waging a winning war against the "battle of the bulge."

While dressing for work in the spring of 2008, she tried on three suits only to find she could not close the zipper on any of them. "It was more than I could bear," she admits.

In 2005, Neal-Winston developed problems with her back, arthritis and a pinched sciatic nerve, health issues that forced her retirement from teaching Jazzercise. For 21 years she had owned and operated a franchise. Finding relief from back pain was a long, drawn-out process. After exhausting all avenues with a health care provider, she was scheduled for back surgery. However, she wasn't comfortable with the idea of surgery.

"Three times I canceled the surgery, fearing my life would change dramatically and that I may not be able to resume my exercise program," she says. After the third cancellation, Neal-Winston went to an acupuncturist.

After three months of treatment, she began to get relief. Six months later, she was symptom free and no longer suffers pain.

However, getting back to her previous level of exercise hadn't yet become a top priority.

But that changed when she put on excess weight. One day, Neal-Winston took a good look in the mirror, front and back — without clothes. She didn't feel good about herself.

"I had gained so much weight, I became

frightened,” Neal-Winston says. “I attributed my weight gain to the natural process of aging — sitting back and letting this just happen. I just needed to get back into my fitness regime.”

She joined a neighborhood gym. Each morning, Neal-Winston does 30 minutes of cardio followed by weight-lifting. She also runs and watches what she eats.

“Nothing makes me feel better than to get the endorphins going,” she says. “And running manages stress for me.”

Her new approach to food and exercise resulted in a drop of two clothing sizes. “Although I don’t count carbs, I do cut down on them, especially unhealthy carbs. I find myself reading food labels, avoiding refined and processed foods — trans fats, high-fructose corn syrup and anything white, hydrogenated or fried,” she says.

Her renewed commitment to getting healthy paid off. The suits Neal-Winston once couldn’t zip, now fit. “I don’t think I have lost much weight. Everything seems to have ‘shifted’ into better spots,” she adds.

When asked how she now feels about being in her 50s and looking to a healthy future, Neal-Winston beams, “I want to live to see my great-grandchildren. I want to live well into my 80s and 90s. Aging doesn’t bother me; not being around to age bothers me.”

To reach your own healthy aging goals, she advises: “Do a vision board: Put a picture of yourself on the board or use a picture of someone else that you wish to emulate. Put other things on the board: goals, nemeses to overcome, relationships with family, etc.”

She urges others to be persistent in working toward their goals, looking at the board as a regular reminder. “Put it where you can see it every day,” Neal-Winston says.

Her approach to aging healthy also is supported by friendships. “I spend time with my two older sisters, Muriel and Jackie, who’ve convinced me that life does get better with age. They tell me that turning 60 is an awesome experience.” She also listens to the wisdom of a small group of female friends.

“My view on aging is best said by one of these ‘Golden Girlfriends,’ Billie Toler: ‘As you age, your health becomes your best friend.’”

GROW OLDER ... AND BETTER

Make physical activity a part of
your daily life

by Sandee Westfall, M.S., Gerontology

Optimal aging — growing older and better at the same time — focuses on the body, mind and spirit. Daily decisions that include healthy choices will impact how you face the transitions and triumphs as you age.

They also can improve your skills in time management.

Do the math. There are 168 hours in one week. Thirty minutes of exercise per day on six out of the seven days equals three hours per week. This is a small amount of time to invest for future quality of life benefits that include improved mobility, flexibility and adaptability. This type of time management is essential as you ease into the changes of life presented by aging.

Whether facing a new career, new goal, new role or new opportunity you want to be ready, willing and able to meet the challenge. That means taking an inventory of your current state.

Where are you on a scale of 1-10 in regard to wellness and physical activity?
1 _____ 5 _____ 10

Start there and begin building physical activity into your day. Thirty minutes per day is recommended by the American College of Sports Medicine. The good news is it doesn’t have to be done in one session. Keep in mind that just three 10-minute sessions of physical activity add up to the recommended 30 minutes per day.

You can incorporate activity into your daily life where you are and affect change that makes a difference. There are plenty of exercises that do not require working out at a gym. Stand up and sit down several times. Do arm push-ups leaning on the desk, kitchen counter, office wall or staircase. Try seated leg/knee extensions, with or without ankle weights. Build up to tricep dips from the edge of your chair or stairs. Use a figure 8 band that fits in your purse or desk drawer for biceps/triceps curls and extensions. While grocery shopping, hold on to the cart and practice doing heel raises or balancing on one foot. Store hand-held



weights next to the comfy chair at home to do shoulder shrugs, arm rows, overhead press and side bends during TV commercials, and you’ll easily get in 30 minutes.

Daily exercise and activity:

- > Builds strength of body, mind and spirit that promote optimal aging;
- > Reduces the risk factors associated with physical challenges as you age; and
- > Promotes a positive attitude and reduces stress.

We are living longer, but are we living better? The fact is the majority of chronic diseases appearing in older adults — heart disease, stroke, lung disease, cancer, diabetes, fibromyalgia and arthritis — can be prevented, postponed or treated with exercise and proper nutrition. As a wise sage once said, “Make time to exercise, or you will have to take time to be sick.”

Optimal aging encompasses the holistic approach of addressing the body, mind and spirit. Prioritize your life and gain the benefits of exercise. Know this: You are valued, you are worth it and you can do it.

Contemplate this wise mantra:

Start where you are.

Do what you can.

Do it to the best of your ability.

Do it as often as possible.

Never ever stop.



IMAGES OF AGING

Cultivate a positive self-perception to age well

by Tamara Wolske, MS, Academic Program Director and Instructor in Gerontology, University of Indianapolis, Center for Aging & Community

Images surround us in the popular media and guide our perceptions of what is “normal” for every aspect of life. We are shown how we “should” look and dress, what products we “need” for our homes and what vehicle we “must” drive if we want to fit in and feel good.

Marketing messages focus on youthfulness and imply changes associated with aging are neither accepted nor embraced in our culture. Everyone experiences changes in appearance and with abilities over the life course. However, the emphasis on youth in our culture insinuates our age-related changes should be avoided — or if possible — even reversed.

Commercialism exerts so much pressure we often feel guilty for not trying to fight back the “signs” of aging. This contributes to ageism, which results in prejudices and discrimination directed toward self or others and can contribute to feelings of insecurity.

Research reveals that if we allow ourselves to be convinced we are any less worthy based on evidence of our age, we will experience a self-fulfilling prophecy and become what we believe. This has serious implications for how well we fare in our later years.

The good news is that we have the ability to shape our self-perception and positively influence how others view us. When we present a positive image of ourselves it directly affects the response we receive from others. The key is to reveal that who we are is so much more important than just our mirrored reflections.

A focus on aging well rather than reclaiming youth can help to successfully negotiate the natural changes that occur and create a new image of aging women for the world to embrace. ☺



Tamara Wolske

Profile in Teamwork

Martha White, age 69, gets support for “the second time around” parenting

by Deb Wezensky

MARTHA WHITE HAS raised three children and is tackling parenting a second time around at age 69. It “takes quite a bit of energy,” she shares.

She should know. She’s had legal guardianship of her grandson, Chad, since he was just 6 months old. He is now 13.

“I’m the mother, I’m the father, and I’m the sister and the brother,” she says.

From the beginning, White was met with many challenges. She felt isolated. “I didn’t know of any other grandparents raising grandchildren,” she says. And, raising a child while single and on a fixed income was emotionally and physically demanding.

Fortunately, she found support that enabled her to be a loving grandmother/parent and still take care of herself. While enrolling Chad for a preschool camp, a worker at the Martin Luther King Center introduced White to a support group, Second Time Around.

“I found out that someone besides me is dealing with problems with his or her children. We exchange information, we support each other and we are there for each other. It’s like a family,” she says.

It’s a setting where White and others share the joy of raising a grandchild while



Martha White with grandson Chad

Q&A with Lisa Crane, RN, Childbirth Education Coordinator, Clarian Health

BEING A GRANDPARENT IS GREAT. But a lot may have changed since you had your children. The following advice updates you with the latest health and safety issues regarding children.

Q: My new grandchild will be spending the day with me. What do I need to know about naptime sleeping arrangements?

A: Safe infant sleep guidelines, which have led to a decrease in Sudden Infant Death Syndrome, include:

- > Putting babies to sleep on their backs at all times.

- > Placing babies to sleep in an approved crib, bassinette or cradle.

- > Using a tightly fitted crib sheet only. Do not use pillows or bumper pads.

- > Putting baby in a sleeper or “sleep sack” instead of using a blanket.

Learn more at www.healthychildcare.org. Also, log on www.clarian.org to learn how to safely soothe babies.

Q: How do I safely travel with my grandkid?

A: Under Indiana state law:

- > Infants must ride in a rear-facing car

seat in the middle of the back seat until 1 year of age and at least 20 pounds.

- > Toddlers and preschoolers must ride in a forward-facing car seat in the back seat.

- > Older children must ride in a booster seat until they are 8 or are 4-feet, 9-inches tall.

- > All children ages 8 and older ride in the back seat and wear a seat belt. Learn more at www.preventinjury.org.

Q: My friend’s granddaughter recently got into her medications. This scares me. How can I protect my grandchild’s safety?

exchanging tips to balance personal demands on time and energy. And since her grandson has special needs, it's also been a wellspring of community resources to help her provide guidance to her grandson needs to grow into a well-rounded young man.

But it also has taken persistence, patience and prayer on White's part.

As a kindergartener, Chad could read and write but he "was always into something ... always fighting," White says. "He was having tantrums. I knew something just wasn't right."

He went through a series of tests at Riley Children's Hospital, where he was diagnosed with Attention Deficit Hyperactivity Disorder. He underwent counseling at Riley and later enrolled in Cold Spring School, an IPS magnet school with smaller class sizes. He also received counseling at Wishard Hospital and took medication to control his symptoms.

Chad's success has come at a price. White confides, "I have invested every piece of me ... time, whatever else that I have, I have invested it in Chad. I felt it was my duty to see to it he is able to survive, produce, give back and be able to take care of himself in a manner that brings him success in life."

To keep up with her grandson, she walks for exercise and eats right by limiting fried foods and sugar. She also gets regular checkups.

White entreats grandparents to be strong and believe in their wisdom.

"This is a different world," she says. "It is up to us, as adults, to find a way to be able to do what we need to do — to discipline our kids, to protect our kids, to be sure that they are OK." ☺



A: Check your home and remove any small objects or medications within reach of a small child. Never hesitate to call the Poison Control Center at (800) 222-1222 if you suspect your grandchild has come in contact with a poisonous substance. Unfortunately, some youth may experiment with medications to get high, so keep them safely stored away. Log on www.theantidrug.com. ☺



SHARPER THINKING

Several lifestyle habits provide the keys to keeping your mind healthy

by *Mary Guerriero Austrom, Ph.D., Wesley P. Martin Professor of Alzheimer's Disease Education, Department of Psychiatry, Director of Education Core, Indiana Alzheimer Disease Center, Indiana University School of Medicine*

Dramatic changes in life expectancy over the past century have resulted in increased numbers and proportion of the population older than 65. At the turn of the last century, about 4 percent of the U.S. population was older than age 65. Today, that percentage has risen to 13 percent, and it is likely to rise to more than 20 percent by 2030.

The cognitive as well as physical health of this age group impacts us all, so we need to understand what each of us can do to stay sharp as we age.

The Alzheimer's Association has a program called Maintain Your Brain, which can be reviewed at www.alz.org. It promotes the idea that you can maintain a healthy brain and reduce the risk of dementia by paying attention to lifestyle factors and controlling diseases, such as hypertension and diabetes.

Research shows people who exercise regularly, have social connections, have mentally challenging jobs or hobbies, eat plenty of fruits and vegetables and keep a healthy weight have a lower risk of Alzheimer's disease.

The following lifestyle habits have been shown to lower risk of brain disease:

> Physical activity: Brisk walking for 30 to 60 minutes five times a week is beneficial. Other cardio activities like swimming, biking and jogging also are helpful, but check with your doctor before starting any new activity.

> Mental activity: Engaging in mentally challenging activities, such as crossword puzzles, card games, memorizing seven-digit phone numbers, and playing or coaching sports that require strategy, are good for your cognitive health. A clinical

trial funded by the National Institutes of Health, found that cognitive "training sessions" improved memory, concentration and problem-solving skills in healthy adults ages 65 and older. The results were powerful and long lasting: They effectively erased seven to 14 years of normal cognitive decline, and the results lasted for at least two years. A common theme has emerged from all the research: Cognitive training can improve older adults' ability to maintain daily activities.

> Social activity: Supportive relationships are an important element of effective aging. The more contact you have with others as you age, the better you may be at retaining mental sharpness. A study reported in the *New England Journal of Medicine* found that people who engaged in leisure activities, such as learning to play a musical instrument or dancing, were less likely to develop dementia. Dancing may be especially beneficial to the brain because it combines physical activity with social interaction and often involves a cognitive challenge in learning dance steps.

> Maintain a healthy heart: Controlling high blood pressure, reducing high cholesterol and controlling the risk of diabetes help keep your heart healthy, which has been linked to a healthy brain. Experts say a healthy heart and well-functioning arteries can get blood to the brain and keep it active and healthy as well.

> Eat a healthy diet: A brain-healthy diet includes plenty of green, leafy vegetables, dark-colored fruit and foods rich in omega-3 fatty acids, such as flaxseeds, walnuts and fatty fish like salmon. ☺



The JORDY (Joint Optical Reflective Display) Magnifier enables this legally blind woman to work through newfound "sight."

Aging and Technology

Keep your independence as you age

FOR BABY BOOMERS, TODAY'S BUZZWORDS defining the future are "aging in place." Boomers are active and independent, and they want to stay that way — in the comfort and security of their homes.

Preparing for the "golden years" takes thought, planning and access to resources. Issues you need to think through may include modifications to your home, continued education, training to re-enter the work force, legal issues in consultation with an elder lawyer, retirement planning and assistive technology.

Just name your need and an assistive technology solution exists:

- Large-print cell phones
- Big-button TV remotes
- Flashing doorbells
- Adaptive gardening tools
- Talking computers and book readers
- Braille PDAs
- Bluetooth-enabled prosthetics

Since 1979, Easter Seals Crossroads has been the premiere provider of AT services throughout Indiana. Device demonstrations, device loans, alternative financing options, recycled computers, trainings and conferences, and information/referral programs are among the services provided by the INDATA Project at Easter Seals Crossroads. For more information on how assistive technology can help you or someone you know, call (317) 466-2013 or log on www.eastersealstech.com.

Source: *Easter Seals Crossroads*

QUALITY LIVING

Make use of the resources to help you live better

Q&A with Chuck Dietzen, M.D., Medical Director, Easter Seals Crossroads



Dr. Chuck Dietzen

Today, we reap the benefits of improved quality of health care and are living longer, often healthier, lives. However, as we age, more medical services, resources and support options are often needed to maintain our quality of life.

Physical challenges or disabilities can be life-long from birth or acquired as we age. Regardless of your situation, you and your loved ones still can enjoy a life of independence, continued growth and fulfillment.

Community resources, such as Easter Seals Crossroads, help those with special needs to focus on the person's abilities.

Q: How does Easter Seals Crossroads promote healthy aging?

A: Easter Seals Crossroads promotes 'growth, independence and dignity' for people with special needs. No matter our age or situation, these should always remain in constant focus as we move through life's many chapters.

Q: What services are available for dealing with the challenges of aging or other disabilities?

A: As we age, all of our five senses, as well as our cognitive and physical abilities, decline naturally. Because Easter Seals Crossroads is a premiere provider of comprehensive services to individuals with barriers to independence — no matter what those barriers are — our agency is a natural partner for people as they encounter aging issues. Medical rehabilitation therapy services always have been an integral part of Easter Seals Crossroads. Physical therapy, occupational therapy and speech therapy are mainstays of our program offerings to address range of motion, stamina, daily living and communication. We also provide niche programs especially tuned to the aging population. The Easter Seals Crossroads programs include Low Vision In-Home services, driver evaluation and training, Physical Medicine & Rehabilitation Clinic, Assistive Technology Center and Adult Day Service.

Q: How are the services customized to emphasize an individual's abilities?

A: No two people are alike. Because Easter Seals Crossroads embraces this concept when it comes to our consumers, each person's recommended course of evaluation, therapy program or other type of service is tailored just for him or her and the specific needs. No cookie-cutter solutions for you or your loved one! Because we are multi-disciplined and all our departments are contained under one roof, Easter Seals Crossroads offers the perfect opportunity to provide a collaborative team approach for our consumers to ensure all their individual needs are met in the most effective manner possible.

Q: How does the driver evaluation and training program promote the health and safety of those dealing with age-related changes or other disabilities?

A: Driving is a key component to maintaining one's independence. Yet physical, mental and/or sensory skill changes can challenge safe driving ability for an older driver. Our driving program staff includes occupational therapists who are certified driver rehabilitation specialists who work closely with the driver's physician and the Indiana BMV. We use research-based evaluation tools, plus behind-the-wheel and clinical assessments. Low vision and bioptic drivers, previous drivers who need retraining due to a change in their ability, and drivers who now need vehicle modification or other adaptive equipment — these are but a few of the age-related issues that can be overcome with help from Easter Seals Crossroads.

Q: What kinds of new technology and resources are available to help deal with a decrease in vision?

A: New products to assist people with low or no vision appear in the marketplace on a daily basis. From handheld magnifiers to enhanced computer technology, the

world of Assistive Technology is constantly changing. It is best to always check with your ophthalmologist or primary care physician to find out if a new product is appropriate for your need.

Q: What support is available that increases or maintains personal independence by maximizing one's ability to move freely?

A: No magic answer here. The tried-and-true disciplines of physical therapy and occupational therapy are still the “must dos” for people who want to regain, maintain or enhance their ability to move. Building strength is a key to helping us maintain our sense of balance, which helps protect us against falls and potential broken bones. Common sense always should prevail: sensible shoes, nonrestrictive clothing, good lighting, less clutter, taking your time; the list goes on and on.

Q: How are the needs of our Deaf community being met?

A: An ongoing issue is that there never seems to be enough qualified American Sign Language interpreters. One of the newer solutions to this problem is video remote interpreting, which utilizes a camera-monitor system over the Internet. VRI allows the interpreter to provide the Deaf consumer with “instantaneous” service — no travel time or pre-arrangement required — a true blessing in a medical crisis or courtroom situation. VRI can provide top-quality, convenient and cost-effective ASL interpretation for not only the Deaf community but also for the hearing population who serve the Deaf: physicians, dentists, realtors, bankers, for example. Deaf Community Services, the oldest agency of its type in Central Indiana, is now a division of Easter Seals Crossroads and offers VRI along with other services and programs for the Deaf.

Q: What advice do you have for caregivers of those living with age-related challenges or other disabilities?

A: Always strive to respect — and maximize — their independence. Always strive to maintain their access to the world and to new opportunities. Above all, always strive to have patience and a lot of love. ☺



Harriet Westell (right) shares a laugh with care manager Crystal Bessler.

A Thin Line

Harriet Westell, age 73, traverses a life of selfless service and retirement survival

by Deb Wezensky

AFTER A THREE-WEEK SEARCH, HARRIET Westell, 73, laughs and cries as her newly recovered dog, Benjie, bounds into the family room. Westell also expresses these mixed emotions as she talks about her early retirement, challenging health issues and financial concerns.

A disabled leg and gnarled hands are physical reminders of the rheumatoid arthritis that became debilitating in 1991, causing her to leave a nursing career. “I miss teaching and working with people,” she says.

At times, Westell is dismayed by her lack of mobility. To counter that feeling, she calls to mind the things she still can do.

This was not always her situation. In a “past life,” Westell spent 38 years in a successful nursing career, teaching nurses self-care as well as how to become expert members of a health care team.

Westell’s identity has been shaped by both her work as a health care administrator and as a former nun. At age 16, she entered the active Franciscan order of Wheaton, Ill., which reveres service and meditative prayer, as Sister M. Crescentia, O.S.F. Upon graduation, her dual status as nun and nurse provided her opportunities in nursing as a floor supervisor.

Her nursing and administrative skills were put to use in hospitals across the country, including Illinois, Wisconsin and Texas.

Leaving the order in 1968 to care for her aging parents, she used her retirement funds to buy a home to accommodate her enlarged family. Though they enjoyed their growing relationship, the decision was financially costly.

Westell’s career ended in 1991 when arthritis made nursing no longer possible.

“Some days it’s hard to move around. With arthritis you have to keep moving. I just wish I could do something like needlework. I read, but it’s hard to hold books. I get tired.”

Westell’s financial concerns also demand her attention. She depends on disability and Social Security — not enough to maintain her current lifestyle.

“We’re going to leave our house here. It’s hard; I’ve been sick so long ... I’ve had both breasts removed due to cancer. But as a nurse, I’ve always tried to work with people — now I have to work with myself. And I’ve been blessed in so many ways,” she says.

A recent blessing is the care Westell receives from her CICOA (Central Indiana Council on Aging) care management team including Crystal Bessler, her care manager and Latishia Ware, her in-home care provider.

“We make sure she gets the care she needs,” Bessler says.

Westell admits her situation is partially due to poor money management, in addition to her ongoing health concerns. She advises others approaching retirement to “be sure of what you are going to have. Keep a good retirement fund to fall back on. You have to think about what you can do ... Maybe you’ll have to live with somebody to care for you and to share expenses.

“As you get older, you realize the mistakes you’ve made. Sometimes you just can’t have everything. You have to look at the good things all along your life,” she shares.

Westell plans to make the most of her retirement by continuing to count her blessings and enjoy the moments that each day brings her way. ☺



AN OUT-OF-BODY EXPERIENCE

As you age, honor the person you're becoming

by Philip B. Stafford, Ph.D., cultural anthropologist, Director of the Center on Aging & Community, Indiana Institute on Disability and Community, Indiana University-Bloomington

Ageism can play subtle tricks with our language. How many times have you heard someone compliment “old people” with phrases like, “She’s a young looking 80-year-old, isn’t she?” or, “She sure doesn’t look 80, does she?” Well, my question is, why give the credit to youth? Gloria Steinem was giving a press conference a few years ago and it happened to be her 50th birthday. A reporter commented “You look fantastic for 50.” Ms. Steinem responded, “This is what 50 looks like!”

What we need to realize is that being vibrant, being sexy, being beautiful is just another way of aging well. In fact, as Oliver Wendell Holmes once said, “Youth is wasted on the young.”

Part of our problem lies with the unexamined assumption that aging is about time and the body. Of course, in many ways the statement is true. As time passes, our bodies age and we should be thankful for it, given the alternative. But what a self-destructive and limiting assumption it is to maintain this narrow view. For a moment, let’s consider that aging is not about time and the body but about place and relationships.

Imagine yourself in a wheelchair confronted by a set of steps. Possibly you and many others would consider you disabled. Now imagine that the steps are replaced with a

ramp. Are you still disabled? Was that disability in you or in the environment? Clearly, your disability “exists” not in you but in the relationship between you and the environment. A proper environment erases the disability. The same can be said for our common notions of health, dependency and aging. These are not “in the body” but in the relationship between the body and the environment. Hence aging is an “out-of-body experience.”

Let’s dispense with our less-than-fruitful focus on disabled persons and begin talking more productively about “disabling environments,” which is to put the whole discussion squarely within the realm of politics and community rather than medicine. As Wendell Berry would put it, “Community is the smallest unit of health.”

Aging is not simply about the body but about growth, learning, relationships and a connection to places we love. We should celebrate the persons we become as we age. Our years of experience create a richness and texture unique to our lives. So honor who you are ... and do the same for those around you. ☺



Philip B. Stafford

A Fulfilling Life

Annabel Hartman, age 93, “slows down” by keeping a full calendar

by Deb Wezensky

ANNABEL HARTMAN KNOWS EXACTLY WHO she is and how she can remain a healthy and active woman — at age 93. Leading an active, healthy life has allowed Hartman to bask in the glow of her golden years.

“I am a healthy person. I’ve never dyed my hair; it’s always short. I like nature, doing all kinds of outdoor things. I was made for rearing boys,” says the mother of four sons, Lowell, Worth, and fraternal twins, Elden and Howard, who were born when she was almost 39.

Keeping a full calendar, she participates in water aerobics five days a week and yoga twice a week. She shares meals with family, lunches out with friends, attends concerts at Robin Run Retirement Center, watches Purdue sports on television and participates in Women in Black monthly demonstrations on Indy’s Monument Circle.

Named for Edgar Allan Poe’s poem “Annabel Lee,” Hartman made a career of staying socially engaged. She and Grover, her husband of 46 years, served as ambassadors for Indianapolis under Mayor William Hudnut III. They attended conferences and seminars with people from other faith communities. She participated in many women’s groups and acted in community theater roles.

Hartman’s community involvement shaped her outlook on life, “I learned the good points about every group and have friends in many different groups. That’s been enriching to me; that convinces me that we all must honor the experience of other people,” she says.

Though she thoroughly enjoyed the first half of her life, Hartman, a widow for 20 years, has switched gears and embraced aging: “I’m grateful to be healthy,” she says. “Genes have something to do with that. I have lived a clean life — no tobacco, no alcohol — and I try to eat well. I’ve been fortunate to have had no accidents. That’s what I call ‘luck.’”

Then there’s her attitude about aging.

80s and beyond



Annabel Hartman (in pink) enjoys aqua aerobics with friends Naomi Lee (left) and Marcia Capron (center).



AT ANY AGE

Healthy diet means conscious eating

by Constance McCloy, PT, EdD, Center for Aging and Community,
Kranert School of Physical Therapy, University of Indianapolis



Constance McCloy

“I’ve tried to accept it as a natural change of the body,” she says. “And another thing is the spirit of our life. We should be interested in things beyond ourselves. I read novels and poetry. One of my activities is peace groups.”

Another key to Hartman’s longevity is regular exercise. A lifelong swimmer, she is a regular at her retirement center’s pool.

“I do aqua aerobics geared to my age; it’s different than what I did in 1983. But I do it Monday through Friday. It gets my heart rate up,” she says, who was a charter member of the Baxter YMCA with her husband.

Staying closer to her retirement home for the last six years, Hartman admits she has slowed down a bit. “I’m lucky. I haven’t had any broken bones to keep me from doing yoga or swimming. Now I don’t get my feet wrapped up around my head. It’s yoga for seniors,” she says, laughing.

To Hartman, the idea of slowing down means continuing to enjoy as many different activities as is possible.

In October 2008, she and her 20-year-old grandson Julian completed a 3.5 mile CROP Walk to raise funds to fight hunger. “He was so attentive,” Hartman fondly reminisces. “It’s my 29th walk for CROP. It’s getting harder, but I do it — usually with a family member.”

Hartman’s secret to staying healthy and engaged at 93: “Live courageously and victoriously,” she says. “Exercise, stay involved and join things like peace and justice groups. Enjoy nature. Be ‘green.’ Send a letter. Make a phone call. Visit those who are sick. Be of service to others. Try to make a difference.” ☺

Healthy eating habits can work with or against the changes in your body as you age. As your body’s “fuel” needs change, the amount and types of foods you eat can be influenced by several factors.

Some factors are psychosocial in nature — such as whether you eat alone or with others — while others are related to your ability to shop, prepare and manage different types of foods.

Changes in mental, physical and cognitive or brain health, also can influence what and how you eat as you age. Research shows that individuals who wear dentures tend to be nutritionally deficient because they only eat foods they feel comfortable chewing and avoid others too difficult to manage. If you have acid reflux disease, you may have to avoid eating nutritious foods such as oranges, garlic and onions to keep from aggravating the condition. Medications that affect appetite and interfere with your digestion also may influence nutritional status. Despite these challenges, it is possible to eat a balanced diet and still eat many of the foods you enjoy.

Physicians and dietitians often advise seniors to consume a “nutrient dense” diet high in vitamins, minerals and other nutrients, but low in calories. The best way to meet this goal is to eat a variety of foods daily — especially vegetables, fruits, nuts, green tea, lean meat and vegetable proteins such as beans or soy.

This type of diet also helps to prevent chronic inflammation, fight infections, enhance cardiac and endocrine health, and support cognitive and emotional balance. An anti-inflammatory diet also includes healthy fats such as omega-3s, which can be found in salt/coldwater fish and flaxseeds, as well as monosaturated fats, which are present in olive or canola oil and some nut oils. Dark chocolate containing at least 65 percent cocoa is a powerful antioxidant that also has an anti-inflammatory effect.

Avoid the saturated fats in meat and dairy products and oils heated at high temperatures such as those used in cooking french fries. These foods tend to cause inflammation. Also, restrict foods made with high-fructose corn syrup and products cooked with highly processed flour. These foods cause a sharp rise in blood glucose, cause inflammation and promote the development of type II diabetes.

It is important to educate yourself about nutrition. Learn to read food labels so you can make healthy choices and know what you are putting into your body. Work closely with your physician and dietitian to make sure you are getting the right amount of nutrients and calories to achieve and maintain a healthy weight, avoid disease and have a speedy recovery from any illness or injury you might experience in your older years. ☺

Answers to Quiz

(from page 3)

1. True. Perimenopause is the period leading up to menopause when the ovaries produce less estrogen. Menopause is reached after one year without a menstrual period.

2. False. Middle-aged and older adults should continue to exercise 30 minutes a day, most days of the week. Regular exercise will strengthen muscles, bones and coordination, thus reducing the risk of injury.

3. False. Adults need between seven and nine hours of sleep every night. Older adults may have more trouble falling asleep or staying asleep but can talk to their doctors about underlying causes and how to treat them.

4. True. Not smoking — or quitting if you are a smoker — is the most important thing you can do to improve your quality of life as you age.

5. False. Once a woman reaches age 65, she still can expect to live about 20 more years. Good diet, exercise and healthy habits will ensure that these years are healthy, happy ones.

6. True. Receiving the recommended screenings gives you valuable time to speak with your doctor about any concerns you might be having, as well as catch any potential problems early. See page 15 for a pullout chart of recommended screenings for women.

7. True. Today, the percentage of people older than 65 is 13 percent, and that number is expected to rise steadily, reaching higher than 20 percent by 2030.

8. True. Getting the recommended exercise is good for both body and mind.

9. False. Though sex drive and sexual response change during perimenopause, it still is possible to have a healthy sex life long after menopause.

10. False. No matter your age, starting healthy habits — such as good nutrition, exercise and quitting smoking — will increase your chances for aging well. It is never too late to start living a healthy lifestyle. ☺



KNOW THE FACTS

10 myths about aging

by Ellen W. Miller, Ph.D., Executive Director,
Center for Aging & Community, University of Indianapolis

Know the facts about aging so you can be the healthiest you can be at any age.

Myth: The single most important contributor to successful aging is genetics.

Fact: The best predictor of healthy aging is physical fitness, followed closely by disease and disability prevention strategies, maintaining mental function and active engagement in life.

Myth: Older people need less sleep.

Fact: Adults, regardless of age, should get between seven and nine hours of sleep every night. Older people sometimes have trouble with sleep patterns but by identifying the cause of the problem, sleep can be greatly improved.

Myth: About one-quarter of older adults live in nursing homes.

Fact: The U.S. Census Bureau estimates only 4.2 percent of those older than 65 are in nursing homes at any given time.

Myth: Becoming confused is an inevitable part of growing older.

Fact: Normal aging is not associated with confusion or a loss of intelligence, but there are many health conditions that can interfere with cognitive functioning and result in confusion. Many of these conditions are treatable.

Myth: You can become too old to exercise.

Fact: You are never too old to exercise. Even those who begin exercising later in life can gain strength and improve function with simple exercises.

Myth: As women age, they begin to lose interest in sex.

Fact: On the contrary, age does not typically decrease the desire, nor the capacity, for regular, enjoyable sexual activity.

Myth: Most families are unwilling to provide assistance to their older relatives.

Fact: The National Family Caregivers Association reports more than 50 million people in the United States provide care for a chronically ill, disabled or aged family member each year.

Myth: “You can’t teach an old dog new tricks.”

Fact: Older adults may learn more slowly, but research supports the idea that people can acquire both knowledge and skills at any age.

Myth: Your personality changes with age.

Fact: Personality changes very little with aging.

Myth: Urinary incontinence is a fact of life for older women.

Fact: Urinary incontinence is a symptom of various diseases or conditions and can be a side effect of many medications. If an underlying cause can be identified, a variety of treatments are available. Incontinence is never a normal part of aging. ☺



Ellen W. Miller

HEALTH SCREENING GUIDE

The tests you need to get and stay healthy — at every age

One of the best things you can do for your body is get the recommended checkups and screenings based on your age. Cut out this guide and take it to your next doctor's appointment to discuss the screenings that are right for you. These recommendations are meant as a general guide only; women with certain conditions, risk factors or a family history of various medical conditions may need to start at an earlier age or get certain screenings more or less often than the chart indicates. Talk to your doctor or nurse about your risk factors.

Screening Tests	Ages 18-39	Ages 40-49	Ages 50-64	Ages 65 and older
Cholesterol Test	Start at age 20, then every five years	Every 5 years	Every 5 years	Every 5 years
Blood Glucose Test		Start at age 45, then every 3 years	Every 3 years	Every 3 years
Mammogram	Get a baseline mammogram in your mid-30s	Every 1-2 years	Every 1-2 years	Every 1-2 years
Clinical Breast Exam	Every 3 years	Yearly	Yearly	Yearly
Pap Test and Pelvic Exam	Every 1-3 years if you have been sexually active or are over 21	Every 1-3 years	Every 1-3 years	Discuss with your doctor or nurse
Fecal Occult Blood Test			Yearly	Yearly
Colonoscopy, Double Contrast Barium Enema, or Flexible Sigmoidoscopy (with Fecal Occult Blood Test)			Every 5-10 years	Every 5-10 years
Thyroid Screening	Start at age 35, then every 5 years	Every 5 years	Every 5 years	Every 5 years
Vision Screening	At least one exam from ages 20-29 and at least two exams from ages 30-39	Every 2-4 years	Every 2-4 years	Every 1-2 years
Other Screenings	Talk with your doctor about the importance of regular physical, dental and vision checkups. Also, inquire about bone mineral density tests, mental health screenings, thyroid tests, mole exams, hearing tests, sexually transmitted disease (STD) tests and breast self-examinations, as well as recommended vaccines such as influenza, pneumococcal and tetanus.			

Resources to help you adopt a healthy lifestyle today for a healthier future as you age

Active Living by Design is a nationwide program to increase physical activity and healthy eating through community design and public policies. Log on www.activelivingbydesign.org.

The Administration on Aging provides home- and community-based services to older people through programs funded through the Older Americans Act. Log on www.aoa.dhhs.gov.

Aging Blueprint seeks to increase physical activity among adults age 50 and older. Log on www.agingblueprint.org.

Aging With Dignity advocates for the elderly and is the creator of the Five Wishes living will document. Log on www.agingwithdignity.org.

The Alzheimer's Association is the leading voluntary health organization in Alzheimer care, support and research. Call (317) 575-9620 or log on www.alz.org/indiana.

The American Association of Retired Persons (AARP) is a nonprofit membership organization of people 50 and older dedicated to addressing their needs and interests. Call (866) 448-3618 or log on www.aarp.org.

Easter Seals Crossroads offers a wide variety of personalized services to help people with disabilities address life's challenges and achieve personal goals. Services emphasize abilities and are structured to improve physical mobility, facilitate an ability to return to work, to gain greater independence for everyday living and to foster a healthier aging process. Call (317) 466-1000/TTY: (317) 479-3232 or log on www.crossroads.easterseals.com.

The Eldercare Locator, a service of the Administration on Aging, is a nationwide agency that connects older Americans and their

caregivers with information on senior services. Log on www.eldercare.gov.

ElderSource is a network of coordinated services provided to older adults in the greater Indianapolis area. It is affiliated with the Jewish Federation of Greater Indianapolis. Call (317) 259-6822 or log on www.jfgi.org.

Encore.org provides news, resources and connections for individuals and organizations establishing paid or volunteer post-career opportunities that combine personal meaning, financial security and social contribution. Log on www.encore.org.

Eons.com is an online social networking community for midlife adults. Log on www.eons.com.

The EPA Aging Initiative works to protect the environmental health of older people. Log on www.epa.gov/aging.

The Indiana Association of Area Agencies on Aging advocates for quality programs and services for older adults and people with disabilities. Call (317) 818-0702 or log on www.iaaaa.org.

Indiana Health Care Association is an information, education and advocacy resource for health care providers, consumers and lawmakers. Call (317) 636-6406 or (800) 466-IHCA (4422) or log on www.ihca.org.

The Indiana Senior Games encourage the physical and mental health of Hoosier athletes through athletic competition each year. Log on www.indianaseniorgames.com.

INShape Indiana is Gov. Daniels' statewide health initiative, which includes information on older adults' health and tips on nutrition and

physical activity. Log on www.inshape.in.gov.

Lotsa Helping Hands can help you or someone you love to easily organize family members, friends and others during times of medical crisis with practical tools like a private group calendar and other resources. Log on www.lotsahelpinghands.com.

National Family Caregivers Association provides educational resources to help family caregivers become more effective health advocates for themselves and their loved ones. Log on www.thefamilycaregiver.org.

The National Council on Aging is a nonprofit organization to help older people remain healthy and independent, find jobs, access benefits program and discover meaningful ways to continue contributing to society. Log on www.ncoa.org.

The National Institute on Aging leads a broad scientific effort to understand the nature of aging and to extend the healthy, active years of life. Log on www.nia.nih.gov.

The National Osteoporosis Foundation works to promote lifelong bone health and improve the lives of those affected by osteoporosis. Log on www.nof.org.

Rx for Indiana is a program that connects qualified, low-income people with discount prescription medicines, direct from the pharmaceutical manufacturer. Call (877) 793-0765 or log on www.rxforindiana.org.

Visiting Nurse Service, Inc. provides community-based and health-related services to promote independence, wellness and family integrity. Call (317) 722-8200 or (800) 248-6540 or log on www.vnsi.org.

Presenting Sponsor:



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