



AGING SMART

GLL'S AWARD WINNING SPECIAL SECTION
ON GETTING MORE FROM LIFE EVERYDAY

"I'M NOT WORKING HARD TO 'BECOME SOMETHING.' I'M ALREADY THERE."

DIANE MITRA, 68
Event Planner, Erie

WHAT IS YOUR FAVORITE ASPECT OF AGING?

All the people I know. What I have learned and continue to learn. Looking back and thinking, "Wow, it's been wonderful," and knowing, with God's blessing, I still have a long way to go.

WHAT IS YOUR SECRET TO STAYING YOUNG?

Keeping my mind active, focused, and busy. Fulfilling a need and knowing that I'm still needed.

WHAT CAN YOU DO TODAY THAT YOU COULDN'T DO 20 YEARS AGO?

Give back – to my family, friends, my church, and community. I just battled cancer for over a year (surgery, chemo, and radiation). It has taught me so much about life and faith. Today I can give back and make a difference.

WHAT ARE YOUR THOUGHTS ON BEING LABELED A SENIOR CITIZEN?

I think a lot of respect comes with any title containing "Senior." It's something one has to earn, so it's just fine with me.

HOW HAS YOUR AGE PROVEN TO BE A VALUABLE ASSET?

I've gained confidence and security. I'm not

working hard to "become something." I'm already there. I am who I am, and I'm a happy person.

WHAT IS THE MOST IMPORTANT LESSON YOU'VE LEARNED THUS FAR IN LIFE?

I'm actually still learning, but I take more time now to do the things that are important to me. Smelling the roses along the way for me is watching my children and grandchildren begin to fulfill their dreams and being with them as much as possible. Slowing down is a learned process!

IF YOU COULD HAVE LUNCH WITH YOUR 22-YEAR-OLD SELF, WHAT ADVICE WOULD YOU GIVE YOUR YOUNGER SELF?

Take good care of yourself – body and soul. You can do very little without your health. Live your faith – don't just practice it – and learn about "grace." It is a beautiful thing. Look forward and keep going; there is so much to learn, to do, and see. It's okay if we can't change the whole world. Just do your part, and do it well.

WHERE DO YOU WANT TO BE IN TEN YEARS?

I would be happy doing just what I'm doing today, except I'd be retired. Traveling with my family and just enjoying the simple pleasures of life.

IN THE KNOW

OUR PICKS FOR THE FOOD, PRODUCTS, AND SAGE ADVICE YOU SHOULD BE FOLLOWING

FOOD FOR THOUGHT PEPPERMINT

ANTISPASMODIC

One of the biggest health benefits of peppermint is its antispasmodic properties, the ability to prevent intestinal and stomach spasms that can sometimes occur as a result of indigestion.

ANTIMICROBIAL

Peppermint possesses antimicrobial and antibacterial properties which can prevent the growth or overgrowth of potentially harmful bacteria including Salmonella enteritidis, Escherichia coli, and Staphylococcus aureus.

ROSMARINIC ACID

Peppermint contains rosmarinic acid, which possesses several healing properties including easing breathing problems, relieving decongestion, alleviating sinusitis, and supporting the overall immune system.

HE SAID/SHE SAID



"THE SECRET OF STAYING YOUNG IS TO LIVE HONESTLY, EAT SLOWLY, AND LEAVE ABOUT YOUR AGE."

- LUCILLE BALL



"NOBODY GROWS OLD MERELY BY LIVING A NUMBER OF YEARS. WE GROW OLD BY DESERTING OUR IDEALS. YEARS MAY WRINKLE THE SKIN, BUT TO GIVE UP ENTHUSIASM WRINKLES THE SOUL."

- SAMUEL ULLMAN

SURFIN' THE BIG BOOM

In 2008, EMarketer.com reported the number of Boomers in the United States who use the internet at least once a month was expected to grow by more than four-million people, increasing from 59.4 million in 2007 to 63.7 million in 2011. With the increase in users promising an increase in websites, we found five sites currently catering to the Boomer generation.

C-BOOM.COM

The ultimate site for Baby Boomers, C-Boom features everything from midlife concerns to hip and cool clothing to Boomer humor to ideas and themes for your party celebrating the big 5-0 (or 6-0). Be sure to read "Boomer Angst," a weekly column looking at the fun, fears, and flab-fighting foibles of middle age.

BOOMERSINT.ORG

A free online community for Boomers, seniors, and their families, Boomers International offers Boomer-related information on health topics, research, and trends, as well as the current issues facing the aging population. Claiming to be the longest-running Boomer's website, BoomersInt also features free music downloads, chat rooms and forums, and great links to games and fun nostalgic sites.

IrememberJFK.COM

IRememberJFK is a blog dedicated to the life and reflection of the Boomer generation and features posts about candid memories of the '60s and '70s each week, recalling everything from Funny Face drink mixes to The Carpenters to Wham-O toys.

BOOMERGIRL.COM

Targeted to women born in the baby boom, BoomerGirl has tons of interesting articles and news on spirituality, art, wine, pop culture, wealth, sex, and more. Launched in January of 2007, BoomerGirl also offers online "clubs" where you can meet other boomer girls with similar interests.

BOOMERTOWNE.COM

Connect with other boomers, increase your health knowledge, plan your future, receive travel recommendations, and more on BoomerTowne.com. Officially launched in April of 2007, the site is brimming with weekly videos of health and financial advice from celebrities such as Montel Williams and Dr. Bob Arnot, as well as fun trivia and games.

BOOMUNDERGROUND.COM

An online magazine for the generation that shook the world, BoomUnderground.com is a hip, flashy, informative look back and forward for the Boomer generation. Everything from health and beauty, to entertainment, to style, to wealth and finance is covered in this fun, cool site.

PRODUCTS OF THE MONTH:

HAMMACHER SCHLEMMER

Weak joints and lower-body aches can make exercise seem impossible, and harsh winter weather certainly doesn't make it any more appealing. Exercise bikes and elliptical trainers make promising solutions, but they're expensive and can often dominate a room with their bulky size? Thankfully, Hammacher Schlemmer has designed some mini-machines that can provide a full-sized workout, even when mobility is an issue.



THE HIDEAWAY ELLIPTICAL TRAINER

This compact piece of equipment provides the same workout as a typical elliptical trainer with some additional advantages. The most obvious is the device's size, which allows it to be stored in a closet or under a bed when not in use. One of the main reasons for the equipment's size is the lack of traditional handles. At first, this may seem like a problem, but The Hideaway Elliptical Trainer forces your abdominal muscles to keep your body balanced, which will tighten a section of your body the average elliptical ignores.



THE POWER ASSIST PEDALER

Staying fit is hard enough, but limited mobility adds new frustrations. The Power Assist Pedaler allows the user to stay seated for a power-assisted leg-workout that can improve muscular strength, range of motion, circulation and coordination. The 18-watt motor is remote controlled with multiple settings and the device is easily stored when not in use.

To learn more about these and other Hammacher Schlemmer products, visit www.hammacher.com.

The following article is an excerpt taken from the American Senior Fitness Association's (SFA) website. Founded in 1992, the SFA strives to promote excellence in older adult fitness by providing widely accessible, senior specific fitness education programs, fitness resources, and internationally-recognized advanced professional qualification. To read this article in its entirety, visit www.seniorfitness.net/YOGA.htm. About the Authors: Sara Kooperman, JD, is the CEO of SCW Fitness Education, formerly Sara's City Workout. Lisa Akerman is an SCW Staff Writer. Learn more about SCW Fitness Education at www.scwfitness.com.



YOGA FOR THE 50+

DID YOU KNOW?

Some insurance companies now cover the cost of Yoga and other therapies that were previously considered "alternative" because of the far-reaching health benefits that have been reported.

▶ YOGA: AN EXERCISE FOR ALL AGES

Our senior population is growing rapidly as is interest in leading active, fit lives. As we grow older, however, we typically become more susceptible to ailments linked to aging, and, as a result, we tend to move less. The less we move, the more susceptible we become to a variety of ailments, and so it becomes a vicious cycle. Yoga is considered by many to be a tremendous tool for combating the concerns of an aging society, as it has been shown to help alleviate or reduce many of the health challenges associated with a sedentary lifestyle that comes with aging, making it an increasingly popular exercise choice for our older adult population. Senior Yoga classes are popping up everywhere – health clubs, senior centers, assisted-living residences, and even church basements. The many benefits of Yoga have long been said to slow – or even slowly reverse – the aging process. This is undoubtedly a good part of the reason that this 4,000+ year old practice has survived and flourishes today. It's also a primary reason that Yoga, according to the 7th Annual IDEA Fitness Programs Report, has experienced the most growth of any fitness program over the past seven years.

▶ THE KEY ELEMENTS OF YOGA

Union of Mind, Body, and Spirit: Yoga, in its purest form, is much more than just a form of exercise. It is considered a holistic experience which rejuvenates the mind, body, and spirit. Even among those who practice "Westernized" (i.e., more fitness-focused) Yoga, the experience is generally felt to be more than strictly physically beneficial. The practice is calming, with a focus only on our physical, mental, and spiritual selves.

Mindful Breathing: Yoga reminds us it is important to exhale as fully as we inhale. As we grow older, we lose flexibility in our ribcage, and sometimes suffer from spinal deformities, creating less room for lung expansion. Mindful breathing takes into consideration the three purposes of breathing: replenishing, warming, and cleansing. Focusing on full inhalations and exhalations serves to slow down the heart rate which, in turn, improves focus and increases concentration.

Asana/Pose: The Sanskrit term "asana" is translated as pose or posture. The final positioning of an asana is achieved when all body parts are positioned correctly and mindfully. The goal of the positioning of an asana is that a balance is realized between each side of the body and that no undue stress is placed on any particular organ, muscle, joint, or bone.

HEALTH BENEFITS OF YOGA

SLEEP:

A recent study compared the impact of Yoga and Ayurveda (an herbal preparation) on sleep in the geriatric population. Sixty-nine seniors living in the same residence were randomly assigned to three groups: Yoga, Ayurveda, and Wait-list (no intervention of any sort). The groups' sleep patterns were evaluated via self-assessment over a one-week period prior to the intervention and after three and six months of their respective interventions. The Yoga group showed a significant decrease in the time it took to fall asleep and an increase in the total number of hours slept. The other two trial groups showed no significant change.

STRENGTH/ARTHRITIS:

A study was conducted that measured improvement in hand grip in rheumatoid arthritis patients versus non-arthritic volunteers following Yoga training. The results were significant. Hand grip strength in both hands (measured with a grip dynamometer) increased in non-arthritic adults and children and in rheumatoid arthritis patients following Yoga. Hand strength did not improve among the corresponding control groups.

DIABETES:

A study at the University College of Medical Sciences in New Delhi evaluated 30-to-60 year old patients with Type II diabetes. A 40-minute-per-day regimen of Yoga was followed for 40 days. The results showed a significant decrease in fasting blood sugar levels. Furthermore, these patients showed an average improvement in lung capacity of approximately 10%. This suggests that, over time, Type II diabetics can achieve better blood sugar control and pulmonary

functions when they follow a daily Yoga regimen.

HYPERTENSION:

Researchers at Bhabha Atomic Research Centre, Medical Division, in Mumbai (formerly Bombay), India, evaluated the overall benefits of Yoga on risk factors for heart disease. A group of 20 patients, 35 to 55 years of age, all of whom had mild to moderate high blood pressure, began a daily one-hour Yoga program. Prior to the implementation of their Yoga program and following three months of Yoga, biochemical and psychological parameters were studied. After three months of Yoga practice, the patients experienced a decrease in blood pressure, as well as a decrease in blood sugar, cholesterol, and triglycerides. Feedback also indicated that the patients were calmer.

CHRONIC PAIN:

A study by the Harbor-UCLA Medical Center found that patients experiencing chronic pain either improved or maintained their symptoms after only four weeks of practicing Yoga. No patients experienced deterioration, and every patient significantly reduced the amount of needed pain medication.

LUNG PROBLEMS/BREATHING DIFFICULTIES:

Breathing difficulties in 86 bronchial asthmatics were treated by a Yoga-chair breathing procedure composed of simple neck muscle relaxation movements and postures (or "asanas") with breathing exercises. Nearly 70% of the episodes were relieved within approximately 30 minutes. The patients gained confidence in this breathing technique and used it before resorting to prescription medications.

POSES TO TRY



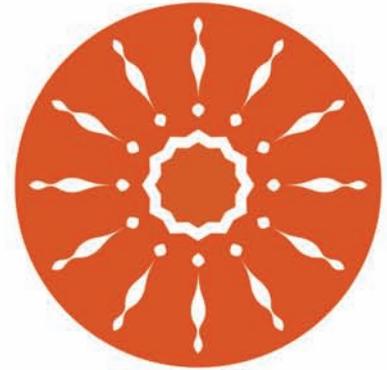
CAT



WARRIOR II



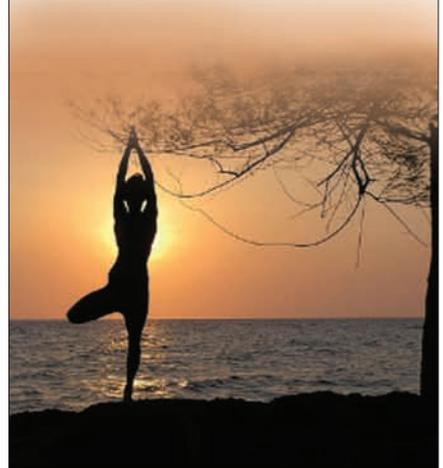
TRIANGLE



yogaErie

BEGIN YOUR
TRANSFORMATION

FIRST CLASS IS
FREE
OR FIRST 2 WEEKS
UNLIMITED YOGA
ONLY \$25



ERIE'S ONLY
POWER YOGA
STUDIO

Colony Plaza - 2560 West Eighth
Street, Erie, Pennsylvania 16505
814.520.6998 | www.yogaerie.com



The Sight Center is a nonprofit organization that offers a range of vision services including prevention of blindness, rehabilitation and support for those without vision.

Founded in 1938, The Center has improved the lives of countless people in our communities with age-related sight loss from macular degeneration, diabetes, and glaucoma as well as blind children. If you or someone you know has questions about vision loss, please call The Sight Center of Northwest Pennsylvania.

2545 West 26th Street Erie, Pennsylvania 16506
(814) 455-0995 www.sightcenternwpa.org

ARE ANTI-AGING SUPPLEMENTS RIGHT FOR YOU?

Everyone wants to slow the aging process, even those who want to “age gracefully.” However, there is a debate over whether using anti-aging supplements really work. The common belief is that plenty of exercise, a proper diet, and the right amount of sleep is really all you need to fight the aging process. But if you’re doing all that and you’re still feeling the effects of age, you may want to consider supplementation.

TIPS ON BUYING ANTI-AGING SUPPLEMENTS

- **Research before you buy.** Know what you are buying, the proper amounts, and any side effects.
- **Buy a quality brand.** It should have a certificate of analysis, adhere to GMP standards, and use standardized herbal extracts.
- **Check first for reactions** if you are taking any prescription medications. Some supplements clearly state they are not to be used with certain drugs.
- **Always check with your physician** or an anti-aging specialist for the proper dosage and combination.



*Happy Holidays from
Brevillier Village!*

BREVILLIER VILLAGE
“When Quality of Life Matters”

Ball Pavilion
Short Term Rehabilitation and Long Term
Nursing Care

Barnabas Court
Licensed Personal Care

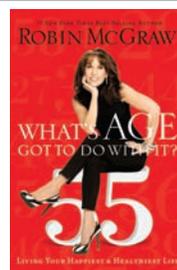
Conrad House
Apartment Living

5416 East Lake Road
Erie, PA 16511

814-899-8600

www.brevillier.org





EDITOR'S PICK FOR MUST-READ

WHAT'S AGE GOT TO DO WITH IT?
BY ROBIN MCGRAW
(THOMAS NELSON)

Robin McGraw, wife of television talkshow host Dr. Phil McGraw, reveals her secret to staying young and vibrant – taking the time to care for yourself and realizing your life depends on it. In *What's Age Got to Do With It?*, McGraw urges the reader to drop any selfish pretensions and take the time to listen to your own body and what it is trying to tell you. McGraw shares personal stories ranging from losing her mother at the young age of 55 to her experiences with hormone replacement therapy, all while showing the reader, while it's never too early to start taking care of yourself, it's also never too late.

Note: Always consult your physician before starting any new diet or supplement programs.

WIDELY ACCEPTED ANTI-AGING SUPPLEMENTS YOU SHOULD EXPLORE

ALPHA LIPOIC ACID:

a strong antioxidant that has proven to be helpful in a wide variety of conditions including diabetes, stroke, memory, and brain function.

ACETYL L-CARNITINE:

enhances memory as well as mental quickness.

COENZYME Q10:

has been shown to improve many conditions associated with aging but is most known for its cardiac benefits.

GREEN TEA EXTRACTS:

green tea catechins may play a role in cognitive enhancement, maintaining proper weight, and lowering the risk of certain cancers.

OMEGA 3 FISH OIL:

Fish Oil supports healthy heart and cardiovascular function, the function of cellular membranes, and healthy brain development.

RESVERATROL:

found in red wine, this powerful antioxidant provides anti-inflammatory, cardio protective, and neuro-protective functions.

ASCORBYL PALMITATE:

a fat-soluble Vitamin C, this antioxidant helps protect cells from free radical damage.

VITAMIN E:

actually Annatto Tocotrienols, a new type of Vitamin E, this helps to promote the cardiovascular system.

CARNOSINE:

a multifunctional dipeptide made up of a chemical combination of the amino acids beta-alanine and L-histidine. Long-lived cells such as nerve cells (neurons) and muscle cells (myocytes) contain high levels of carnosine.

Sources: Buzzle.com, LEF.org

AGING SMART

AWARD-WINNING SECTION

Advertise in Great Lakes Life's award-winning monthly special section, Aging Smart!

GLL is the best place to reach over **100,000 readers** per month with a median income of \$85,000

And it's a fact -
Magazine Advertising Works!

**CALL (814) 397-9138 TO LEARN
ABOUT OUR SPECIAL RATES!**

The Area's Largest Service Delivery System for Coordinated Aging Services

ERIE COUNTY AREA AGENCY ON AGING



Your One Stop Service System For All Your Aging Needs:

- Information and Referral
- Comprehensive In-Home Services
- Senior Advocacy and Health Prevention Services
- Adult Protective Services including Emergency 24 hour on-call Case Management Support
- Family Caregiver Support Program
- Nursing Home and Community Assessment
- Case Management Services
- Meals On Wheels
- Rent and Tax Rebate Counseling
- Insurance Benefit and Counseling

For Medicaid eligible consumers with a Nursing Home Level of Care who choose community-based services the following may be provided in a care plan approved by the state through the Aging Waiver Program:

- Adult Daily Living Services
- Home Health Care
- Home Support
- Personal Care
- Personal Emergency Response Systems (PERS)
- TeleCare
- Counseling
- Financial Management Services (FMS)
- Participant Directed Community Supports
- Participants-Directed Goods and Services
- Community Transition Services
- Personal Assistance Services
- Companion Care
- Respite Care
- Home Delivered Meals
- Specialized Medical Equipment and Supplies
- Home Modification
- Transportation

Volunteer Services:

- Nursing Home — Advocacy services
- Benefits Counseling
- Retired and Senior Volunteer Program (RSVP)
- Foster Grandparent Program (FGP)



18 West Ninth Street | Erie, PA 16501 | (814) 459-4581 or 1-800-769-2436 | www.gecac.org