

PRIME

A MONTHLY GUIDE TO STAYING ACTIVE | AUGUST 2022



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destinations
for senior travelers

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DOUGLAS HOOK PHOTOS, HARTFORD COURANT

Rachel Wolf told the Courant that during the pandemic their stock of electric bikes was so low that, for the first time in the 15 years the store has been selling e-bikes, they ran out.

Baby boomers are powering electric bicycle sales in Connecticut

STEPHEN SINGER
Hartford Courant

Baby boomers who came of age with color TV, microcomputers and space exploration are driving the popularity of the latest innovation: electric bicycles that graying bikers can propel without much exertion.

Sales of traditional bicycles soared during the pandemic to fight stay-at-home

boredom, but are now slowing. Electric bicycles, however, are enormously popular, providing a source of power other than human effort to move along trails and off-road.

“We’ve never seen anything as crazy as we’ve seen with electric bikes,” said Mike Wolf, owner of Bloomfield Bicycle & Repair Shop. “Electric bikes have absolutely taken over the market for the older generation.”

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He has 100 to 130 e-bikes on display and sold five in just one day. Most customers are in their 50s and older and he said he recently sold two to a couple who are both 82.

Electric bicycles don't have to be entirely effortless.

"People think if you have an electric bicycle you don't have exercise," Wolf said. "If you do it right, you pedal."

Steve Long, a former Enfield resident now living in Tampa, Florida, is having replacement surgery on both knees and relies on his electric bicycle to get around.

"I could ride the bike all day," said Long, 66. "The weight is off the knees. It gets you out and gets you active."

Matt Majeski of Vista, California, who suffers from inflammation that hampers mobility, said an e-bike critic "mumbled that it was kind of cheating."

"It's kind of narrow-minded of them," he said. "They don't know me."

"I do want to pedal as much as I can," Majeski said. "If any part of my body gives out I can just use the throttle on it."

Sales of electric bicycles have grown much faster than those for conventional bikes, but are a small percentage of the market, Dirk Sorenson, an analyst at The NPD Group, said in December. Sales of electric bikes were \$741 million, with growth of



Mike Wolf, owner of Bloomfield Bicycle & Repair Shop, started selling the electronic bikes 15 years ago with his wife, Rachel Wolf.

47% in the 12 months ending October 2021, compared with the same period in 2020.

Revenue for the U.S. cycling market in the same period grew just 3% compared with the previous year, to more than \$8.4 billion, according to NPD Retail Tracking data.

The single-digit growth "is a bit disappointing, but understandable" following a 45% increase between the 12 months ending October 2020 vs. 2019 that reflected strong consumer demand during the pandemic for outdoor activities, Sorenson said.

Now that "some of these needs are diminished" cycling sales could decline, he said. But growth due to strong sales of electric bicycles "should come as little surprise as these bicycles address the needs of an aging U.S. population, provide easy access to a family-friendly outdoor activity and address some of the need for commuting in denser population centers," he said.

Drawn to a growing industry, European car manufacturers BMW and Porsche are in the e-bike market. Porsche last month

bought a manufacturer of light and compact drive systems for e-bikes.

And Rivian, a manufacturer of electric cars, has hired the former chief technology officer at Specialized Bicycle Components, fueling speculation about its plans for the e-bike industry.

Bob Kiernan, owner of Manchester Cycle Shop, said e-bikes sell for between \$1,500 and \$10,000. A battery that can be recharged overnight has a 50-mile range. Still, bicyclists can pedal "and get some exercise," he said. "As we sell more our customers become our best salespeople," Kiernan said.

Electric bicycles reach younger riders in addition to baby boomers. Mark Reynolds, 43, said his \$4,000 e-bikes that he bought online from a firm in Saskatchewan, Canada, gets him around "pretty hilly" Stafford Springs. He said he rides at 15 mph to 20 mph on flat land.

It gives him an opportunity to ride with his 8-year-old daughter. "I had a hard time keeping up with her," he said.

Kent Nelson of Orlando, Florida, who pulls his 2-year-old son in tow in a trailer, said cyclists may experience "range anxiety" because they'll run low on power at 20 miles.

"Pedaling a bike sounds dreadful," he said. "An e-bike is going to get me somewhere. That's great!"



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The most **WELCOMING** **DESTINATIONS** for senior travelers



JANEEN CHRISTOFF
TravelPulse

Retirement is the perfect time to enjoy traveling, but where to go? New research shows the best places for seniors to travel.

The Retirement Travel Index, created by AgingInPlace, compiled the list using several data points to reveal the most ideal places for older travelers to visit. Countries were ranked on their public transport links, sightseeing opportunities, weather and hotels.

Highlighting the countries that offer the most accessible places can help seniors narrow down where to spend their tourism dollars.



In the 2022 Retirement Travel Index, the U.S. took the top spot. One of the main reasons the country scored a 9.14 out of 10 was because of its transportation systems and the Americans With Disabilities Act, which ensures that so many facilities in the country are wheelchair accessible. In fact, nearly half of the hotels in the U.S. (46.85%) are marked as wheelchair-accessible on TripAdvisor.

Australia holds the second spot on the Retirement Travel Index. With a score of 9.04, Australia has the highest percentage of wheelchair-accessible hotels out of all countries on the list, at 50.89 percent, and an intricate network of public transportation offerings.

In third place, Canada is a senior traveler paradise. The country scored 8.49 out of 10 across all criteria.

The list also revealed some of the worst places for seniors to visit with Iceland, Luxembourg and Slovenia rounding out the bottom of the list of OECD countries.

The biggest problem for seniors traveling to these destinations is that there are far fewer hotels that are accessible for those with disabilities. Weather and transportation were also hindering places like Iceland, which had the highest rainfall totals as well as a low amount of transportation infrastructure.

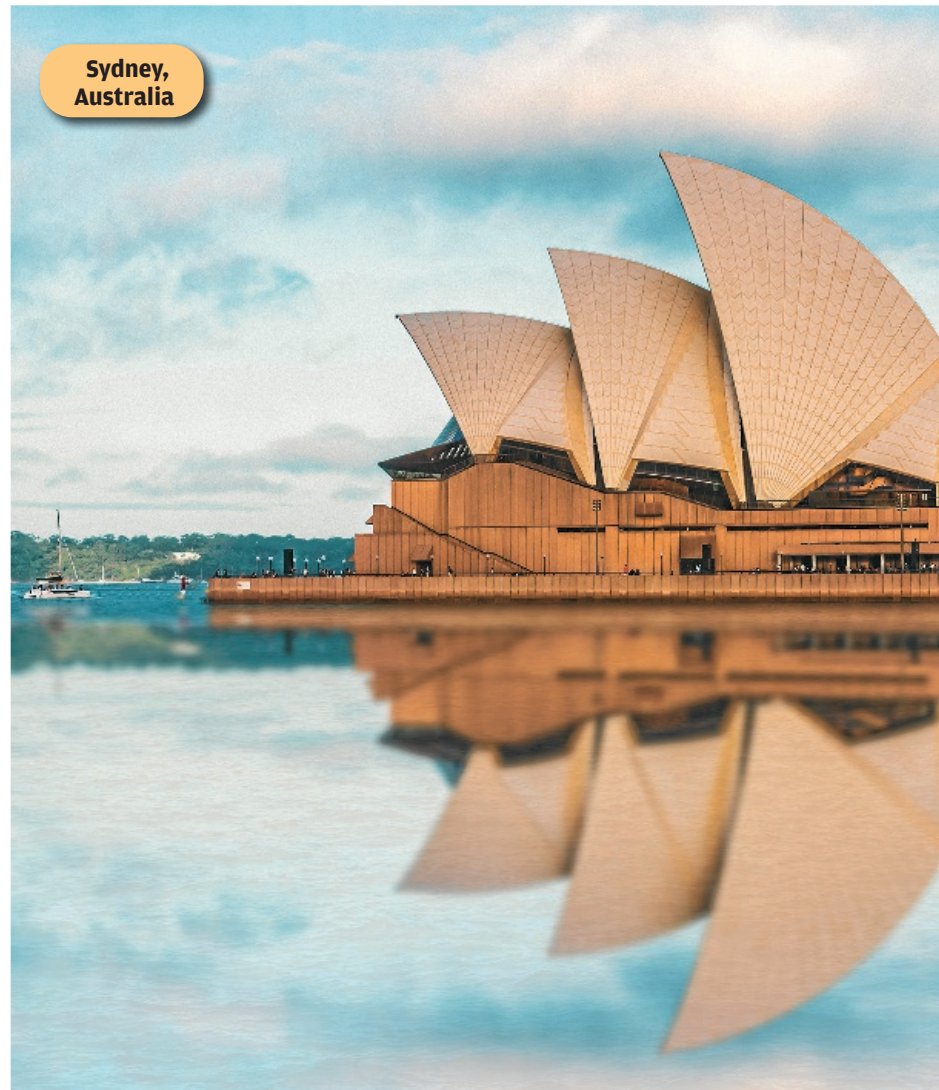
Luxembourg was dinged for its lack of accessible hotels and fewer options for sight-seeing, which was also the same for Slovenia.



Toronto, Canada



Saguaro National Park, Tucson



Sydney, Australia



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Top 10 countries for senior travelers

- United States
- Australia
- Canada
- Italy
- Spain
- Germany
- United Kingdom
- France
- Japan
- Turkey



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Top U.S. destinations for seniors

The research also highlighted the top places to visit in the U.S. for seniors. Las Vegas topped the list with a score of 7.95 out of 10. Las Vegas is home to more art galleries, areas of nature and wildlife and attractions than most other cities on our list, according to AgingInPlace.

San Francisco was second on the list with a score of 7.73. Chicago ranked third with a score of 7.35 out of 10.

These are the top 10 U.S. cities:

- Las Vegas
- San Francisco
- Chicago
- Los Angeles
- New York
- Tucson
- Austin
- Seattle
- Orlando
- Portland



Golden Gate Bridge, San Francisco



Hollywood, Los Angeles



Statue of Liberty, New York



The Chicago Theater, Chicago

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Follow the magic to Dublin, Ohio

KATHY WITT
Tribune News Service

Legend holds that fairy doors are magical portals and, while humans can't travel into this realm, they can at least find the tiny doors if they know where to look.

That place is Dublin, Ohio, home to the very first Irish Fairy Door Trail in the United States and a land of enchantment itself, from its picturesque historic downtown, where cheery gift, toy and sweet shops line bricked-paved streets, to the bustling blocks of Bridge Park, an entertainment wonderland with fun, games and gastronomy.

Dublin embraces its Irish culture through this experience and others, including the Celtic Cocktail Trail, a 19-stop libation celebration with an Irish twist. And it brings a touch of Brigadoon with its many waterfalls and water features, including Indian Run Falls, located minutes from downtown.

Play

Following the Irish Fairy Door Trail (www.visitdublinohio.com/things-to-do/fairy-door-trail) is something-for-everyone fun and the perfect way to get acquainted with downtown Dublin. From high-energy North Market Bridge packed with local merchants, including a 75-year-old confectionery, to the quieter historic district with its locally owned shops, the trail meanders across the S-shaped suspension bridge spanning the Scioto River, past architecture both contemporary and centuries old and into the happy-go-lucky vibe of this community.

No purchase is necessary at any of the 11 trail stops, but you'll want to bring your mad money anyway. Irresistible goodies await at Winans Chocolates & Coffees; Our Cupcakery; Johnson's Real Ice Cream; Kilwin's — where you can watch candy chef Carolyn Gasiorek hand-dip apples or shake sprinkles onto handmade chocolates; the Cheesecake Girl (a bonus trail stop); and Dublin Toy Emporium, where mom and former educator Enas Lanham has created a world of pure joy and imagination with plush puppets, science kits, books, puzzles, arts-and-crafts kits and more.

Can you find the Irish fairy door among all the merch at Extravagifts in Dublin, Ohio?

KATHY WITT, TRIBUNE NEWS SERVICE



Find the tiny fairy doors hidden among French macarons, boxes of chocolates and candles, clothing and tea towels, make note of the name of the resident fairy on your passport, available at the Dublin Visitor and Information Center (www.visitdublinohio.com), and earn an Irish Fairy Doors of Dublin T-shirt.

Stay

With its separate bed, seating and workspace areas as well as mini-refrigerator, microwave and coffee maker, the SpringHill Suites by Marriott (www.visitdublinohio.com/hotels) is ideal for multigenerational family stays. Plus, it's well located in the Bridge Park area with easy access to the Irish Fairy Door Trail and Celtic Cocktail Trail and the shops, restaurants and waterfalls of the surrounding area.

Reservations include complimentary buffet breakfast and free Wi-Fi and parking, among other amenities.

Eat

Dublin revels in its Irish attitude through official "Irish Approved Businesses" that include numerous eateries, like the come-as-you-are Dublin Village Tavern (www.thedublinvillagetavern.com). This neighborhood pub is a favorite among locals and visitors alike for its congenial atmosphere, friendly waitstaff and full-on Irish dishes.

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VISIT DUBLIN

Tuck in for a true Irish experience at the neighborhood Dublin Village Tavern, a must-visit Irish pub dishing up shepherd's pie, Irish egg rolls and an Irish Kettle Dinner.

Shepherd's pie

This dish was concocted in the late 1700s/early 1800s by creative and frugal Irish housewives intent on finding a delicious way to use up their leftovers.

Ingredients

- 2 pounds chuck roast, cubed
- 4 carrots, medium dice
- 3 medium yellow onions, medium dice
- 4 ribs celery, medium dice
- 1 cup peas
- 2 cloves fresh garlic, minced
- 1 tablespoon fresh rosemary, minced
- 1 tablespoon fresh thyme, minced
- 1 ½ cups Guinness beer
- ¼ cup Worcestershire sauce
- 1 ¼ cups beef stock
- Prepared mashed potatoes
- 2 tablespoons panko bread crumbs
- 2 tablespoons grated Parmesan

Directions

Place a large frying pan over high heat, and add a thin layer of olive oil. Season the meat with salt and pepper, and fry, stirring, in 2 or 3 batches, until nicely browned. Once cooked, place meat in colander to drain off the fat.

Place pan back over medium-high heat, and add a little olive oil. When hot, fry the onion, celery, garlic and thyme for 8 to 10 minutes, until soft and golden. Add the browned meat, peas and carrots. Stir constantly for 4 to 5 minutes.

Add the Guinness and Worcestershire sauce, and boil until the liquid has reduced by half. Pour in the stock, and return to boil. Turn the heat down, and simmer for 20 to 25 minutes, by which time the mixture should thicken. Continue to simmer for another 5 to 10 minutes if it doesn't seem quite thick enough. Preheat the oven to 350 F.

Spoon mixture into casserole dish. Spread mashed potato on top of meat. Top with panko breadcrumbs and Parmesan. Bake for approximately 30 minutes or until bubbly and golden brown.

Dublin Irish Tavern (www.thedublinvillagetavern.com)

Begin with Hooley Eggs, a deep-fried delicacy featuring a hard-boiled egg wrapped in Irish sausage, then move on to braised beef shepherd's pie, slow-cooked in Guinness and loaded with veggies piping hot beneath a mashed potato crust. The full bar stocks dozens of Irish whiskeys, plus Guinness and other Irish imports and craft beers on tap, wine, Irish coffee and specialty cocktails.

Treat

Finding fairy doors is hard work, but Dublin has just the place to chill after checking off all the stops: Zoombezi Bay Waterpark (www.zoombezi.com)

(www.zoombezi.com). From thrill-ride slides to Tiny Tides (a heated-water playground for little ones), Mexican-style street tacos and ice cream to margarita and daiquiri bar, an afternoon here can be as crazy or lazy as you like.

Adding appeal are shaded cabana rentals, furnished with chaise lounges and dining tables/chairs.

Author and travel and lifestyle writer Kathy Witt feels you should never get to the end of your bucket list; there's just too much to see and do in the world. Contact her at KathyWitt24@gmail.com, [@KathyWitt](https://www.instagram.com/KathyWitt).



KATHY WITT, TRIBUNE NEWS SERVICE

Enas Lanham, owner of Dublin Toy Emporium, rings up purchases by two Irish Fairy Door Trailblazers.

Get the most out of your SKIN-CARE ROUTINE

EBONY WILLIAMS
Atlanta Journal-Constitution

Getting better with age can also apply to your skin — depending on what you have in your skin-care routine. According to experts, these three top-tier ingredients are best at keeping skin healthy and moisturized.

Hyaluronic acid

The great thing about hyaluronic acid is that it's something our bodies natu-

rally produce — it's typically found in the body's connective tissues. Products that include hyaluronic acid make great skin moisturizers. They may also work to reduce wrinkles and facial redness, as well as promoting wound healing and increasing skin elasticity.

In a 2011 study, women between the ages of 30 and 60 who used hyaluronic acid products twice a day for two months not only saw fewer wrinkles but also improvement in elasticity and skin hydration.



As we age, our bodies produce less collagen and elastin. Vitamin C can help, but it's water-soluble and can be difficult to really get into the skin for maximum benefit.

DREAMSTIME

Retinol

Retinol comes from vitamin A and reduces the effects of long-term sun damage, including hyperpigmentation, and reduces wrinkles and provides deep exfoliation.

Studies have shown that those who use products with at least 0.4% retinol three times a week for six months have seen a decrease in wrinkles.

Vitamin C

As we age, our bodies produce less collagen and elastin. Vitamin C can help, but

it's water-soluble and can be difficult to really get into the skin for maximum benefit.

Experts recommend getting products that have at least 5% of vitamin C and using it daily for maximum results.

As celebrities like Kim Kardashian warn about vampire facials — a combination of microdermabrasion followed by a mask of platelet-rich plasma that helps boost your skin's cell turnover — experts agree that less is more and that great skin care can be achieved through science and basic ingredients.

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