LIFESTYLES

SHARE YOUR STORY

The Journal welcomes ideas for stories about people in our community who have gotten married, graduated, joined the military, etc.

Call the Journal at 285-7411

Longevity is known to run in families

Fred CICETTI
HEALTH CARE WRITER

Q. I just turned 70 and I was wondering what my chances are of getting to 100. What do you think?

A. If you want some idea about your life expectancy, you can check out a table provided by the U.S. Social Security Administration. It is located at: http://www.ssa.gov/oact/STATS/table4c6.html

Of course, if you are a healthy geezer, you can do better than the average.

If you want to reach 100, you should know that there are three major characteristics that seem to enable you to become a centenarian. First, be a female. Second, have fabulous genes. Third, maintain an optimistic outlook.

About 85 percent of centenarians are women. Scientists still don't know why women tend to outlive men.

Researchers are increasingly finding evidence that genes play an important role in pushing lifespan beyond 90. Longevity is known to run in families, which suggests that genes are responsible for long lives.

There have been many studies that suggest that optimistic people live longer, and are less likely to develop diseases. One study that included more than 1,000 men and women found that those who described themselves as optimistic had a 55 percent lower risk of death than pessimists.

Lynn Peters Adler, who runs the National Centenarian Awareness Project, cites the following attributes common to centenarians:

- A positive but realistic attitude.
- A love of life
- A sense of humor.
- Spirituality.
- Courage.
- An ability to handle losses.

"Centenarians are not quitters," she says.

Carmel B. Dyer, director of the Division of Geriatric and Palliative Medicine at the University of Texas Medical School, said she has seen dramatic effects from a positive outlook.

"I've been practicing geriatric medicine for almost 20 years," Dyer said, "and I've noticed that my patients make the best of everything; when there are lemons, they make lemonade. I think if you're more optimistic, you're going to feel better."

According to the U.S. Census Bureau, America's population of centenarians – already the largest in the world – has doubled in the past 20 years to around 72,000. The bureau's lowest estimate for 2050 is 265,000 centenarians; its highest projection puts the number at 4.2 million.

"They have been the fastest-growing segment of our population in terms of age," said Thomas Perls, director of the New England Centenarian Study at Boston University.

Perls said the rise in 100-year-olds is attributed largely to better medical care. He said centenarians also have good genes and have made common-sense health decisions, such as not smoking and keeping their weight down.

However, according to researchers at Albert Einstein College of Medicine in New York, regular exercise, drinking in moderation and watching what you eat makes no difference to your chances of reaching the century mark.

Researchers studied nearly 500 people between the ages of 95 and 109 and compared them with more than 3,000 others born during the same period. They found that those who lived long lives ate, drank and smoked just as much as those who hadn't lived as long. The centenarians also did just as little exercise and were as likely to be overweight as their long-gone counterparts.

If you would like to ask a question, write to fred@healthygeezer.com.

Cicetti is a health care writer with more than 40 years of journalistic experience.

ROTARY GUEST

CONTRIBUTED PHOTO

Lee Grim was the guest of Rotarian Carol Grim at a recent meeting of the International Falls Rotary Club. Lee is a member of the International Rainy-Lake of the Woods Watershed Board and of the water levels committee on that board.

BIRTHS

The following births have been reported from La Verendrye General Hospital, Fort Frances, Ontario.

Born to:

Sheena Debungee and Loren Ledoux, Emo, Ontario, a son, Lykston Elvis James Ledoux, 6 pounds, 7 ounces, Sept. 5, 2014.

Savannah Shields and Kevin Basaraba, Fort Frances, Ontario, a son, Hendrix Timothy Carey Basaraba, 7 pounds, 3 ounces, Sept. 2, 2014.

Rich and Paige Smith, Fort Frances, Ontario, a daughter, Rikki Shaylynn Marie Smith, 6 pounds, 11 ounces, Sept. 1, 2014.

SENIOR MENU

Hot meals for people 60 or older are served at noon Monday through Friday at Koochiching County Senior Center, 307 Fourth St.

Meals are for anyone, regardless of income. A $4 donation is suggested. Meals are subject to change. Participants under age 60 are welcome at $7.50 each.

For reservations call 283-3460 the day before the meal. Cancellations may be made the day of the meal.

MONDAY
Pulled pork sandwiches
Fresh potato wedges
Baked beans
Mandarin oranges

TUESDAY
Spinach and ham egg bake or alternative
Cantaloupe
Apple juice
Cinnamon rolls

WEDNESDAY
Turkey
Gravy
Mashed potatoes
Sweet potatoes
Dressing
Bananas

THURSDAY
Goulash
Carrots
Pears

FRIDAY
Cabbage rolls
Mashed potatoes
Wax beans
Pineapple

CAREGIVERS' CORNER

Working as caregiver and single mom

KOOCHICHING AGING OPTIONS

A question and answer column for family caregivers

Q. I work full time and I am a single mom with two children ages 10 and 12. I also take care of my grandparents. I work Monday through Friday during the day. Thank goodness my kids are in school all day. After they get off to school, I go to my grandparents and help them get ready for the day. I cook a small breakfast for them and make sure they have their medications in order. I am then off to work, just barely making it on time. It would be nice to have an extra hour to relax and refocus before I have to start work. Any suggestions on how to talk to my boss about possibly changing my work hours?

A. As a full time mom, caregiver and employee, your life can be a challenging balancing act. You seem to know that some changes need to happen so you can continue to do all that you do. With all your responsibilities, it can be very difficult to maintain a regular work schedule. However, keeping your full time job may be very important to you.

You may start with asking to meet with your boss and talk about your situation and your needs in a way that expresses your concerns, both as a caregiver and employee. More and more workplaces are becoming aware of the strains on family caregivers and the negative effect it has on productivity. Many are willing to work with their employees to come to an accommodation.

Through conversation with your boss, you may be able to work more flexible hours, where, for example, you could come in later and leave later and still work the same amount of hours. If you have vacation time, hopefully you are using it to take care of yourself.

If other family members, friends and neighbors offer to help out, accept their help. Focus on doing your best, not doing it all. You are just as important as everyone else.

If you have any questions or need help you may contact the Koochiching Caregiver Consultant, Leslee Loop, at Koochiching Aging Options, 1000 Fifth St., International Falls, MN 56649; 283-7030 or 800-950-4630; KoochichingAgingOptions@gmail.com; or visit www.KoochichingAgingOptions.org.

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ASK THE CANDIDATES
Publicly submitted questions for local candidates will be accepted and considered for the
LOCAL CANDIDATE FORUM
6 P.M. • Tuesday, Oct. 28
Backus Community Center
Deadline for Submissions: Sept. 30, 2014
Submit via email: faye@intlfalls.org or posted mail: Chamber of Commerce, 301 Second Ave., International Falls, MN 56649
The public is invited to this Candidate Forum featuring the races for:
Falls Council, Ranier City Council,
Koochiching County Board,
County Sheriff, and Minnesota House Dist. 03A.

VOTE NOV. 4TH
PERRYN HEDLUND
FOR
SHERIFF
√ Lifelong resident of Koochiching County.
√ Graduate of RRCC with Associate of Arts degree.
√ Graduate of Bemidji State University with Bachelor of Science Degree in Criminal Justice.
√ 13 years experience between the International Falls Police Department and U.S. Customs.
√ Married 11 years with 3 children.
Dedicated to serving the residents of Koochiching County with professionalism and in a fair and impartial manner.
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KOOCHICHING COUNTY SHERIFF
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2014 Flu Shot Clinic
Wednesday, October 1st, 2014
10:00 a.m. – 2:00 p.m.
Rainy River Community College
(By the Workforce Center – Door #5)
1501 Highway 71
International Falls, MN
Cost: $30 (cash or check only)*
*We will bill Medicare, Medical Assistance & MSHO. Bring your insurance card with you.
Koochiching County Public Health
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