

The Savvy Senior Newsletter

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ISSUE NO. 5



August brings quite a few emotions with it.

Sometimes it's a feeling of nostalgia and sadness as the summer season winds down.

It feels heavy and light at the same time.

I think it stems from childhood.

**As a child, I remember hot, August, summer days in the lake with siblings and friends,
getting drinks of water from the**

garden hose after picking weeds or after a baseball game in the neighbors yard.

**August was late nights of playing Kick the Can with the neighbor kids and getting to stay
up later than we do on a school night.**

**August was the delicious taste of moms harvested garden vegetables, and Mrs. O'Hara's
fresh picked sweet corn and moms cold jars of homemade refrigerator pickles.**

**August was looking at clothes and shoes in the SEARS catalog and thinking of school;
who would be in my class this year?**

August was good to me...I remember.



Featured

Articles



The beautiful, well-versed 83 year old lady, fully dressed every morning at 8 am sharp, with her hair done in fashion and perfectly applied makeup, is moving to a retirement home.

Her husband recently died, which motivated her move.

After many hours of patiently waiting in the hall of the home, she smiled sweetly, when told her room was ready.

As she moved her walker toward the elevator, she was given a detailed description of her small room, including the curtains hanging from her window.

"I love it ", she said, with the enthusiasm of a 8-year-old girl who was just handed over a new pet.

– Mrs. Jones; you haven't seen the room, just wait.

– That doesn't matter, she replied.

Happiness is something you decide over time. Whether or not I like my room doesn't depend on how the furniture is arranged, it depends on how I arrange my mind. I've already decided that I like it. It's a decision I make every morning when I wake up. I have the choice; I can spend the day in bed, going through the difficulty I have with my body parts that don't work, or get out of bed and be thankful for the parts that do work.

Her name is, Linda Rodin, the founder of the beauty line Rodin Olio Lusso and a frequent model known for her signature bright lipstick, is someone we look up to when it comes to aging gracefully.

It's all in the mind. RESET your mind and RESET your life.

Featured *Articles*

WHAT?

Hearing Aids Help in Cognitive Decline!

Hearing aids may reduce cognitive decline in older adults at high risk of dementia, according to a study published in July, 2023, in The Lancet.

Dr. Frank Lin, the study's coauthor and a professor at Johns Hopkins University School of Medicine, told CBS News past thinking was "Ah, hearing loss. It doesn't really matter. So why bother?" I think this Achieve trial is clearly showing, well, it really does matter. It makes a big difference."

The first-of-its-kind study looked at nearly 1,000 people between 70 and 84 years old with untreated hearing loss. Researchers found that, in the group using hearing aids over three years, cognitive decline slowed by 48% in people with increased risk factors for dementia, such as diabetes, hypertension and living alone.



Retro

Summer Swimming in 1950



Food For Thought

**How can we eat better;
Not just from a nutritional perspective, but from a
psychological one as well?**



Sharing meals with others does more than satisfy physical needs; it also fuels emotional needs and draws people closer.

There really is a reason that humans have been sharing communal meals together since time immemorial. When we eat together, our so called 'animal brains' receive the message that we are safe and happy, and our bodies are flooded with positive hormones and emotions.

Having a meal with your family and friends is a great way to boost your mood. Want to feel better? Invite some friends over to eat.

Eating with others will most likely make you happier and satisfied with your life.



Not eating with others also has quantifiably negative effects both physically and psychologically.



Healthy

Mind, Heart and Soul



Petting an animal helps to lower blood pressure.

It also boosts our output of oxytocin, a happiness hormone that promotes feelings of trust and relaxation.

Contact with a pet reduces risk for heart disease and greater longevity.

Pet owners have decreased levels of cholesterol, triglycerides and blood pressure—all of which may minimize risk of a heart attack in the future.

This summer take 1-minute to connect intentionally with a beloved pet or another animal that brings you joy, even sitting outside and listening to the birds will create heart-felt connection.

May the knowledge that you are loved, unconditionally loved, fill you with the knowledge that you are complete, whole and well, just as you are.

Do you have access to an animal?

If not, look up a local retirement community and ask them when they have therapy animals come for a visit and get in on the love!



Questions

From Readers

QUESTION:

My husband and I are beginning to look at retirement homes.

At this time I am his primary caregiver and we are needing a bit more help with his dressing and bathing. What are some good questions I can ask when inquiring about communities? Do I need to look at assisted living or independent living?

GREAT QUESTION!

The very heart of assisted living is providing adults with personalized care in a community and residential environment. Seniors with health or well-being needs may require a helping hand or additional support.

Assisted living communities are built around making life easier and more comfortable for aging adults – along with services for social engagement and healthy living. It sounds like assisted living is more required for you and your spouse than an Independent living community. However, independent living communities also allow outside caregivers to come in as well.

I have listed a few good questions for you to use to get the conversation started with a counselor or sales team member at the community:

- 1. How Does Your Community Welcome a New Resident?**
- 2. What Kind of Training Does Your Team Undergo?**
- 3. How Many Residents Do You Have?**
- 4. Do You Have Staff on-Site 24/7?**
- 5. What Kind of Meal Services Do You Offer?**
- 6. What Type of Activities Are Available?**
- 7. What Type of Voice Do Your Residents Have?**
- 8. What Role Does Family Play?**
- 9. How Do You Track Resident Happiness and wellness?**
- 10. How Do You Foster a Sense of Community?**

Scams Against Seniors

Be on the Alert

NEW AMAZON SCAMS!

Scammers are creative and they constantly devise new schemes, exploit new technologies and change tactics to avoid detection. Stay safe by learning to identify and avoid scams.

Prime membership scams:

These are unexpected calls/texts/emails that refer to a costly membership fee or an issue with your membership and ask you to confirm or cancel the charge. These scammers try to convince you to provide payment or bank account information in order to reinstate a membership.

Amazon will never ask you to provide payment information for products or services over the phone. Visit the Message Center on Amazon.com or on our app to review authentic emails from Amazon. To verify your Prime Membership status or make payments, log into your Amazon account, and go to Your Account.

Account suspension/Deletion scams:

Scammers send texts, emails and phone calls stating that your account will be suspended or deleted and prompt you to click on a fraudulent link or verbally provide information to “verify your account.” Customers who land on these pages or receive these phone calls are then lured to provide account information such as payment information or account login credentials.

Amazon will never ask you to disclose your password or verify sensitive personal information over the phone or on any website other than Amazon.com. Please do not click on any links or provide your information to anyone over the phone without authenticating the email or phone call. If you have questions about the status of your account, go directly to Amazon.com or on our app to view your account details, including the Message Center which displays a log of communications sent from Amazon.

Here are some important tips to identify scams and keep your account and information safe:

1. Trust Amazon-owned channels.

Always go through the Amazon mobile app or website when seeking customer service, tech support, or when looking to make changes to your account.

2. Be wary of false urgency.

Scammers may try to create a sense of urgency to persuade you to do what they're asking. Be wary any time someone tries to convince you that you must act now.

3. Never pay over the phone.

Amazon will never ask you to provide payment information, including gift cards (or “verification cards,” as some scammers call them) for products or services over the phone.

4. Verify links first.

Legitimate Amazon websites contain "amazon.com" or "amazon.com/support." Go directly to our website when seeking help with Amazon devices/services, orders or to make changes to your account.

If you receive communication — a call, text, or email — that you think may not be from Amazon, please report it to us at, amazon.com/report

Scams Against Seniors

Be on the Alert

Do Not CLICK to open these types of Emails or
Texts on your phone or computer!
You did not "win" anything!

You have woon an RTIC backpack cooler

It will take you only a minute to receive this fantastic prize.



ANSWER & WIN

A Brand New

RTIC backpack cooler



Click to get started

You have been chosen to participate in our Loyalty Program for FREE!
It will take you only a minute to receive this fantastic prize.

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