The Best Years
Focus on Your Health
SUMMER 2020
A special supplement from Napa Valley Publishing.
Want to enjoy a longer lifespan and continue partaking in most of the activities you love, with less pain, fatigue and frustration? There is no magic pill, operation or trendy diet that’s going to make it happen. Instead, this promise and possibility lie within you and the extent to which you’re willing to keep your body moving as the years advance, which is why fitness and exercise take on added importance as you age.

In other words, prepare to “use it or lose it,” say the experts.

“As the body ages, it undergoes changes in composition, including a profound change in muscle loss—especially in inactive people. In fact, over age 40, our bodies can begin to lose up to 8 percent of muscle mass every decade,” says Brian Cole, MD, a Chicago-based orthopedic sports medicine surgeon and team physician for the Chicago White Sox and Chicago Bulls. “Other challenges for aging adults are reduced strength and endurance, slower recovery and increased soreness. Plus, the ability to digest protein and absorb amino acids—key ingredients in building and maintaining muscle mass—is blunted in older adults.”

The good news is that proper fitness can improve these and other side effects of aging.

“People over 50 need to promote vascular health, maintain weight and avoid cardiovascular risk factors,” suggests John Higgins, MD, a sports cardiologist at the University of Texas Health Science Center at Houston. “And it’s never too late to start to exercise.”

Judy Gaman, CEO of Executive Medicine of Texas and co-host of the Stay Young America! podcast, says stepping up your exercise efforts pays off.

“Multiple studies show that exercise improves memory function and mood while decreasing pain. This makes engaging in fitness activities especially important to people over age 50,” says Gaman. Older Americans are sometimes fearful of causing injury by “overdoing” it or exercising incorrectly. But a common-sense approach—and a thumbs up from your physician—can prevent harm and lead to better results.

“It’s important to check with your doctor before starting a new exercise routine to make sure your heart, lungs and other systems are medically fit for the activity. And it’s wise to consider activities that involve less impact or risk of injury as we age,” explains John-Paul Rue, MD, orthopedic surgeon and sports medicine specialist at Mercy Medical Center in Baltimore. Melissa Morris, an exercise physiologist and nutritionist in Tampa, says a good rule of thumb is to follow the Department of Health and Human Services’ 2018 Physical Activity Guidelines, which calls for 150 minutes of aerobic or cardiovascular activities weekly and at least two muscle-strengthening sessions a week.

“The 150 minutes can be broken up into 30 minutes over five days, or whatever is appropriate,” notes Morris. Rue agrees.

“Aim for 30 minutes of exercise where you sweat, five times a week,” says Rue. “I’m a big fan of walking and cycling. The former is easy, doesn’t require any additional equipment, and can be a form of social activity. And cycling is easier on your body than running but still provides a great cardio workout.”

Water aerobics is a great activity for adults in their 70s and 80s, especially for those with aching joints, Rue adds. Higgins advises eschewing high-intensity workouts that may involve squatting, lunging and jumping as well as heavy weight-resistant exercises that can result in muscle and joint injuries or bone fractures.

“Try to use lighter weights with more reps, and opt for low- to moderate-intensity exercises,” says Higgins.

Before initiating any fitness routine, engage in best practices, too.

“Take the time to warm up and stretch before exercising. Focus on form and technique over speed or weight. Start slow and low, gradually progress, and don’t overdo it—listen to your body,” Rue suggests.

Higgins says it’s also crucial to invest in the right equipment—including appropriate and comfortable shoes. Pick the best environment, too—whether it’s the local gym or a YMCA class. Also, consider enlisting a coach or trainer or at least an exercise buddy who can motivate you to stay on schedule, exercise safely and give your muscles 48 hours to recover.

“Say you cycle on Mondays, Wednesdays and Fridays. If so, spend Tuesdays and Thursdays working on something else, like resistance training,” adds Higgins. He also recommends adding in some balance and flexibility training too, “which has been shown to boost stability and reduce falls.”

Lastly, don’t overlook other ways to ensure a healthier lifestyle.

“Diet always goes hand in hand with physical activity, so make sure you consume plenty of protein and fiber,” Morris says. “Also, take appropriate vitamin and mineral supplements, stay hydrated, shoot for eight hours of sleep a night and lower your stress levels through meditation and relaxation.”
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A new exercise program can be intimidating, not to mention expensive. But forget the fancy accoutrements, here’s what you must have to get started in yoga, CrossFit, running, Zumba and biking.

Yoga

Yoga stretches your body, not your pocketbook. The only “equipment” required for establishing a yoga practice is a mat to keep you from slipping during poses.

Beginning yogis can expect a yoga studio to have mats to borrow or rent, so you can experiment without making a significant investment, says Sage Rountree, author of “Everyday Yoga” and owner of three yoga studios in central North Carolina.

“Mats are different, and you might want one that’s cushier, or you might want one that’s more rigid and grippy – you won’t know until you’ve taken a few classes,” she says.

Rountree recommends clothing that isn’t too loose. “You’ll wind up with a face full of cotton T-shirt when you’re folding forward,” she says. Plus, more fitted clothing will allow instructors to assess your alignment and correct your form when needed.

CrossFit

Comfortable clothes and cross training shoes are all you need to get started in CrossFit, the fitness trend popping up everywhere.

“It should be clothes that people can move in, and some type of athletic shoe that you could run or jump or lift weights in,” says Molly Hankins, co-owner of CrossFit Thunderbolt in Oswego, Illinois.

Don what’s already in your closet for your initial CrossFit workouts, which typically involve a variety of exercises and strength training, Hankins says. “If there is something specific about your squat that would be helped by a certain shoe then the coach would let you know.”

Running

“The two main things you need for someone to start running would be someone to run with and then really just a pair of shoes,” says Dave Welsh, owner of four Running Co. specialty running stores in southern New Jersey. “And if you’re female, you need a sports bra.”

New runners should head to a spe-
cialty running store for running shoes, which are specifically designed for the constant forward motion of the sport, Welsh notes. He explains that running stores use a “fit process” to ensure a shoe is the correct size, width and shape for your foot, and works with the mechanics of your stride.

“You need to make sure the shoe fits right, and you have enough space in there, so that when you land, you disperse the force,” Welsh says. “You want to stay injury-free.”

Running stores also have multiple styles and sizes of sports bras. “We would ideally have a female associate work with the woman and measure her for her band size, measure her for her cup size, and bring one or two options over, based on the amount of impact and based on the amount of support she needs,” Welsh says.

Also nice to have: Moisture-wicking socks to maximize comfort and minimize injuries. “Cotton doesn’t have any Lycra content to it, so it will fit somewhat sloppy and loose, whereas a performance running sock will fit a little bit tighter, stay more secure,” explains. “It pulls the moisture away from your foot.”

Zumba
“Going to your first Zumba class, you need sneakers and a smile,” says Ginnine Fried, a licensed instructor in New Jersey since 2012 for the fitness craze featuring Latin music and dance moves.

Although those sneakers should have a smoother tread than average workout shoes. “Your ankle needs side-to-side movement in Zumba,” she explains. “If something has too much grip, you’re not going to be able to slide and do the spin moves.”

For attire, Fried tells her students to wear “what makes you feel good” for the 45- to 55-minutes classes. “If it’s slouchy sweats, wear those, and if you want to feel sexy, like you’re going to a club and working out, wear your sexy stuff.”

Cycling
Cycling is great for your joints, muscles and heart, but the cost of getting started in the sport is higher than with other exercise programs. Besides a bike, a beginning cyclist needs a helmet, biking shorts and gloves, and a tire repair kit, according to Darin Messer, a virtual cycling coach in Indianapolis for Team in Training, a charity endurance program benefiting the Leukemia and Lymphoma Society.

He recommends visiting a local bike shop for all. “You’re never going to get better service, or a better fitted bicycle, than if you actually go into a shop and talk to a professional,” he says.

Like running shoes, bikes should be fit to a person’s body, Messer explains. “If you get a nice fit, and you get on the right bike, you’re going to be more comfortable. The more comfortable you are on your bicycle, the longer you’re going to ride, and the more enjoyable the experience is going to be.”

Comfort is also his reasoning for splurging on cycling shorts, which put a chamois pad between your bottom and the bike seat. A certain amount of discomfort can be expected until you build up a tolerance to sitting on a bike seat, and cycling shorts can help ease that pain, Messer says. “No matter what you do, when you’re a new cyclist your bottom’s going to be sore.”

He also considers cycling gloves a necessity, as they provide protection as well extra padding on your hands’ pressure points, and a helmet a requirement. “One thing that a lot of people don’t understand is you don’t need a very expensive helmet because all helmets are certified to provide the same safety standards,” Messer explains.

His final recommendation, a tire changing kit, is something every cyclist not only needs, but needs to know how to use. “If you are a cyclist, you have to know how to change your tire,” he adds. “Because it’s only a matter of time before you do get a flat.”

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If you’re over age 50, you know by now that you can’t eat whatever you want without some consequences. But just because experts increasingly recommend curbing junk foods and high-calorie indulgences as you get older doesn’t mean that you have to sacrifice flavor, fun or food variety. It’s possible to change your diet for the better without punishing your taste buds or going hungry after meals.

Case in point: Consider these eight healthy and appetizing edibles that can easily be added to your diet.

**Leafy green vegetables**
Amanda Kostro Miller, RD, LDN, a Chicago-based registered dietician, says veggies like kale, spinach, fennel, collard greens, cabbage, watercress and endive are superfoods that can make a big difference. “Increasing your fiber intake from these vegetables can help with bowel movement regularity and making stools easier to pass. Green leafy vegetables can also help with calorie control for weight loss or weight management. They’re relatively low in calories, so you can eat a lot of them without exceeding daily calorie recommendations,” she says.

The best way to up your quotient of leafy greens is by using them in different salads, “but try to keep dressing, cheese, meat and nuts to a minimum.”

**Beans and legumes**
Peas, lentils, chickpeas, black beans, navy beans, kidney beans and their ilk can provide your body with plenty of protein—which is especially important if you’re a vegetarian.

“Legumes and beans are an excellent source of plant-based protein and heart-healthy fiber. As we get older, it’s important to keep up our intake of both,” explains Jen Hernandez, RDN, CSR, LDN, a registered dietitian in Kailua, Hawaii. “Chickpeas can be a great substitute for chicken or eggs. Try swapping your mayo for some hummus to add fiber, protein, and a boost in flavor.”

**Nuts**
Another protein-rich and tasty choice—particularly as a snack—are nuts, although they need to be eaten in moderation for the best effect.

“Eating nuts is associated with less risk of heart disease and type 2 diabetes. Every kind of nut has a different array of health-boosting nutrients and phytonutrients,” says Jill Weisenberger, RDN, A Yorktown, Virginia-located author and nutritionist. She recommends eating a handful of almonds a day to boost your vitamin E levels, consuming a single Brazil nut daily to prevent selenium deficiency, munching on pistachios for eye- and brain-protecting lutein and zeaxanthin, and choosing walnuts for their omega-3 fatty acid benefits.

**Salmon**
Fishing for more nutritional fare? Opt for salmon, which delivers protein, omega-3 fatty acids, selenium, vitamins D and B, and more, suggests Rima Kleiner MS, RD, a Greensboro, North Carolina-based registered/licensed dietitian and nutritionist. “Salmon has been shown to boost brain, heart, immune, skin and eye health. And...”
when eaten at least two to three times weekly, it can help lower chronic inflammation in the body and reduce the risk of chronic disease."

Kleiner advises making grilled salmon entrees and salads, salmon tacos, salmon burgers and salmon salad sandwiches.

**Oats**

From oatmeal to granola to oat milk, this whole grain is the main ingredient in many good-for-you foods and plentiful in properties designed to benefit the body.

“Oats offer a great source of important vitamins, minerals, fiber, and antioxidants. The main fiber in oats can help promote fullness, support digestion, and maintain healthy blood sugar and cholesterol levels,” Steve Hertzler, Ph.D., RD, a nutrition scientist in Columbus, Ohio with Abbott, a global health care company.

Hertzler’s favorite oat approach is probably the most popular: Simply enjoy a warm bowl of oatmeal at breakfast, “but add fresh blueberries, too,” he says.

**Yogurt**

Rich in protein, which helps maintain lean muscle mass, and probiotics, which improves gut health, yogurt is an easy-to-eat treat that can serve as a good substitute for dessert.

“I recommend choosing plain non-fat Greek yogurt, which tends to have far more protein and a firmer consistency; that makes it a good replacement for sour cream,” Miller says. “With plain yogurt, you can add your own flavorings like fruit, walnuts, granola or honey—better for you than pre-flavored yogurt that can have lots of added sugar. Yogurt can also be added to smoothies and used as a dip.”

**Berries**

Few foods pack as much flavor and nutrition into each bite as berries, which are another must during and between meals, per Rebecca Shenkman, MPH, RDN, LDN, director of Villanova Fitzpatrick College of Nursing’s MacDonald Center for Obesity Prevention and Education in Villanova, Pennsylvania.

“Blueberries, blackberries, raspberries, and strawberries are versatile, delicious, and loaded with vitamin C, potassium, fiber, and water for rehydration. Plus, their phytochemicals provide antioxidant protection,” says Shenkman, who adds that a 2013 Harvard study found that women who ate more than three servings of blueberries and strawberries weekly had a 32 percent lower risk of a heart attack. Her berry binging mode of choice is to drop some atop a favorite breakfast cereal or for dessert.

**Flaxseed**

Not to be overlooked, flaxseed is another superfood garnering greater attention lately.

“Flaxseed is a great source of heart-healthy omega-3 fatty acids and antioxidants that may reduce your risk of cancer,” notes Hernandez, who recommends flaxseed meal or ground flaxseed for easier digestion. “Add flaxseed to your oatmeal and smoothies or use it in baking as an egg substitute.”
In the last few years, keto seems to be all the craze. But experts caution that it may have more cons than pros and there are healthier and more maintainable dieting alternatives.

The ketogenic diet, which stresses low intake of carbohydrates, high-fat content and moderate intake of protein, works on the premise that, by depriving your body of glucose primarily obtained from carbs, an alternative fuel called ketones is made from our body's fat stores, explains Pamela Riggs, MS, RDN, CSOWM, a registered dietitian and board-certified specialist in obesity and weight management with MarinHealth Integrative Wellness Center in Greenbrae, California.

"Foods that fit into this diet plan include avocados, nuts, seeds, cheese, eggs, bacon, salmon, beef and poultry and non-starchy veggies like salad greens and broccoli," says Riggs. "But while this diet can result in weight loss, decreased body fat, decreased appetite, and hunger control, the potential downsides include fatigue, irritability, headaches and constipation."

These are among the reasons why U.S. News and World Report graded the keto diet next to last in its annual ranking of 35 different diets.

"Keto does not create dietary patterns that are sustainable and, therefore, doesn’t lead to sustained weight loss for the vast majority of people," cautions Julie Miller Jones, Ph.D., CNS, professor emerita of nutrition at St. Catherine University in St. Paul, Minnesota.

Instead, Jones points to the diet that placed tops in the rankings above: the Mediterranean diet.

"This is a diet that you can live with for the rest of your life because it's very balanced and fits most ethnic patterns," says Jones, who notes that the diet stresses a high consumption of vegetables, fruits, legumes, nuts, fish, olive oil, and whole grains, a moderate intake of wine, and lower consumption of meat and dairy foods. "Studies show that the Mediterranean diet is associated with a reduction in risk of most negative health conditions."

Another less popular eating approach that's advocated by experts and backed by solid scientific evidence that it lowers blood pressure is the DASH diet (short for dietary approaches to stop hypertension). This one focuses on a balanced diet low in sodium and saturated fat and high..."
in fruits, vegetables, and whole grains, along with low-fat milk and yogurt, fish, eggs and poultry, nuts, seeds, legumes and olive oil.

“It’s a very easy diet to initiate and stick to because it’s not excessively restrictive to any one type of nutrient; instead, it encourages balanced nutrition,” Lisa Richards, a nutritionist and health consultant in Edmonton, Alberta, Canada.

Bet you didn’t know that 38 percent of Americans consider themselves “flexitarians,” per Innova Market Insights research. This refers to the flexitarian diet, in which the primary foods consumed are plant-based, with meat, poultry, fish, eggs and dairy eaten in smaller amounts.

“A flexitarian is someone who wants to be more vegetarian without giving up meat entirely,” says Riggs. “You eat foods like fruits, vegetables, whole grains, legumes, nuts, and seeds but can occasionally have beef, fish, chicken and pork while limiting refined and processed foods like white bread, cookies, candy, sugar-sweetened beverages, high-fat or processed meats and fried foods.”

The drawback of the flexitarian diet, of course, is that you may not lose as much weight as desired unless you stay disciplined and restrict more calories.

While not a new approach to dieting, intermittent fasting is gaining momentum among people seeking a healthier lifestyle.

“This diet is based on the premise of a time-restricted eating pattern, allowing insulin levels to go down for long periods of time, which makes our body burn fat and lose weight,” Riggs says. “The most popular types of intermittent fasting are the 5:2 approach and 16:8 approach. With the former, you eat a normal diet five days a week and then limit calories to about 600 a day for two non-consecutive days a week; with the latter, you consume normal food intake within an eight-hour window and then eat nothing for the other 16 hours.”

The problem is, it may be hard to stick to this eating/not-eating cycle consistently and fit it into your daily routine.

For best results, talk with your doctor, dietitian or nutritionist before starting any diet plan. And remember that it can take time to determine which diet plan works best for your lifestyle and health needs or goals, so exercise patience.
Working for a better retirement

Working longer, the right way, could increase your lifespan – and your enjoyment of retirement

MARILYN KENNEDY MELIA
CTW Features

No doubt you’ve heard: Many Baby Boomers will be delaying retirement, even after they’ve reached the age to receive Social Security benefits.

That message has been in the headlines ever since the economy cratered circa 2008, and unemployment rose, especially among males.

To be sure, the financial hit has been keeping many in the workforce longer than they once expected, and the bitterness of a lay-off lingers.

But here’s a little sweetener: A study funded by the National Institute on Aging found that delaying retirement by just one year is associated with an 11 percent lower risk of mortality amongst healthy adults.

Other recent studies find positives other than a paycheck associated with working at age 62 and beyond. Here, a look at why work is often the secret ingredient behind a happy, healthier retirement.

Loving it, not leaving it

Boomer women were a trail-blazing generation, the first to gain a significant foothold in the work world.

And they’re not about to retreat from their hard-earned success just because there are more candles on the cake.

Indeed, a study by Harvard University economists Claudia Goldin and Lawrence Katz finds about 30 percent of 65 to 69 year-old women are currently working, double the share of what it was in the late 1980’s.

Female 65-plus workers tend to have a strong career identity and “greater satisfaction in their jobs six to eight years before their sixties,” Goldin says.

Not that the road to a continued career is always smooth, however.

Take Gloria Dunn, who was 69 when the 2008 recession hit, and forced her to shutter her organizational behavior consulting firm.

She then spent six years exploring ways to replace the sense of purpose work brought her.” I joined a Rotary Club, and volunteered in my community, and attended business and social club meetings.”

Still, nothing replaced the passion of her work. Then, Dunn says she read an article about a retirement coach and it was her “aha” moment.

Thinking her 25 years coaching employees in her consulting practice, as well as being a “forced” retiree herself, was a good pre-requisite, Dunn also took a course for certification in retirement coaching.

Now, Dunn says her second career “satisfies my inner need” better than any of the alternatives she explored.

Preparing by dreaming

While some, like Dunn, encounter an abrupt end to work, those who are fortunate enough to call their own exit benefit from some planning, says Maddy Dychtwald, co-founder of Age Wave.

A study by Age Wave and Merrill Lynch showed that slightly more than half of people who want to work after retirement spent about two years preparing and researching opportunities, whether it’s within or outside of their current career.

“You talk it over with your spouse or partner, thinking about how much you want to work, and when,” Dychtwald says.

“I would always also advise talking to your current employer,” says Dychtwald, noting that many firms fear a skill drain of their workforce, and may be willing to offer an appealing post-retirement job.

Some sixty percent of pre-retirees indicate that they’d like to pursue a new line of work, however, Dychtwald says. A two-year timeline helps define where realistic new opportunities lie.

No matter what a pre-retiree plans to do, she also advises “keeping up with technology” and keeping fit and healthy to eliminate impediments to a successful second act.

Lightening the load

As an associate professor of health care policy at Harvard Medical School, Nicole Maestas has studied labor patterns at older ages. She finds that about half of workers want to transition to a flexible, partial or reduced role in their profession, or take on a different – less stressful - job.

This work after retirement pattern striated in the 1980’s and has built since, with a “blip during the Great Recession” when jobs of any sort were hard to come by, Maestas says.

Many workers – even executives – are willing to forgo status for a lesser role within their field, says Andrew Miller, president of recruiting firm BrainWorks. “They have no problem going back to an individual contributor role because there is less stress, responsibility, and it creates a sense of freedom and enjoyment.”

“At this point, I have no intention of retiring,” says 71-year-old Steven Hausman, who left a position at the National Institutes of Health (NIH) nine years ago after a 31-year
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Retirement

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career that took him to a senior level. He parlayed his expertise in subjects like robotics into a post-retirement career in professional speaking on technical subjects. Although Hausman works independently, which affords him a flexibility his NIH career didn’t offer, he fits one of the four categories of working retirees a study by Age Wave and Merrill Lynch identified, “Driven Achievers,” who love the intrinsic nature of their work.

Enjoying the fringe benefits

Another category of post-retirement workers is “Earnest Earners” who need income. And a paycheck in and of itself can have the healthy effect of reducing stress and money worries. If a job is not too physically taxing or emotionally burdensome – involving hostility and stress from clients or co-workers – it offers other healthy advantages, Maestas says.

“Work is strongly correlated with social interaction,” agrees Geoff Sanzenbacher of the Boston College Center for Retirement Research. “And social interaction is connected to mental stimulation. In fact, because people vary a lot in the amount of social interaction they have after retirement, a job for many is a way to get a minimum amount of interaction without making an effort,” Sanzenbacher says.

When a retiree doesn’t want or need a paycheck, however, there are ways to mimic many of the benefits that those in post-retirement careers receive from their job, Dychtwald says.

Volunteering on a regular basis – replicating some of the structure one would find in paid work – can also provide a powerful sense of purpose and spur more socialization, she adds.

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YES, IT’S TIME FOR THAT TEST

Schedule a colonoscopy to prevent cancer and ensure good colon health

ERIK J. MARTIN
CTW Features

Nobody likes to talk about it. Many postpone or avoid it entirely. And chances are you probably clench up just thinking about it and what’s involved.

But the truth is, it’s a relatively painless and standard procedure that can save your life.

Yes, we’re talking about a colonoscopy. And if you’re over age 50, it’s a conversation you should be having with your doctor, as it’s recommended at this age every few years.

“Colorectal cancer is the third most commonly diagnosed cancer in the United States. But it can be prevented and cured if detected early,” says Alia Hasham, MD, clinical assistant professor of gastroenterology at Montefiore Health System and Albert Einstein College of Medicine in New York City. “A colonoscopy is the best way to screen for colorectal cancer because it has the benefit of directly examining the large intestine, also called the colon.”

Bryan Curtin, MD, director of neurogastroenterology and motility for Mercy Medical Center in Baltimore, says everyone—regardless of race, gender or background—is at risk for colon cancer.

“It’s an insidious disease where symp-
toms do not show up until the cancer is typically widespread, so it’s essential to get screened to protect yourself,” explains Curtin.

The benefit of having a colonoscopy in your 50s, before symptoms develop, is that “removal of a polyp or small cancer is a lot easier on the patient than removal and treatment of a large tumor, and the cure rates are higher,” says Noelle LoConte, MD, an oncologist at the University of Wisconsin Carbone Cancer Center in Madison, Wisconsin. “In fact, the American Cancer Society now recommends getting your first colonoscopy at age 45.”

Most say the most uncomfortable part of the process occurs the day before the procedure.

“You have to undergo a bowel prep at home, which typically involves a clear liquid diet the day before and drinking strong laxatives to clean out your stool,” Curtin notes.

The colonoscopy itself occurs at a hospital or medical clinic the next morning.

“When you arrive, you’re given anesthesia for comfort, which often involves a combination of Versed, Propofol and Fentanyl,” adds Curtin. “Count on taking the whole day off, as effects from the anesthesia can linger for up to 24 hours.”

Loren Brook, MD, assistant professor in the Division of Digestive Diseases at the University of Cincinnati’s College of Medicine, says the colonoscopy procedure, which involves rectally inserting a flexible tube with a camera, usually takes about 30 to 60 minutes.

“While performing a colonoscopy, the physician is looking for anything abnormal in the colon. This can include small outgrowths, called polyps, colon cancer and aberrant vessels,” says Brook.

You may feel gas or bloating during or after the procedure, as gas is inserted into the colon to inflate it, but this will pass.

You’ll likely be permitted to return to your normal diet and medications hours after the test if the doctor permits you. The results of the test are typically available a few weeks later, often to be discussed with your doctor during a follow-up visit.

“Before committing to a colonoscopy, ask your doctor if it’s the right test for you,” Hasham suggests. “There are other screening options available, especially if you have certain medical conditions that might make the procedure unsafe.”

Your fight to protect your large intestine doesn’t end after the colonoscopy. Your doctor may recommend that you repeat the procedure every 10 years (or perhaps every three to five years if polyps or problems were identified). And there’s plenty you can do on your own to improve colon health, too.

“Maintain a healthy body weight, increase your physical activity, try to maintain a regular exercise routine, increase your intake of dietary fiber, reduce intake of red and processed meats, stop smoking and moderate your intake of alcoholic beverages. Also, speak to family members to learn if anyone has had colon polyps or colorectal cancer, as this may increase your risk,” recommends Hasham.
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Homemakers/Caregivers
Licensed Nursing Services

NO MATTER WHAT...
We’ll always be there, when you need us

God Bless All Our Health Partners!

www.YourHomeNursing.com

Camie Bianchi
OWNER

Napa
707-224-7780
Up Valley
707-963-4913
Compassionate care 
in a state-of-the-art facility.

At The Meadows of Napa Valley, getting you back to full strength and mobility is our primary goal. Our state-of-the-art Skilled Nursing & Rehabilitation Center is staffed with a caring, compassionate, interdisciplinary healthcare team, ensuring all your care needs are met in a positive, supportive environment.

Core services:
- Physical therapy
- Occupational therapy
- Speech therapy
- Restorative therapy
- OmniVR™
- Respite care
- Hospice care

Our rehab team is also certified in the Accelerated Care Plus advanced therapy program. These techniques, tools, and skills treat a wide array of ailments and extend functional gains. By accelerating the introduction of traditional therapies, more intensive therapy can happen earlier in your stay. ACP can also address the risk of future falls.

Accelerated Care Plus includes:
- Treating rather than managing pain
- Muscle re-education
- Wound-healing acceleration
- Reducing swelling and inflammation
- Rehab and train with the AlterG® anti-gravity treadmill

Your health and safety are our top priority!
Please call with any questions about our protocols and procedures to protect patients from COVID-19.

For more information about our programs and services, or to schedule a tour, call us today!

707-307-4993
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