Old Dogs, Old Tricks
THE BENEFITS OF ADOPTING AN AGING PET

CAT DADDY
JOHN BENNETT IS ONE OF MANY Feline Foster Parents

5 TIME-TESTED TIPS FOR Aging Well

Columnist Dave Kirgan says SENIORS DESERVE GOOD ROLE MODELS
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The Life You Save May Be Your Own
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The workout for all ages with resistance training.

WALK THE TALK
Columnist Dave Kirgan offers advice for marketing athletic success stories to seniors: Just Do It.
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Warm weather and fresh fare go hand in hand. While healthy foods dominate the summer months, too often people fall into meal ruts where all they eat are simple salads and grilled chicken. Nutritious foods don't have to be boring foods, though, because it's easy to add pizzazz with a few clever twists.

**Citrus marinades**

Fish and poultry are quality low-fat sources of protein but can come up short in flavor. Fortunately, it's simple to enhance lackluster chicken breasts or bland salmon with citrus. Think beyond lemon and lime and try more exotic citrus varieties like blood orange, kumquat, Satsuma and tangerine. Marinate and brush on the juices before cooking, or grill your grub with a few citrus slices directly on top. The eye-widening fresh citrus flavors will take your fish and poultry to new heights.

**Fantastic feta**

Think you need to give up cheese to be healthy? Think again. Feta is a lower-calorie option that packs incredible flavor into any dish. It has a classic
taste and texture that makes it the perfect addition to boring salads. But don’t stop there — drape a slice of feta across bite-size snacks or add crumbles to favorite side dishes for Mediterranean flavor that leaves you satisfied.

Grilled fruit
Fresh fruit is abundant during the warmer months and provides plenty of healthy vitamins and nutrients. Instead of always eating it fresh, sink your teeth into new fruit flavor when you try grilling your favorite varieties. Lightly grilling fruit triggers the sugars to start caramelizing, which brings out rich, sweet flavors. Bananas, pineapple, peaches and even cantaloupe are great options. Cut them in half or chop into bite-size pieces and skewer before grilling.

Infused waters
Nutritionists agree that good old H2O is the best thing to drink to stay hydrated, but after a while plain water gets boring. Add a splash of healthy flavor to water by infusing it yourself. Lemon and lime add zest, but you can experiment with all sorts of flavor enhancements, such as cucumber, apple, grapefruit, berries and mint. Keep a pitcher in the fridge with water and your favorite sliced fruits and you’ll always have a healthy drink on hand.

Trendy spices
Nothing adds kick to a bland dish like a touch of spice. If you prefer a little heat and a whole lot of flavor, it’s time to add harissa to your regular cooking routine. This Tunisian hot chili pepper paste has a bold

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Nutritious foods don't have to be boring foods, it's easy to add pizzazz with a few clever twists.

flavor profile that's delicious with chicken, eggs and even when used as a sandwich spread. Some food insiders claim harissa will be the next Sriracha, so you can be ahead of the curve by stocking a few cans in your pantry.

Want to try a few recipes that include several of these flavor-boosting ideas? The following is sure to inspire.

GREEK ZUCCHINI BRUSCHETTA
Makes 6-8 servings.

INGREDIENTS:
- ½ cup Nikos Tomato Basil Feta cheese, crumbled
- ¼ cup fresh basil, cut into strips
- 2 tomatoes, diced
- 2 zucchinis, sliced
- 2 tablespoon olive oil
- ½ teaspoon pepper
- ¼ teaspoon salt
- ¼ teaspoon turmeric

INSTRUCTIONS:
Slice zucchini into 1/3- or 1/2-inch thick pieces. Lay flat on baking sheet sprayed with nonstick cooking spray or lined with foil. Drizzle zucchini with 1 tablespoon olive oil and bake in oven at 350 degrees F until almost soft. Dice tomatoes and mix with 1 tablespoon olive oil, seasonings, feta cheese and basil. Top zucchini with tomato and feta mixture. +

Recipe courtesy of TheLawfulKitchen.com
A health renaissance is taking place in America as more people are embracing aging well and being proactive rather than reactive about their well-being. Prevention has become the focus, and many aging Americans are turning to time-tested methods for keeping their bodies and minds healthy so they can live longer, higher-quality lives.

Kristen Johnson, certified personal trainer, registered dietician and nutrition expert at www.ontargetliving.com points out five time-tested strategies for aging well:

**Daily exercise**

"Daily movement is the real fountain of youth. It keeps us healthy from the inside out," says Johnson.

She notes that quality over quantity is what really matters.

"When it comes to improving overall fitness, high-intensity exercise for a short amount of time may be much more beneficial than low intensity for a long amount of time," Johnson says. "Research suggests that fat-burning hormones like human growth hormones and testosterone are stimulated by high-intensity exercise, while fat-storing hormones like cortisol may be lowered. Try increasing the intensity and frequency of your exercise, while decreasing the time spent."
Superfoods
The foods you eat influence how you look and feel, from glowing and confident to lethargic and sick. Selecting foods that people have eaten historically as nutritional powerhouses can help boost overall wellness.

"Superfoods are nutrient-rich foods, such as fruits, vegetables, ancient grains, healthy fats and lean proteins," says Johnson. "These foods naturally contain high amounts of antioxidants, vitamins and minerals, which all contribute to healthy aging."

A few to focus on:
• Carrots, squash and sweet potatoes are extremely beneficial for eye and skin health, thanks to high levels of beta-carotene, a type of vitamin A.
• Any brightly colored fruits and vegetables will have an abundant amount of antioxidants, and these help prevent oxidation and cell damage. Examples: raspberries, kale and cabbage.
• Carbohydrates like healthy grains, beans and potatoes help you produce serotonin, a calming and satiety hormone that helps fight stress and anxiety's negative effects.

Nutrients
Supplements help fill nutritional gaps, especially as the aging body requires greater amounts of certain vitamins and minerals. Johnson points out the importance of omega-3s for aging well.

"Omega-3 fats are essential for getting you healthy from the inside out, all while helping improve hormonal balance, brain health, weight loss and metabolism," she says. "Omega-3 fats are also extremely helpful for healthy skin, hair and nails."

Her favorite? Nordic Naturals Cod Liver Oil. "This contains EPA and DHA, both of which contribute to a healthy heart and brain," she says. "Cod liver oil also helps improve cellular function, energy and mood. Did you know cod liver oil can actually taste good? Try their delicious orange flavor."
Adequate sleep can positively influence cognitive ability, mood, weight loss and skin rejuvenation, so it should be a top priority for an aging-well routine.

**Sleep**

"Chronic lack of sleep is one of the fastest ways to age the human body," Johnson says. "Lack of sleep can have a huge impact on the appearance of skin, causing fine lines, wrinkles and dark under-eye circles. Not getting enough sleep can also cause your body to release a stress hormone called cortisol."

She notes that adequate sleep can positively influence cognitive ability, mood, weight loss and skin rejuvenation, so it should be a top priority for an aging-well routine. While the right amount of sleep will vary between individuals, the goal for most adults is around 7 to 8 hours a night.

**Social activity**

Human interaction can decrease as people age, but it's more important than ever to form and maintain bonds with others. Participating in social activity is a fun way to enjoy life and reap real health benefits.

"The American Medical Association has noted that stress is the basic cause for more than 60 percent of all human illnesses and diseases," says Johnson. "When you are socially active and surround yourself with people you enjoy, you may be less likely to feel lonely, unhappy, or unfulfilled, all of which can cause unwanted stress."

Finally, there's no need to become overwhelmed; start an aging-well routine by taking one small step and building healthy habits over time. This is what will lead to long-term success.

"Remember that it's never too late to start living a healthy and happy life," Johnson says. "Give yourself more reasons to smile and laugh! Did you know research suggests that happy people live longer, healthier and more fulfilling lives?"
Old dogs don’t need new tricks. They just need older people.
And as it turns out, older people need them.
Caring for a dog can lower the stress hormone cortisol and increase serotonin levels for emotional well-being. And because serotonin levels decline with age, this bond between dogs and humans becomes even more pronounced during those elusive golden years. In addition to companionship and entertainment value, dogs also offer the perfect inspiration for seniors to be more active. Pets and people both benefit when they get off the couch.

But even a beautiful relationship can be complicated by a May-December romance.
Certified trainer and animal lover Sandy Otto explains, “I told my husband that he has permission to shoot me if I ever come home with a puppy.” That’s because Otto herself is quickly approaching a birthday milestone. Almost 60, she has been a professional dog trainer for about 25 years.

Unlike trainers who offer classes in a group setting, Otto prefers to make house calls. By meeting a dog in its home environment, she can offer very specific advice for addressing behavioral problems such as chewing, possessiveness and bolting through doors.

“I’ve gone to many homes where an elderly person gets a puppy—sometimes even a large-breed puppy,” she says. Otto considers this a big mistake for several reasons.
Puppies have unlimited energy and cause problems if they don’t get proper exercise and training.
“If you’re an older person, I highly recommend you get an older dog. I think they are easier to train. They have lower energy levels and are more content to hang out with you rather than having to be entertained all the time,” she explains.

But even older dogs can cause trouble as they acclimate to new digs.

“Anytime you bring a new dog into your house, you have to train it. Even if the humane society says the dog is housebroken, it is not housebroken in your house,” she explains.

Otto recommends training techniques that eschew physical punishment, especially for older dogs. She prefers positive reinforcement and what she calls the “mom eye” to discipline troublemakers.

She also tells her clients to keep treats around the house, because dogs need immediate reinforcement for good behavior. So rather than running into the kitchen or utility room to get the treat, owners can have them close by.

One thing that can be difficult for seniors adapting to an aging pet occurs when old dogs develop aggression.

Dogs are pack animals, so aggression can come from changes in the family structure, such as a divorce or a death. It can be a result of physical pain and discomfort in an older dog. It could stem in part from hearing or vision loss. And it could be an indication of senility.

If an older dog develops aggressive tendencies, the proper diagnosis is important. It’s not enough to simply say the dog is getting older.

But despite a tendency toward health problems and their limited life span, Otto wholly endorses adopting and caring for older dogs.

She goes so far as to say seniors should adopt older dogs as long as they’re physically able to take care of them.

She has personal experience with the bonding that takes place between dogs and people. “I brought home a 15-year-old dog,” she says. She didn’t want the dog to die at the shelter, so she opened her home. As it turns out, the old dog lived for another year and a half, during which time he definitely became a member of the family.

Otto explains, “A lot of people think an older dog won’t get attached to you—but oh, they do. They will grow to love you and give you just as much love as a puppy will.”
Carpeted scratching towers dot the living room, a kennel of brand-new kittens is by the bookcase in the study, and five more well-fed felines hold court in this quiet three-bedroom home.

But don’t mistake the owner for a crazy cat lady.

For one thing, John Bennett lacks the prerequisite of being a “lady.”

“My friends call me Cat Daddy,” he says. And that’s because over the past several years, John along with his wife and fellow feline enthusiast, Anna Bennett, have single-handedly altered the fate of 51 shelter cats that were otherwise in danger of being euthanized.

“When I first got kittens, I was the over-protective father,” he remembers.

“It was kind of like having kids, because I had to take care of them, feed them, administer medicine and help them learn the proper behavior.”

Their journey to becoming foster parents began several years ago, when John was among the volunteers helping raise money for the Bowling Green animal shelter. He agreed to prepare some of his signature ribs for a fundraiser called “Grillin for Paws.” It is one of many funding sources keeping the shelter afloat, but John quickly discovered that when it comes to helping animals, there are things that money can’t buy.

He decided to volunteer to try to really make a difference, and today he is one of about 30 foster parents who have partnered with the Hildreth Adoption Center to help them live up to their promise as a “low-kill” shelter.

The strays here are only euthanized if and when there is not another option. The three kittens in John’s home office, for example, wouldn’t fit in the shelter because they are simply too young. Animals entering the shelter are immediately spayed or neutered, and these baby kittens are too young to undergo that surgery. So before John showed up with his kennel cat carrier and his healing mission, their futures were tenuous.

Abby Crawley, adoption coordinator at the center, says that adopting animals is life changing not just for the pet but for the foster parent as well. In fact, she jokingly refers to what she calls “foster
failures.” Those are the people like John and Anna who end up offering permanent homes to pets they intended to foster temporarily. “It’s hard to give them up. It is very common to be a foster failure,” she says.

Crawley explains that Kentucky has extremely lax spay and neuter laws primarily because of the rural areas that rely on animals for work and farming. In the northern states, says Crawley, the laws are stricter. That is why Hildreth Adoption Center helps coordinate out-of-state adoptions for people who want shelter pets. Every two or three weeks, somewhere between 100 and 150 animals are transported from Bowling Green to shelters in northern states and even as far as Canada, where the strict spay and neuter laws mean fewer adoptable pets according to Crawley. “There are people who have been on the waiting list for years. One lady waited for two years to get a beagle, and we have six beagles in the back right now waiting to be adopted,” she explained.

As for the Cat Daddy, his day job involves landscape design and installation, so he has created a cat-friendly backyard oasis that offers the felines plenty of stimulation and protects them from predators and poisonous plants.

John and Anna see their job as being a temporary reprieve from an otherwise cruel world. Their menagerie of happy cats came from-not-so-provincial backgrounds. Gracie became damaged both physically and mentally when she was chewed up by a car engine. Boo Bear came to them through a dream that Anna couldn’t get out of her head.

They rescued their first cat three years ago—an almost completely white male they named Frosty. At the time, he was very sick, and they didn’t really expect him to live. But 51 cats later, Frosty is an old man compared to the newly adopted kittens learning to navigate their temporary home. John and Anna will care for the kittens until they are old enough to be neutered, and then they will be reintroduced into the shelter for adoption.

As for Frosty, he has grown into a self-appointed beat cop, keeping the peace among the youngsters. He playfully directs them toward their cage while John sits in his study looking through pictures of kittens he’s fostered. Frosty is unusual in that most male cats don’t “mother,” but maybe John’s calm demeanor and quiet approach have set the tone.

The time these kittens spend in John and Anna’s care will make them even more comfortable with people and more likely to be adopted. As John points out, the kittens who wait for adoptive parents in the comfort of a real home have an advantage over shelter cats because they are more comfortable with people noises and behaviors. The sound of the dishwasher doesn’t scare them. They won’t scratch and try to get away. But theirs is proof that even a house full of cats can still be a quiet, relaxing place. Call it crazy, but it works. The kittens benefit, the foster parents benefit, and the world becomes a more humane place.

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Kathy Hesselgrave’s 90-year-old mother’s health declined to the point where she was no longer able to live in her home by herself. Because her mother needed help cooking and taking her medication, Hesselgrave found herself taking care of her mom, splitting the days and nights with her niece. Other family members pitched into help, too, but it became too much. “We didn’t have the money in the bank for her to move into assisted living,” says Hesselgrave, who lives in Sussex, Wis. “So we worked with a company that helps in this kind of situation and took a loan against her home to help pay for care until her house is sold.”

Hesselgrave’s situation is becoming common among the “sandwich generation” — middle-aged Americans who are caring for their parents and their children. This year, the youngest baby boomers turn 50 and, according to the U.S. Census Bureau, people 65 and older are expected to represent 20 percent of the population by 2030, nearly a two-thirds increase in percentage from 2010. As America’s “silver tsunami” draws near, more seniors and their children are searching for options to pay for retirement living and quality care.

“When making plans for the future and looking for a senior living community that’s right for you or
When making plans for the future and looking for a senior living community that's right for you or your loved one, it's important to find a community that will work with you and care about your unique needs and abilities," says Greg Richard, chief operating officer of Brookdale, a leading senior living company that operates more than 1,100 communities in 46 states. "Finding a community that will partner with you and help find solutions to financial, social and health care needs makes a transition easier and more enjoyable."

Even with the best financial planning, seniors and their families are looking for a creative, smart and advantageous way to pay for retirement living and quality care in the future. Most don't think they can afford living in a retirement or assisted living community, until they find out that a wide variety of financial options is available to them.

For instance, for veterans who need assistance, the Department of Veteran's Affairs offers benefits in addition to a monthly pension through the Veterans Aid and Attendance Program. This support allows veterans and their surviving spouses who require a caregiver to assist in various aspects of daily living — including eating, bathing, dressing and medication dosing — to receive money to help pay for long-term care in their own home, a skilled nursing community or an assisted living community. The benefit is not dependent upon service-related injuries. A veteran married to a non-veteran is eligible for approximately $2,000 per month while a married couple who are both veterans is eligible for nearly $2,800 per month. Benefits are also available to veterans who are independent, but who have an ill spouse. Veterans can get monthly financial assistance not only for themselves if they need care, but also for a spouse who needs assistance.

Richard says that Brookdale partners with several companies that offer reverse mortgage loan options, life insurance solutions and home equity loans. Financial counselors are available to assist seniors and their families in determining the best financial option to help pay for home care, assisted living or retirement community needs. Many of these companies can get families the money they need in less than 24 hours to help with funding gaps. Others can take an existing life insurance policy and set up a long-term care benefit plan.

"Planning for the future is difficult, especially for those of us who didn't start saving early enough during our main bread-winning years," says Richard. "Regardless of your age, it's never too late to research the financial options available for your future or your loved one's needs."
The saying goes, "With age comes wisdom," but oftentimes, it also comes with a new set of physical challenges, such as limited mobility and difficulties with hearing and seeing. That's why when designing living spaces for seniors, whether in an assisted living community or in your life-long home, safety and comfort take a front seat.

Certain furniture or design elements in your home that made sense before may no longer be practical. Fortunately, experts share there are many options available to address common aging factors, including increased risk of falling or declining vision. It starts by getting a little creative and designing a living environment that promotes continued independence, with form and function.

Andrea Owensby, senior director of Design for Sunrise Senior Living, explains, "Ensuring your aging loved one's safety can seem overwhelming at times, but there are a lot of simple changes you can make to help prevent accidents and improve quality of life so that seniors feel more at ease in their homes."

For safety, added convenience and peace of mind, Andrea and her team suggest these tips:

1. **Finesse the furniture:** Create an open living space with larger pathways between furniture, which allows walkers or wheelchairs to easily maneuver the space. Strategically place larger pieces of furniture so they can be used for balance while moving throughout the room.

2. **Think lightweight and sturdy:** Furniture should be light enough to easily be moved, but also needs to be heavy enough that it won't slip out from under someone when they’re sitting down or standing up. Having arms on chairs, for example, assists with balance.

3. **Take into account shapes:** Having round furniture keeps the layout open and protects your loved one from bumping into sharp corners. Switch out round knobs for pulls and levers, which can...
greatly help those experiencing arthritis.

4. **Create an accessible space:** Place frequently used items in accessible cabinets and drawers. Keeping items at waist-height eliminates the need to reach high or bend down. This helps to reduce the risk of falls, while promoting independence by encouraging seniors to do things on their own. Also, putting lamps, microwaves and telephones at arms-length eliminates the need to reach and potentially lose balance.

5. **Hide your cords:** Taping down or tucking away cords eliminates the potential for tripping. The easiest way to do this is to place cords behind and under furniture or along the edges of a room. Visit your local office supply store, which likely offers cable management products.

6. **Avoid scattered rugs:** Although decorative, area rugs can be a tripping hazard and increase the risk of falls for seniors. Be sure when they are used you purchase rugs that are non-slip and a contrast color to the floor below so they are easier to detect by aging eyes.

7. **Make it practical:** When choosing chairs and couches for a home, style is important but most critical is that the pieces are well-designed and purposeful. Having furniture that is too low, deep, or stiff can make it difficult to get on and off.

8. **Leverage lighting options:** Using lighting at the right levels for a task can make all the difference. Motion-sensor lights — especially between the bedroom and bathroom — make for easier navigation. Not only is this helping to create a safe environment, you're also being energy conscious! Ensure task areas are well lit to reduce strain on the eyes, and incorporate natural light as much as possible.

Finally, a safely decorated home doesn't have to sacrifice style or personal touches. Consider recreating the look of a previous home with fewer pieces, or add a common color scheme in a room to add flow and make the space feel larger. Incorporate accessories that are functional, such as colorful trays or boxes, to conveniently store your favorite items. Top off the room with photos to evoke special memories.

Following these tips can minimize the stress of designing a safe space for your aging loved one and help make their living space still feel like home.

For more senior-friendly design tips, including an interactive room layout, full-color design guide and more inspiration, visit SunriseSeniorLiving.com/design.
The Workout that Works for Seniors of All Ages and Mobility Levels: **Resistance Training**

Think you’re too old and frail to work out? Think again! The health benefits of daily exercise are widely known, but seniors facing health and mobility issues may feel working out is beyond their abilities. Sixty-three percent of people 60 and older don’t engage in daily exercise, according to the National Council on Aging’s The United States of Aging Survey.

But resistance training can help seniors who fear falling or damaging aging muscles and bones while exercising. For seniors with health issues that might make strenuous exercise difficult, resistance training can be an accessible, healthful option that provides both physical and mental benefits, a new study indicates.

**Improving Strength**

"Resistance training - also called strength training - is an especially safe, valuable mode of exercise for seniors," says Dr. Kevin O’Neil, chief medical officer for Brookdale senior living. "As you age, you lose muscle mass, bone density, strength, balance, coordination and flexibility - all of which can result in higher risk of falls and increased difficulty in performing daily tasks. Resistance training allows seniors to exercise in their own home. They can use items found in their house and they can even exercise while sitting down."

As the name implies, resistance training relies on the use of resistance to build muscle strength. Slow, measured movements are easier and
more stable for seniors to perform than the strenuous activity of many types of aerobic exercise. "Smooth, controlled movement gives seniors the benefits of the specific exercise with less risk of injuries or falls," says Nicholas Swanner, a licensed physical therapist, geriatric clinical specialist and healthcare services manager for Brookdale's healthcare services division.

Before starting any kind of exercise program, seniors should talk to their doctors. Once they have the go-ahead to begin resistance training, many forms can be beneficial to seniors, Swanner says.

**Types of Training**

"Resistance training can include using resistance bands, lifting weights or objects around your home, or using exercise equipment. Some of the exercises included in aquatics, Pilates, tai chi and yoga are types of resistance training, and those activities have the added bonus of social interaction when done in groups," he says. "Seniors can benefit from any type of resistance training as long as it's done safely and is part of a regular routine. Pushing up and down from a chair, opening and closing a door, lifting a can of soup or a 1-pound weight are all types of resistance exercises that seniors can easily do in their own homes."

Swanner recommends that seniors start slow with lower-resistance exercises and listen to their bodies. "As you age, your body changes and this will impact how and what types of exercises you will be able to do safely. There are many ways to modify exercises, routines and individual styles of training to fit a senior's specific needs."

**The Benefits**

Resistance training offers many benefits for seniors, including improved strength, balance, coordination and posture, better bone density, plus lower risks of heart disease, arthritis, osteoporosis
and other chronic illnesses, as well as improved cognitive function and mood. A recent study published in the Journal of the American Medical Directors Association also found that resistance training can positively affect cognitive abilities of seniors with dementia and Alzheimer’s.

Engaging in exercise for 150 minutes a week can allow seniors to maximize the health benefits. Seniors can exercise in one 30-minute session three or four days a week if they’re able, or if that intensity is too strenuous, they can break their workouts into 10-minute intervals throughout the week and still reap the benefits.

“We always tell our seniors, ‘start low and go slow’ when they’re beginning an exercise program,” O’Neil says. “Just 10 minutes a day provides health benefits and can feel much more achievable for seniors. Exercise duration can then be increased as endurance improves.”

Resistance exercises should be done two to three days per week for each muscle group with a day of rest in between. This does not mean that other types of exercise, such as aerobic or flexibility exercises, should not be done on rest days. People who exercise daily might do resistance exercises for the upper body on one day and for the lower body on the next day.

“Even if a senior has mobility or health issues that hinder aerobic exercise, he or she can still do resistance training,” Swanner says. “Talk to your physician and physical therapist to design a program that’s right for you.”
Everyone knows the name of the winning pitchers and the leading quarterbacks, but does anyone know who is representing their state in the National Senior Games? Mostly, the answer to that question is no. And while the fastest growing segment of the population is over 50 years old, there are no recognized athletic role models for them.

The 50s through the 80s can be not only active years but athletic and even competitive. I know a lot of amazing senior athletes. All of them have robust good health, high energy and a desire to challenge and overcome the stereotypes of aging.

Growing older is inevitable, but the aging process can be greatly slowed. That's no secret. The Internet is full of articles about the positive effects of exercise in the Golden Years. So why don't more seniors buy into it and get moving? Because they don't see any role models showing what's possible.

And it is not because they don't exist. There are plenty of role models out there blazing trails that could be followed—if their efforts were only made more public.

What will it take to make that happen?

It could begin with thinking about aging in a brave new way. The media and the athletic equipment manufacturers must recognize the need and realize the profit potential. Seniors have money to spend but need to see value before spending it. They need to see strong, healthy seniors competing and know that they could be doing the same. They need to see age records being broken and heroes to cheer for. When their peer groups are regularly in the news and in advertisements, then being senior and being athletic will no longer be a novelty. It will become more mainstream.

Real change won't come from a periodic feature or an interesting article. It requires regular coverage of senior athletes competing against themselves and others.

I know that healthy eating, smart training and adequate rest will allow me to become more active, even being over 60. This can be learned from any of a thousand articles about senior health and fitness. But unless inspired to get off the couch to begin with, seniors are not going to seek out those articles. A quest for knowledge comes only after the flame of desire is ignited. The initial spark comes from seeing and believing what's possible. Then those former couch potatoes can begin their own journeys, following in the footsteps of other successful senior athletes.

Remember: It's not just a step; it's a start.
Life is too precious to waste.

Ways to Be Healthier:
Eat healthier • Exercise • Try to lower stress
• Get enough sleep • Family recreation

But most importantly, enjoy all the special moments of your life!

Our community offers resources, parks & recreational areas
to help your family be healthy and happy.
We encourage you to live a meaningful life.

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