

A photograph of a senior couple in winter attire. The woman is wearing a white snow jacket, a red and white striped knit hat, and a colorful patterned scarf. The man is wearing a red and black snow jacket and a black headband. They are both smiling and embracing each other in a snowy environment.

# Senior Living

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## SENIOR LIVING | HOUSING

# Living in a Senior Development

Don't think of it as a rest home; these days, senior living developments are anything but restful.

You can find a variety of living arrangements, from single homes to apartments and individual rooms, all in an environment with lots to do and tailored to the unique needs of an older community. Here are tips to finding the right senior living community for you from Caring.com.

## A SPECTRUM OF CARE

There are many kinds of senior care from independent living communities to assisted living communities to memory care facilities. Talk with your family to decide what kind of care you'll need and try to plan for what kind of care you will need. Some facilities will work with you over the full spectrum of care.

## PRICING

Compare several communities and establish a realistic price point for your lifestyle. Caring.com says you can get help from veterans benefits, long-term care insurance, Social Security, pensions or annuities, real estate assets, life insurance, Medicare and Medicaid and other programs. Ask the experts at your senior services department or local senior communities to help you identify ways to pay for your senior living both



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now and if more involved care is needed.

## TAKE THE TOUR

Always visit your prospective senior communities before making the big move. Experience the atmosphere, try the food, meet the staff and residents and try out all the amenities. Some questions you may want to ask

include:

- Is the neighborhood quiet and pleasant?
- How easy is it to park?
- Are the buildings clean and attractive? How about the grounds?
- Is there a safe area for outdoor activities?
- Do you feel pressured in any way?
- Does it feel like the staff is

listening to your needs and questions?

- Are you able to talk to staff other than the tour guide?
- Are any shared facilities clean and easy to navigate?
- Are there posted schedules of activities and are there any you'd like to participate in?
- Is there any scheduled

interaction with the outside community?

- Look for social and entertainment options in and around the community.
- Can you cook in your apartment or is there a dining room? If there's a dining room, how's the food?
- Can you have a pet? What are the rules for owning an animal?

## SENIOR LIVING | MONEY

# Senior Discounts

There are some perks to getting older. You get wiser, for one, and have more experience. And then there are the discounts.

Here are some senior discounts you may not know about from The Senior List. Remember that discounts are subject to terms and conditions and may vary depending on the location. No discounts are guaranteed.

## FOOD

**Applebee's:** 10-15% off, depending on the location, and may require the Golden Apple Card for people over 60.

**Arby's:** 10% off.

**Ben & Jerry's:** 10% off for seniors over 60.

**Bonefish Grill:** AARP members get 10% off.

**Burger King:** 10% off plus more discounts on coffee and soft drinks.

**Dairy Queen:** 10% off for seniors, varies by location.

**Dunkin' Donuts:** AARP members get a free donut with the purchase of a large or extra large beverage.

**Hardee's:** \$0.33 drinks every day.

**IHOP:** Senior menu for those over 55.

**Krispy Kreme:** 10% off for those over 50, depending on location.

**Mrs. Field's:** 10% off at some locations.

**Outback Steakhouse:** 10% off for AARP members.

**Saltgrass:** 10% off for AARP members.

**Sonic:** 10% off or a free beverage for those over 60, depending on the location.

**Subway:** 10% off for those over 60, depending on location.



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**Fred Meyer:** 10-15% off, depending on the department, on the first Tuesday of every month for those over 55.

**Piggly Wiggly:** 5% off every Wednesday.

## CLOTHING

**Bealls:** 15% off every Tuesday for those over 55.

**Belk:** 15% off on the first Tuesday of the month for those over 62.

**Clarks:** 10% off for those over 62.

**Kohl's:** 15% off on Wednesdays for those over 60.

**TJ Maxx:** 10% off on Mondays, depending on location.

## TRAVEL

**American Airlines and Southwest Airlines:** Call to apply a senior discount.

**British Airlines:** AARP members can save up to \$200 on flights.

**United Airlines:** Call for discounts if you're over 65.

**Alamo Rental Car:** Up to 25% off for AARP members.

**Avis:** AARP members can save \$10-\$25.

**Best Western:** 10% off or more for AARP members or guests over 65.

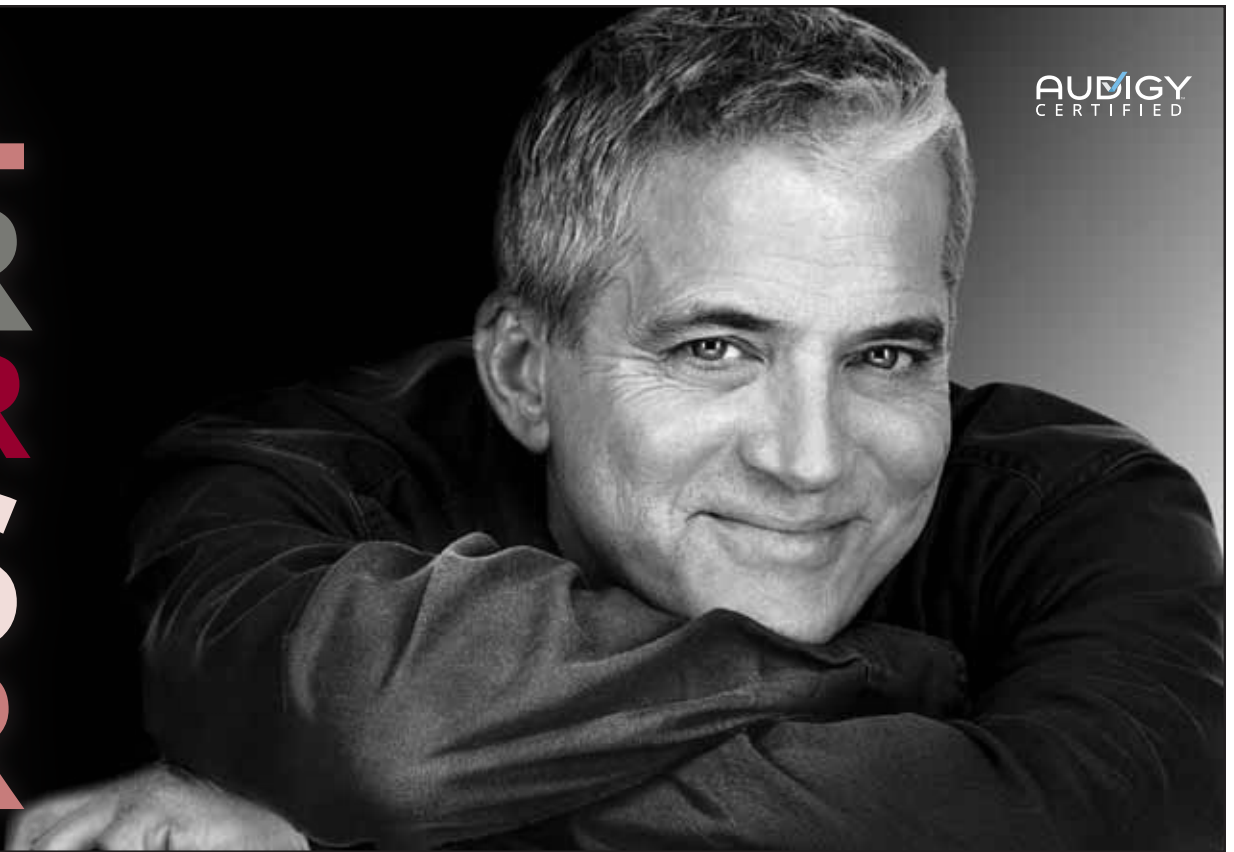
**Choice Hotels:** Up to 10% for advanced reservations.

**Hampton Inn & Suites:** AARP members save 10%.

**Marriott:** 15% off if you're over 62.

**Wyndham Hotels:** Save up to 20% with an AARP card.

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## SENIOR LIVING | EXERCISE



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# Staying Flexible

We're not talking about your schedule when you're retired. We mean your joints and muscles, which can get more stiff as we get older.

A more flexible body can help with your golf swing, your tennis game and just with getting around in general. If you spend a lot of time sitting or looking at a screen, it can be easy to get too stiff.

Here are some simple exercises from Silver Sneakers to keep you moving.

## OVERHEAD SIDE STRETCH

Stand tall with your feet hip-width apart and raise your arms overhead. Interlace your fingers. Keeping your torso long, lean gently to the left and hold for 10-30 seconds. Return to center, then repeat on the other side.

If that's too hard: Sit tall in a chair, keeping your hips, knees and toes forward. Rest your arms on your hips or keep them down by your sides, then bend.

## SHOULDER STRETCH

Stand tall with your feet hip-width apart and reach your right arm across your body. Place your left hand on

your upper right arm and gently draw your right arm closer. Hold for 10-30 seconds, release and switch arms. Repeat.

If that's too hard: Sit tall in a chair, keeping your hips, knees and toes forward, then do the arm exercise.

## TRICEPS STRETCH

Stand with your feet hip-width apart and raise your arms overhead. Bend your right arm so it's behind your head and place your left hand above your right elbow. Gently draw your right arm in and hold for 10-30 seconds. Release, switch arms and repeat.

If that's too hard: Sit tall in a chair,

keeping your hips, knees and toes forward. For a more shallow stretch, don't reach your bottom hand and as far and do the exercise as instructed above.

## HAMSTRING STRETCH

Place your right heel on a bench with your leg straight and your toes pointing up. Without rounding your back, gently hinge forward from your hips until you feel a comfortable stretch. Hold for 10-30 seconds, release, switch legs and repeat.

If that's too hard: Do this stretch while seated in a chair and resting your heel on the floor in front of you.



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# Tech for Seniors

Fancy gadgets aren't just for the kids these days. These high-tech gizmos can make senior living easier than ever.

Keep reading for these recommendations from A Place for Mom.

## HERO PILL DISPENSER

The Hero dispenses medication at the right time every day. It holds up to 10 different pills and can be customized to any medication schedule. It can store up to a 90 day supply of medicine depending on the

pill's size.

It doesn't work with gumies, half pills or dissolvable pills, though. It notifies you when your medication is running low and tracks doses and consumption using an app.

## COWIN E7 ACTIVE NOISE CANCELLING BLUETOOTH HEADPHONES

If the senior in your life has hearing problems, these headphones can be a lifesaver for listening to music, movies, podcasts and more. They feature advanced active noise reduction that cancels lower frequencies while the wire-

less Bluetooth technology gives you easy, hands-free listening.

## TILE

The Tile sticker is a gadget that affixes to commonly lost items and, via an app, helps you find your lost keys, wallet or other household items. The Pro version has a Bluetooth range of up to 400 feet. The battery also lasts for three years.

## GRANDPAD

This easy-to-use tablet comes with built-in wireless data that seniors can use to play games, listen to music, video chat with friends and family and communicate. It comes with its own private network that friends and

family can use to add photos, update contact information and more.

There are no passwords to remember and the included device insurance replaces a broken device at no cost.

## FITBIT VERSA 2

This is a watch and health manager that includes a heart-rate tracker and easy access to apps and other information. You can listen to music on Spotify, set alarms, track the weather and even pay bills. It tracks your sleep and has



a built-in Amazon Alexa digital assistant.

## RING VIDEO DOORBELL

The Ring doorbell gives you realtime notifications and video when someone's at the door. Using the Ring app, you can also speak to visitors from anywhere and at any time. You can also set custom motion settings and receive crime and safety alerts on your smartphone.



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# Driving Over 65

We know things change as we get older, including our ability to drive a car. But driving is a major part of maintaining independence.

**WHY DRIVING IS HARDER**

Older adults are more likely to receive traffic citations and get into accidents than younger drivers, HelpGuide.org says. This is driven by things like de-

creased vision, impaired hearing, slower reflexes and other health conditions. Aging can also impact your strength, coordination and flexibility, which can affect your ability to drive safely.

**SAFETY TIPS**

Get regular check-ups to maintain your health and your ability to drive. Get your eyes checked every year and make sure that your corrective lenses are current. Keep your car's windshield, mirrors and headlights clean, and turn up the brightness on your instrument panel to make sure you can see.

Have your hearing checked annually and, if you need hearing aids, make sure you wear them while driving. Be careful when opening your car's windows, though, because drafts can affect a hearing aid's effectiveness.

You should also exercise regularly because that will keep you stronger and more flexible longer, which will, in turn, improve your reflexes and range of motion, meaning you can stay behind the wheel longer.

**GIVING UP THE KEYS**

When it's time to stop driving – if your friends



and family members have concerns, for instance – it's normal to feel frustrated or angry. You may even feel ashamed, HelpGuide.org says, but remember: It takes a lot of courage to stop driving and put the safety of yourself and others first.

A benefit to living without a car is saving on car ownership costs. Even if

you drive very little, you still have to pay for maintenance and insurance. Accepting rides from friends and family can expand your social circle. You can live at a slower pace without the stress of driving. Explore public transportation, ride sharing, community shuttles and mobile app services.





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## SENIOR LIVING | DIET

# Eating Healthy for Seniors

As we get older, our bodies change. That's no surprise.

We need a healthy and balanced diet so that we get the nutrition we need to stay healthy. Also not a surprise. But what may come as news is that what you previously ate may not be as good for you because of what happens when we age.

## WHY GOOD NUTRITION IS IMPORTANT

Good nutrition gives you energy to get through your day and can control your weight. It also helps prevent diseases such as osteoporosis, heart disease, diabetes, high blood pressure and some types of cancer. Older adults typically need fewer calories, so they need to make sure that what they eat counts nutritionally. You may also need more protein as you age; ask your doctor to make sure your diet stays on track.

## CHALLENGES TO HEALTHY EATING

As you age, it can be more difficult to eat healthy, MedlinePlus says. For instance, it may be harder to get around or to drive to the grocery for fresh food. If you're in poor health, it can be difficult to cook and feed yourself. Some medicines may also change how food tastes, make your mouth dry or take away your appetite. Your senses of smell and taste



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may change, or you may have problems chewing and swallowing your food.

## EATING HEALTHFULLY

As you get older, make sure you choose foods that pack a nutritional punch without a lot of extra calories. These include fruits and vegetables, particularly those with bright

colors; whole grains such as oatmeal, whole wheat bread and brown rice; fat-free or low-fat milks and cheeses; seafood, lean meats, poultry and eggs; beans, nuts and seeds.

Avoid empty calories such as chips, candy, baked goods, soda and alcohol and pick items that are low in chole-

sterol and fat. Especially avoid saturated and trans fats.

Drink enough water and liquids so you don't get dehydrated and stay physically active. Exercising may help you feel hungrier.

## IF YOU'RE HAVING TROUBLE

See your doctor and your

dentist regularly to check on any problems chewing or swallowing. If you're having trouble smelling and tasting your food, add color and texture to make your meals more interesting. If an illness is making it harder to cook or feed yourself, check with your health care provider to see if they can help.



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