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|---------------------------------|----|
| Spotlight | 5 |
| History Feature | 10 |
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Vol. 32, No. 4

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Discover historical Franklin

By **ROBIN WALDRON**
Feature Writer

Take a leisurely walk down Franklin's Main and Jackson streets, and you will find everything from classic treasurers to country charm. Antiques, collectibles, fashions, flowers, furniture, jewelry, music, clothing and more line the quaintest streets in the area.

Franklin, population 23,712, is the Johnson County seat conveniently located off I-65 South, at exit 90. You can whiz out the interstate to get to Franklin, but once you enter be prepared to slow down and relax while you discover plenty to see and do on your visit to this charming little town steeped in history.

Begin your tour at the town square. There you will find the courthouse built in 1882 and is the fifth structure to be completed. The first one was a log cabin and the next three were temporary buildings of different types. This courthouse is the center of attention upon entering downtown with its magnificent exterior, a monument to Franklin lives lost for America's freedom and its most appealing landscaping.

Be sure to drop by restaurants like The Willard (with a haunted history all its own), Ann's Restaurant, Court Street Café, Benjamins Coffee House and Bake Shop and Richard's Brick Oven Pizza, to name a few all within walking distance of downtown Franklin.

Take "Strawberries in the Square" "Smoke on the Square," or "Hops and Vines" for example. That is when the whole town throws a party including classic car cruising, a classic movie at

the Artcraft Theatre and tons of fun things to do in downtown Franklin. The stores stay open later to help celebrate. See www.DiscoverDowntownFranklin.com for event information.

The historic Artcraft Theatre was built in 1922 in an Art Deco style and was used for vaudeville and silent movies. The theater was one of the first in the area to feature cool air when it installed a swamp cooler. It served as a full-time movie theater until 2000. The theatre operated continuously for 75 years before closing due to the popularity of multiplex theaters.

Today, the theater is owned and administered by the non-profit, Franklin Heritage Inc. FHI purchased the building in 2004 and launched a \$500,000 campaign to renovate the building.

Make sure to see the Johnson County Museum of History to take in the wonders of Franklin history. This building, which contains many historical treasures, was once the home of the Masonic Temple.

If outdoors is what you seek, Franklin has just the unique place in the Blue Heron Park and Wetland. You could tour the 55-acre park many times and still find more Franklin things to do here. Playgrounds, shelter houses and open fields are typical features of Indiana parks, but Blue Heron Park and Wetland goes far beyond that. The wetland alone is worth the price of admission (free), with its wildlife, ecological benefits and unexpected beauty. It is located just a half mile outside of downtown Franklin at Highway 31 South and Driftwood Court.

There's so much to see in



FUN EVENTS — Franklin offers a wide variety of activities for people with a whole host of interests. The town throws several parties such as Strawberries on the Square, shown here. (Photo provided)



HISTORIC MOVIE HOUSE — Shown is the Artcraft Theatre, built in 1922 in the Art Deco style. The theater operated continuously for 75 years and was one of the first to offer cool air when a swamp cooler was installed. (Photo provided)

Franklin; you might want to stay over. There are two bed and breakfasts, The Flying Frog and Ashley-Drake Historic Inn located in downtown Franklin. Also, just off the interstate entrance into

Franklin, there are two national hotel chains.

Franklin invites you to come on down and enjoy fun, food, and historical uniqueness.

Seating is limited and RSVPs are required. Call 317.826.6080.



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Come explore the community within your community.

Free events you won't want to miss:

"Slowing the Progression of Memory Loss Through Diet"

Chef Tom Stieglitz and celebrity Chef Wendell Fowler present brain healthy recipes.
Wednesday, April 5, 2-3 p.m.

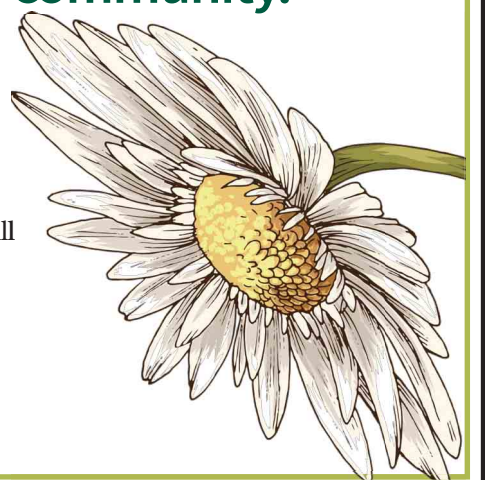
"From Overwhelmed to Organized"

Want to pare down but don't know where to start? Senior living expert Jackie Stone will guide you through the process. **Tuesday, April 18, 12-1:30 p.m.**

"Parkinson's Café"

Enjoy a continental breakfast and learn more about care for Parkinson's disease.
Tuesday, April 25, 10-11:30 a.m.

Or, to make an appointment to tour the community and enjoy a delicious meal from the MemoryMeals recipes, call Margaret at 317.826.6072.



Key Positions

The JCC is a beacon of inclusion and diversity

By MATTHEW J. SILVER
Feature Writer

"I like my boss, and I like all the people who work under me. I am the human resources director, and the entire department as well," smiled Nancy Biddle-Mills. She is the first HR director at the Indianapolis Jewish Community Center in the center's history. "It has been gratifying to create the path. The JCC embodies everything I have been looking for in my career," she said.

There are not often many staff openings at the JCC on Hoover Road because employees tend to stay. The current executive director, Ira Jaffee, is retiring after 33 years. Biddle-Mills, herself an employee of 14 years, noted the combined tenure of full and part-time staff amounts to more than 1,100 years of service. Many in managerial positions began their service before college, worked part-time and then became full

time after graduation.

A member of United Way, the JCC serves some 1,000 people daily through a range of activities beginning with 6-week-old infants in the Early Childhood Education program who may then feed into the soccer, tennis or martial arts programs at 3 years-old, to Rock Steady boxing for those with Parkinson's disease and wheelchair tennis.

The instructor-led group exercise activities for one week cover a single 8.5 inch by 11 inch sheet of paper, as many as 20 in one day. Indoor cycling and sunrise yoga begin at 6 a.m., followed by cardio strength at 7:15 a.m., Pilates basics or AquaJog at 8 a.m., dance at 8:30 a.m. (ballet, Israeli, beginning and advanced tap), Zumba at 10:45 a.m., Silver Sneakers yoga at 11:45 a.m., on through aqua Pilates and Aqua-joints at 6:30 p.m.

Much of the programming is targeted to developing young

minds and bodies through an extensive variety of activities, including after school and overnight lock-ins, as well as parents night out, a program for children with special needs. Teens can become certified as a Red Cross water safety instructor, enjoy basketball pick-up games, take private tennis lessons and learn numerous types of dance.

The 230 non-summer employees swells to 350 in the summer when the extensive water park is in full swing, and outdoor day camps and other recreational activities involve more participants. Said Biddle-Mills: "Our staff ranges in age from 15 to over 80. Their diversity is matched by the diversity of the people we serve who come from many backgrounds and ethnicities. That is what makes working here so enriching and fulfilling. We are a beacon of inclusion and diversity in the community." One hundred volunteers also



SUMMER HIRING — Nancy Biddle-Mills, left, director of human resources at the Indianapolis Jewish Community Center, discusses hiring with Lisa White, director of marketing. The JCC adds 130 staff members each summer to accommodate the influx of participants to its swimming and camping programs. (Photo by Matthew J. Silver)

who contribute to the wide-ranging programs.

Adults can partake of a multitude of fitness equipment and individual training programs, consult with a nutritionist, learn Russian, calligraphy, the world of politics, make scarves and paint pictures. An indoor pool has a floor that rises for elderly and disabled water enthusiasts to enjoy water therapy.

Established programs include the annual Ann Katz Festival of Books, Earth Day community

celebration and the year-round farmer's market offering fresh produce. The Tiny House Roadshow of 15 homes drew nearly 8,000 people.

"It has been gratifying to create this HR path. I have always wanted to work in a position that enhances the greater good, and I have found it. It has been an amazing experience. You don't work for a non-profit to get rich. And the kindred souls I work with all feel the same," said Biddle-Mills.

Making it a Pilgrimage of Hope

By SUSAN ALBERS
Executive Director
Magnolia Springs

I recently read an article about growing old and how we should make it "a Pilgrimage of Hope." Well, of course this caught my eye because many articles talk about the downfalls of becoming older.

At the beginning, it stated "Among (Cicero's) pieces of advice for us who would age calmly and wisely is that the mind is

a muscle. Exercise it. Friends are a boon. See them. Old age brings limitations. Accept and work around them." Our society embraces youth. Models in advertisements have grown younger because we cannot because the image we have of ourselves is much younger. We've all heard the story about actors in Hollywood. It is much more difficult for them to get work after age 50.

Just as I love living in a state with all four seasons, I love what Cicero had to say about our seasons of life. "Nature has but a single path and you travel it only once. Each stage of life has its own appropriate qualities — weakness in childhood, boldness in youth, seriousness in middle age and maturity in old age. These are fruits that must be harvested in due season." Cicero then noted everyone hopes to live through to old age, but then complains about it when it arrives.

Assisted living is a fairly new concept for our society. Begun in the early '80s, it has been a wonderful alternative to what used to be called "the old folks home." Assisted living is a vibrant, exciting, fun place to spend your years as a senior. It has become part of the pilgrimage of millions of seniors in the U.S. From ballroom dancing to billiards, from college-level courses to gardening and book clubs, assisted living has much to offer. If you are getting older and looking for a great place to spend your mature years, I encourage you to check out an assisted living community.

There is much to do and much fun to be had — allowing you to continue your Pilgrimage of Hope.



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- Prior to the 2nd, 3rd and 4th visit, you will take Progesterone, Testosterone or a Placebo for 7 days.
- During the 2nd, 3rd and 4th visits, you will receive a medication called Corvert, have your blood taken and ECGs performed throughout the visit.

Please contact Heather Jaynes RN, MSN at 317-847-2094 or at hwroblew@iu.edu



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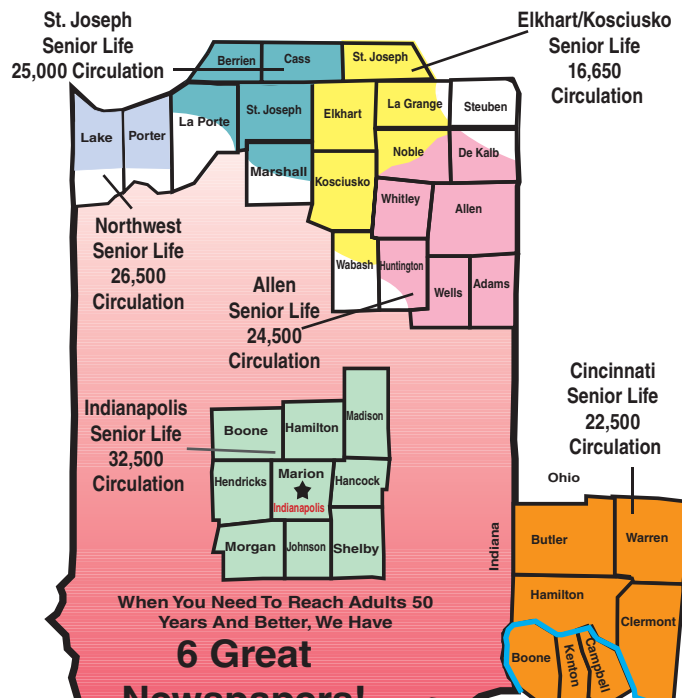
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Prepare for long term senior care before you need it

By ANGIE ANTONOPOULOS
American Senior Communities

With more seniors living longer, planning for the future is more important than ever. Planning for your future now, while you're still in good health, can give you time to learn about all your options; make your wishes known to family members and give you peace of mind.

Here are some recommended steps you should take now:

Have a conversation with loved ones. It's reported 75 percent of adults never have a conversation about long term senior care with loved ones and almost the same percentage wouldn't know what to do if a loved one needed care.

Assess your health care needs, now and in the future. Decide if downsizing and moving into a senior community would help provide peace of mind for you and your family all your future health care needs will be met.

Consider your financial situation and prepare for the cost of care. The cost of long term senior

TRUSTED CARE — Doris Nguyen, left, of MPV chats with Catherin Wallace. American Senior Communities encourages everyone to plan for the future and their long-term care. (Photo provided)



care is on the rise and will continue to get more expensive. Know the financial options available and how you can start saving for the cost of senior care.

Create a living will. Be prepared legally for the future, too. A living will, or advance directive, is a legal document that will spell out your wishes for end of life care should you become incapacitated and unable to express them yourself.

tated and unable to express them yourself.

The sooner you begin planning for long term senior care, the sooner you'll be prepared for any changes that may come.

American Senior Communities operates 30 communities that provide long term care in the metro Indianapolis area. To learn more, visit www.ASCSeniorCare.com.

CIOS annual Orchid Show set for April

What Indianapolis event brings together six displays from orchid societies from Louisville, Cincinnati, Dayton, South Bend, Indy, Fort Wayne, as well as displays from nurseries, the IMA and Ball State to compete for honors from the American Orchid Society?

Garfield Park Conservatory will be alive with beautiful, blooming orchids. Orchid enthusiasts from across the Midwest will display

their stunning orchid exhibits throughout the conservatory in hopes of winning a prized ribbon. Orchid vendors will also have plants and growing supplies for sale. Central Indiana Orchid Society hosts this annual juried event and society members will be on hand to answer the public's orchid questions.

The show will be held from 10 a.m. to 5 p.m. Saturday and Sunday, April 22-23.

day, April 22-23.

Cost: \$4 per person or \$8 per family (two adults max).

Garfield Park Conservatory and Sunken Garden is located on the near southeast side of Indianapolis at 2505 Conservatory Drive in the 2400 block of South Shelby Street.

For information on this or other conservatory events, call (317) 327-7183 or visit www.indy.gov/GarfieldConservatory.

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Spotlight

There's no place like home —

Susan Waschevski directs St. Francis PACE program

By JULIE YOUNG
Feature Writer

Susan Waschevski knows one doesn't have to travel to Oz in order to appreciate all the comforts of home. Typically it only takes a few days in a foreign location before folks long to return to familiar surroundings.

Others never have to leave to know where they want to be and because an overwhelming number of older adults want to age in place, she is determined to help them do just that as the director of the Franciscan Senior Health & Wellness PACE.

PACE is a Program of All-Inclusive Care for the Elderly, a community-based Medicare and Medicaid program for individuals 55 and older who are determined by the state to qualify for nursing home care but who prefer to remain in their homes. "Through the PACE program, individuals are able to receive all of the care and services they would receive in a nursing or assisted living facility, while maintaining their independence," she said.

Waschevski became the director of PACE in 2013 after serving as the deputy director of home and community-based services with the State of Indiana Division of Aging. Before that, she was a program manager for CICOA Aging & In-Home Solutions. At PACE, she oversees the comprehensive medical and social services programs that are supported by an interdisciplinary team of physicians, nurses, physical and occupational therapist and a wide range of other health professionals and transportation providers.

"It really is a one-stop shop," she said. "When someone joins our program, they meet with the medical director, nurse practitioner and therapy personnel who evaluate their needs and determine what it will take for them to remain safe and comfortable at home. All of the decisions start with the patient and everything is in their control. If additional services are needed, we can provide them. PACE takes health care and makes sense out of it."

Locally, the Franciscan Senior Health & Wellness has a location on the southeast side of Indianapolis Waschevski said is like an adult day service on steroids. Not only do they provide activities for patients to take part in and socialize with others, there is a clinic on site where patients can see their doctor and other health care professionals.

"PACE is true transitional care," she said. "Unlike some Medicare programs that only allot a certain number of days for therapy, this program allows you to stay on it as long as you want. Should the time come for traditional nursing care or hospice, we can help coordinate that for you and stay with you for the duration."

For someone with a background in sociology, Waschevski

ki said PACE is the future of senior health and one patients and their families can feel good about.

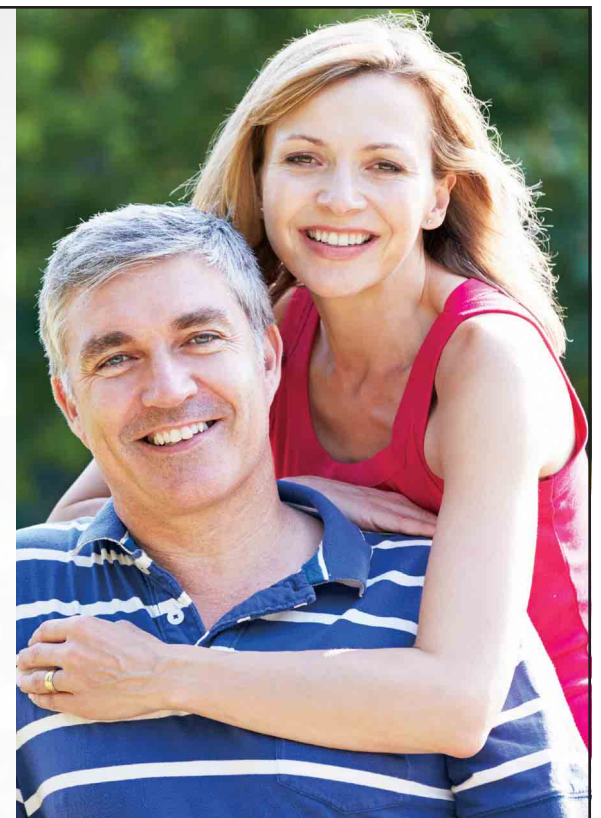
"There are a lot of complex situations out there and it is such a blessing to have people trust in our team for their coordinated care. In a way, we don't only treat the whole patient, but the whole family as well, especially caregivers who are part of an exhausting journey. It's nice to have a team that you can go to for support."

PACE PROGRAM VISIT — Physical therapist Carol Barnes, center, and Susan Waschevski, director of Franciscan Senior Health & Wellness PACE program, visit with a patient at their south side facility at Southport and Franklin roads. (Photo by Julie Young)



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Bill Hays joins TPI family as new publications manager

By LAUREN ZEUGNER
Editor

Bill Hays has joined The Papers Inc., the family company for Senior Life, as its new publications manager. Vicky Howell, who served as publications manager for 15 years announced she is retiring March 31.

Hays spent 33 years at the Times-Union newspaper in Warsaw, where for 21 years he served as advertising manager. A graduate of Wawasee High School in Syracuse, he attended Manchester College (now university) and never left. He and his wife, Jo, still live in North Manchester.

He graduated with a degree in speech communication and his first job was filling in at WRSW in Warsaw for a radio sales person on maternity leave. When that job ended, he moved to the newspaper in advertising sales.

Hays' wife, Jo, serves as a physical plant administrative assistant at Manchester University.



BILL HAYS

ty. The couple have two sons, David and Brian. David is the circulation and IT manager at the Times-Union. He is married to Crystal and the couple have three daughters. A son is on the way. Brian is married to Amber who is a doctor of physical therapy. The couple travel to different hospitals around the country. Brian is currently studying code bootcamp for computer code writing.

Hays and his wife love to cruise and often go with a group of six or seven couples. A native of St. Louis, he is a huge fan of the St. Louis Cardinals.

He is active in North Manchester Kiwanis and serves on the North Manchester Redevelopment Commission. He also serves on the marketing committee of the Builders Association of Kosciusko and Fulton Counties.

He and his wife attend First Brethren Church in North Manchester. Hays said he is very excited for the opportunity to work for The Papers Inc.



CELEBRATING INDIANAPOLIS TEAM FOR NATION WIDE EXCELLENCE — Multiple residents and staff at The Towers at Crooked Creek held a surprise celebration Feb. 22 as they expressed pride in Nicole Beverly, who was awarded Manager of the Year for 2017, right, and DeLisa Harrington, Social Services Coordinator of the Year for 2017 for all of RHF's nationwide properties. (Photo by Shane Tyler, account representative)

Untreated hearing loss affects the brain

By VALERIE DEMPSEY
Community Hearing

Recent studies shed light on

the importance of timely treatment of hearing loss.

Most people believe hearing loss is a condition that only affects their ears. In reality, untreated hearing loss can affect so much more, including brain structure and function.

According to a 2013 John Hopkins Study, hearing loss may increase the risk of cognitive problems and dementia. A 2011 dementia study monitored the cognitive health of 639 people who were mentally sharp when the study began. The researchers tested the volunteers' mental abilities regularly, following most for about 12 years, and some for as long as 18 years.

The results were striking. The worse the initial hearing loss, the more likely the person was to develop dementia. Researchers say there are plausible reasons for why hearing loss might lead to dementia — the brain's hearing center, called the auditory cortex, is very close to the regions where Alzheimer's first starts.

Hearing loss also has a noted link to the brain shrinkage. Although, the brain naturally becomes smaller with age, the shrinkage seems to be fast-tracked in older adults with hearing loss, according to the results of a study by Frank Lin, MD, Ph.D. through John Hopkins University and the National Institute of Aging.

The report revealed those with impaired hearing lost more than an additional cubic centimeter of brain tissue each year compared those with normal hearing. Those with impaired hearing also had significantly more shrinkage in the particular regions, including the superior, middle and inferior temporal gyri, brain structures also responsible for processing sound and speech.

These studies indicate the urgency in which hearing loss should be treated. It is important to take control of your brain health and make sure your hearing is where it should be. "If you want to address hearing loss well," Lin said, "you want to do it sooner rather than later."

For more information stop by or call Valerie Dempsey, (317) 578-2300, 8202 Clearvista Parkway Ste. 3A Indianapolis.

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Sports

Living the example

By **WENDELL FOWLER**
Feature Writer

Ignoring the proposition of age limitations, 82-year-old personal trainer/active older adults coordinator at the Benjamin Harrison YMCA, Terry Zoubul motivates seniors wishing to enhance their fitness level. The octogenarian shared, "Age turned out to be an asset. My availability at the Y has opened doors and transformed lives of seniors too intimidated to train one-on-one with others."

As a youth, Zoubul did not play many sports as, "females were not encouraged to participate, so I just played girls volleyball in high school and didn't become seriously interested in sports until I was married with two sons."

At 57, Zoubul was painfully introduced to the value of working out regularly to becoming physically fit. "Scared the daylight out of me — I was terrified when my husband, who was in good shape, succumbed to a heart attack 25 years ago. Losing him I launched my personal health journey. We were both smokers with high cholesterol. I had to change. Had to get with it ... there's still so much life to live and family to nurture. I wasn't in bad shape — maybe 10

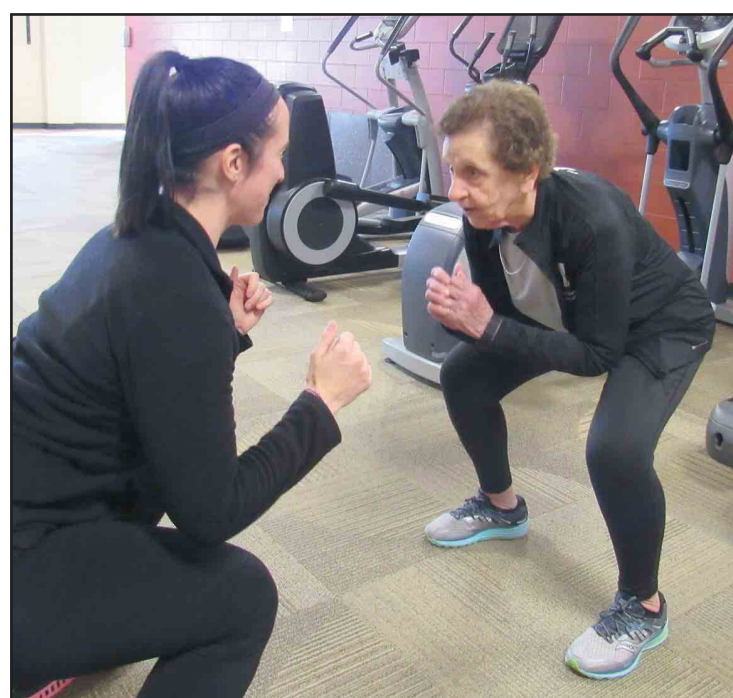
or 15 pounds overweight. Then I joined the YMCA: the agent for my change. They helped and motivated me with their Christian values. When I needed it the most, they reached out just as I'm helping other seniors today."

When the Benjamin Harrison YMCA opened, Zoubul worked in child care. Considering Zoubul's experience as an instructor in the center's active older adults programs, a wellness director at the YMCA approached Zoubul about becoming a Silver Sneaker Instructor. Zoubul has become a respected, inspirational Silver Sneakers instructor. "It's really a dream I've always wanted, but I needed somebody to tell me age wasn't a factor."

"At the young age of 80, I became a certified personal trainer. Currently I'm a personal trainer for eight senior clients. Four days a week I instructs for Sneakers Classic, Cardio Circuit and a simplified version of kick boxing for seniors. I teach four one-hour classes weekly, walk/jog 2.64 miles three nights a week at Fort Harrison Duck Pond. Then I train with the Athletic Annex group in Broad Ripple Saturday mornings. I also have my own personal trainer. My individual training averages approximately 10 to 12 hours per week."

The exemplary personal trainer's awards are many: first place medal in the 2011 Indy Monumental for women over 75, first place in her age group at the 2016 Geist 5K and first place in her age group in the marathon at Fort Harrison St. Park. "I average about 50 minutes for a 5K but it's not hard to get first place, because, unfortunately, there's not a lot of senior competition out there. I am a walker, jogger — that's been my passion as an adult. I walked in the Indy Mini Marathon for 11 years, and that in itself is like winning a medal ... if you finish. Also, I am careful with my nutrition which is a must when I compete in these races."

Zoubul's gentle encouragement to seniors: "While you are still able, use it or you'll lose it. Age is not a factor — training, dedication and motivation is." The happy octogenarian lives her truth: an active senior life by example.



HARD AT WORK — Shown is Terry Zoubul, right, working out with her personal trainer. Zoubul herself is a personal trainer/active older adults coordinator at the Benjamin Harrison YMCA. In addition to teaching classes, she walks/jogs three nights a week and participates in numerous races throughout the year. (Photo provided)

'Strawberry Fields Forever'

The Beatles
April 1967

Accompanied only by his acoustic guitar, John Lennon auditioned "Strawberry Fields Forever" — conceived as a slow-talking blues song — for Beatles producer George Martin, who sat entranced in a dimly lit Abbey Road studio room while Lennon sang his complex and sophisticated tune. In the Beatles' Anthology, Martin recalled, "It was magic. It was absolutely lovely. I love John's voice anyway, and it was a great privilege listening to it." Such poignancy and intimacy were rare from the normally guarded Beatle, who had become lyrically more introspective after falling under the influence of American icon Bob Dylan.

Strawberry Field (no "s") was a Liverpool orphanage young Lennon could see from his upstairs window. The old residence was a sprawling 1870 Victorian home set in wooded grounds and converted by the Salvation Army in 1936. The name had come from the rows of strawberries that grew in the lush gardens there.

John's song "Strawberry Fields Forever" (he added the "s" as a stylistic choice) took Lennon back to his childhood and carefree summer mornings with his friends, who often scaled the orphanage walls to play in the trees that became their private playground and a sanctuary from annoying adults. His aunt Mimi (who raised him) sometimes complained to her nephew about his trespassing onto private property. John would retort, "What are they going to do, hang me?" From that would later come his often-miscon-



By **RANDAL C. HILL**
A Boomer Blast To The Past

strued lyric line "Nothing to get hung about."

Lennon called his work "psychoanalysis set to music," according to "The Beatles: The Biography." It featured surreal images that helped him bring his emotional world alive, some lyrics revealing long-suppressed insecurities and feelings of being misunderstood as a child. "No one I think is in my tree" shows his concern about being above or below everybody else — either a genius ("high") or a madman ("low").

With an open-ended recording budget, George Martin could grant Lennon the 45 hours he needed to create what would become the most complex Beatles single ever.

Experimentation became the key word as "Fields" developed. John added the sound of a mellotron, a synthesizer-type machine that played recorded instruments (in this case, flutes). He also playfully added a little-noticed series of Morse Code beeps that spell out the letters J and L. George Harrison contributed the sound of a zither-like Indian instrument called a swarmandal.

The song was actually recorded twice, in different keys, tempos, and moods, and with differing instrumentation, sound loops and reversed tape sections. This way, Martin managed to create an aural montage by speeding up one tape and slowing down the other, blending both onto a single tape with a distinctive "faraway" sound.

Released as the "B" side to the more commercial "Penny Lane," Lennon's masterpiece became one of the defining works of the psychedelic rock genre and the one of his most personal works. A short promotional film shot for it became one of history's first music videos and a forerunner of MTV.

Some have deemed "Strawberry Fields Forever" rock's all-time greatest song. Period.

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A Monthly Question And Answer Advertorial Column

Elder Law

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Tina L. Mann
Hunter Estate & Elder Law

A. The first option will be your Health Care Representative or Guardian. A Health Care Representative must be named in an executed document that you signed while competent and the document must be witnessed by at least one adult witness other than the appointed representative. A Guardian must be appointed by court order which requires that an attorney file a petition for guardianship with the probate court. If you do not have a Health Care Representative or Guardian, according to the Indiana Code, your spouse, parents, adult children, adult siblings, or religious superior can make health care decisions on your behalf.

Hunter Estate & Elder Law offers free educational workshops in Fishers, Noblesville, Indianapolis, and Greenwood on estate planning and asset protection. For upcoming workshop dates, please call (317) 863-2030 or visit us online at www.hunterlawoffice.net.



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UPDATES & HAPPENINGS IN THE AREA

Send listings hosted by non-profit organizations and Senior Life advertisers to Senior Life, P.O. Box 188, 206 Main St., Milford, IN 46542 or lzeugner@the-papers.com by April 10 for May listings. With listing, include contact number with area code.

Daily senior luncheon — 11:30 a.m. at The Social of Greenwood, 550 Polk St., Greenwood. Luncheon is open to the public and membership in the center is not required. A \$2 donation is suggested for ages 60+, and \$6 is charged per person for under 60. Diners are asked to call (317) 882-4810 by noon the

day before to make a reservation. The luncheon is located in the new Center Cafe.

Bethany Village Gives Back to Seniors — 4-9 p.m. every Tuesday at Madison Grill, 3003 Madison Ave., Indianapolis, during their senior night. Seniors 62+ receive a half price entree and they can register for a chance for Bethany Village to pay for their meal. Ten meals to be awarded. For more information, call Ben Porter at (317) 783-4042.

VA Lunch — Every Tuesday at Westside Garden Plaza, 8616 W. 10th St., Indianapolis. Call (317) 271-1020 for times.

Quilt Connection Guild — 7-9 p.m. the first Thursday at Greenwood United Methodist Church, 525 N. Madison Ave., Greenwood. Program features experienced quilters sharing their knowledge, workshops, sew days to learn new skills, annual quilt challenges, bees (work on personal or charity projects), an annual action and parties in July and December.

National Active and Retired Federal Employees Association — Meets on the first Friday of every month in the Truman room at the Sottish Rite Cathedral, 650 N. Meridian St.,

Indianapolis. NARFE's mission is to support legislation beneficial to current and potential federal annuitants and to oppose legislation contrary to their interests. All meetings are open to all interested parties. The Cathedral is handicap accessible and has handicap parking. For those who wish to join for lunch, the lunch line opens at 11:30 a.m. All inquiries may be directed to Chapter 151 officer, Leo J. Hahn, by phone at (317) 255-4928 or via email at lmehahn@att.net.

IS Dances — (Formerly Indianapolis Senior Dances) Ballroom group classes and parties at Rio-lo's, La Boca Studio, second floor, 502 N. Capitol Ave. (northwest corner of Michigan Street and Capitol Avenue) with DJ Monica Lung, professional instructor. For more information, contact Monica Lung at (317) 590-2655 or visit www.MonicaLung.com.

Coffee with the Curator — 8:30-9 a.m. first Friday of every month at the Benjamin Harrison Presidential Site in Indianapolis. Free for presidential site members and guests; \$6 for non-members.

Vintage Pickers Antique Show — 1-3 p.m. Thursday, March 30, at Forest Creek Commons, 6510 US 31 South, Indianapolis. Stop by to browse their mini-museum filled with different knick-knacks, collectibles and antiques; purchase a low-cost costume or bring in your treasures to show off. Vintage Pickers will provide you with the story behind your prized items and appraise them for a monetary value. RSVP to (317) 783-4663 by Monday, March 27.

Lecture on furniture styles — 6:30 p.m. Wednesday, April 5, at the Museum of Miniature Houses, 111 E. Main St., Carmel. Free admission. In connection with the "Furnishing Touch" exhibit, Kristin Barry from the College of Architecture and Planning at Ball State will speak on the Gothic Revival in domestic architecture and furniture. For more information, call (317) 575-0240.

Slowing the progression of memory loss through diet — 2-3 p.m. Wednesday, April 5,

at Westminster Village North, 11050 Presbyterian Drive, Indianapolis. Chef Tom Stieglitz and celebrity chef Wendell Fowler presents brain healthy recipes. Call (317) 826-6080 to RSVP. Seating is limited.

JCCOA executive committee meeting — 1 p.m. Wednesday, April 5, at The Social of Greenwood. Open to professionals.

Easter Egg Hunt — 2 p.m. Saturday, April 8, at Madison Health Care Center. This event is for children ages 1-12. There are gifts for the most eggs found and for whoever finds the golden egg in each age group. The age groups consist of three groups: Group one includes ages 1-4, group two includes ages 5-8 and group three includes ages 9-12. Stick around for a hotdog, bag of chips and drink.

Open House and Bus Tour — Franklin United Methodist Community Cottage open house with guided bus tour from 10 a.m. to 2 p.m. Saturday, April 8, and Friday, April 28. For more information, call Diane Amari at (317) 736-1156.

Lecture on 19th century furniture design — 6:30 p.m. Monday, April 10, at the Museum of Miniature Houses, 111 E. Main St., Carmel. Free admission. For more information, call (317) 575-0240.

Celebrations of Creativity and Craftsmanship — Noon Wednesday, April 12 and 26, at the Museum of Miniature Houses, 111 E. Main St., Carmel. Free admission. For more information, call (317) 575-0240.

Free Estate Planning and Asset Protection Workshop — 6-8 p.m. Wednesday, April 12, at the Community Health Pavilion, 9669 E. 146th St., Room 160, Noblesville, and 1-3 p.m. Friday, April 21, at MainSource Bank Community Room, 8740 S. Emerson Ave., Indianapolis. Presented by Hunter Estate and Elder Law Office. Workshops are free. Reservations are required. Call (317) 863-2030 to reserve your spot. Seating is limited.

Monthly Caregiver Support Groups — 5:30-7 p.m. Monday, April 17, at St. Mark Catholic School, 541 E. Edgewood Ave., Indianapolis, and Thursday, April 27, at St. Thomas Aquinas Church, 4610 N. Illinois St., Indianapolis. Catholic Charities Indianapolis sponsors monthly caregiver support groups for family members who are caregivers of older adults. Meetings are open to the community and are a way for caregivers to share and learn from each other as well as community professionals. To confirm attendance or for additional information, contact Monica Woodsworth at (317) 261-3378 or mwoodsworth@archindy.org.

From Overwhelmed to Organized — Noon to 1:30 p.m. Tuesday, April 18, at Westminster Village North, 11050 Presbyterian Drive, Indianapolis. Call (317) 826-6080 to RSVP. Seating is limited.

BCSSI Theater Thursday — 9:30 a.m. Thursday, April 20, at Lebanon 7 Theater, 1600 N. Lebanon St., Lebanon. For individuals 60 and over. Cost is \$1/person and includes a breakfast snack, along with the movie. April's movie is "Joy." The breakfast snack is at 9 a.m. For more

Continued on page 9

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When it's not Alzheimer's: The story of a family living with a rare, genetic disease

By **DEBBIE S. Mother/Caregiver**

There are many of us living with family members who have early onset, non-AD dementia and I am one of them.

My life as a caregiver started when I was 24. My 25-year-old husband was a tall, handsome man pursuing a master's degree when our lives changed.

Early onset non-AD is hard to pinpoint at first. I began to notice little things that baffled me at the time, but later made total sense. Clumsy falls, math errors, reckless driving and forgetfulness. The first very real sign happened as we were shopping for our kids. At checkout, when the cashier told my husband the total, he turned to me in shock and said "I don't know how to write anymore."

We would eventually be informed this disease was genetic and could pass down to our children. Heartbreak.

I have now spent many years caring for my two sons; watching their decline from being college graduates, married men, fathers ... to living every day with the challenge of knowing how to get dressed, trying for hours to tie their shoes, remembering to eat and later even trying to speak.

As I see it, early onset non-AD symptoms are mostly the same as a person with AD, but I feel there is a difference. When we think of Alzheimer's, we think of an older person who has lived a long and full life. A person with

early onset dementia has had their goals and dreams snuffed out too soon. My son, Kyle, was a promising artist. I watched him decline to the point where he lost his ability to sit up, swallow, talk and in his final days he lay in a bed, in my arms, until his brain could no longer tell him to breathe. He was 35.

I am now watching the same decline with his brother, Kristopher. More heartbreak.

One commonality stands out to me with these two diseases. In both, we say goodbye twice. We say goodbye to the person we knew before the disease and then again to the person they became after the disease ravished them.

I conclude in saying as a caregiver who has been asked "What's it like when it's not Alzheimer's?" When it's early onset? Well, I guess I would say it's unfair, it's tiring and it's mostly unrecognized.

My hope is someday science will know more about all the young souls suffering too soon.

CALLING BINGO — Big fun and smiles at bingo at Forest Creek Commons sponsored by Oak Street Health. The public and residents enjoy a lively bingo with, from left, Anna Rodriguez with Oak Street Health; Cody Baker, Forest Creek Commons; and Madison Davis, Oak Street Health. Call or stop by and ask Baker for a schedule of a future event at (317) 783-4663 or Forest Creek Commons, 6510 US 31 South, Indianapolis. (Photo by Shane Tyler, Senior Life account representative)



UPDATES

Continued from page 8
information, call (765) 482-5220 or (317) 873-8939.

CIOs Annual Orchid Show — 10 a.m. to 5 p.m. Saturday and Sunday, April 22-23, at Garfield Park Conservatory and Sunken Garden, 2505 Conservatory Drive, Indianapolis. Cost is \$4 per person or \$8 per family (two adults max). For more information, call (317) 327-7183.

Parkinson's Cafe — 10-11:30 a.m. Tuesday, April 25, at Westminster Village North, 11050 Presbyterian Drive, Indianapolis. Learn more about treatment and care for people with Parkinson's disease. Call (317) 826-6080 to RSVP. Seating is limited.

JCCOA meeting — 10:30 a.m. Thursday, April 27, at the Franklin Active Adult Center, 160 E. Adams St., Franklin. Open to the public and healthcare professionals.

Scott Greeson — Enjoy music with a classic sound from Scott Greeson and his four-piece country/folk band as they capture poetic snapshots of life in America's heartland through their songs. Light refreshments will be served from 5:30-6 p.m. and the music begins at 6 p.m. Friday, April 28, at Westside Garden Plaza, 8616 W. 10th St., Indianapolis. RSVP by calling (317) 271-1020.

Annual Attic Sale — 9 a.m. to 3 p.m. Saturday, April 29, at 141 E. Main St. and Museum of Miniature Houses, 111 E. Main St., Carmel.

19th Annual Senior Expo — 9 a.m. to noon Thursday, May 4, at The Social of Greenwood, 550 Polk St., Greenwood. For more information, call (317) 882-4810.

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Early pathology sought physical causes of mental illness

By **MATTHEW J. SILVER**
Feature Writer

It is Jan. 26, 1909, at 2 p.m., and Dr. Jackson is giving a presentation on the pathology of gross lesions in the 100-seat amphitheater lecture hall at the Old Pathology Building, located on the grounds of the Indiana Hospital for the Insane, in Mt. Jackson. His lecture is in four parts: anemia, hemorrhage, brain tumors and syphilis, all part of research to determine the cause of insanity.

Now part of Indianapolis, the Indiana Medical History Museum at 3045 W. Vermont St., houses all the original laboratory equipment and furnishings used in researching the causes of mental illness, thought to be physiological rather than mental, emotional or environmental.

Built in 1896, its three clinical laboratories represent the beginning of scientific psychiatry and modern medicine and it is the oldest free-standing

pathology facility in the U. S. The hospital has been demolished, but at the time, some patients who died were brought to the pathology building to be autopsied. Pathologists eventually discovered the brains of those with mental illness did not diverge from those of "normal" people.

The autopsy room, last used in the 1970s, still has the original heavy duty metal-grated table with a metal head rest at one end and a drain in the middle. A small canister mounted on the wall feeds into a pipe that carries the pathologist's dictation of his findings to someone in the library directly above through a similar canister. In the early years the transcriber was sometimes the pathologist's wife.

Bacteriology was the newest science at the end of the 19th Century. The lab devoted to that study at the Medical History Museum is replete with microscopes used to study the razor-thin sections of tis-

sue that were placed on slides for examination following the autopsy. On shelves around the room are brains and other human organs stored in glass jars.

The German physician Robert Koch identified several bacteria as the cause of infectious diseases, while in Paris, Louis Pasteur developed techniques to produce vaccines, although the broad use of antibiotics did not become prevalent until after World War II. Pasteur developed vaccines for anthrax, cholera, tuberculosis and smallpox, and in 1885 saved the life of a 9 year-old boy who had been bitten by a rabid dog.

Currently, motorized centrifuges are used in laboratories to separate higher density liquids from lower density liquids. In medical labs, they are used to separate blood platelets from blood plasma. The original at the museum was a gear-driven, manually-operated device with two test tubes spinning around that the operator might have to continually crank for 45



ORIGINAL MEDICAL PREPARATIONS — Original salves, powders, emollients and other medicinal preparations in one of the laboratories at the Indiana Medical History Museum. (Photo by Matthew J. Silver)

minutes in order to achieve the desired separation.

Initially diagnosed in Europe in 1495, syphilis becomes extremely painful and disfiguring in its late stages. Before penicillin was found to cure it after WWII, patients at Central State were injected with

malaria which raised the body temperature, and thereby kept syphilis germs from increasing, if the patient could withstand the high heat of malaria. Quinine could then treat the malaria.

While advances in medical technology have increased dramatically in the past 120 years, a handout from the museum quotes the Indiana Sentinel of Dec. 19, 1896, in reference to the Pathology Building: "Physicians who have studied in the pathological laboratories of the old world (Europe) say they have seen nothing to surpass it."

www.imhm.org

Early signs of dementia

By **SHELLY LONG, RN**
Director of Admissions
and Care Transitions
Franklin United Methodist
Community

Detecting early signs of dementia and its specific types, such as Alzheimer's disease, is important for monitoring and maintaining your health, or the health of someone you know. Oftentimes, symptoms of the disease are excused as being indicative of "old age," however, early indicators, especially when more frequently prevalent, should be taken seriously.

When brain cells cannot communicate normally, thinking, behavior and feelings can be affected, which is known as dementia. Dementia is a delay or loss in cognitive abilities. The effects include memory loss, impaired judgment, impaired motor skills, and language challenges.

Some of the more common types of dementia and their symptoms include:

- Vascular dementia – less drive, difficulty in planning
- Dementia with Lewy bodies – sleep issues, hallucinations
- Frontotemporal dementia – less motivation, loss of emotional sensitivity, compulsive/ irrational behavior, anxiety and depression

Early Signs Of Alzheimer's Disease

Alzheimer's disease is the most common form of dementia.

The following are early symptoms of Alzheimer's disease to look out for, especially if they are occurring frequently and with great impact:

- Memory loss on a regular basis, and trouble establishing new memories

Continued on page 11

Are You or a Loved One Suffering From Dementia With Lewy Bodies (DLB)?

A Clinical Research Study May Be Your Next Step

A clinical research study for people who have had a diagnosis of Dementia with Lewy bodies for at least two months.



This Phase 2b study, will evaluate whether RVT-101, an investigational medication, improves cognition (thought and memory) and global function in patients with Dementia with Lewy bodies.

To be considered for the study, participants must:

- Have a diagnosis of dementia with Lewy bodies for a minimum of 2 months
- Be between 50 years and 85 years of age
- Have a Mini Mental State Examination (MMSE) score between 14 and 26, which is assessed by a doctor at the start of the study
- Be accompanied by a consistent caregiver who can oversee the participant's study involvement and answer questions about the health of the participant.

Additional eligibility criteria apply.

Contact us today...

...to see if you or someone you know may be eligible to participate.

Ryan Crosbie
Phone: 317-963-7381
Site: Indiana University

LewyBodyStudy.com



All study-related exams, tests, and study medication (RVT-101 or placebo) are provided at no cost to study participants. Compensation for study-related time and travel may also be provided.

Make plans to improve the yard and garden

Don't let your spring fever get too high before making plans to improve your yard and garden this year.

One of the best things you can do to have a better annual flower or vegetable garden is to improve the soil. This year make plans to add compost or other organic matter to the soil prior to planting. Apply a 2 to 3-inch layer and mix it into the soil about 6-10 inches deep. Taking a soil sample for testing is another good idea. It can help you determine the best fertilizer to use and whether the soil is too alkaline for best nutrient uptake.

If you plan to add any trees to your yard, don't make these common mistakes. Avoid planting too close to power lines or the house by finding out the mature size of the tree first. Planting too deep is another common mistake. The key to proper planting is to locate the root flare (where the trunk spreads out to meet the roots) at the soil surface or just above it. Finally, do not apply excessive mulch or pack it against the trunk. Generally mulches should be applied so the depth is 2 to 3 inches after settling.

To help avoid or reduce disease problems on ornamental plants or food crops, select disease resistant plant species



**By STEVE
MAYER**
Extension
Educator-
Horticulture
Purdue
Extension-
Marion County

and cultivars (cultivated varieties). Select tomato cultivars that are resistant to wilt diseases. They usually have the letter F and V in the plant description. When planting zinnias, choose varieties in the profusion or zahara series to avoid powdery mildew.

Apply high nitrogen fertilizer to your lawn this year. Fall is the best time to fertilize but a May application will also benefit the lawn without encouraging excessive spring growth. Fertilizer maintains lawn density and helps the turf recover from damage and environmental stress. Properly fertilized lawns need fewer pesticides to control weeds, diseases and insects. Periodic fertilization helps protect water quality by significantly reducing water runoff and potential soil losses.

If you want to optimize the flower display on your spring-blooming trees and shrubs, prune the plants right after flowering. This applies to trees and shrubs then flower before the end of June. Do not chop off the tops of shrubs. They require selective pruning to look their best. Larger multi-stemmed shrubs need thinning of the thickest stems at ground level. Remove up to one-third of the largest stems. Then cut back any top growth as needed. Prune to a side branch when possible and vary the height of each cut.

Question

Q. When are the next master gardener classes in Marion County?

A. Gardeners who want to help others grow can register this summer for the next master gardener program. The 50-hour training program

begins in mid-September. Participants also learn through 50 volunteer hours for master gardener certification.

Q. Do you have other programs on gardening?

A. Yes. City gardener classes (for inexperienced gardeners) are held on Wednesday evenings during April. The topics are growing flowers, lawn care, trees and shrubs and/or pest management. Monthly horticulture lunch & learn programs are available on a variety of gardening

topics. Bring your lunch and listen to a free seminar over the lunch hour. Call (317) 275-9290 or email: info@indymg.org.

Q. Are there more new All-America Selections award-winning vegetable and flower varieties?

A. Six additional 2017 AAS winners were announced that performed well in our region. They are: Seychelles pole bean, aji rico hot pepper, chili pie hot pepper, midnight snack tomato, gold in gold

watermelon and evening scentsation petunia. More information and photos are online: all-america-selections.org/winners/?product_count=24.

Steve Mayer is Extension educator-horticulture with Purdue Extension-Marion County. He coordinates the master gardener program in Marion County. To contact a master gardener, call (317) 275-9292, or e-mail: marioncountymg@gmail.com. Timely gardening-related tips are available on Twitter @purduehortindy.



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Early signs

Continued from page 10

- Difficulty in planning/problem solving
- Problems completing regular tasks
- Vision issues and trouble with spatial relationships
- Writing/speaking problems – person may forget specific vocabulary or not know how to proceed talking about a subject
- Losing things and/or unable to recreate past steps
- Lack of good judgment when pertaining to themselves in up-keep/making decisions
- Decreased participation socially or professionally – often those affected withdraw when they realize changing behavior
- Personality/temperament changes

Taking Action When Experiencing Symptoms

Dementia usually occurs gradually. Because of this, it can be difficult to determine if one is experiencing signs of the disease or experiencing an illness of another sort. When signs occur regularly and even just one indicator is prevalent, there is a strong likelihood these are precursors to the disease. By being proactive and learning of early symptoms, you can seek immediate medical attention in order to delay and circumvent further symptoms from developing.

For more information about dementia and Alzheimer's disease, as well as health care options for

those living with this disease, visit Franklin United Methodist Community, located in Franklin. Stop by or call Long, director of admissions and care transitions, Franklin United Methodist Community, (317) 736-1194.

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INconnectAlliance.org



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The mission of Retirement Housing Foundation, a national non-profit organization, is to provide a range of housing options and services for older adults, economically disadvantaged families, and persons with disabilities, according to their needs, in an environment enhancing the quality of life as it relates to their physical, mental, and spiritual well-being.

Retirement Housing Foundation is committed to serving its residents and their local communities.



**Committed to Service · Dedicated to Excellence
Enhancing Quality of Life**



Cell mate

Hi! Dick Wolfsie's cellphone, here. My earlier model wrote a column about 10 years ago to tell you how tough a job this is. Things have gotten no better since then.



**IN A
NUTSHELL
By DICK
WOLFSIE**

He misplaced me 43 times in the past 18 months. Of course, I was never really lost. I knew exactly where I was, but have you ever tried to get this guy's attention?

What a week I've had. On Sunday, we were at a boat show where Dick was doing a daily TV segment. First, I was in his back pocket, then he tossed me onto the hood of an RV. Then he shoved me under his coat on a bench. He started looking all over for me. He borrowed someone else's phone to call me. I was totally charged up for this. Success!

So, we headed home. He threw me in his car and I fell between the seats. He started looking for me while driving. This is more dangerous than texting. He found me. He also found his lost AARP card and a \$100 expired Amazon gift card.

Monday morning, he took a shower and as he was drying off he put me in the pocket of his bathrobe. He walked around the house while he was waiting for a call that never came. There was no way he was going to remember where I was once he hung up the robe. I knew I was gonna spend the entire night in the bathroom.

Tuesday, 8 a.m., he started looking for me. He checked every dresser drawer, under the

bed, even the freezer (where he once left me for three days). He called me from his wife's phone but my battery was dead again. I called up every ounce of energy. I even tried to vibrate a little. No luck.

Wednesday, Dick finally found me in his robe when he showered again, but then he threw me in his briefcase and I landed in one of those divider pockets. This meant big trouble. Sure enough, I was lost again. Since there is no land line phone in the house, there was no way to call himself. Didn't matter: I was on silent mode, anyway.

By Saturday, he was desperate. Dick headed to the cellphone store to buy a replacement. His contract was almost expired, so they made him a deal on a sexy new model with a lot of extra bells and whistles. He fell for it. Men! The salesperson destroyed me digitally through the store's computer. I was cellular non grata.

Dick got back in the car and headed home. Suddenly, he had a flash of insight. He pulled over, grabbed the briefcase, turned it upside down and shook it back and forth. I managed to fall through the broken zipper and tumbled to the floor. I was OK, but being without a charge for a three days, I was spent.

Sunday: We headed back to the phone store. He told the clerk he didn't want his new phone. He wanted his old friend back. I was touched. My circuits welled up.

Last night, Dick stuck me in his sweat pants pocket while he was exercising in the basement. I'm now in the bottom of the laundry basket. Don't expect to reach Dick anytime soon.

He only does the laundry once a week.

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Faith

From communism, fascism to 'seniorism'

By WENDELL FOWLER
Feature Writer

One instantly falls in love with Giselle Sharaf's infectious sparkle and her deeply affectionate relationship with the divine.

The Hungarian immigrant describes being born during the emerging, dark and hateful time of Hitler's Fascist occupation. Hungarian villagers were seduced by Hitler's promises, "Except my father who joined the Hungarian underground. This placed us in great danger. The village and our relatives hated us — threatened to kill us in the night with grenades.

"We kept changing hiding places, lying on straw in basements — too young to be aware of God's word, prayer, the universe, or angels. I prayed to 'upstairs,' my word for heaven. During Stalin's communism they were going to put us in a labor camp. Father took us to live with a gypsy family in a remote isle in the Danube. It was there, I became a sanctuary unto myself while talking to 'spirit upstairs.' I believed when I talked to spirit, the enemy outside wouldn't bomb us."

In Sharaf's early life, "I was not exposed to religion. Under communism, fascism and socialism, churches were shuttered so worship went underground. I survived childhood living underground with different 'isms,' coping by talking 'upstairs to spirit.' Exposed to the 'isms' helped me survive. It was not religion, but I found spirit within me. Not the concept of God, Jesus, or Holy Spirit, but I knew there was a spirit who spoke to me from 'upstairs.' I always believed Christ's teachings, except not in an organized 'ism.'" I needed to find my own truth. The 'Isms' require you to follow their views and fit into their rigid organized ways.

"One night lying on a basement straw bed, I promised myself when I grew up; I'd live my life differently and only see the positive — the good in people. That's the life lesson life 'upstairs' was teaching me."

Several years ago on the evening news, Sharaf witnessed a dark entity threatening the world with a giant butcher's knife. "I meditated asking 'upstairs:' what can I do? What



PRAYERS FOR PEACE — Giselle Sharaf's vision for bells to ring around the world at noon for world peace has manifested in bells for peace. Each Friday at the Playful Soul in Broad Ripple, gentle souls gather to participate in a guided meditation and gentle prayer for world peace energized by the power of sound, love and light through bells and vibrating quartz crystal bowls. (Photo provided)

is larger than this darkness? How can this violence be stopped and healed? The answer: sound, positive vibrations of sound! Like the bells?"

Today Sharaf personifies Jesus and Buddha's message of love, acceptance, and a peaceful heart. Sharaf practices yet one more "ism," Seniorism. "Each moment I'm being uplifted and very eager to learn from my angels, orbs, unicorns and the vibrational healing power of sound. I ring my bells for peace every day at noon, not

just Fridays.

"I could not have survived the continuous hardships without trusting and believing in the fairness and ultimate balance of the universe. I am 82. Mankind still has many grave uncertainties. But today mankind is more evolved and involved — we care and participate and have a powerful voice that is bringing positive changes for a more peaceful, happier world. Do Unicorns, the symbol of hope exist; yes, in the depths of my heart."



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Six activities that may help prevent Alzheimer's

By CODY BAKER
Forest Creek Commons

With every passing year, researchers are working to find

a definitive cure for Alzheimer's disease. Until that day comes, the nearly 5.1 million Americans living with Alzheimer's disease and their families continue

to focus on treatments that may help slow the progression of the disease.

Since Alzheimer's disease is usually associated with older age, people over the age of 60 who are interested in Alzheimer's prevention, might find success with the six different activities listed below.

Each activity addresses a different pillar of risk factors that may contribute to the disease, including mental stimulation, regular exercise, stress management, healthy diet, social engagement and quality sleep.

Six activities that may boost brain health.

1) Brain games. Engaging in activities that help to stimulate the brain have been proven to improve memory skills and reduce plaque in the brain. From crossword puzzles and Sudoku games to apps specially designed to improve memory and cognitive

function, brain games may help to ward off Alzheimer's in older adults.

2) Exercise. Physical activity is an essential component of Alzheimer's prevention. In fact, the Alzheimer's Research and Prevention Foundation has found exercise can reduce your risk of Alzheimer's disease by 50 percent. Beginning an exercise routine that consists of a mixture of cardio and strength training for at least 30 minutes, five times a week (or 150 minutes per week), might help your brain maintain old connections and make new ones.

3) Meditation is one of the most effective methods of stress management.

4) Make dietary changes. Eating a well-balanced and nutritious diet is a vital element of maintaining overall health. Making certain dietary changes, however, may keep Alzheimer's

and dementia at bay as you age. Research has found going gluten-free and adding more berries to your diet might help prevent Alzheimer's and dementia.

5) Start or join a book club. There are major health risks of isolation for seniors aside from the risk of Alzheimer's. But making an effort to be socially engaged can help to keep your brain sharp. By combining a social opportunity with the mental stimulation of reading and discussing a new book, you lower the risk for both conditions.

6) Quality sleep. Restful sleep is essential to human function at every stage of life. Researchers have found insomnia or a lack of sleep is actually a risk factor for Alzheimer's. By making an effort to get between seven to hour hours of sleep every night, you can potentially lower your risk of developing Alzheimer's disease.



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Ninety-one years of exercise — and still going strong

By JOHN GRIMALDI
Association of Mature American Citizens

Don't give up on that New Year's resolution to get more exercise this year. Let Edna Sheppard be your inspiration.

She's a 94-year-old grandmother who has been dedicated to her daily exercise regimen for no less than 91 years.

She started at the age of 3, and is still going strong as she prepares for her 95th birth-

day. In fact, her hometown in Australia recently honored Sheppard for her dedication to health and fitness.

"Many use excuses to avoid exercise and a healthy lifestyle; Edna proves that age is no barrier," said the mayor.

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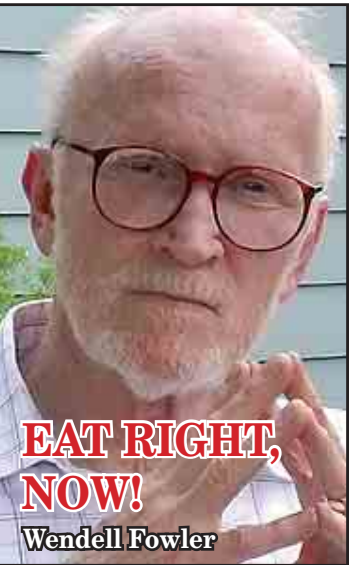
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One man’s weed — another man’s medicine



“Dandelion don’t tell no lies, Dandelions will make you wise, tell me when she laughs or cries, blow away dandelion.” Keith Richards and Mick Jagger

Buttery dandelions represent the sun, moon and stars. The yellow flower the sun, the puff balls the moon and the scattering seeds the stars. Dandelion flowers open to greet the morning sun and softly close in the twilight to sleep.

A young man, full of awe and imagination, I would sit in the yard for an entire afternoon picking dandelions, making wishes and then blowing puffs of tiny seed into the warm summer breeze to insure dreams come true. It’s said, when you place a dandelion bloom under your chin and if your skin turns yellow, you’ll be rich someday.

Weeds are misunderstood flowers. God’s brilliant super foods have been diminished to a pesky yard weed requiring eradication via “chemical-ization.” Every year ego-intoxicated Americans spend millions on toxic herbicides and pesticides to spray on their urban-castle vanity-lawns. Some much for coveting? Studies link pesticides to increased rates of miscarriage, Parkinson’s, cancer and

risk of childhood leukemia by seven times. Family dogs exposed to herbicide treated lawns double their risk of canine lymphoma. We are intimately connected to all that is, so, when we harm earth, we harm ourselves. Irony seeing the “weed” prevents diseases.

The Journal of Ethnopharmacology disclosed dandelion root tea was able to kill leukemia cells saying the active compounds worked to eliminate cancer cells while keeping healthy cells alive. University of Maryland studies have shown dandelion to be an effective blood sugar regulator and may also work to reduce bad cholesterol while increasing good cholesterol. University of Maryland studies additionally show dandelion an effective blood sugar regulator and can also reduce bad cholesterol while increasing good cholesterol.

Dandelion greens, flower tops and roots have a galaxy of medicinal stars. The super food is rich in folic acid, riboflavin, pyridoxine, niacin, vitamin-E and powerful antioxidant vitamin C both essential for optimum health. Dandelion greens provide 58 percent of daily recommended levels of C. Dandelion is one of the richest herbal sources of vitamin K essential in bone strengthening and flavonoids such as carotene-β, carotene, lutein, cryptoxanthin and zeaxanthin that help the protect temple from lung and oral cavity cancers. The disrespected bane to modern landscapers is a heavenly source of potassium, calcium, manganese, iron and magnesium.

The “evil weed” is incredibly high in potassium and vitamin A/beta carotene. A drop of milky dandelion juice can be used to cure warts and the leaves can be dried and made into a tea to aid digestion. A tincture brewed from the bright yellow flowers is believed to help with the liver and the root can be dried and

brewed into a tea as well.

The blow ball supports liver, spleen, skin and kidney function by acting as an excellent blood purifier. Naturopaths at Healthyonline.com assert dandelions remove radiation from the body. Many herbs

are known to stimulate detoxification in the body. Dandelion root has been used in China for certain kinds of cancers for centuries.

Mother Earth and the great creator of all that is, weep at this misunderstanding. Dominion of

earth is subjective. These miraculous gifts of God were created to benefit humankind. Drop the unholy Round-Up!

One man’s seasonal carpet of the “evil yellow weed” is a wise man’s budding, flowering miracle.

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'Take Us Along' Contest



This month's Take Us Along winner is Tom Bresko of Maineville, Ohio. With his wife, Robin, he traveled on a cruise to Central and South America, including a partial crossing of the Panama Canal. They are shown with a copy of Cincinnati Senior Life as they overlook the canal.

In the photo, their cruise ship sits in a lock on the canal waiting for the water, and their ship, to rise to the next level. Two ships, including one heavily weighted with containers, can be seen in the background.

Robin's interest in history, especially that of Teddy Roosevelt, led them to one of TR's most distinguished and yet criticized accomplishments — the Panama Canal. The canal opened under USA control in 1914, but today it operates under the country of Panama.

The couple also noted Tom's interest in buffets frequently led him to the cruise ship's lido deck. Needless to say, both were pleased with their experiences.

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Here is a challenge for you - if you are taking a vacation and plan to travel, take along Senior Life and take a picture of a friend or yourself reading Senior Life. The photo may be taken anywhere in the United States or abroad, but needs to be in front of an identifiable landmark.

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*Remember to identify your photo (include names of people in photo from left to right, date taken and specific location for our publishing purposes, plus any interesting information about the location).

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Travel



TREASURED PHOTO — This is the photo that was in my bag of goodies from the restaurant. Also in the bag was "The Lady & Sons, Too," cookbook and is signed "Happy Cookin'! Paula Deen." Recipes range from party eye-of round steak to oven-fried potato wedges and carmel apple cheesecake. Yum!

Travel Talk — A visit to Paula Deen's restaurant

By JERI SEELY
Editor In Chief

The story of how Paula Deen met her current husband is interesting. Ted, our trolly driver, told us she sold her house and bought one on an island in the Savannah River. She also purchased a boat but didn't know how to run it.

Ted said she prayed for a neighbor to visit with. One day as she was walking her dogs they ran off and came up to a man on his cellphone. Paula described him as a cross between Santa Claus and Ernest Hemingway.

Two weeks later the same thing happened. However, this time when she caught up with the dogs he put his cellphone down and introduced himself as Michael Groover.

She wanted to know if he could drive her boat. The

answer, of course, was yes. Groover had been a river master for Savannah for 44 years. He was more than qualified to take her for a boat ride.

They were married in 2006. Ted told us her first Food Network show was "Door Knock Dinners," but it didn't work. The TV crew and Paula went up to a house and offered to cook dinner with whatever food was in the house. Ted asked how many of us would allow a TV show to film in our house with no advanced notice?

"Paula's Home Cooking" was next and she was on her way to stardom.

Just prior to 5 p.m. our trolley arrived at the side door of Lady and Sons. The driver passed out tickets and held a drawing prior to our leaving the trolley. Believe it or not, I won!

He gave me a bag that had Paula Deen's name on it with the words "Put Some South In Your Mouth." Inside the bag was a signed copy of "The Lady & Sons Too!," a Random House cookbook with "A whole new batch of recipes from Savannah." It was signed. There was

also an autographed photo of Paula and container with her "butt massage" seasoning. I couldn't wait to purchase a pork roast and try the seasoning. Delicious.

He then took us to the third floor where we enjoyed the buffet and probably ate more than we should have.

We both enjoyed fried chicken, mashed potatoes, green beans, mac and cheese and salad. Bud added BBQ ribs to his plate. I added cabbage. Back at the table we were served iced tea with lemon and mint and a roll and hoe cake. The waiters kept filling our tea glasses and then served dessert. Bud and I both chose Paula's wacky cake. It was very sweet but very good. A super way to end a meal.

Then a must before getting back on the trolley was a visit to the gift shop. Since I have Paula's pans and skillet in my kitchen I only made a few purchases. My kitchen now has two wooden spoons that are seasoned. I also purchased a spatula with "Butter Y'all" written on it and a smaller one with her famous "Hey Y All." And two towels with the "Hey Y All" saying on them.

All to soon it was time to get back on the trolley for the return trip to the center and then to our hotel.

Jeri Seely is editor in chief of Senior Life and has done extensive traveling with her husband, D. G. "Bud" Seely, not only in Indiana and Ohio but throughout the United States and in a number of foreign countries.

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