

BOOMERS

SUMMER 2025

- BRAIN GAMES
- FAMILY ROOTS
- ROAD SAFETY
- GREEN THUMB
- HOME MODIFICATIONS



FREE

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Retirement Living at its Best

The Gary Residence and Westview Meadows in Montpelier offer beautiful, spacious, and comfortable living accommodations for seniors.



Independent Living

At Westview Meadows, residents enjoy the warmth and connection of an intimate community along with the independence and freedom of spacious apartments. You'll feel right at home with our beautiful, serene countryside setting and spectacular mountain views.

Residential Care

Available at both living communities, residential care offers an increased level of services and support for your personal needs along with private apartments for you and your loved one. Offering gracious, stately living accommodations in a comfortable, home-like setting at The Gary Residence or a quiet country setting on 25 acres with a pond at Westview Meadows.

Memory Care

Clara's Garden Memory Care at The Gary Residence provides quality care in a state-of-the-art, secure setting for those living with memory loss. Private and semi-private suites add the comforts of home while 24/7 personal supports, nursing oversight, and customized activities provide a high level of care for your loved one — and peace of mind for you!

Both of our beautiful senior living communities offer gracious living, security, and an abundance of amenities, including:

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The Gary Residence

149 Main St., Montpelier, VT 05602 | thegaryresidence.com

Westview Meadows

171 Westview Meadows Rd., Montpelier, VT 05602 | westviewmeadows.com

Stay Sharp with BRAIN GAMES

As people age, maintaining cognitive health becomes just as important as physical well-being.

Engaging in brain stimulating activities can help seniors enhance memory, improve critical thinking and support overall mental fitness. From puzzles to digital games, there are countless ways to keep the brain active and engaged.

Research has shown that regularly engaging in cognitive activities can slow cognitive decline and may reduce the risk of dementia. Activities that challenge the brain encourage neural connections, keeping the mind sharp. Games that require strategy, memory recall and problem-solving can help seniors stay mentally agile.

The World Health Organization in 2021 estimated more than 55 million people are living with dementia and they predict that will rise to 78 million in 2030 and 139 million in 2050.

The National Institutes of Health published a study showing that engaging in cognitive and social activities protected against age-related changes in mental functioning. However, that same study found that age and education are major factors in cognitive performance. Other studies from Rush University in Chicago for that engaging in cognitive activities can help fend off the development of Alzheimer's disease.

POPULAR BRAIN-BOOSTING ACTIVITIES

• Crossword puzzles and sudoku. These classic games challenge vocabulary and numerical skills while keep-

ing the brain engaged.

- Board games and card games. Strategy-based games like chess, Scrabble and bridge stimulate cognitive processes and enhance social interaction.
- Jigsaw puzzles. Completing puzzles helps with problem-solving skills, spatial awareness and patience.
- Brain-training apps. Digital platforms like Lumosity and Elevate offer exercises targeting memory, attention and processing speed.
- Learning a new skill. Picking up a new language, musical instrument or hobby can create new neural pathways, keeping the brain flexible.

STAYING SOCIALLY AND MENTALLY ACTIVE

Seniors can benefit from group activities such as trivia nights, book clubs and discussion groups that stimulate thought and encourage social connections. Regular interaction with peers can reduce stress and contribute to emotional well-being, further supporting cognitive fitness.

Maintaining cognitive fitness doesn't have to be a chore — brain games can be enjoyable, social and rewarding. By incorporating mental exercises into daily routines, seniors can enhance their memory, boost problem-solving skills and support overall well-being. Keeping the mind engaged is a vital step in promoting a fulfilling and healthy lifestyle in later years.

Crystal Pierce LNA HOME HEALTHCARE SPECIALIST

Do you or a loved one need home health care?

My name is Crystal, and I have been taking care of loved ones for over 15 years. I am very open to discussions and I'm experienced in making and following care plans.

For more information and to schedule a meeting, email me at crystalp2519@icloud.com or Call/text me at 1-802-371-8167.



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Publisher/Executive Editor Steven Pappas

General Sales Manager Tim Duguay

Customer Service Manager Melody Hudson

Creative Services Manager Keri Franzoni

Advertising Jeff Buckman, Gary Haas, Mike Jacques,

Deborah Phillips, Kristine Wolfrom

Design Claude Derosiers, Tiahna Gillam, Fran Grabowski



322 North Main Street, Suite 4, Barre, VT | www.timesargus.com | 800-498-4296

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TRACING FAMILY ROOTS

Delving into family history can be a rewarding journey, especially for seniors looking to reconnect with their past and preserve their legacy for future generations.

Exploring ancestry and genealogy is more accessible than ever, thanks to online databases, historical records and DNA testing services.

WHY GENEALOGY MATTERS

Genealogy is more than just names and dates — it's about understanding where you come from and the events that shaped your family's journey. Learning about ancestors' lives, struggles and triumphs can provide a greater sense of identity and connection. For many seniors, tracing family roots can be an opportunity to pass down meaningful stories, traditions and values to children and grandchildren.

Starting your ancestry research doesn't require expert knowledge. Here are some simple steps to begin:

- Gather family records. Talk to relatives and collect old photos, letters and documents such as birth and marriage certificates.
- Create a family tree. Use a simple chart or an online tool to map out known family connections.



- Use online resources. Websites like Ancestry.com, FamilySearch.org and MyHeritage offer vast collections of historical records.

- Explore public archives. Local libraries, historical societies and government records provide valuable insights.

DNA testing has revolutionized genealogy, allowing individuals to uncover genetic connections, confirm heritage, and even discover unknown relatives. Services like 23andMe and AncestryDNA can provide ethnicity estimates and link users with distant family members. While exciting, it's important to research the privacy policies of these

companies before submitting DNA samples.

PRESERVING YOUR LEGACY

Once you've uncovered your family history, consider ways to document and share it:

- Write a family history book. Compile research findings, personal stories and photographs into a book for future generations.
- Record oral histories. Use a smartphone or recording device to capture family members' stories in their own words.
- Create a digital archive. Store and organize family documents and

photos online to ensure preservation.

- Engage younger generations. Encourage grandchildren and younger relatives to take an interest in their heritage through storytelling and interactive projects.

A JOURNEY WORTH TAKING

Exploring ancestry and genealogy can bring families closer together, spark meaningful conversations and provide a sense of fulfillment. Whether uncovering fascinating historical connections or simply preserving everyday family moments, the journey of tracing one's roots is a gift that can last for generations.

DEVELOP A GREEN THUMB

Gardening is more than just a pastime. It offers a wealth of physical and mental benefits, especially for seniors. Tending to plants provides gentle exercise, encourages time outdoors and fosters a sense of accomplishment, making it an ideal activity for retirees looking to stay active and engaged.

BENEFITS TO GARDENING

All Seniors Care Living Centers promotes gardening, citing the following benefits: it's a heart-healthy hobby that is considered a moderate form of cardiovascular exercise, it boosts confidence, it promotes relaxation, it grows a sense of community, it contributes to healthy eating habits and it is a form of therapy for those experiencing cognitive decline.

Digging, planting and watering help improve mobility and strength, reducing the risk of osteoporosis and arthritis-related stiffness. Regular movement promotes cardiovascular health, and exposure to sunlight increases vitamin D levels, which support bone strength and immune function. Even small-scale gardening, such as tending to potted plants or raised beds, offers these advantages while minimizing strain.

Beyond physical health, gardening provides therapeutic benefits for mental well-being. Engaging with nature has been shown to reduce stress, anxiety

and depression. The act of nurturing plants and watching them grow fosters a sense of purpose, which is particularly beneficial for seniors seeking fulfillment in retirement. Additionally, the rhythmic, repetitive nature of gardening can have a calming effect, similar to meditation, helping to improve focus and mood.

Gardening is a great way to stay socially connected. Many communities offer gardening clubs, allowing seniors to share tips, swap plants and form friendships. Working in a community garden or volunteering at a local botanical center provides additional opportunities for interaction, reinforcing a sense of belonging.

Gardening can be financially rewarding. Growing fruits, vegetables and herbs can help reduce grocery bills while ensuring access to fresh, organic produce. Many seniors find joy in sharing their harvest with family and friends, creating an added layer of satisfaction.



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COMFORT, SAFETY ON THE ROAD

Fortunately, there are numerous ways older adults can adapt their vehicles and driving habits to stay safe and comfortable on the road.

The Centers for Disease Control and Prevention reports that in 2022, about 9,100 older adults were killed in traffic crashes and more than 270,000 were treated in emergency rooms for crash injuries. Drivers aged 70 and over have higher crash death rates per 1,000 crashes than middle-aged drivers (aged 35-54). Causes, they say, include age-related changes in vision, physical functioning and the ability to reason and remember. Diseases and medications can also affect the driving abilities of older adults.

On the flip side, the CDC said that older adults are more likely to have safer driving behaviors than other groups.

ADAPTING VEHICLES FOR A BETTER FIT

Simple modifications can make a significant difference in driving comfort and safety. Seniors may find that adding seat cushions or lumbar supports improves posture and reduces strain. Steering wheel covers can enhance grip strength and larger rearview mirrors improve visibility. Pedal extenders can help those with limited reach maintain better control over braking and acceleration. Additionally, swivel seat cushions make getting in and out of the vehicle easier, reducing strain on joints and muscles.

The National Highway Traffic Safety Administration recommends talking to an auto dealer about how to fit a car with new adaptive technologies. Alternatively, they say,

For many seniors, driving represents independence and mobility. However, as we age, physical changes can make driving more challenging.



seniors can consult with a driver rehabilitation specialist, especially after a stroke or the onset of a disability. A specialist can help explain what equipment might be needed now or in the future and point you in the direction of public and private financial assistance.

CHOOSING THE RIGHT VEHICLE

Selecting the right car can greatly affect ease of driving for older adults. Vehicles with higher seats, such as SUVs or crossovers, often provide easier entry and exit than lower sedans. Cars with wide door openings and adjustable seating options can make a big difference in comfort and accessibility.

Models with advanced safety features like backup cameras, blind-spot monitoring and automatic emergency braking can provide added security and safer driving.

SAFETY ADVICE FOR OLDER DRIVERS

Regular health checkups are essential to ensure vision, hearing and reflexes are up to par. The AARP recommends that seniors consider taking refresher driving courses, which can help update skills and build confidence.

Avoiding driving in bad weather, heavy traffic or at night can reduce risks. Planning routes ahead of time and using GPS systems can minimize stress and confusion.

Additionally, staying active and maintaining flexibility through exercise can help with reaction times and overall mobility while driving.

Other recommendations from the CDC include always wearing a seatbelt, driving when conditions are safest, never drinking and driving, reviewing how medications can interact with driving, leaving large distances between you and other cars and avoiding distractions.

For seniors who find driving increasingly difficult, alternative transportation options such as ride-sharing services, community shuttles and public transit can help maintain independence without the stress of driving.

HOME MODIFICATIONS

As people age, their living spaces need to evolve to meet their changing needs.

Doctors stress cardiovascular health at every age level, because a focused regimen isn't just helpful to our hearts and lungs. These exercises also improve the sharpness of our minds, help us manage weight, give us more energy, and can reduce the symptoms of anxiety and depression. Unfortunately, experts tell us that 75 percent of older Americans aren't sufficiently active.

That's why seniors are encouraged to take up exercises that improve balance and flexibility like aerobic activities and strength training. With the right exercise plan in place, older adults are seeing marked reductions

in age-related morbidity – and they're healthier and happier during their golden years.

HEALTH IMPROVEMENTS

Regular cardio activity like walking can positively impact blood pressure, lipid profiles, diabetes management, osteoporosis, neuro-cognitive function and osteoarthritis. Participating in physical activity with others can also improve your emotional health, provide mental support and help reduce feelings of loneliness and depression.

If the weather isn't great, or if you simply prefer to exercise indoors, consider using treadmills

or stationary exercise equipment. In time, they'll build the same cardiovascular strength as outdoor or gym workouts. Treadmills offer the flexibility to walk or jog at various inclines and speeds. Stationary bicycles can be adjusted for different resistance levels. Elliptical machines offer a low-impact option that elevates heart rates while protecting those who suffer with joint discomfort.

SOCIAL ENGAGEMENT

Organize a walking club and watch as your wider friend group enjoys significant health improvements. Walking in groups can help with any

trepidation you might be feeling about using a new gym or public paths, since there is safety in numbers. Seniors who participate in these groups are more likely to maintain their new exercise routine, as they feel a sense of responsibility toward fellow members.

Whatever regimen you choose, start by dedicating time each day toward enhancing your personal well-being. Before jumping into a new exercise routine, however, create a workout that you can build upon as your cardio levels increase. Start with smaller, enjoyable and effective exercises and then keep building toward positive results.

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Who will inherit your assets? Who would handle your financial affairs and medical decisions if you were rendered unable to make them for yourself?

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SHARON M. WINN, PLC

Estate Planning • Real Estate

sharon@winnlawvermont.com • www.winnlawvermont.com
7 Main Street, Ste. 301 • Montpelier, VT 05602

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