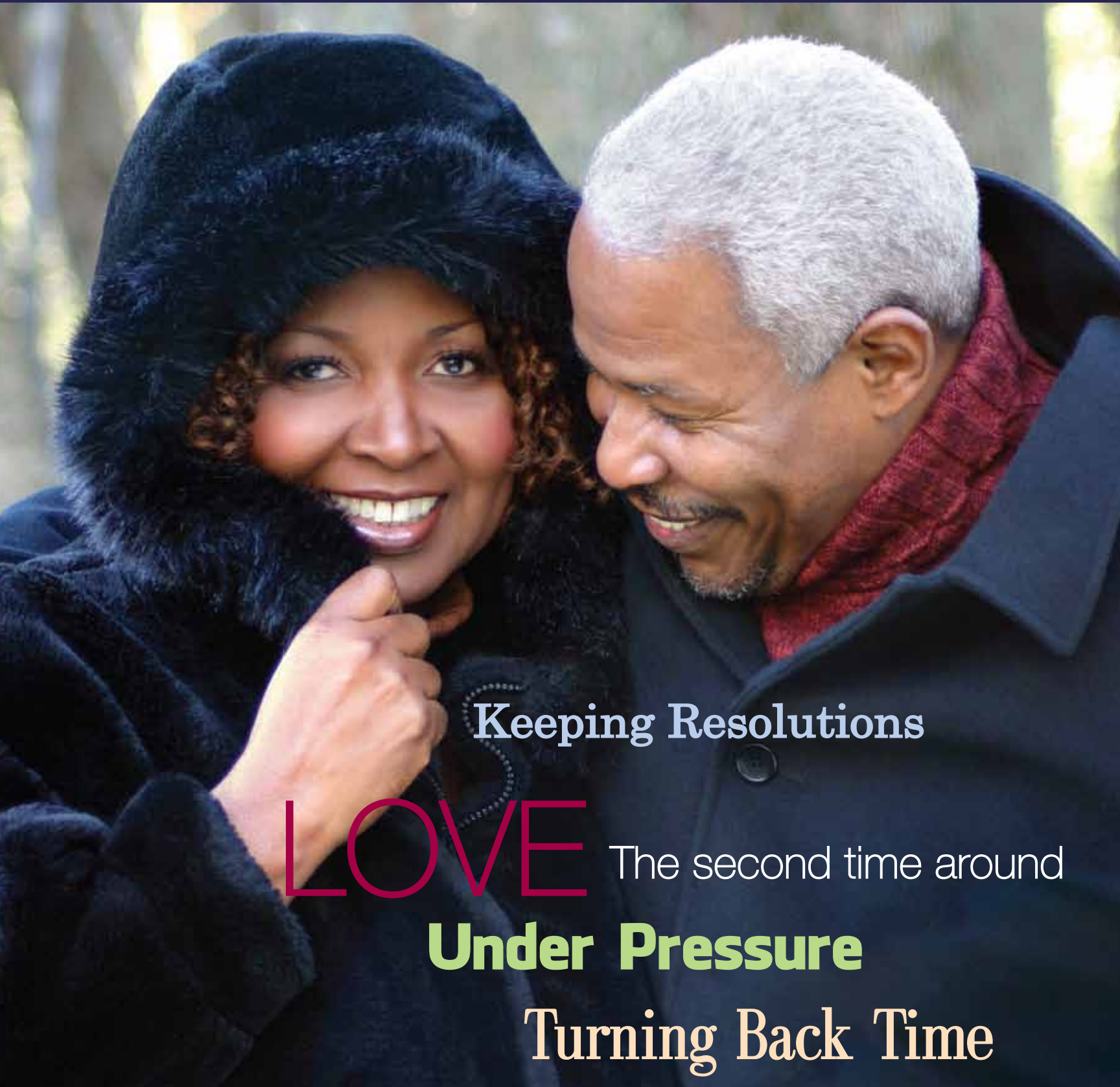


Winter 2012

Inside Circle



Keeping Resolutions

LOVE The second time around

Under Pressure

Turning Back Time



winter2012

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Under Pressure

One in 4 Americans has high blood pressure – a major contributor to heart disease, stroke and other life-threatening diseases. As we age, our blood pressure reading climbs higher due to natural, age-related changes in the blood vessels. Arteries that supply the heart with blood become thicker and less flexible, slowing the flow of blood. Over time, this results in high blood pressure.

Besides maintaining a healthy weight, getting regular exercise, and eating a nutritious, low-sodium diet, try some of these unique blood pressure-lowering techniques:

An onion a day?

Onions, apples, citrus fruits, parsley, tea, and red wine all contain the flavanoid quercetin, which helps to lower the blood pressure of people with sensitivity to salt.

Go fish.

Many studies have confirmed the blood pressure-lowering benefits of omega-3 fatty acids found in fish oil. Try tuna, mackerel, or salmon – at least twice a week.

Get your “ohm” on.

Yoga breathing exercises, in addition to helping promote relaxation, teach participants to breathe more



deeply and rhythmically, which helps more oxygen to reach the blood stream – lowering blood pressure. ¹

Fuel up with folic acid.

A diet rich in folic acid – found in cereal, whole wheat bread, pasta, lentils, black-eyed peas and green leafy vegetables – has been found to lower blood pressure. Several studies suggest that an intake of 400 mcg/day appears to lower blood pressure by helping maintain the flexibility of arteries and other blood vessels.

Take a power walk.

Walking at a brisk pace can lower blood pressure.

Pass the potatoes.

As a carbohydrate, potatoes get a bad rap. However, a recent study found that small, purple potatoes, eaten with the skins on, can lower blood pressure. These purple potatoes have certain antioxidants that protect body cells against free radical damage that can increase the risk of disease. ²

Get your ZZZs.

Adequate sleep – specifically time spent in deep sleep mode – promotes normal blood pressure levels. It's recommended that adults get at least 7 to 9 hours of sleep nightly for good health.

Drink your milk.

Supplements of milk and soy protein may lower blood pressure, according to a recent study. ³

•••

The heart pumps about
1,800 gallons of blood per day.

•••

Stretched end-to-end, the arteries, veins, and other vessels of the human circulatory system would measure about 60,000 miles.

•••

In an average lifetime, the heart pumps approximately one million barrels of blood (enough to fill more than three supertankers) through the circulatory system.

•••

Source: National Institute on Aging

¹ Study published in the September 2009 *Oxford Journals*

² Research presented at the American Chemical Society National Meeting; Denver, Colorado, September 2011

³ Study published in the July 19, 2011 online issue of *Circulation*



WATCH YOUR STEP!

Balance disorders cause limited mobility, health problems

If you occasionally feel that you're not on firm footing, the cause may be more than a case of temporary clumsiness. Balance disorders affect approximately 8 million people – and they can have serious consequences. Problems with balance can lead to a trip or fall, one of the most common sources of injury among the elderly.

"Good balance is important because it helps you to control your body while you're in motion or standing still," says otolaryngologist Randy Richards, M.D., on the medical staff of Gateway Medical Center in Clarksville, Tenn. "Steady balance also helps you walk smoothly, and rise from a chair or go up and down stairs without tripping or falling. Maintaining good balance will help you stay independent and healthy."

If you have a balance disorder – a disturbance of the inner ear – you might feel unsteady, as if you're moving, spinning, or floating, even while standing still. According to Dr. Richards, a disorder can develop at any age and have many causes, but occurs more often among middle-aged and older adults.

Causes

A balance disorder can be caused by many things: inflammation of the inner ear; illness (such as upper respiratory infections or viral infections); fatigue, allergies; smoking or alcohol use; failing vision or nerve damage in the legs; joint and muscle problems such as osteoarthritis; neurological conditions such as Parkinson's Disease; stroke; or certain medications, such as those used to control blood pressure. A common ear infection known as otitis media can also cause balance problems. Although frequently seen in small children, otitis media can also occur among adults.

Symptoms

- Dizziness, unsteadiness or a spinning sensation
- Falling or feeling as if you are going to fall
- A sensation of moving, even when you're standing still
- Lightheadedness, faintness, or a floating sensation
- Blurred vision
- Confusion or disorientation

You may also experience nausea and vomiting, diarrhea, changes in heart rate and blood pressure, anxiety, fatigue, depression, or have difficulty concentrating, explains Dr. Richards. Symptoms may come and go or may persist on a regular basis.

Types of balance disorders

- **Vertigo** – produces the feeling that you or the things around you are spinning.
- **Benign paroxysmal positional vertigo** – produces brief, intense feelings of vertigo when you change your head's position (such as rolling over in bed or looking up).
- **Labyrinthitis** – is an inner ear infection that causes dizziness.
- **Meneire's disease** – is a disorder that causes vertigo, hearing loss and a feeling of fullness, as well as ringing or roaring noises in the ears.

If you develop an ear infection or symptoms of a balance disorder, see your doctor promptly. Early treatment can bring relief of many conditions and can help prevent permanent hearing damage and balance problems.

The solution may be as simple as a change in medication, treatment for an ear infection, certain exercises, or lifestyle changes such as avoiding high-sodium and high-sugar foods, drinking plenty of water, avoiding foods and beverages with caffeine, and limiting alcohol consumption.

Visit www.SeniorCircle.com for more information, click on "Health Resources" and "Interactive Tools," and take the "Balance Disorders Quiz," "Ear Infection Quiz," or "Senior Fitness Quiz."

Exercise Builds a Firm Foundation

Some balance problems can be treated with simple exercises. Even if you don't currently suffer from a balance disorder, regular practice can help you develop better balance and prevent falls.

Balance exercises help you practice maintaining your balance while standing still, swaying, turning, walking, and during head movements. Head movements are one of the most common triggers of dizziness for people with a balance disorder. These exercises also strengthen your leg muscles and help your brain, muscles and bones work together to prevent falls.

- Stand with your feet together, arms at your side, and hold the position for 30 seconds. Slowly move your head up and down, and side-to-side.
- Stand up straight behind a tall chair or at a counter top, lightly grasping the surface with your fingertips. Raise one leg a foot off the ground, and maintain your balance while standing on one leg. Hold for a count of 10 seconds, and repeat with the other leg. Perform five repetitions on each leg. To increase difficulty, perform this exercise with both eyes closed.
- Stand behind a table or chair with your feet slightly apart. Slowly bend one knee toward your chest, lifting your foot six inches off the floor. Hold for 10 seconds, and repeat with the opposite leg.

Try to perform these exercises two or three times a day. Improving balance takes practice. You can increase the difficulty level of exercises as your balance improves. Performed regularly, these exercises can increase your independence by improving your balance.



Caution

Falls and fall-related injuries, such as an ankle or hip fracture, are the leading causes of death and disability for older adults.

National Institute on Aging

30% of people over age 65 experience balance problems and dizziness.

Vestibular Disorders Association

Our Big, Fat Greek Vacation

During the dog days of summer, the last place most people want to visit is the beach. Rewind to August 2010 and a meeting of the Jennersville Senior Circle Chapter in West Grove, Pa. The drowsy late summer meeting wasn't producing many travel ideas that fired the group's imagination. 'What about a trip to one of the world's most beautiful beaches – Greece?' asked a member. The idea revived the summer-weary group. Yes, Greece – land of olives and figs, feta cheese and baklava.

This past September, 16 members eagerly paced the Philadelphia Airport waiting to board a plane to Venice, Italy. Once in Venice, they boarded the Royal Caribbean "Splendor of the Seas" for a 10-night dream cruise of the Greek Isles. Advisor Jeannine Herrmann shares the highlights of the dream vacation.

Our first port of call was Split, Croatia, along the Adriatic Sea. We docked early enough to watch the sun rise over the dramatic mountain backdrop, which opened onto a vast clear deep blue water. Our knowledgeable tour guides led us through Split's narrow streets to museums, cathedrals and sites of ancient Rome on an exceptionally warm day of 90-plus degrees. After some late afternoon rest, we reconvened for a lovely dinner in the "King & I" dining room on the ship.



Joan and Gene Gresham perched on a wall in Corfu, Greece.

Each day of this exotic Mediterranean cruise brought new experiences of ancient Greece such as the Parthenon, the temple on the Athenian Acropolis dedicated to the goddess Athena. Its construction began in 447 B.C. and was completed in 438 B.C. Some of us braved the nearly 200 steps to reach the top of the Acropolis. Others chose a more civilized way of viewing it from under shade trees in a parking lot.

It's impossible to pick a favorite location from the cruise. Corfu, Crete, Athens, Mykonos, Santorini, and Katakolon – all were filled with cultural and architectural wonders. Mykonos, referred to as "Little Venice," is home to countless night spots and cafes lining its picturesque coast. Imagine our lazy September afternoon, the heat of midday past, and members dreamily sipping red wine from one of

hundreds of vineyards throughout Greece, snacking on olives, cheeses and rye bread dipped in luscious local olive oil.

And there is the incredible island of Santorini, with its white washed houses, shops and cafes built into the face of and on the crest of the cliff. Some people say that Santorini is the most beautiful island in Europe. It was formed around 1500 B.C., when the volcano of Santorini Island exploded and the center of the island sank and assumed the shape that can be seen today. Still an active volcano, Santorini's last eruption was in 1956. Getting to the top of the cliff wasn't for sissies. Our choices: ride on the back of a burro (not recommended by ship personnel), climb a zillion steps while side-stepping burro dung, or ride a gondola. Most of us opted for the gondola, eyes tightly shut as we clung to the person next to us.



Dave and Jeannine Herrmann (top) and Cristina and Les Reinertat (bottom) at the ancient ruins of Delos, Greece.

Our last port was Katakolon which, unlike the other islands, has lush green trees due to frequent rain and high humidity. We explored the site of the ancient Olympic Games, dating back to approximately 776 B.C.! The area makes our pre-Revolutionary War structures in Pennsylvania seem practically modern.

Our final port tour featured a tour of a private vineyard and an overview of a vintner's life. Our education took place under a canopy of trees, with tables dressed in blue-checked tablecloths, and of course a variety of wines and the customary plate of crackers, olives and cheese. It was a beautiful way to conclude this once-in-a-lifetime trip.



Having a brew in Santorini. From left: Cris Reinert, Les Reinert, Janet Raimato, Tom Filipkowski, Kris DellaVecchia, and Rose Marie Filipkowski.

Glaucoma

Screening Patients Twice a Year Better than Annually

Want to protect your vision? Think twice. A recent study has found that a biannual schedule of visual field testing resulted in earlier detection of glaucoma progression compared with an annual schedule.

For the study, 381 glaucoma patients ages 35 to 80 were followed for various time spans ranging from three to 13 years. Glaucoma progression was more likely to be detected in patients who had more visual field tests (a median of 20) during the time observed, than in those with fewer tests (a median of 12).

It's important to identify patients whose disease is progressing faster so that they can receive more aggressive treatment or more frequent follow-up, the researchers explained.

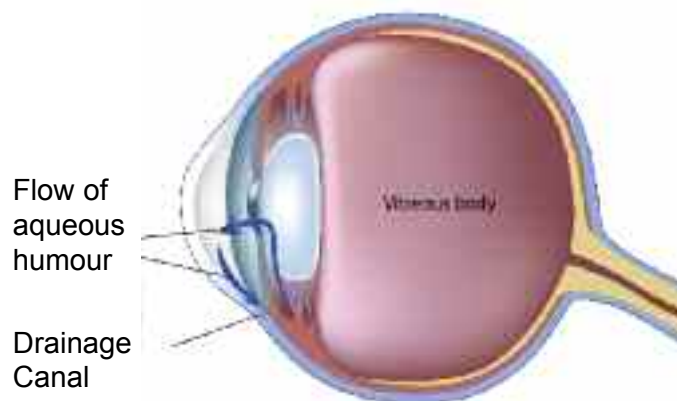
The study was published online Aug. 8, 2011 in *Archives of Ophthalmology*.

Glaucoma Facts

- Glaucoma is the leading cause of preventable blindness – especially among African American and Latino populations.
- More than 4 million Americans have glaucoma and it's estimated that half don't know that they have it.
- There are virtually no symptoms of glaucoma. Vision loss begins with a decrease in peripheral (i.e., side) vision, so if you have glaucoma, you may not detect a difference until significant vision is lost.
- There is currently no cure for glaucoma.
- Everyone is at risk for glaucoma – from infants to senior citizens.
- People with diabetes have a higher likelihood of developing glaucoma than non-diabetics.

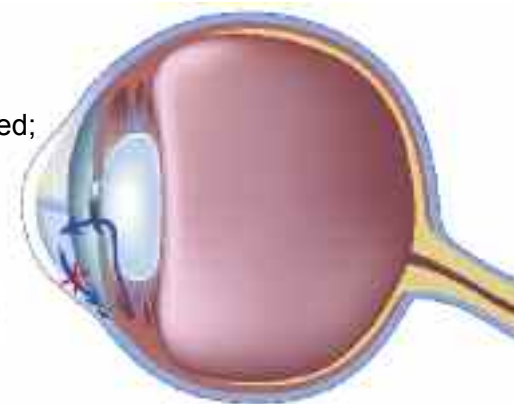
Source: Glaucoma Research Foundation, www.Glaucoma.org

Healthy Eye

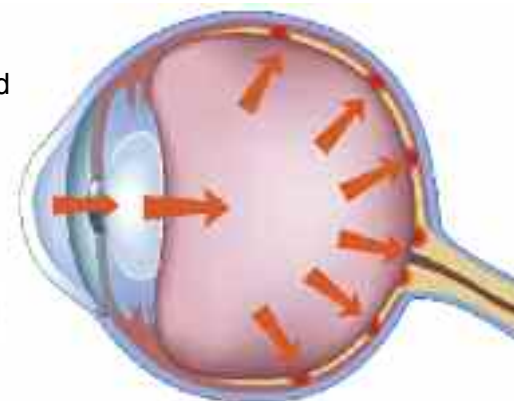


Glaucoma Development

1. Drainage canal blocked; build-up of fluid



2. Increased pressure damages blood vessels and optic nerve.



Housework for Good Health

Your daily "to-do" list may seem humdrum, but those tasks may serve a higher purpose: keeping both body and mind healthy. Recent research shows frequent, regular activity can maintain brain health. And these activities don't have to take place in the gym: simply going about your normal daily routine will help.



A study at the University of Florida at Gainesville involving 200 adults with an average age of 75 measured total calories burned in an average day of errands, home chores and other activities. Individuals who burned at least 1,000 calories daily lowered their risk of cognitive decline in memory skills, concentration and language abilities by 91 percent over a five-year period.

Previous studies have focused on the brain health benefits of vigorous exercise, but routine tasks burn calories, too:

- Gardening and digging for 30 minutes burns about 315 calories, the same amount burned by 45 minutes bicycling on flat terrain.
- Making beds for 30 minutes burns 130 calories, the same number used jogging on a treadmill or flat terrain for 15 minutes.
- Vacuuming for 30 minutes burns about 90 calories, the same amount burned in 15 minutes of kick boxing.
- Cleaning windows for 30 minutes burns 125 calories, the same number used in 20 minutes of power yoga.

The message? Don't forget to stay active all day long – and remember that almost any physical activity can count toward your daily total.

The study was published in the July 2011 edition of the *Archives of Internal Medicine*. Activity/calorie quotes from FitDay Online Wellness and Diet Journal, www.FitDay.com

Stressed Out?



Are you feeling stressed and not sure how to keep it all under control? The first step includes recognizing the early symptoms of stress, such as muscle tension, headache or anxiety.

The next step of learning how to change your response to stress may be a bit more difficult. Here are some tips from the American Academy of Family Physicians:

- Don't fret about things over which you have no control (i.e., weather).
- Solve little issues or conflicts first; this may help you tackle bigger ones.
- Think of change in a positive way.
- Discuss your stress with a friend or family member.
- Avoid tackling too much at once.
- Exercise regularly.
- Eat a healthy diet and get enough rest.
- Engage in activities that tend to ease your stress.
- Mentally prepare yourself for activities you know will lead to stress.



An Apple a Day May Keep Stroke Away

A new study suggests there's some truth in that "apple a day" advice: fruits and vegetables with white insides – such as apples and pears – may help prevent stroke.

Researchers in the Netherlands examined the nutritional habits of more than 20,000 people ages 20 to 65, and followed the group's diet and health for 10 years. For the study, fruits and vegetables were grouped according to their inside flesh color: green, orange/yellow, red/purple and white. The white category included apples, pears, apple juice, apple sauce, bananas, cauliflower, chicory, cucumber and mushrooms. Apples and pears were most commonly eaten, representing 55 percent of white fruit intake.

Every 25 grams of white-fleshed fruits and vegetables consumed daily decreased stroke risk by 9 percent. Stroke risk was 52 percent lower among people with a high intake of white-fleshed fruits and vegetables.

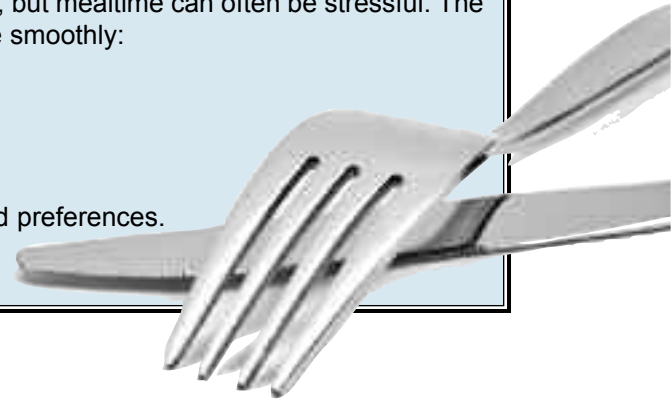
Researchers hypothesized that the preventative benefits of apples and pears come from dietary fiber and a flavanoid called quercetin.

The study was published in the November 2011 journal *Stroke*.

The Alzheimer's Patient and Mealtime

It's important that a person with Alzheimer's disease get sufficient nutrition, but mealtime can often be stressful. The Alzheimer's Association offers the following tips to help mealtime go more smoothly:

- Clear the table of everything but basic utensils and dishes
- Keep dishes plain rather than bright colors or patterns.
- Serve meals in a quiet environment with no distractions.
- Make sure food isn't too hot.
- Serve only one or two foods at a time, and try to honor the patient's food preferences.
- Have meals together, and try not to rush through it.
- Be understanding if the patient can't remember already having eaten.



Quitting Smoking Could Give Memory a Boost

In addition to the numerous health benefits of quitting smoking, researchers have discovered another good reason to kick the habit – it may help improve your everyday memory.

The team at Northumbria University in Newcastle, United Kingdom, gave memory tests to 27 smokers, 18 former smokers and 24 never-smokers. The test involved remembering to do assigned tasks at different locations on the university campus. Smokers remembered only 59 percent of the tasks, compared with 74 percent for former-smokers and 81 percent for never-smokers.

"We already know that giving up smoking has huge health benefits for the body but this study also shows how stopping smoking can have . . . benefits for cognitive [brain] function, too," says researcher Tom Heffernan, of the Collaboration for Drug and Alcohol Research Group at Northumbria. He said this is the first study to examine the effect that quitting smoking has on memory.

The study was released online (September 2011) in advance of publication in an upcoming issue of the journal *Drug and Alcohol Dependence*.

Music Eases Cancer Patients' Anxiety

Listening to music or having sessions with trained music therapists can help ease cancer patients' anxiety, new research suggests. Music may also have positive effects on their mood, pain and quality of life, says Joke Bradt of the department of creative arts therapies at Drexel University in Philadelphia.

Bradt and colleagues examined evidence from 1,891 cancer patients who took part in 13 trials that used music therapists and 17 trials that used pre-recorded music. Compared to standard treatments, music was associated with a significant decline in anxiety, along with benefits in mood, pain, heart and respiratory rates, and blood pressure, according to a systematic review by the Cochrane Collaboration, which evaluates primary research and evidence-based medicine.

"The evidence suggests that music interventions may be useful as a complementary treatment to people with cancer," Bradt adds.

The study was published in the November 2011 journal *Stroke*.



Are Pet Owners Healthier?

The companionship benefits of having a dog or cat at home are well known. But can having a four-legged friend in the house also promote good health and long life?

More than 60 percent of American households have at least one pet, according to a 2009-2010 study by the American Pet Products Manufacturers Association. And more and more people are becoming pet owners, according to the study.

Some of the health benefits of pet ownership that have been observed include lower blood pressure and cholesterol, higher immunity, help for allergies, and relief of symptoms of certain chronic conditions.

Research at the University of Missouri-Columbia suggests that interacting with a dog can boost your mood and reduce your waistline. During the 2004 study, 100 dog owners and non-dog owners interacted with animals for 15 to 30 minutes. Study subjects experienced a 10 percent drop in blood pressure while petting or stroking a dog, as well as a release of "feel-good" hormones – serotonin, prolactin

and oxytocin – that regulate mood and control appetite.

A 2007 study at Queens University in Belfast, Ireland, confirmed the positive effects of pet ownership, finding that dog owners tended to be healthier in general than the rest of the population, with lower blood pressure and cholesterol, as well as fewer minor ailments and serious medical problems. Interestingly, the research suggested more positive benefits among dog owners than among cat owners. Study authors attributed this to dog owners' habit of regular walks with their dog.

The Queens University data also suggested that dogs could help in recovery from serious illnesses such as heart attacks, and serve as an "early warning system" to detect serious health events, from seizures to strokes.

A 2005 study at the University of California at Los Angeles documented the benefits of dogs as therapy for hospitalized heart patients. The patients were visited either by a human alone, a dog, or

had no visitor and simply rested. Patients who were visited by a therapy dog – for an average of 12 minutes per visit – exhibited a 10 percent drop in blood pressure on the left side of their heart, a critical location for a recovering heart patient, and reduced levels of a stress hormone called epinephrine. By comparison, patients who had human visitors showed an increase in blood pressure.

It's thought that these health benefits stem from pets' ability to lower blood pressure and reduce stress, two major factors in the development of chronic disease. Mental health professionals also see an emotional benefit of owning a dog, particularly for seniors. A dog offers social support, they say, and fulfills a person's "need to be needed," particularly for empty nesters whose grown children have moved away from home.

Don't currently own a dog but thinking of getting one for companionship? To learn more about characteristics of various breeds and their history visit <http://Animal.Discovery.com/Breed-Selector/Dog-Breeds/html>.

Top 5 Dog Breeds

1. Labrador Retriever
2. German Shepherd
3. Yorkshire Terrier
4. Beagle
5. Golden Retriever

American Kennel Club, 2010



Tips for Keeping



Resolutions

While you can't wave a magic wand and make your resolutions just happen, there are some easy steps to take to make it easier to fulfill your promise to yourself.

Be realistic and choose goals where your progress can be measured.

- **Avoid choosing a resolution that you've been unsuccessful at achieving year after year.** Try altering the goal. For example, instead of stating that you are going to lose 30 pounds, try promising to eat healthier and increase your weekly exercise.

- **Outline your plan on paper.** Describe the steps on how you will achieve your goal(s). By writing down your plan, you'll be more likely to succeed.

- **Make a "pro" and "con" list.** It may help to see a list of items on paper to keep your motivation strong. Keep your list with you and refer to it when you need help keeping your resolve.

- **Celebrate your successes by treating yourself to something you enjoy that does not contradict your resolution.** If you've been sticking to your promise to eat better, for example, perhaps your reward could be going to a movie with a friend.

- **Talk with family and friends about your resolution.** They can be a source of support to help you change yourself for the better.

- **Keep track of each small success you make toward reaching your larger goal.** Short-term goals are easier to keep, and small accomplishments will help keep you motivated.

- **Don't beat yourself up if you have an occasional slip.** Do the best you can each day, and take one day at a time.

- **Stick to it.** Experts say it takes about 21 days for a new activity, such as exercising, to become a habit, and 6 months for it to become part of your routine.

- **Keep trying.** If your resolution has totally run out of steam by mid-February, don't despair. Start over again! There's no reason you can't make a "New Year's resolution" any time of year.

Top Resolutions

1. Lose weight and get fit.
2. Quit smoking.
3. Learn something new.
4. Get a better education or job.
5. Eat healthier and diet.
6. Manage debt; save.
7. Spend more time with family.
8. Travel to new places.
9. Manage stress.
10. Volunteer.
11. Drink less alcohol.
12. Reduce, reuse and recycle.

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Departing September 23, 2012

Highlights: Athens, Taverna Dinner Show, The Acropolis, Metéora, Delphi, Olympia, Cooking Class, Greek Dance Class, Mycenae, Epidaurus, Mykonos, Santorini

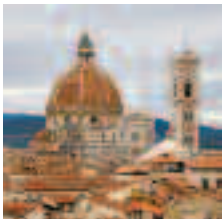


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Get More From Medicare

Annual wellness visit now covered

Have you taken advantage of the new Medicare wellness benefit? Recent changes to Medicare policy have expanded coverage for preventive health care services, including the addition of an annual wellness visit. As of January 2011, the annual wellness visit is covered at 100 percent (no copayment/coinsurance or deductible) for Medicare participants who:

- Have been covered by Medicare Part B for more than 12 months, and
- Have not received a "Welcome to Medicare" initial wellness exam, or an annual check-up, within the past 12 months.

An annual wellness visit is a valuable benefit that can help you maintain good health. During your exam, your medical provider will establish or update your medical and family history, height, weight, body mass

index, and blood pressure. You may also receive recommendations for needed immunizations and health screenings, based on your medical history and risks. Many of these screenings may help with early detection of disease. Medicare has waived the co-pay and deductibles on many of these screenings.

In addition, your doctor will establish a personalized prevention plan for you that may be adapted as your health needs change over time. This plan will be updated each year at subsequent annual wellness visits.

Take control of your health and schedule a wellness visit with your doctor today! Find out more about preventive health services available through Medicare. Visit www.Medicare.gov, hover over "Manage Your Health", then click on "Preventive Service Checklist" for recommended screenings and tests.

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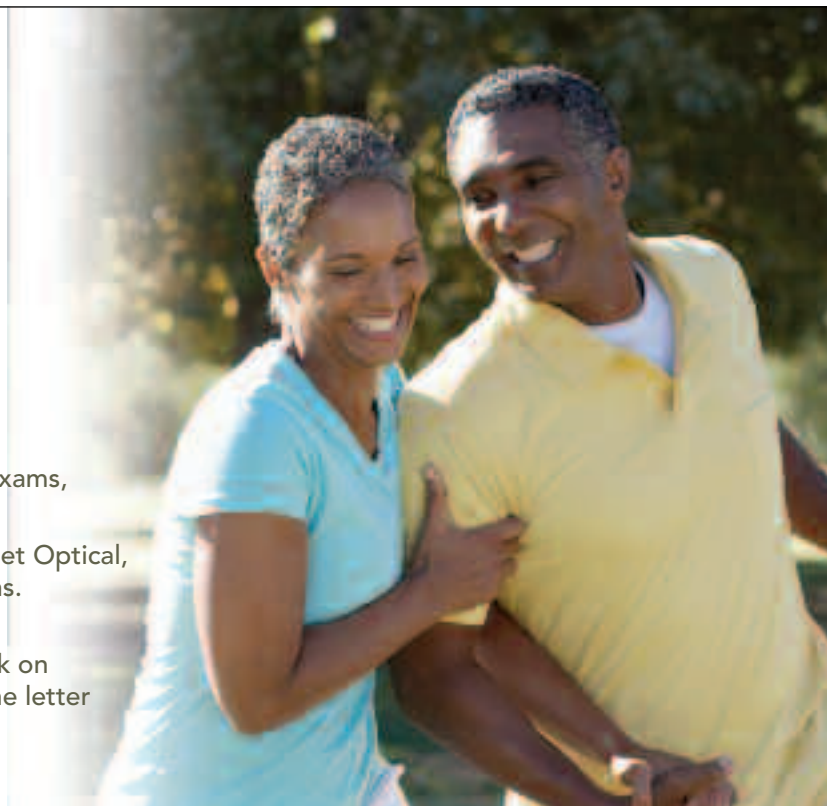
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Love

the Second Time Around

After a divorce or the death of a spouse, finding love the second time around can be very rewarding. Whether you've been on your own for a while or you're newly single, finding that special someone is an adventure, and can provide a new lease on life.

But dating as a mature adult can also be challenging. You have more life experiences, and different priorities and needs at this point in life.

Regardless of your age, the same time-honored dating rules hold true. Remember to relax and keep conversations light. Focus on having a good time, rather than your long-term goals for a relationship. Be yourself. Learn about your companion, and find out what you have in common. And if the first date isn't perfect, try again. A first date may feel awkward, but remember that the other person is probably nervous, too.

Whether you're simply seeking companionship, or wish to remarry, find avenues to connect with others who share your interests. You may want to enroll in a

cooking class, try a new exercise class, join a choir or a book club, or volunteer at a local organization. Or, look up old friends and rekindle your relationship with a letter, email or phone call. Many second-time couples have found friendship – and love – by reconnecting with old acquaintances.

The benefit of dating and marriage in the golden years, many couples say, is the benefits afforded by their age and life status: freedom from the commitments and pressures of raising small children, pursuing a career, maintaining a household, and other priorities that younger couples juggle. Instead, seniors can devote this time in life to relaxing, exploring new interests, traveling, and meeting others with similar goals.

Many seniors have found that the second chapter of life can be as good – or better – than the first. Enjoy these stories from Senior Circle member couples who have connected in their golden years.



Pat and Jim Runkle.

Pat and Jim Runkle, members of the Western Arizona Chapter in Bullhead City, make every moment of their lives together count. Jim calls Pat his "Happy Meal." She says he descended into her life "like an angel."

The two were long-time acquaintances, but when they crossed paths in February 2002, Cupid's arrow found its mark. Jim was a regular at the McDonald's where

Pat worked, but they hadn't seen each other in several years. One February day, "like a knight in shining armor," Pat says, Jim stopped by the restaurant.

Pat needed some cheer – and a helping hand. "I had just begun chemotherapy for breast cancer and was told I would need someone to drive me to and from my treatments," she explains. Small talk that day turned into deeper conversation and Jim offered to be her driver. "I couldn't believe his kindness. We weren't exactly friends, but he was willing to help!"

The couple, who had each lost their long-time spouses, developed a friendship that quickly blossomed. By December that same year they were married. "I don't mess around," Jim says with a wink.

Pat, age 64, and Jim, age 75, use lessons learned during their first marriages to create an adventurous and rewarding second half of their lives. "My first husband and I were always waiting to retire," Pat said. "He died at age 52 and didn't get to do anything but work. I tell everyone, do what you want to do now – don't wait."

To ensure a lifetime of memories, the couple celebrates their anniversary monthly. "On the seventh of every month, we get up early and spend the entire day together," Jim says.



Pat and Grady Eddlemon at home on the range!

Jackson Chapter Senior Circle members Pat and Grady Eddlemon, who live in Trenton, Tennessee, have been married for 15 years. Their relationship grew out of a decades-long friendship.

Grady worked with Pat's first husband, Gerald, for 35 years. Likewise, Pat and Grady's first wife, Joyce, were work colleagues. The couples were the best of friends and did everything together – trail riding, swimming, roller skating and hunting.

Pat recalls that Grady was an excellent skater. When the foursome went roller skating, she remembers enjoying when Grady courteously asked her to couple-skate, because her husband wasn't much of a skater. Though she and Grady were just friends at the time, she remembers him as a strong, coordinated skating partner who made her feel as though she could float around the rink. Pat had no way of knowing that some years later this skilled skater would make her heart float as well – as her second husband.

Fatefully, Grady lost Joyce and Pat lost Gerald within a year and a half of each other. After losing her husband, Pat remembered thinking that she would not want to remarry.

But this all changed when she and Grady decided to get together as friends to continue their shared hobbies and pass the time. Their long friendship blossomed into love. Grady says that Pat is a lovely person with a great zest for life. The couple travels often and enjoys their life together. Pat says that Grady is the "love of her life" because he is sensitive to her feelings and makes a special effort to please her. The couple agrees that the past 15 years together have been the happiest of their lives.

Grady and Pat recently attended the 25th anniversary Bucksnot Trail Ride in McEwen, Tennessee. At the event, Grady was honored as the oldest trail rider in attendance at age 78. We wish the happy couple many more years of "horsing around!"

Turning Back Time

Grow old gracefully -
or with a bit of help?

Many of today's women in their 50s, 60s, and even 70s want to look as good as they can - no matter what their age. More and more women are turning to modern surgical techniques for help to refresh their appearance.

As a result, almost 13.1 million total cosmetic surgical and non-surgical procedures were performed in the United States in 2010, according to the American Society of Plastic Surgeons (11.6 minimally invasive procedures and 1.6 million surgical procedures). Of these, patients age 55 and older - one of the fastest-growing age groups seeking cosmetic surgery - accounted for 3.3 million procedures.

According to plastic surgeon Peter L. Sarkos, M.D. with Trumbull Memorial Hospital, an affiliate of ValleyCare Health System of Ohio in Warren, several factors are responsible for the boom. "Seniors today - especially Baby Boomers - are a great deal more health conscious than those in previous generations and as such, realize they have another 20 to 30 years to enjoy an active life." Also, Dr. Sarkos explains, many of the senior patients' physical age is much younger than their chronological age, because they have taken care of themselves with diet and exercise. "They want to look on the outside exactly how they feel on the inside."

Assortment of Options

Facelift and eyelid lift (blepharoplasty) are the most common surgical procedures performed on senior women, but a good number of these women have breast reductions, lifts and augmentations. Dr. Sarkos says that advanced surgical technology make many of these procedures easier to perform, with less downtime

and trauma to the body than in the past. "Plus, thanks to the newer methods, the subtlety of the enhancements help make patients look more natural."

Looking for something less invasive? Popular non-surgical procedures include laser resurfacing of the face to vaporize the superficial layers of damaged skin. A high-energy laser light helps to firm the deeper layers of skin, allowing new, smoother skin to redevelop. "This is especially beneficial for wrinkles around the eyes and mouth and on the cheeks," says Dr. Sarkos.

Laser does not work well, however, on deeper frown lines, forehead creases, and crow's feet. For these creases, FDA-approved Botox (botulinum toxin) can be injected to reduce the appearance of these wrinkles. "The results are temporary, lasting approximately three months," Dr. Sarkos says.

Truths About Recovery

With any cosmetic surgical and most non-surgical procedure, there's no getting around the fact that there will be recovery time. With laser resurfacing, treated skin may swell, turn bright red and may respond like a blister; patients should anticipate two weeks of hibernation. For the first two weeks after a facelift or blepharoplasty, Dr. Sarkos says that patients should

expect significant swelling and bruising. "For people over 40, the healing process may be slower, and swelling and bruising may last longer due to thinner skin." Bottom line: don't plan any major social outings for about four weeks after a facial surgery or blepharoplasty.

When it comes to healing, Dr. Sarkos says older patients should not have any significant problems as long as they follow their doctor's pre- and post-operative instructions. Many plastic surgeons insist that patients over age 40 be cleared for the surgical procedure by their family doctor. Lab tests with blood work and possibly an EKG may also be a prerequisite, to ensure that the patient has normal blood clotting and to support safe surgery and smooth healing.

A report published in the journal *Plastic and Reconstructive Surgery* (June 2011) found that the potential hazards of cosmetic surgery for people over age 65 are no greater than those for younger populations. Dr. Sarkos cautions, "Even though these elective procedures are very safe, complications can occur with any surgery."

Smart Shopping

Dr. Sarkos urges potential cosmetic patients to:

- Get a referral to a qualified surgeon from your primary care doctor or from friends who have had the procedure you want.
- Check the surgeon's credentials to see if he or she is board certified.
- Consult with more than one surgeon.
- Ask to see before-and-after photos of the procedure you are interested in; talk with previous patients about their experience.

Whatever the patient's age, Dr. Sarkos says that a good result from cosmetic surgery starts with good communication on the front end between doctor and patient.

Based on the patient's age, appearance and overall health, results may vary. Patients should remember that results won't be immediately noticeable – it can take several weeks, even months, for swelling to go down and the results to be evident. Patients should follow their doctor's instructions for pre- and post-surgical care, and enjoy watching the results as their new look begins to take shape.

Approximately 349,237 cosmetic surgical procedures were performed in 2010 in the 55+ age group.

The top five procedures were:

- 100,378 Eyelid operations
 - 74,382 Facelifts
- 24,441 Nose reshaping
- 23,228 Forehead lifts
- 20,151 Liposuction

More than 2,903,000 minimally invasive cosmetic procedures were performed on the 55+ age group, including:

- 1,213,842 Botox
- 638,055 Soft tissue fillers
- 482,972 Chemical peels
- 197,363 Microdermabrasion
- 176,184 Laser resurfacing

Among men, nose reshaping was the most common procedure.

American Society of Plastic Surgeons

Another Shot at a Dream



Diana Gutierrez belies her 60 years of age. In June 2011, this member of the South Texas Chapter in Jourdanton competed in the National Senior Olympic Games in Houston, winning gold in both the shot put and discus events. For Diana, that gold medal was a long time in the making.

Diana's athletic career began in high school in Three Rivers, Texas. Following in the footsteps of her athletic brothers, Diana got involved in throwing the shot put and discus. She even went to the state finals all four years in high school – winning top honors – and set a Texas state record for shot put that was untouched for many years.

She continued competing in track and shot put during college at the University of Houston. But Diana's Olympic dreams were put on hold. In 1971, while at the Olympic trials for shot put, Diana fell and sprained her ankle – dashing her chances of competing.

After college, Diana stayed in Houston, married, and started a career and family. Though she had put away her Olympic dreams, she continued to exercise and lift weights. Then, in 1999 at age 48, she heard that the Senior Olympic Games in Houston was looking for volunteers.

The Senior Olympic Games are the world's largest multi-sport event for seniors, presented by the National Senior Games Association. Eligible athletes must be at least 50 years of age, and compete first at their local games, then the state level and on to the nationals, if they qualify.

"I've been throwing ever since I volunteered that weekend and have met many wonderful people," she says. "It's amazing to watch seniors still competing and staying active doing something they love."

At the 2003 National Senior Olympics, Diana won first place in the shot put and second place in the discus



event. "It was like a dream come true – especially because of that injury before the 1971 Olympic trials that stopped me from going to the finals."



Although Diana exercises regularly, her training for competition begins a year in advance. "What I've learned as I've aged is to listen to my body," she explains. She exercises about two hours a day, three times a week, focusing on her legs and upper body. "I use a video of the best high school athletes in my sport to work on my form," she continues. "I don't begin actually throwing the shot put or discus until two-and-a-half months before a meet," she continues.

Last May, just before she was to compete in the June National Olympic Games, Diana was hospitalized with pneumonia. The same illness had kept her from competing at the state trials in 2010. Fortunately, she recovered. Diagnosed with both asthma and chronic obstructive pulmonary disease (COPD), Diana has learned to listen to her body and work with her doctor to ensure she's able to do the activities she loves. "My pulmonologist has helped me manage my asthma and COPD; in fact, he asserts that consistent exercise is good for seniors."

Diana says that her husband, Mike Pearson, and their large family are her biggest supporters. "I wouldn't be able to do all that I do without the will of God, my health, and the support of my wonderful husband," she says. Diana hopes that other seniors will want to get involved in exercise. "It is never too late!" she declares.

If all goes well, look for Diana on the field as a competitor in the 2013 Senior Olympics in Cleveland, Ohio!

ARKANSAS

Harris Chapter, Newport

L-R: John and Marlene Chronister and Virginia and Jack Austin at the Buffalo Bill Museum during a trip to Mount Rushmore and Yellowstone Park.



ILLINOIS

Gateway Regional Chapter, Granite City

Darlene, Charlotte, Edna, and Shirley enjoyed shopping at the Farmers Market in Kirkwood, Mo.



South Arkansas Chapter, El Dorado

More than 200 people attended the kick-off of this newest chapter. Guests had an up-close view of a medical transport helicopter at the Medical Center of South Arkansas.

Red Bud Chapter, Red Bud

L-R: Lou Gerlach, Kathy Bell, David Brightwell and Doris Weber do an impromptu hula at the chapter luau.



CALIFORNIA

Watsonville Chapter, Watsonville

Bernice Mehringer represented the chapter at the Santa Cruz County Fair.



Vista Chapter, Waukegan

Georgian and Kenneth Paisley sang along at Strawberry Fest.



FLORIDA

North Okaloosa Chapter, Crestview

Crafts are an important part of the chapter's activities.

KENTUCKY

Kentucky River Chapter, Jackson

Kash, Elma and daughter Trina Noble joined the chapter on a trip to New York.



GEORGIA

Fannin Chapter, Blue Ridge

During a nine-day trip to Denver and the Colorado Rockies, members thoroughly entertained themselves on the bus ride.



Three Rivers Chapter, Louisa

Ready for Bingo! Pictured: Anna Roberts, Robbie See, Janet Crum, Edd McCoy, and Shirley Quesenberry.

LOUISIANA

Northern Louisiana Chapter, Ruston

Lillian Traina is decked out for the chapter's Wild, Wild West-themed fourth anniversary party.



Jennersville Chapter, West Grove

George Burns came back to life to host the chapter's ninth anniversary luncheon. Giving him a smooch are Sally Garling (left) and Debi Bleau.



Women & Children's Chapter, Lake Charles

L-R: Rose Duhon-Sells, Rita Malbroux, Cynthia Goodly, and Diane Fontenot were all smiles during a trip to Avery Island, La.

Phoenixville Chapter, Phoenixville

Dick and Sandy Lusch relish the sights of New York City Harbor.



NEW JERSEY

Salem Chapter, Salem

Bill Loufik, Betsy Griffith, Marcie Frame, Joan Cogan and Betty Wismer at the chapter's anniversary party.



SOUTH CAROLINA

Mary Black Chapter, Spartanburg

Barbara Wager is ready for Bunco!



NEW MEXICO

Carlsbad Chapter, Carlsbad

Shamrock Hall won first place at the Eddy County Fair for her mini pecan pie muffins.

Marlboro Chapter, Bennettsville

During a trip to Boston, members lunched at Union Oyster House, the oldest restaurant in Boston. Marty Rankin and Marilyn McLeod pose with their local newspaper.



PENNSYLVANIA

Easton Chapter, Easton

Members attended an Iron Pigs (Phillies farm team) baseball game at Coca-Cola Park. L-R: JoAnn Miller, Patricia Myers, Advisor Audrey Prokopwicz, mascot FeFe, and Linda Geisberger.



Springs Chapter, Lancaster

The chapter went to Flat Rock Playhouse in Flat Rock, N.C., to see "Hairspray." Frances Ghent, Brenda McManus and Hazel Taylor (sitting), and Nancy Quick and Dori Nader (standing).

TENNESSEE

Dyersburg Chapter, Dyersburg

Moe Simms views the scenery from the deck of the Pickwick Belle on the Tennessee River during a day trip to Savannah, Tenn.



SkyRidge Chapter, Cleveland

Sharon Dean and Wilma Wingard take in the view of the Atlanta skyline atop Stone Mountain.



Hill Chapter, Hillsboro

Members came in costume for "1940's Bingo Day." Lois Landrum is "Rosie the Riveter" and Bill Phy wore a bib inscribed with "Daddy's Little Boy 1941."



Longview Chapter, Longview

Jackie Strong and Betty Baker (sitting), along with Maxine Hartley and Nancy Duke (standing) in front of the Yellowstone River during a Northern National Parks Tour.



Weatherford Chapter, Weatherford

During an Alaskan cruise stop, Elaine Gregory and Judy Gibson wait for their train in Skagway, Alaska.



TEXAS

Abilene Chapter, Abilene

Members had a jam-packed day at the Annual West Texas Fair & Rodeo on Senior Day. L-R: Advisor Linda Rutledge, David Riney, and Rosalie Bounds.



Cleveland Regional Chapter, Cleveland

All aboard for Silverton to Durango, Co. L-R: Faye Carter, Cindy Lummus, Pat Ellison, Charles Mason, and Mary Dosier.



UTAH

Mountain West Chapter, Tooele

L-R: Lynda Childs, Maurine Lee, Sharron Perkins, and Sharon Cook overlook Dead Horse Point near Moab, Utah.



Lake Granbury Chapter, Granbury

Joan and Herb VanPelt in the Portland Rose Garden during a trip to the Pacific Northwest.



VIRGINIA

Southern Virginia Chapter, Emporia

Daredevils Gordon Cannon, Mae Clarke, and George Floyd prepare to zip line in the Great Smoky Mountains.



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