

Senior Moments

with Kathy Earley

HEALTHY AGING, HAPPY AGING

Source: Everyday Health
Getting older involves change, both negative and positive, but you can enjoy aging if you understand what's going on with your body and take steps to maintain your health.

Many different things happen to your body as you age. Your skin, bones, and even brain may start to behave differently. Don't let the changes that come with old age catch you by surprise.

Here are some common ones:

Your Bones. Bones can become thinner and more brittle in old age, especially in women, sometimes resulting in the fragile bone condition called osteoporosis.

Thinning bones and decreasing bone mass can put you at risk for falls that can easily result in broken bones. Be sure to talk with your physician about what you can do to prevent osteoporosis and falls.

Your Heart. While a healthy diet and regular exercise can keep your heart healthy, it may become slightly enlarged, your heart rate may lower, and the walls of the heart

may thicken.

Your Brain and Nervous System. Getting older can cause changes in your reflexes and even your senses. While dementia is not a normal consequence of old age, it is common for people to experience some slight forgetfulness as they get older.

Cells in the brain and nerves can be damaged by the formation of plaques and tangles, abnormalities that could lead to dementia.

Your Digestive System. As you age, your digestive tract becomes more firm and rigid, and doesn't contract as often.

This change can lead to problems such as constipation, stomach pain, and feelings of nausea; a better diet can help.

Your Senses. You may notice that your vision and hearing aren't quite as sharp as they once were. You may start to lose your sense of taste—flavors may not seem as distinct to you.

Your senses of smell and touch may also weaken. Your body is taking longer to react and needs more to stimulate it.

Your Teeth. The tough enamel that protects your

teeth from decay can start to wear away over the years, leaving you susceptible to cavities. Gum disease is also a concern for older adults. Good dental hygiene can protect your teeth and gums.

Dry mouth, which is a common side effect of many medications that seniors take, may also be a problem.

Your Skin. With old age, your skin loses its elasticity and may start to sag and wrinkle.

However, the more you protected your skin from sun damage and smoking when you were younger, the better your skin will look as you get older. Start protecting your skin now to prevent further damage, as well as skin cancer.

Any bodily changes are a natural part of aging, but they don't have to slow you down. What's more, there's a lot you can do to protect your body and keep it as healthy as possible.

Menus

Wed., 7/28 — Pineapple-pepper chicken, rice pilaf, broccoli w/cheese, bread, pink stuff

Thurs, 7/29 — Fish sandwich, cole slaw, pickle spear, chips, lemon bars

Fri., 7/30 — Beef enchiladas, Spanish rice, beans, cinnamon crispers

Mon., 8/2 — Beef taco salad, beans, fruit, chips and salsa

Tues., 8/3 — Swiss steak, mashed potatoes, mixed veggies, bread, cake.



FAIRFIELD LIBRARY volunteers Spencer Higgins and Kayla Lupo help youth attending the library's Summer Reading Program. The program ends this week as children begin preparing for their return to school next month.

Domestic issues addressed . . . Task force sets meeting

Freestone County Health in Action Coalition (HIA) is forming a task-force to address the issues of teen dating violence, domestic violence, stalking and sexual assault.

A meeting has been set Aug. 18 at 2 p.m. at the courthouse and anyone interested in the issues is invited to attend.

The group will be led by Sarah Anderson, crime victim liaison with the

Freestone County Sheriff's Department.

"As the Crime Victim Liaison, I have provided leadership to the domestic violence taskforce, which at first focused on getting the position I hold funded and then filled. At this time, as I work with crime victims, especially those living with family/relationship violence, I know it is time to address this issue," Ms. Anderson says.

Addressing this issue will be the main topic on the agenda for the August 18th meeting. A second topic will relate to leadership within the DV task-force. Anyone with other topics to address should contact Ms. Anderson at the sheriff's department.

NONDENOMINATIONAL BIBLE TALKS

Sundays of August 2010 at 4:00

VFW Hall
198 VFW Lane, Fairfield

Directions: From 45, go east on 84, turn left (north) on 488. Soon turn left on VFW Lane & go 1 block.

Services are quiet, reverent. No collections taken.
817-937-7511



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Music Hall plans August concerts

Texas Gospel Music Hall in Athens has scheduled two concerts next month.

On Aug. 7, Greystone Revival, the Herzog Family, and Mike Powell will be in concert.

Aug. 14, the Mark Trammell Quartet, the Heartsong Quartet and

Favorite Things will perform.

Both concerts begin at 6 p.m. Doors open at 5 p.m. For information about the concert or about ticket purchase, call 903-677-2492 or visit the website at www.Texas-gospelmusic-hall.com.

903-729-7291 • Movie Hotline
www.schulmantheatres.com

D Despicable Me (PG)
Jul 30-Aug 5 11:45 - 2:20 - 4:50 - 7:20 - 9:35

O Ramona & Beezus (G)
Jul 30-Aug 5 11:30 - 2:05 - 4:35 - 7:05 - 9:25

G Cat's & Dogs 2 (PG)
Jul 30-Aug 5 11:35 - 2:10 - 4:40 - 7:10 - 9:20

W Inception (PG-13)
Jul 30-Aug 5 12:00 - 3:00 - N/A - 6:30 - 9:30

O Salt (PG13)
Jul 30-Aug 5 11:25 - 2:00 - 4:30 - 7:00 - 9:40

O Dinner for Schmucks (PG-13)
Jul 30-Aug 5 11:40 - 2:15 - 4:45 - 7:15 - 9:45

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Admission: Adults \$8, Children \$4, Seniors \$1 per person
All shows before 6:00pm are \$1 per person, \$4 & under free.
There will be a \$2.00 PERSON charge on ALL \$9 films.
Attention Customers: Show time on Thurs are subject to cancellation for required review of incoming films. Please call 903-729-7291 for cancellation information.

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