

Senior Living

LNP SPECIAL SECTION

||||||| LIFESTYLE |||||



VINNY TENNIS | STAFF PHOTOGRAPHER

Dotti Seitz, 75, founded The Puppet & Story Works with her husband, Steve, following her retirement 10 years ago.

A second act

Retirement is perfect time to revive old hobbies or find fulfillment in new ones

CAROLE DECK
LNP CORRESPONDENT

Think you're too old to try a new hobby? Think again. Studies show many retirees 60 and older refuse to let age get in the way of tackling a new pastime. Savvy seniors are pursuing hobbies enjoyed by all ages from trying a new sport to finding creativity in fine art.

The key, says retirement lifestyle author Dave Hughes, is "to find a hobby which brings fulfillment."

Barb Noble found horseback riding at age 60 to be a fulfilling hobby. The retired domestic engineer learned English and Western-style riding at Flying M Stable in Leola. Riding was a good match for her adventuresome spirit.

"My husband, Bob, was supportive and noticed how happy I was riding," says Noble, who resides at Pleasant View Retirement Community in Manheim.

At age 66, however, she suffered a serious riding accident when her horse slipped in mud. Recovering from a broken neck and base of skull injury was painful and lengthy.

In need of a new hobby, Noble revived her love of puppets when she was 68. Call it fate for her to have Dotti Seitz, a professional puppeteer, as her Pleasant View neighbor.

"Dotti is teaching me how to do puppetry properly," Noble says.

In October, at age 70, Noble performed in her first puppet show with Dotti and Steve Seitz for the retirement community's health care residents.

"The best thing about puppetry is making people smile," she says with a grin.

Steve Seitz, 76, a puppeteer and ventriloquist does shows with his wife, Dotti, 75. When he retired in 2007 from a federal government position at age 65, the couple founded The Puppet & Story Works. Doing a little puppeteering, his main job in the new company was to provide



VINNY TENNIS | STAFF PHOTOGRAPHER

Barb Noble, right, with puppet Granny, gets instruction from Dotti Seitz at Pleasant View Retirement Community.

audio and video technical support for shows. The couple shared a passion for puppetry, first as a Christian ministry for Dotti and a hobby for Steve before he became a professional.

The two perform family-oriented, fun-filled, interactive shows for all ages with ventriloquism, puppetry, storytelling and song. A favorite for senior communities are their "Senior Moments" comedy shows with elder puppets.

"It's great fun ... and brings joy and laughter to people," Steve says.

HOBBIES, page 8

INSIDE



WHY RETIRE HERE?
Page 2



HEALTH SCREENINGS
Page 3



REDUCE FALL RISK
Page 4



EMPTY NEST UPDATE
Page 6

Why is Lancaster a retirement mecca?

Recent transplants discuss why they chose to retire here and what they've discovered about their new home

CATHY MOLITORIS
LNP CORRESPONDENT

When it comes to retirement destinations, Lancaster is No. 1. According to U.S. News & World Report, Lancaster now ranks as the top retirement spot in the country, taking the lead over last year's highest-ranking city, Sarasota, Florida.

In a statement accompanying the results, U.S. News senior editor for retirement Emily Brandon says, "The Best Places to Retire offers a way for future retirees to make a more informed decision based on what matters the most to them. Whether that be housing affordability, access to quality hospitals or the desirability of a place in general, the rankings offer a comprehensive list that can point people in the best direction for their needs."

The rankings are based on six factors: housing affordability, desirability, retiree taxes, a happiness index, job market and health care quality. Both increases in housing affordability as well as overall happiness of residents helped boost Lancaster's ranking on the list.

The county is attracting more and more retirees from out of state, who view Lancaster as an ideal spot to spend their retirement years.

"Many people who choose to retire here who move from larger metropolitan areas find that they get more bang for their buck because our housing values are more affordable than in some neighboring counties," says Connie Buckwalter, director of marketing for Mennonite Home Communities.

Affordability combined with proximity to larger cities and a variety of arts, culture and dining experiences throughout the county also add to the appeal of retiring in Lancaster, she says.

According to a 2016 New York Times article, Pennsylvania has the most continuing care retirement communities in the country. Retirees have other options as well as retirement communities in the county, including several neighborhoods and residences for ages 55 and older.

Here's a spotlight on a few retirees who chose to move to Lancaster for retirement.

ALICE AND DONALD E. MURRAY
Ages: 78 and 79, respectively
Luther Acres, Lititz

When did you move here?

We moved seven years ago, in 2011, but it was a surprise. We came to Luther Acres for an open house in Octo-



Donald E. and Alice Murray



Armand and Barb Weller

SUBMITTED

"I never got used to Christmas lights on palm trees. It was impossible to dream of a white Christmas down in Florida. I now enjoy snow because I don't have to shovel it."

Armand Weller, Willow Valley Communities

ber, and moved here to a cottage the following January

Where are you from?

We are from up and down the East Coast for 60 years, originally from Harrisburg. We moved to Lancaster County from Bangor, Pennsylvania, in Northampton County.

Why did you want to leave your former town?

We were working at a retreat center in the mountains. The winters were very difficult and icy for aging seniors.

What appealed to you about Lancaster County?

We were looking for cost and quality of living as well as diversity. We were introduced to Luther Acres by dear friends who told us about the community. They didn't live here yet, but they are now our neighbors once again! Lancaster County had the best options for value for your dollars — and we wanted to be walking distance to Lititz.

We love the beauty of the farmland, the extreme friendliness of the people, and the belief amongst most that you truly are your brother's keeper.

What do you like most about living here?

"We love the beauty of the farmland, the extreme friendliness of the people, and the belief amongst most that you truly are your brother's keeper."

Alice and Donald E. Murray, Luther Acres

ing here?

We like living here because we have another family. Our children are not close by (one lives in New Jersey and the other in California), so our friends have stepped up to the plate to love us and lend a hand or foot when needed, not only to us but to all the residents here at Luther Acres.

Has anything surprised you about living here?

We knew nothing about the City of Lancaster. We just envisioned that it was going the way of many cities in the U.S. Wow, it's a city full of arts, culture, entertainment and fine dining, all in one lovely city. No, to all our New York friends, we do not live on a farmer's field.

What's been the hardest thing to get used to in living here?

Traffic backups behind the buggies, although we are patient. We consider it a privilege to be among all the different religious sects here in Lancaster County and to hear of their history and traditions.

What do you like to do in your free time?

At Luther Acres, we enjoy playing water volleyball at the campus pool, and we like to help with fundraising activities.

What's your favorite local place to eat?

Sukhothai, Checkers, Bistro Barbet, Cafe Chocolate, Stoner Grille, Oregon Dairy and Lititz Family Cupboard. (We really enjoy getting together with friends, and we like to eat, too.)

ARMAND AND BARB WELLER

Ages: 79 and 77, respectively
Willow Valley Communities Willow Street

When did you move here?

We moved in 2012.

Where are you from?

Armand: I attended Lancaster Seminary and graduated in 1964. We have

lived in Virginia Beach (where Barb attended law school to become a constitutional law attorney) and near Clearwater, Florida (where Armand was a pastor).

Why did you want to leave your former town?

Armand: We wanted to leave the Florida heat and the always-looming threat of hurricanes. You never knew when one was going to hit you.

Barb: We missed the seasons. I love the snow. When we lived in Florida, I would make an annual trip up north in the winter to get my "fix" of snow.

What were you looking for in a retirement destination?

We researched senior living communities for about five years all over the mid-Atlantic states as well as Florida comparing amenities, atmosphere and geography. We finally decided on Willow Valley Communities and Lancaster for a variety of reasons.

What do you like about living here?

Armand: I love the atmosphere of Lancaster. It's not as crowded here as in Florida. Almost all the roads in Florida are quadruple-lane highways. People in Lancaster drive differently. In my experience, the drivers are more courteous in Lancaster than in Florida.

I never got used to Christmas lights on palm trees. It was impossible to dream of a white Christmas down in Florida. I now enjoy snow because I don't have to shovel it.

What do you like to do in your free time?

Armand: I love to read and play the guitar. I'm also very involved in my church, Grace Community Church in Willow Street, where I play in the praise band, teach Bible study and am on the Music and Arts Committee as well as the Congregational Life Commission. I also teach a summer Bible study at Willow Valley Communities.

What's your favorite local place to eat?

Miller's Smorgasbord

FRED AND MARY ATTICK

Ages: Both 76
Traditions of America, Lititz

When did you move to Lancaster County?

We had our three-year anniversary in August.

Where are you from?

Conyngham, Pennsylvania, which is a suburb of Hazleton

Why did you want to leave your former town?

Mary: We chose to leave because our children and grandchildren had moved away, and many of our friends had moved elsewhere in retirement, too. And also, although we lived in our neighborhood for 20 years, we still only knew a few people. Most were working or had children at home and so it was not as easy to make friends.

What appealed to you about Lancaster County?

Mary: We were looking for a location that was close to a city, namely Lancaster, that offered things we like — great restaurants, theater and good,

RETIRE, page 7

United Zion Retirement Community
Your Story Matters Here...

Just expanded - brand new apartments and remodeled healthcare center for both short-term rehab and long-term care.
Call today to schedule a visit.

United Zion Retirement Community
722 Furnace Hills Pike, Lititz, PA 17543
uzrc.org | 717-627-8421

Come Visit Us!
Sat., Dec. 8th • 1pm - 4pm

- Stylish Apartments & Cottages
- Beautiful country setting
- Easy access to major highways
- Quick trip to downtown Lancaster

Ready for move in April 2019.

St. Anne's Retirement Community

3952 Columbia Ave. | West Hempfield Township, PA 17512
717-285-6197 | www.StAnnesRC.org

Thanks LNP Readers for Voting Us a Favorite!
Retirement Community • Personal Care

Fitness Made Easy
"The new personalized training equipment makes exercise fun, even while I'm working up a sweat!"
- Leona Myer

New Apartments Available in 2019!

Landis Homes
An affiliate of Landis Communities
1001 East Oregon Rd., Lititz
717-581-3935 | www.landishomes.org

EQUAL HOUSING OPPORTUNITY

ASPIRE to Excellence
carri ACCREDITED

These health screenings can save your life

ROCHELLE A. SHENK
LNP CORRESPONDENT

Health screenings are a way to find diseases and health conditions before there are symptoms. Physicians recommend having certain screenings at certain ages.

“People are becoming more aware of the screenings that are in place now; often our nurses remind them,” says Dr. David Gasperack, regional director of WellSpan Medical Group.

Colorectal cancer

Everyone should have a colorectal screening at age 50; those with risk factors for colorectal cancer may be advised to have a screening prior to age 50. A colonoscopy is the “gold standard” for screening for colorectal cancer, say both Gasperack and Dr. Gary Gehman of Penn Medicine Lancaster General Health Physicians Family Medicine Abbeyville. “People are having conversations about this now; that wasn’t common 20 or 30 years ago,” Gasperack says.

“Sometimes the gastroenterologist who performs the colonoscopy may find a polyp and remove it; polyps can become cancerous,” Gehman says. “We’ve seen significant reductions in colon cancer through people undergoing a colonoscopy at age 50.”

If colonoscopy results are good, the next screening can be done in 10 years. Generally, screenings may stop at age 75.

There are alternatives

to colonoscopy, such as fecal occult tests, which Gehman says should be done every year (every two years for a Colo-guard test) or a flexible sigmoidoscopy, an examination that covers only the lower part of the colon, which Gasperack recommends be done every three years.

Another alternative is a virtual colonoscopy, which uses X-rays and computers to produce images of the entire colon for the doctor to analyze. According to ScienceDaily.com, one of the newest alternatives is PillCam Colon 2, a capsule containing two miniature cameras on either end. As the capsule travels through the digestive tract, it captures images and wirelessly transmits them to a recorder the patient wears on a belt.

Hepatitis C

Baby boomers, those born between 1945 and 1965, should have a one-time hepatitis C screening.

“Hepatitis C is one of the most common causes of liver failure or liver cancer,” Gehman says. “If you carry the virus, and we find it early, it can be cured. By the time you have hepatitis C symptoms, it’s too late.”

Lung cancer

Lung cancer screening is recommended for adults ages 55 to 80 who have a 30 pack-year smoking history and currently smoke or have quite within the past 15 years.

(A pack-year is calculated by multiplying the



Cholesterol screenings are recommended beginning at age 40 or 50.

METRO CREATIVE CONNECTION

number of packs of cigarettes smoked per day by the number of years the person has smoked. For example, one pack-year is equal to smoking 20 cigarettes or one pack per day for one year.)

Screenings should be done annually until age 80, Gehman says, or until the person has not smoked for 15 years.

His and hers

Some screenings are gender specific. For women there are several recommended screenings:

■ **Mammogram:** Current recommendations from the United States Preventive Services Task Force are for routine biennial screenings from age 50 to 74. The American Cancer Society recommends screening beginning at age 45. Both Gehman and Gasperack say a

woman’s risk factors for breast cancer, such as family history, should be considered when discussing the age to start screening mammograms and their frequency.

Gehman says 3-D imaging has become the “gold standard” in mammography since it provides a finer image for the radiologist to view.

■ **Pap smear:** Women age 21 to 65 should have a pap smear to test for cervical cancer every three years. However women with risk factors for cervical cancer should discuss the frequency with their physician.

■ **Bone density:** It’s recommended that all women have a bone density screening or DEXA scan at age 65.

Recommended screenings specifically for men:

■ **Prostate cancer:** The traditional recom-

mendation is for men to have a PSA (prostate specific antigen) blood test at age 50. However, both Gehman and Gasperack say there is some discussion in the medical community about this screening.

“The PSA number (derived from the test) in and of itself can cause unnecessary additional testing and could do more harm than good,” Gasperack says.

Both he and Gehman agree that a discussion with patients about PSA testing and their specific risk factors, such as a family history of prostate cancer, should be held.

■ **Abdominal aortic aneurysm:** Men age 65 to 75 who have ever smoked should have a one-time screening with an abdominal ultrasound.

While those are the ma-

yor screening tests, both Gehman and Gasperack remind everyone to have cholesterol screenings starting at age 40 or 50, to begin blood pressure screenings at age 50 and to have their blood sugar screened periodically. All of these contribute to one’s risk for heart attack or stroke, Gasperack says. If all the numbers look good, the screenings should be done every five years.

“Everyone in primary care places a high value on prevention,” Gehman says. “Screenings are a great way to start.”

Other preventive measures to consider are the shingles vaccine and pneumonia vaccine. The Centers for Disease Control and Prevention recommends the shingles vaccine for anyone 60 and older and the pneumonia vaccine for anyone 65 and older.



Why Many of Your Neighbors Have Made the **Wise** Choice

Award-winning Willow Valley Communities provides nearly endless opportunities to embrace the possibilities of a Life Lived Forward. From our Cultural Center’s 500-seat performing arts theater, art studio, Day Spa, Vitality Café, and aquatics and fitness centers, to our outdoor swimming pool and tennis courts, golf simulator, bowling alley and vintage arcade at The Clubhouse, opportunities abound to do as much—or as little—as you choose.

For over 30 years, Willow Valley Communities has been a premier 55+ community, and is the only exclusively **Lifecare** community in Lancaster County. Unlike other senior living communities that charge a daily rate for long-term support, which can quickly deplete your assets, at Willow Valley Communities your

fees won’t increase because of the need for enhanced care in the future. Willow Valley Communities’ Lifecare is care for life, included in your same monthly fee, making it a wise choice.

Many of your neighbors have made the wise choice to call Willow Valley Communities home. Let us show you the range of options that can meet your individual needs. Be sure to ask about our unique Lifecare difference when you call.



866.655.1441 | Info@WillowValley.org | WillowValleyCommunities.org | Lancaster, PA



FITNESS



VINNY TENNIS | STAFF PHOTOGRAPHER

Above left, Masonic Village resident Peg Brown practices walking on unstable surfaces to improve balance with the help of wellness specialist Stephanie Geib; center, Geib demonstrates an exercise to improve eye-hand coordination and balance; right, Brown uses a resistance band to improve leg strength.

Keeping your life in balance

Risk of falls increases as you age, but there's a lot you can do to prevent them

MARGARET GATES
CUSTOM CONTENT EDITOR

You might say John and Marie Ward are poster children for healthy aging.

John, 80, enjoys biking, walking and pickle ball, and both he and Marie, 78, play water volleyball twice a week — no exceptions.

The Luther Acres residents recently passed a fall-risk assessment with flying colors, proving what occupational therapist Jamie Snyder already knew to be true:

Activity is the key to healthy aging — and fall prevention.

Snyder recently offered a two-part program at

Luther Acres — the first, a talk on balance and fall prevention, and the second, a three-part test to gauge individual risk.

Preparing for the program revealed some sobering statistics:

- One-third of seniors age 65 and older will fall each year.

- One out of five falls causes a serious injury such as head trauma or fracture.

- Direct medical costs for fall injuries cost over \$28 billion annually.

“Given these statistics, it’s almost like falling is an epidemic,” Snyder says. But it doesn’t have to be.

Fall factors

Age itself puts seniors at greater risk for falls, and the process starts sooner than you might think. After the age of 30, we naturally start losing 3-5 percent of our muscle mass every decade, says Stephanie Geib, a wellness specialist at Masonic Village in Elizabethtown. As we get older, that decline in muscle mass can affect balance.

“I don’t think you realize the loss of muscle and balance unless you have a fall,” says Peg Brown, 75, a Masonic Village resident who works with Geib three times a week

on exercises to improve her balance. “We know when we hit 45 we need glasses, but nothing tells us (how much muscle we’ve lost) unless we have a fall.”

Brown broke her hand in a fall at home a year ago, but only started exercising after Geib and fellow wellness specialist Jamie Rosenshine began offering a Head Over Heels balance and fall prevention program in the spring. The 10-week program evaluates residents primarily on issues such as gait and includes weekly homework for improving balance.

Beyond the physiological factors that naturally affect balance as we age,

there are a host of other factors that come into play when it comes to fall risk, Snyder says.

Intrinsic factors include medical conditions like arthritis and diabetes, as well as eye conditions that might affect vision and depth perception, making it difficult to detect things like uneven flooring surfaces.

Extrinsic factors include hazards in the living environment, such as stairs, clutter, pets, wet surfaces and poor lighting.

And then there are habits that increase fall risk, such as lack of exercise and taking medi-

FALLS, page 5

The Perfect Move Forward



With the clocks falling back, it's the perfect time to think about your next move forward to a home uniquely yours.

Warwick Woodlands is now accepting reservations for its **Phase II townhomes and carriage homes**...the last of these home styles to be built in our community.

- Eight different floor plans from 2 Bedrooms/2 Baths to 4 Bedrooms/3.5 Baths
- All models include attached two-car garages
- Carriage homes ranging from 1,772-2,854 sq. ft.
- Townhomes featuring 3,280 sq. ft.



Make the decision to move (or stay put) with confidence by learning our proven formula for success at www.warwickwoodlands.org/blog.

Call 717-625-6000 or stop in our sales center/model home at 544 West Sixth Street in Lititz to discover more about these distinctive homes and available home sites. The time to reserve your brand-new home, with your personally selected interior finishings is now!



CARRIAGE HOMES • TOWNHOMES • APARTMENTS & SO MUCH MORE.

717-625-6000 • www.warwickwoodlands.org Connect with us.

FALL FACTS

Jamie Snyder, an occupational therapist with Luther Acres in Lititz, offers these fall statistics:

- One out of three people, age 65 or older, falls each year and the risk of falls increases proportionately with age. At age 80, over half of seniors fall annually.
- Those who fall once are two to three times more likely to fall again.
- Falls are the leading cause of fatal and nonfatal injuries in the senior population.
- In 2014, 2.4 million nonfatal falls, among older adults, were treated in the emergency room. Of these, 750,000 individuals were hospitalized.
- In a study of people 72 and older, the average health care cost of fall injury totaled \$19,440, per individual.
- Up to 90 percent of the elderly people who report a fall admit to restricting their activities for fear of sustaining another fall, therefore diminishing their quality of life.
- Getting help after an immobilizing fall improves the chance of survival by 80 percent and increases the likelihood of a return to independent living.

Sources: *Staying Vertical and Agency for Healthcare Research and Quality.*

Follow us on Instagram at **LancasterOnline** for photos from around the County

Ephrata Manor

An Affordable and Worry Free Lifestyle



We serve you.

- People Focused • High Quality Care
- Happy Staff • Loving Environment

99 Bethany Road, Ephrata, PA 17522
(717) 738-4940 • (717) 738-7478 FAX
www.ucc-homes.org

Falls: Activity the key to prevention, experts say

Continued from 4
cations. "Medication is a big issue," Snyder says. "If you take four or more you're at greater risk."

Anti-anxiety or sleep medications, for example, can cause drowsiness or dizziness upon standing or sitting up too quickly.

Brown acknowledges living a very active, but relatively sedentary lifestyle in the past. And knee surgery following a skiing fall in her 30s has made her hesitant to try certain activities, such as tennis or pickle ball.

For Marie Ward, two back surgeries and some knee problems offered more than enough incentive to take part in the Luther Acres program. "There are times, especially if you are in pain, that you tend to lose your balance," she says.

Assessing risk

The risk assessment exercise at Luther Acres puts residents through three stations, each designed to check issues that can affect balance.

In the 30-second chair stand, residents are asked to sit in a chair, cross their arms over their chest, rise to a full standing position, then sit back down — repeating the process for 30 seconds. The test is designed to measure strength, muscle endurance and reaction to the transitional movements of sitting and standing.

In the four-step test, four canes are placed on the floor in the shape of a cross, creating four quadrants that residents

HELPFUL EXERCISES

Masonic Village wellness specialist Stephanie Geib offers these tips to build muscle strength and improve balance:

- Exercise with resistance bands.
- Stand up and sit down from a chair without using your arms. Remember to move forward in the chair and get your nose over your toes.
- Do push ups against a sink, countertop or table.
- Do calf raises by pressing up on the toes.
- Do hamstring curls.
- Stand tall and look up and out when you walk to improve peripheral vision. Poor peripheral vision throws balance off kilter.
- Climb the stairs. If you're younger or able, skip steps or run up the stairs.
- Play. "We don't play as adults anymore," Geib says. "Go out and kick a ball. Just play as much as you can with the grandkids."

must step over as fast as possible in both a clockwise and counterclockwise sequence.

The exercise determines how well they change direction and shift weight from side to side and forward and backward — things we do all day without realizing it, explains Janet Benjamin, a physical therapy assistant who helps with the test.

"If it takes too much time to keep balanced, that's recognized as a higher risk for falls," Benjamin says. The walking test measures the speed at which residents can walk a distance of 6 meters at a normal pace.

At Masonic Village, Geib and Rosenshine play close attention to gait, or how a person walks. "Gait is a big issue," Geib says. Some people tend to keep their arms at their side, rather than swinging them, she says. Others tend

to shuffle their feet or look down as they walk, which reduces peripheral vision.

Keys to prevention

From exercising and wearing proper footwear to removing throw rugs and using prescribed devices like canes or glasses, there are plenty of measures seniors can take to prevent falls, Snyder says.

"The one thing that cannot be changed is age," Snyder says. "All the other factors can somehow be controlled, adapted or compensated."

To promote balance, they might try a variety of exercises, Benjamin says, like challenging residents to do things with their eyes closed or to stand on a rather unsteady sponge-like foam pad.

"Just like doing exercise to increase strength,



MARGARET GATES

Luther Acres resident Marie Ward takes the four-step test with physical therapy assistant Janet Benjamin.

you take away their stability to increase their stability," she explains.

At Masonic Village, Peg Brown works on strengthening muscles and improving balance through various exercises. In one, she challenges her stability by walking across a series of foam pads and balance discs, with Geib at her side encouraging her to look ahead.

"Sometimes I might give her a weight in one hand," Geib says, noting that it mimics the unbalanced weight of holding a purse.

Other times, Geib might have Brown walk and toss a ball with a partner at the same time.

"In balance, in general, you need eye-hand coordination and eye-foot coordination," Geib says.

"Everything goes hand in hand."

Overcoming fear

When it comes to preventing falls, fear of falling can be your worst enemy, the experts say.

"If you fall, don't be guarded and restrict yourself from activities," Snyder says. "Then you're just going to get weaker and you're probably going to fall again. It's a vicious cycle."

Instead, think of activity as your best friend — no matter your age.

"It's never too late to start," Geib says, noting she has residents in their 90s who are just starting an exercise regimen.

As Marie Ward says, "If you stay active, you stay young."

FALL PREVENTION TIPS

- Exercise regularly.
- Use walker/cane as prescribed.
- Declutter walkways.
- Remove throw rugs.
- Use anti-slip shower mats and doormats.
- Keep frequently used items accessible.
- Use grab bars and hand rails for stability.
- Make sure bedspread is not dragging on floor.
- Maintain adequate lighting; use night light.
- Wear proper footwear: nonslip, snug-fit shoes.
- Use stable chair with suitable seat height and arms.
- Wear appropriate glasses.
- Schedule hearing and vision screenings every two years.
- Transition slowly from sitting to standing.
- Wear call bell or lifeline device at all times.
- Walk slowly, since rushing can cause loss of balance.
- Hydrate your body with eight 8-ounce glass of water per day.
- Be aware of the side effects of your medications.
- Make sure your physician regularly reviews your medications.
- Discuss calcium and vitamin D supplements.
- Eat properly.
- Consider occupational therapy and physical therapy.

Source: Jamie Snyder

Sensing a loss of taste or smell? It may be time to see a doctor

Aging comes with several sensory changes, many of which people expect such as loss of hearing or diminishing vision. But one's senses of smell and taste may diminish with aging as well.

The senses of taste and smell work in concert. The sense of smell is vital to personal health. Inhaling pleasant aromas can provide comfort

and stress relief. And smell enables a person to detect the dangers of smoke, gas, spoiled food and more.

The National Institute on Aging says that, as a person gets older, his or her sense of smell may fade, and that will also affect taste. Some loss of taste and smell is natural and can begin as early as age 60, according to The Mayo Clinic.

Adults have about 9,000 taste buds. Many tastes are linked to odors that begin at the nerve endings in the lining of the nose. Medline notes the number of taste buds decreases as one ages, and that remaining taste buds may begin to shrink.

Similarly, especially after age 70, smell can diminish due to a loss of **SENSES**, page 8

Life gets better.™

Independent Living with Services

Simple support to living independently



At Country Meadows, we're committed to making life better for our residents. Our new Independent Living with Services program provides simple support to make your day even easier. This unique service is customized for independent individuals who only want minimal assistance.



This plan includes three chef-prepared meals a day, ordering and administering medication by our certified staff, 24/7 access to onsite nurses in case of emergencies, weekly housekeeping and laundry services, and transportation to doctors' appointments, shopping, banking and cultural events, plus all the amenities, hospitality and vibrant programs on campus such as community life, fitness, spiritual life and social events. All our lifestyle options include monthly rent and no buy-in.



Call us to discuss the right lifestyle for you or a loved one, or learn more at CountryMeadows.com.

CountryMeadows.com
1380 Elm Avenue, Lancaster (behind WGAL)
717-392-4100



Chef-prepared Meals | Medication Management | Housekeeping
Laundry | Transportation

LANCASHIRE TERRACE RETIREMENT VILLAGE

"Lancashire Terrace has lovely grounds, cottages, and a community of people around you. I really enjoy the different activities, especially the trips we take to museums, plays, and shows. Most importantly, I have a real purpose at Lancashire Terrace volunteering and being involved."

Cindy K.



6 Terrace Drive • Lancaster, PA 17601
Phone: 1.800.343.9765 • Fax: 1.717.509.5071 • www.lancashireterrace.com

Empty nest? Make most of new-found space

There are possibilities galore for the kids' old rooms, but give careful thought to major renovations

LAURA KNOWLES
LNP CORRESPONDENT

After 29 years of raising their two children, the Millers of Manheim are finally empty-nesters, with a three-bedroom home all to themselves.

"The kids are living in other states and we don't need the two bedrooms," Angela Miller says. "We are trying to figure out what we wanted to do with at least one of the bedrooms."

Miller enjoys doing quilting, so she is leaning toward transforming one of the bedrooms into a craft room, with a built-in work area and shelves to store fabric and sewing supplies.

They plan to keep the other bedroom as a guest room, for when their daughters return to visit or when they have other house guests. The sewing room will also have a sofa bed in it, so that they can have any extra guests.

The trend toward transforming kids' abandoned rooms into usable space is appealing to empty nesters. Bedrooms can be renovated into work rooms, offices, yoga studios, libraries, walk-in closets with shelving or fitness rooms. In some cases, the reusable room requires little or no renovation. Just move the bed and dresser out and add the exercise equipment.

In other cases, renovations are more extensive, as in adding the shelving and work tables to Miller's work room or adding shelves and racks for a giant walk-in closet. Turning a bedroom into a li-



A grown-up child's bedroom can be repurposed into a different kind of living space, but always consider the ease with which it can be converted back to a bedroom should you decide to sell your home down the road.

GETTY IMAGES

brary with bookshelves or an office with built-in cabinetry will also take more work and require a professional contractor.

Fred Heim, vice president of operations at Renovations by Garman, encourages homeowners to give careful thought to major renovations. You might want to reconsider if you are thinking about a complete renovation that takes away a bedroom, since that can affect the resale value of your home.

"Turning a bedroom into a closet may sound like a great idea, but then you have lost a bedroom," Heim says.

He recommends doing a renovation that allows you to more easily restore that former bedroom to a bedroom, if

you decide to move and sell your home. It's much easier to sell a three-bedroom home instead of a two-bedroom home with a huge closet.

Heim suggests renovations such as using a bedroom as an office, fitness room or work room. A few built-in shelves are a good idea, but choose moveable pieces that can be removed when it's time to sell.

If your home has four or more bedrooms, a more complete renovation makes sense. You can even go all-out and transform that bedroom into a luxury spa bath with a walk-in shower or that dream closet and dressing room.

"You can also consider repurposing spaces in your home," Heim says.

Renovations by Garman did an addition and renovation to a two-story home, creating a first-floor master bedroom and bathroom suite for the empty-nest couple. The renovated first-floor master suite used a portion of a formal living room and the addition.

"That way the couple have a first-floor suite that will work better for them as they get older," Heim says.

Kevin Smith of Distinctive Craftsman has done a number of empty-nester bedroom makeovers.

"It's a great way to get more useful space from your unused bedrooms," Smith says.

Smith has seen empty nesters who are quick to reclaim and repurpose their rooms into everything from exercise rooms to home offices. Another popular renovation is to give one spouse their own bedroom. Sometimes known as a "snore room," the renovated bedroom provides an escape for when a snoring bedmate keeps the other one awake all night.

Smith agrees that it's

not a good idea to totally repurpose an unused bedroom so that it is no longer a bedroom. He suggests minor renovations, such as new carpet, paint and light fixtures that will enable the space to be used as an office or another room. Closet doors can temporarily be removed to create a desk alcove or TV and entertainment space with shelving. These changes can easily be switched back, if the homeowner decides to sell the house in the future.

"We have also done renovations to bathrooms to make them more accessible for retirees," Smith says.

Some retirees might update a bedroom for another family member, such as a parent who has been widowed. A grown-up child's bedroom might become a bedroom for a parent, with an accessible bathroom with a sit-down shower and higher toilet with safety bars. It's still a bedroom, but for another family member.

Remodeling your grown children's bedrooms into other living spaces can seem very ap-

pealing to empty nesters who crave extra room. Surprisingly, even adult children sometimes object to seeing their old room remodeled into a closet or office.

"My daughter was a little upset that I was moving her stuff from her bedroom," recalls Miller, adding that she plans to combine her daughters' bedrooms into one, with many of their things still kept in their dressers.

Another option is to put items into storage until they can collect their keepsakes and move them to their new homes. You also might want to make sure the little birds have definitely flown the nest.

One Lancaster couple ended up having one of their three children return home after getting divorced. Suddenly, they had their grown child back at home, along with two grandchildren, until they could get on their feet.

"It doesn't really make sense for us to keep the girls' bedrooms as shrines to their childhood," Miller says. "They have moved on, as they should. And so have we."



Personalized memory support in a personal care setting

Thrive Where You Are with meaningful and engaging activities in a secure and comfortable household environment at Homestead Village. Compassionate memory support care is provided by a team of experts who deeply understand residents' unique physical, mental, and emotional needs.

Get in touch to learn more about our latest memory care residence, **Harvest House**, coming soon.



For more information call 717-869-0641

homesteadvillage.org Your life. Your plan. Your community.



Enjoy sunsets from the rooftop deck and countryside vistas from your balcony at West Lawn Heights, Pleasant View's newest expansion project.

Featuring thirty-six spacious apartments, West Lawn Heights will be a short walk from campus gardens, dining, fitness center, and walking trail. Convenient underground parking making keeping a busy lifestyle a breeze. Priority deposits are being accepted now — call today to reserve your view!

PLEASANT VIEW RETIREMENT COMMUNITY

544 North Penryn Road, Manheim, PA
www.PleasantViewrc.org | 717-664-6644



THE PERFECT BALANCE OF Fun, Well-Being & Support

Discover a Life Well Lived at a Luthercare Community!

A life well lived means providing every resident in our care with the tools they need to explore, discover, define and celebrate their own personal potential, because at Luthercare, we believe *Potential is Ageless* — whatever your needs may be.

Independent Living | Personal Care | Skilled Nursing Care
Rehabilitation | Home Care

Discover Your Potential
www.luthercare.org



Luther Acres | 600 E. Main Street | Lititz, PA | 717.925.3794
St. John's Herr Estate | 200 Luther Lane | Columbia, PA | 717.478.7082
Spang Crest | 945 Duke Street | Lebanon, PA | 717.274.1495

Luthercare complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.



Retire: Why Lancaster is a popular destination

Continued from 2
easy transportation to airports. We also like the changing seasons and no drastic weather.

We spent several years occasionally looking at possibilities for retirement. These included Mechanicsburg and Bethlehem but we couldn't walk to things as easily as we can here. Then we looked at Delaware, but that seemed so far from places we liked, although it did have nice beaches. And finally, Florida, where some best friends retired. We gave it the ultimate test — an August visit! We decided that we would rather live here where we can put on a coat and walk to a coffee shop in the winter, than live there where it is impossible to go for a walk in the summer.

Fred: We were looking for a location that is suitable and more convenient for us. Our first home after marriage was here in Lancaster on West Chestnut street so that made it more comfortable, too.

What do you like most about living here?

Mary: We love the neighborhood and the abundance of activities. We could be busy all the time!

Fred: The people in the Lancaster area are very polite, industrious and of good character. This is the main reason to move here.

Has anything surprised you about living in Lancaster County?

Mary: I think the only surprise is liking retirement and a new location even more than we anticipated. Hav-

ing lived many places over our working years, we seemed to adapt perfectly!

What's been the hardest thing to get used to in living here?

Mary: The hardest thing is finding our way to various other small towns, etc. All the roads seem to have similar route numbers. We can never decide if we are still heading in the direction we started. Thank goodness for GPS!

Fred: All the roads here are numbered with 7s and 2s and they are not straight!

What do you like to do in your free time?

Mary: Our favorite activity is walking and biking and sharing restaurants and theater with our new friends and neighbors.

Fred: Our hobby is traveling. Our favorite things we like to do while traveling are to hike, trek, bike and eat wherever we go!

What's your favorite place to eat in the county?

Mary and Fred: That's the most difficult question yet! We love Himalayan Curry & Grill and also Iron Hill Brewery and then there is Stoner Grille. So many more, too!

DON MARQUEZ

Age: 78
Steeple View Lofts, Lancaster

When did you move here?

I moved at the ripe old age of 75, three years ago.



Don Marquez

SUBMITTED

"... I lived in a rural area, so now it's nice to be able to get out and walk to a restaurant. But, it's not such an urban area that I can't get out in the countryside."

Don Marquez, Steeple View Lofts



Fred and Mary Attick

SUBMITTED

"We were looking for a location that was close to a city, namely Lancaster, that offered things we like — great restaurants, theater and good, easy transportation to airports."

Fred and Mary Attick, Traditions of America

Where are you from?

I am originally from New York, but I moved here from Indiana.

Why did you want to leave your former town?

I had no family left in that area. My son lives in western Tennessee and my daughter lives here.

Why did you choose Lancaster County?

This whole area just appeals to me. I'm one of those crazy people who likes the four seasons. My daughter loves this area, too, and I have nieces and nephews I'm close to who live in New York, so it's easy for me to visit them.

What do you like most about living here?

I like the area. I just like the countryside. I like living in town and for the last few years before I moved here, I lived in a rural area, so now it's nice to be able to get out and walk to a restaurant. But, it's not such an urban area

that I can't get out in the countryside.

Has anything surprised you about living here?

I acclimated pretty quickly to the area, because I had visited my daughter before I moved here. Traffic can be an issue that's been hard to get used to. I wasn't accustomed to that, being from Indiana, although I also lived in New York so I know how to handle traffic.

What do you like to do in your free time?

I have a 2000 BMW Z3 Roadster, and I like to put the top down and cruise around. I'm also really good at doing nothing. I enjoy retirement. I like to kick back, relax and not do much of anything.

What's your favorite local place to eat?

My favorite restaurant would depend on which week it is, because there are so many to choose from. I really like Cork & Cap.

more Retirement



You should be able to choose the kind of retirement that suits your life. That's why we offer many financial and floor plan options to give you more flexibility and greater peace of mind. With so many choices of cottages, apartments, financial plans, and Life Care options available, you can build a retirement lifestyle that's just right for you. We also provide personal care, memory support and 24-hour nursing care to enrich your life physically and spiritually. In fact, there are more choices at Brethren Village than ever before.

✦ To tour our campus and customize your retirement future, please call or visit us online.



www.bv.org • 3001 Lititz Pike • Lititz, PA 17543 • (717) 581-4227

Cornwall Manor

The new nature of senior living



Cornwall Manor is a premier senior living community on 190 wooded acres in beautiful Cornwall, Lebanon County. We have offered high-quality housing, services and on-site health care for almost 70 years. Come for a visit and learn what makes Cornwall Manor such a special place to be.



Call for more information or come for a visit.
1 Boyd Street, Cornwall, PA 17016
717-274-8092 • www.cornwallmanor.org

Hobbies: A second act in retirement

Continued from 1

Many seniors find retirement to be the ideal time to rekindle a past avocation. For 70-year-old Clair Greiner, it was starting the Peace of Mind Band.

In the 1970s, Greiner played guitar with the Nye Family Singers of Lancaster, a contemporary Christian musical group, traveling from the East to West coasts on weekends. But with a full-time job, a wife and two young children, he set his guitars aside and didn't play again for 17 years. In 1997, he helped launch the Morning Psalm Praise Band, playing contemporary Christian music at the Lancaster Church of the Brethren.

Two years ago, the retired business manage-

ment/operations professional who resides at Four Seasons at Elm Tree, a 55-plus community in Mount Joy, discovered fascinating stories behind the popular songs of the '60s and '70s.

"I thought people from my generation — folks 55 and older — might be interested in hearing the songs with their stories," Greiner says.

His idea gave birth to a band and a creative hobby for three retired musicians.

The members who make up the Peace of Mind Band are Greiner, guitar and vocals; his wife, Myrl, 72, keyboard and backup vocals; and Dean Thomas, 66, bass guitar.

Myrl retired as an office manager for Appel & Yost LLP in Lancaster.



Members of the Peace of Mind Band, from left, Dean Thomas, Clair Greiner and Myrl Greiner, rekindled their love of music in retirement.

In the '70s she played bass guitar and sang harmony with The Southern Style Gospel Group in Lebanon and Dauphin counties. She left the group in 1979 and, like Clair, didn't play again until joining the church-contemporary worship band.

Since the band needed a keyboardist, Myrl was selected to learn how to play. It was 60 years since she took piano lessons, and she admits being reluctant, but willing to learn.

"I found out that even at age 70, we can learn new skills and develop our talent," she says with a chuckle.

Thomas, a Lancaster resident whose career was in hotel management, played guitar professionally since age 16. Bands he's played with in the Lancaster/York area include: The Soul Men,

Crossroads and Shining Star. He gave up music in 1979. He joined the Morning Psalm Praise Band, where he met the Greiners, in 2011. For the past five years he also plays with the Jeanette Stillman Band, a Lancaster-based blues/rock band. His wife, Joanne, 68, who retired as art director for Lancaster County Magazine, is the band's graphic designer.

"The best part of performing with the band is seeing and hearing the response from our Faith, Family, Friendships program, especially hearing about the memories our songs brought back to them," Thomas says.

On May 14, 2017, the band made its debut at an invitation-only performance at the Lancaster Church of the Brethren. Since the premier performance, the band has performed at church

and retirement communities around the county.

"Things That Matter ... Songs & Stories of Faith, Family, Friendships" is the band's signature program. Familiar songs like: "A Rainy Night in Georgia," "Dock of the Bay," "Sweet Caroline" and "Forever Young" have audiences singing along. They also perform a "Memory Lane Melodies" program of songs without stories for social events.

"I choose songs to remember the good times of our younger days, which have some meaning, message, inspiration or unusual facts," Greiner says.

For more information: puppetandstoryworks.com
PeaceOfMindBand.com

Senses

Continued from 5
nerve endings and less mucus in the nose.

Changes in these senses can lead to feelings of depression, diminish one's enjoyment of food and cause harmful conditions, such as problems associated with overuse of salt or sugar.

Although aging is often to blame, loss of smell and taste also may be tied to early symptoms of Parkinson's disease or Alzheimer's disease. Cancer treatments, medications, lack of saliva, colds, flu and other factors may contribute to sensory loss.

It's important to bring up diminished senses with a doctor to rule out something more serious and to explore possible solutions.

-METRO CREATIVE CONNECTION

LNP

Friday:
Together

Exploring matters of the family

Saturday:
Faith & Values

Exploring the social and ethical fabric of our community

Puppeteer Steve Seitz holds Clarence Lovejoy at Pleasant View Retirement Community.



VINNY TENNIS | STAFF PHOTOGRAPHER

smartLIFE
VIA WILLOW VALLEY

When Choosing to Remain in Your Home, Know the Facts



MALCOLM AND JUDY, MEMBERS SINCE 2016

SmartLife VIA Willow Valley is Central PA's only true Lifecare at Home program.

SmartLife VIA Willow Valley is an innovative, membership-based plan that gives you the security of a continuing care senior living community, right in your own home. Other programs may appear to be similar, but only SmartLife offers:

- **Lifecare.** Lifecare is a unique, comprehensive promise that entitles every SmartLife member to short and long-term care, at no additional cost for their entire lives. Only SmartLife offers true Lifecare.
- **Preferred access to Willow Valley Communities.** SmartLife members have access to personal care, skilled nursing care, and memory support, as well as amenities and activities at Willow Valley Communities.
- **Asset protection.** The plan you purchase today will cover your long-term care costs and provide you with the assurance of a continuum of care. Fees paid to SmartLife are fully tax deductible.
- **Personal care coordination available 24 hours a day, 7 days a week.** SmartLife members benefit from an advocate who will help you navigate through the long-term care maze with support and guidance.

Find out today how SmartLife VIA Willow Valley can provide you future security and peace of mind. Get the facts at an upcoming information session. Visit SmartLife.org/Attend or call **717.299.5673** to learn more.