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living
HEALTH, RECREATION AND LIFESTYLE

FARIBAUT DAILY NEWS
NORTHFIELD NEWS
JUNE 2017

**What records
should I keep?**

**Adopting a dog or cat
later in life**

**and more
inside!**

**This
is Living
SENIOR EXPO**

**Wed., June 21
4:00 – 8:00 pm**

See page 10
for details



Look for this section on

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See page 10 for more details.

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BY
WellConnect

What are your plans for retirement? Most of us envision this time spent with loved ones, traveling, playing with grandchildren or learning a new hobby. We do not picture ourselves in a hospital or feeling ill but this can be the reality for many older adults. Inactivity or a poor diet are the leading causes of chronic health conditions, but the good news is that frailty, deterioration, and disease are not an inevitable part of aging. While many

of us may have access to excellent medical care, to rely on treatments and disease detection, as our only plan for a healthy retirement would be a mistake. Health providers and wellness professionals know that focusing on prevention can help you stay well, be fit and engage in the activities that bring you joy, into your 80's and 90's, even with a chronic disease! The challenge is getting people to take the steps and make choices that lead to a healthy body and mind. The earlier you start the better, but it's never too late to develop healthy habits and take control of

your health!

One option available in Southeastern Minnesota is to enroll in an evidence-based healthy living program through WellConnect, which is a partnership of health providers, public health, the Area Agency on Aging, community members and many other organizations and entities in Southeastern Minnesota. WellConnect works to connect patients and community members to these beneficial community programs. Participants are showing improvements in health and wellbeing and lowering their health care

costs in the process, which is a win for everyone!

WellConnect currently has workshops for chronic disease management, fall prevention, diabetes management and prevention. Statistics show that chronic diseases are the leading cause of death and account for 75% of the nation's health care spending. A Living Well With Chronic Conditions workshop can help you manage your ongoing health concerns and give you tools

WELLCONNECT
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What records should I keep?

BY
Arlene Theye, Senior LinkAge Line®
Coordinator
SE MN Area Agency on Aging

Is your file cabinet already full? Do you have boxes of old papers you are wondering whether to keep or toss? Every year or so, files of valuable papers should be "purged", sorted and organized. Divide items into three categories: immediate or current use; semi-permanent, and permanent- cannot lose or irreplaceable.

Current or handy use files might include the monthly bills, bank statements, loan and lease records, sales receipts and warranties for recently purchased items, auto service records, health claims, pet records, computer passwords, memberships or other records.

The things one might annually toss would be:

- Bills or receipts that are paid and recorded in your account book. Don't throw away records that

are needed for proof of ownership, resale value, income tax or reference however.

- Banks statements and transaction receipts for closed accounts or which are no longer meaningful

- Records of appliances or autos that have been replaced

- Expired warranties and coupons, obsolete policies and booklets

- Sales slips that have been recorded in your account book

- Cancelled checks that are not needed for proof of purchase or income tax purposes These might be checks for groceries, cash, gas or other items used up.

Items that should go from a handy, regularly used file to a more permanent file would include:

- Past tax returns and supporting documentation. The IRS has three years in which to audit federal tax returns, but this limit does not apply if you failed to file;

filed a fraudulent return; or failed to report more than 25% of gross income. Some financial experts recommend keeping tax records for 6 years.

- Health and dental insurance explanation of benefits and satisfied claims, if important to you for your own record. Some people may want to keep a health log or diary that would

record clinic and doctor information, doctor visits, health concerns, prescription information, allergies, immunizations, etc.

- Account books for reference or comparison, for example energy or utility use record, household inventories

- Insurance policies, sorted

by type

- Education and employment records

- Credit card information, PIN numbers, Privacy policies if you want to opt out of their mailing lists



Even more permanent files, usually one of a kind, are records that are irreplaceable or would take a lot of effort to replace. Store these in a theft proof and

fireproof safe or safety deposit box at a bank. Make a list of what is in the safety deposit box and keep that list at home in a safe place.

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RECORDS

Continued on page 6

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Eat healthy at 50 and beyond

(MS) A balanced diet is an integral element of a healthy lifestyle for men, women and children alike. But while kids and young adults might be able to get away with an extra cheeseburger here or there, men and women approaching 50 have less leeway.

According to the National Institute on Aging, simply counting calories without regard for the foods being consumed is not enough for men and women 50 and older to maintain their long-term health. Rather, the NIA emphasizes the importance of choosing low-calorie foods that have a lot of the nutrients the body needs.

But counting calories can be an effective and simple way to maintain a healthy weight, provided those calories are coming from nutrient-rich foods. The NIA advises men and women over 50 adhere to the following daily calorie intake recommendations as they attempt to stay healthy into their golden years.

Women

- Not physically active: 1,600 calories
- Somewhat active: 1,800 calories
- Active lifestyle: between 2,000 and 2,200 calories

Men

- Not physically active: 2,000 calories
- Somewhat active: between 2,200 and 2,400 calories
- Active lifestyle: between 2,400 and 2,800 calories

When choosing foods to eat, the NIA recommends eating many different colors and types of vegetables and fruits. Phytochemicals are substances that occur naturally in plants, and there are thousands of these substances offering various benefits. The Produce for Better Health Foundation notes that a varied, colorful diet incorporates lots of different types of phytochemicals, which the PBH says have disease-preventing properties.

The NIA also advises that men



and women over 50 make sure at least half the grains in their diets are whole grains. Numerous studies have discovered the various benefits of whole grains, which are loaded with protein, fiber, antioxidants and other nutrients. Whole grains have been shown to reduce the risk for diseases such as type 2 diabetes, heart disease and some types of cancer.

Another potential hurdle men and women over 50 may encounter is a change in their sense of smell and taste. A person's sense of smell may fade with age, and because smell and taste are so closely related, foods enjoyed for years may no longer tantalize the taste buds. That can be problematic, as many people instinctually add more salt to foods

they find bland. According to the U.S. Office of Disease Prevention and Health Promotion, older adults should consume no more than 1,500 milligrams of sodium per day. That equates to roughly 3/4 teaspoon of salt. Older men and women should resist the temptation to use salt to add flavor to foods, instead opting for healthy foods that they can still smell and taste. In addition, men and women should mention any loss of their sense of smell to their physicians, as such a loss may indicate the presence of Parkinson's disease or Alzheimer's disease.

Maintaining a healthy diet after 50 may require some hard work and discipline. But the long-term benefits of a healthy diet make the extra effort well worth it.

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WELLCONNECT**Continued from page 2**

to help you learn how to take care of yourself and handle frustration, fatigue and pain. A Living Well with Diabetes workshop can help those with Type 2 Diabetes learn about healthy eating, understand the relationship between food and blood sugar levels, and learn techniques to deal with the symptoms of diabetes.

We know that 1 in 3 older adults will experience a fall each year, which can lead to injury, isolation, and the fear of falling. Although it may seem like it, falling is not an inevitable part of aging and much can be done to prevent it.

Taking part in a Matter of Balance, Stepping On, SAIL or Tai Ji Quan class through WellConnect can give you the skills you need to develop more strength and improve your balance to prevent a fall and help you face your fear of falling.

There are many classes available offered on different days and times in varying locations in Southeastern Minnesota. You can learn more about these classes on WellConnect by going to www.wellconnectseminn.org. You can search for an offering by program type or by county and see what is available near you. Keep in mind

this list is constantly being updated so if something isn't available please look again or feel free to contact us to let us know what you are interested in.

All of the classes are taught by trained leaders in your community and follow a curriculum that has been proven to be effective. Classes are interactive and provide you with the skills you need to best manage your health. WellConnect is often looking for more leaders for classes so if you feel drawn to teach or lead healthy living classes please contact Lori Christiansen at lori@semaaarochesternm.org to learn more about these opportunities.

Your health is the most precious gift you can give yourself! Check out WellConnect's menu of workshops and classes to assist you on your wellness journey so you can continue to do what matters most to you!

RECORDS**Continued from page 4**

the house, motor vehicle titles, military records, Social Security card, patents or copyrights. Other special family treasures such as a journal, diary, or other significant irreplaceable documents should have secure storage as well.

Wills, and power of attorney, — originals should be kept with an attorney, with the probate court or in a home safe, since a decedent's safety deposit box is sealed after death. Copies of these, original birth certificates, and burial lot deeds can be in safe permanent storage, since they will be needed before the funeral. Make sure others in your family know where these records, the safety deposit box and key and your permanent files are kept.

Okay, get out the paper sacks, files and labels and start sorting. This kind of spring-cleaning will make you feel good!

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How seniors can preserve their brains

(MS) Physical activity and proper diet and nutrition can help people age 50 and older maintain their physical health. But there are also ways aging men and women can preserve brain health in an effort to prevent or delay the cognitive decline that affects millions of seniors across the globe.

It's easy to overlook the importance of keeping the brain healthy. However, a decline in brain function can result in poor concentration, memory loss and a host of other issues. Sometimes, by the time symptoms present themselves, it may be too late to reverse any damage.

Research suggests that a combination of nutrition and mental, social and physical activities may have a greater impact with regard to maintaining and improving brain health than any single activity. Harvard Medical School also states that volunteering, caring for others and pursuing hobbies may benefit the brains of older adults.

A study published in the Archives of General Psychiatry found participants who reported higher levels of purpose in life exhibited superior cognitive function despite the accumulation of abnormal protein depositions (amyloid plaques and neurofibrillary tangles) in the brain, a hallmark of Alzheimer's disease. Having a purpose also may help those who do not have Alzheimer's disease.

In addition to the suggestions mentioned above, those who want to boost brain health can consider these strategies.

- Start exercising the brain early on. A study published in 2012 in the British Medical Journal examined cognitive function in people ages 45 to 70. Researchers found evidence of cognitive decline in the 45-year-old participants as well as the older participants. It's never too early to put a brain health plan into motion.

- Read more books. Reading



Doing jigsaw and crossword puzzles can keep the brain sharp.

can open individuals up to new vocabulary and scenarios that promote a stronger brain and recall ability. Enrolling in an education course at a local college, community center or online also may be beneficial.

- Hit the gym. Several studies suggest an association between physical activity and reduced risk of cognitive decline. This could be because exercise elevates heart rate, which pumps more blood to the brain and body.

- Supplement with DHA. DHA is an omega-3 fatty acid that is dominant in the brain. Adhere to a Mediterranean diet, which is generally high in natural sources of omega-3, including fish and mono-unsaturated fats from olives, olive oil, nuts

and seeds. Supplements also may help, but individuals should consult with their doctors about which products to take.

- Challenge the mind. Men and women can engage in challenging activities that stray from their routines. Puzzles, strategic games, jigsaw puzzles, or difficult hobbies can benefit the brain.

- Keep a close-knit group of friends. Regular conversation and social interaction is a key component of any brain health wellness plan.

Slowing cognitive decline and promoting greater brain health should be a priority for adults of all ages.

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Make vacations and travel a key component of retirement



(MS) When the time comes to bid farewell to conference calls, meetings and daily commutes, retirees have open schedules to fill with whichever activities they choose. Travel is one exciting way to pass the time.

Traveling can be a rewarding prospect for active seniors, particularly those who successfully pre-planned for retirement and have the income to fund various excursions. Many seniors, both in the United States and Canada, find that travel tops their to-do lists once they retire. According to Senior Travel magazine, new travel options are emerging for newly minted retirees looking for something a little different from the status quo.

The list of destinations retirees have at their disposal is limitless. The following ideas are some of the more popular ways retirees choose

to travel.

- Road trips rule. Taking to the highways and byways is an excellent way to see the country. Seniors can customize their routes depending on which places they want to visit. RV travel can be as comfortable or as rustic as travelers prefer. Many seniors spend months traveling in their campers, which offer many of the same amenities of home. Campsites and special RV hook-up sites offer the other necessities of traveling the open road.

- Genealogical tourism is popular. People hoping to trace their ancestry and visit their ancestral homelands are one of the fastest-growing travel segments. Visiting an old church in Europe where ancestors were married or buying food from a market in which a great aunt or uncle once worked leads retirees on many international adventures.

Such trips provide travelers with a unique opportunity to understand their roots up close and personal while enjoying some international travel along the way.

- Exotic tours can be exciting destinations. History buffs or adventure-seeking couples may be particularly attracted to exotic travel destinations that are slightly off of the beaten path. Travel tours may take vacationers to destinations such as excavation sites or backpacking through the rainforest. With passport in hand, seniors can go just about anywhere their desires take them.

- Enjoy a relaxing seaside trip. A seaside vacation can be the perfect trip for seniors who want to put their feet up and sip some cocktails while watching the waves lap the shores. Many beach resorts offer all-inclusive packages for different age

groups. Meals, excursions and hotel rooms can be bundled into one affordable, confusion-free price.

- Go cruising. Speaking of all-inclusive vacationing, cruising seems tailor-made for those ages 50 and older because it offers the convenience of accommodations, food, entertainment, and transportation all in one. The various activities offered on the ship mean travelers can find ways to spend their time how they see fit. Cruising couples can opt to spend all of their time on the ship enjoying carefully prepared meals and entertainment or disembark and explore the various ports of call along the way.

Now that they have more free time, retirees can gear up for travel adventures to remember.

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This is Living Senior Expo scheduled for June 21 in Northfield

Northfield News and Faribault Daily News will present the first annual "This is Living" Senior Expo, proudly sponsored by Northfield Hospital + Clinics and Summit Orthopedics, on Wed., June 21 from 4:00 – 8:00 p.m. at the Northfield Senior Center.

The event, designed for adults 55 years and older, includes informative and interactive seminars, giveaways and prize drawings, free shakes from Healthy Focus and valuable resource information from more than a dozen local businesses and organizations. Admission is free.



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"Making the most of your doctor's appointment," A thirty-minute seminar from Northfield Hospital + Clinics, will advise patients on what to do before, during and after an appointment. NH+C's booth will provide information on the services offered at the hospital, clinics and specialty centers.

Northfield Hospital nurses will also be available to provide blood pressure screenings.

Summit Orthopedics, one of Minnesota's largest and most respected orthopedic groups, will provide information on bone, joint and muscle care services offered in Northfield and Faribault.

In addition to the free shakes in a variety of flavors, Northfield's Healthy Focus will demonstrate the health benefits of Cardio Drumming in an interactive session. Other seminar topics include "Mind and Body Working Together" and "Mindfulness and Meditation."

All who attend will receive a free swag bag and can enter drawings for Target gift cards, awarded after each seminar.

Additional businesses and organizations providing resources include: Allina Health Clinic - Northfield, John Crudele with Advocare, Aging Services for Communities, Cannon Pointe Chiropractic, Community Resource Bank, Sonja Ziemann Farmers Insurance Agency, Harvest Seed Acupuncture, Healthy Focus, Northfield Retirement Community, O'Keefe Insurance Agency, Mary Jo Winter - Re/Max Realtor, Sagis Legacy, Three-Rivers Community Action and Rice County Public Health/WellConnect.

Simple and natural ways to lower blood pressure

High blood pressure is a big problem. According to the U.S. Centers for Disease Control and Prevention, roughly one in three adults in the United States has high blood pressure. In Canada in 2014, slightly less than 18 percent of Canadians ages 12 and older reported being diagnosed with high blood pressure.

While such figures might be frightening, Johns Hopkins Medicine notes that there are some simple and natural ways for people to lower their high blood pressure.

- Opt for heart-healthy foods. Instead of foods that are high in sodium, eat a diet that is rich in whole grains, fruits, vegetables, and lean proteins. Check labels before buying prepared foods at the grocery store, as many such foods are high in sodium.

- Look for foods that contain probiotics. Johns Hopkins Medicine notes that studies have linked foods that contain probiotics to healthy blood pressure. Probiotics are consumable live bacteria, and while studies regarding the relationship between probiotics and blood pressure are ongoing, researchers believe probiotics may



produce chemicals that, when absorbed in the blood stream, may activate receptors in the blood vessels to lower blood pressure.

- Lose weight. People with high blood pressure who are carrying a few extra pounds should know that research indicates extra weight can cause injury to the heart. Dropping those pounds, especially through physical activity that can boost heart health, can help men and women lower their blood pressure.



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Coping as a family caregiver

(MS) Individuals are born into the world requiring the care of their parents and other adult guardians to grow and thrive. These adult children, in turn, may end up providing care when their parents reach senior age or face an illness or disability. Becoming a family caregiver frequently is a tough choice to make. It requires patience and time, and can be emotionally and physically taxing. An estimated 43.5 million adults in the United States have provided unpaid care to an adult or a child in the prior 12 months, according to the National Alliance for Caregiving and AARP Public Policy Institute.

It's not uncommon for caregivers of any age to feel stressed and burned out by the demands of caregiving. The Mayo Clinic says people

who experience caregiver stress can be vulnerable to changes in their own health. Some signs of caregiver stress include:

- Feeling overwhelmed or constantly worried
- Feeling tired most of the time
- Gaining or losing a lot of weight
- Becoming easily irritated or angry
- Losing interest in activities you used to enjoy
- Having frequent headaches, bodily pain or other physical problems



Some caregivers even resort to drugs and alcohol to self-medicate, which can lead to further issues. To avoid the potential pitfalls of caregiver stress, individuals should always put their needs first and find ways to alleviate the

added stress of caring for a loved one. These suggestions are just a start.

Don't strive for perfection

It isn't possible to maintain a patient attitude and get everything done perfectly each and every day. People are not perfect and mistakes will be made. Do not punish yourself if you lash out or simply need a break

Eat healthy

As anyone who has dealt with a hungry toddler can attest, failure to eat well and frequently can result in an emotional meltdown. Be sure to always make time for nutritious meals. This will help keep up energy stores and enable you to better cope with caregiver stress.

Pay attention to mood changes

Anxiety or depression can sneak up on you when you least ex-

pect it. Ask for help if you feel your tasks are becoming too overwhelming. Seek the help of a doctor if changes in mood, sleeping patterns, appetite, and the like become noticeable.

Take frequent breaks

Getting a break from caregiving and setting aside time for yourself can increase patience levels and the ability to bounce back from stress. Whenever possible, have a friend or another relative step in for you so you get a break. Explore resources available for professional aides to come and take some of the responsibilities off of your shoulders.

Being a caregiver can be a rewarding, but challenging role to play. Caregivers should keep their health a priority.

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Adopting a dog or cat later in life

(MS) Companion animals bring great joy to their owners. The unconditional love cats and dogs provide appeals to people of all ages. While many people associate pets with kids who can't wait to welcome the first cat or dog into their homes, pets can benefit aging men and women as well.

It's not uncommon for seniors to feel lonely or depressed when they retire, their children move away or they lose a spouse or close friend or friends. The American Humane Society states that studies show pets help seniors overcome loneliness and depression by providing affection, company and entertainment. Pets also provide much-needed mental stimulation, and many pet owners find their pets help them become more physically active as well.

Seniors who adopt pets may also feel a sense of purpose when

helping animals who may not have anywhere to live. This is particularly true of older companion animals, which many young families are understandably hesitant to adopt. Mature pets might be an ideal fit for seniors. When seniors are looking to adopt a pet, there are various reasons why older pets or particular animals might be the perfect fit for them.

- Adult pets may already be house trained, saving seniors the trouble and effort of training them.

- Seniors may find cats fit their lifestyles more than dogs, as cats are less active and do not need to be walked or played with as much as dogs. Cats also are small and easily maneuverable, meaning even seniors who have arthritis or other physical limitations can easily care for cats. Many cats are also content to spend long periods of time sleeping on their owners' laps.



- Small dogs that can be active within the house might be a good idea as well, especially for seniors with mobility issues. They're also easily transported to and from vet appointments.

It's important that seniors care-

fully weigh the benefits of adopting a pet against any limitations they may have. Having a backup plan for care is advantageous as well. Seniors should not adopt a pet if they anticipate frequent travel or medical care that requires they be away from home for long periods of time.



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Personal Training/1:1 or Small Group
(FREE for Humana, Medica, BCBS Platinum Blue or UCare Ins.)



FIT FOR LIFE
By Shari Relling

1400 Cannon Circle, Suite 6, Faribault, MN
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new holistic services in Northfield



Acupuncture and integrative nutrition consultation appointments are now available at Allina Health Northfield Clinic.

These services can help with pain relief, better sleep, reduced stress or anxiety, faster healing, healthy eating, improved well-being and more.

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Call 507-663-9000 to schedule an appointment today.

allinahealth.org/northfield



RESOURCEdirectory

55+ LIVING

Cardinal Pointe

500 3rd Avenue Northwest
Faribault, MN 55021
507-331-1922
cardinalpointefaribault.com

Northfield Retirement Community

900 Cannon Valley Drive
Northfield, MN 55057
(507) 645-9511
info@northfieldretirement.org
www.northfieldretirement.org

Realife Cooperative of Faribault

2125 7th St. NW
Faribault, MN 55021
507-334-4407
Fax: (507) 333-0804
office@realifecoop.com
realifecoop.com

ASSISTED LIVING

Faribault Senior Living

843 Faribault Rd,
Faribault, MN 55021
507-331-6510
faribaultseniorliving.com

Heritage House Elder Care

1415 7th Street NW
Faribault, MN 55021
507-334-5111
faribaultassistedliving.com

Keystone Communities

821 1st Street NE
Faribault, MN 55021
507-332-2555
507-330-0833
keystonecommunities.com

Coming in 2018:

Mill City Senior Living

Faribault, MN 55021
Managed by Oxford Management
507-285-3282

Pleasant Manor

27 Brand Avenue,
Faribault, MN 55021
507-334-2036
41 Brand Avenue,
Faribault, MN 55021
507-333-5960
twdcc.com/Pleasant-Manor

St Lucas Care Center

500 1st Street Southeast
Faribault, MN 55021
507-332-5100
welcov.com

CEMETERY

Meadow Ridge Memorial Park Cemetery

1435 South Willow Street
Faribault, MN 55021
507-331-3226

CHURCH AND WORSHIP

Divine Mercy Catholic Church

139 Mercy Drive
Faribault, MN 55021
507-334-2266
www.divinemercy.c

FINANCIAL & INSURANCE SERVICES

Chris Weber,

Cetera Investment Services
(at Community Resource Bank)
1605 Heritage Dr,
Northfield, MN 55057
507-645-1841
Email: chris.weber@ceterais.com
cetera.com

HEALTH & WELLNESS

Aging Services

212 1st St. South
Montgomery, MN 56069
507-364-5663
aging-services.org

Allina Health Northfield Clinic

1400 Jefferson Rd
Northfield, MN 55057
507-663-9000
wellness.allinahealth.org/locations/78

Cannon Pointe Chiropractic

1080 Hwy 3
Northfield, MN 55057
507-645-8000
cannonpointe.com

Fit for Life

1400 Cannon Circle
Suite 6
Faribault, MN 55021
507-333-5430
fitforlifemn.com

Harvest Seed Acupuncture

205 Division Street South
Northfield, MN 55057
507-645-8242
harvestseedacupuncture.com

Northfield Hospital 2000 North Ave

Northfield, MN 55057
507-646-1000
northfieldhospital.org

Rice County Public Health

320 3rd Street
Faribault, MN 55021
507-332-5911
wellconnectsemn.org
www.co.rice.mn.us

Summit Orthopedics

35 State Avenue
Faribault, MN 55021
Faribault: 507-334-1601
Northfield: 507-646-8900
summitortho.com

Southeastern Minnesota Area Agency on Aging

2720 Superior Drive NW
Rochester, MN 55901
1-800-333-2433
MinnesotaHelp.info
semaarochestermn.org

HEARING

Advantage Care Hearing Center

1575 NW 20th St
Faribault, MN 55021
507-412-9813
Cannon Falls, Farmington
& Zumbrota
advantagecarehearingcenter.com

REAL ESTATE

Mary Jo Winter

Remax Real Estate Agent
158 Water Street N, Suite 8
Northfield, MN 55057
612-701-2078
mj@maryjowinter.com

SENIOR CENTER

Faribault Senior Center

19 Division Street W
Faribault, MN 55021
507-332-7357
office@faribaultseniorcenter.org
www.faribaultseniorcenter.org

Northfield Senior Center

1651 Jefferson Pkwy
Northfield, MN 55057
507-664-3700
northfieldseniorcenter.org

SHOPPING

Erickson's Furniture

30 5th Street NW
Faribault, MN 55021
(507) 334-4364
erickson-furniture.com

TRANSPORTATION

Hiawathaland Transit

55049 241st Ave.
Plainview, MN 55964
866-623-7505
Threeriverscap.com



...because the journey matters

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- 24 hr Nursing
- Wellness Program
- Pharmacy
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- Diagnostic Imaging
- Aegis Therapy
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- Respite Care
- Dietary
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- Mental Health
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