



# DEAF AWARENESS & FAMILY HEALTH



## GROWING OLD GRACEFULLY

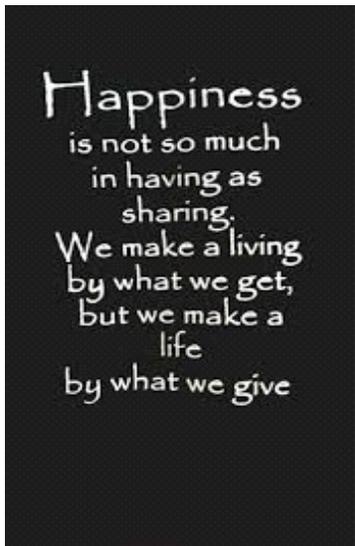
Remember when you could get lost at the cosmetic and perfume counters of Meier & Frank, then grab a ride home on the MAX train. The looks would make my psychology teacher proud .



Getting lost in Powell's and Cameron Books, along with the Portland Central Library and the Oregon Historical Society's library made one wish time was non-essential as you stood outside watching them lock the doors at the end of the day.

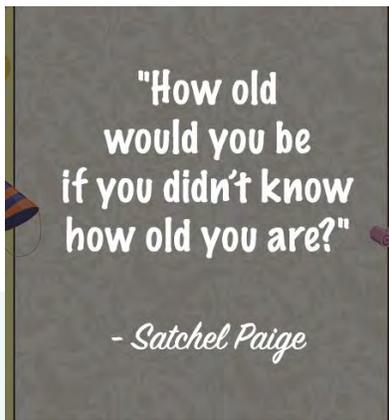
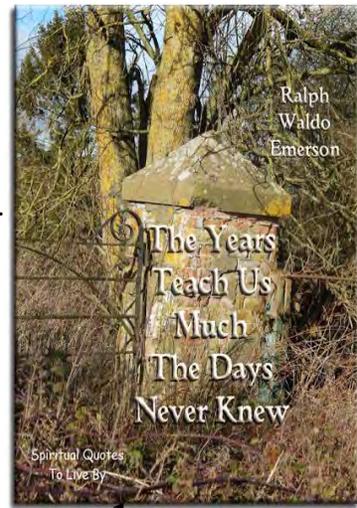
The only place I found time to crawl to a stand still is waiting in emergency rooms and doctor offices. Most people take their children on picnics and to birthday parties, I took my son to the emergency room and doctor office, we got so good at it we have been known to spend time with friends and family in the waiting room.

Sometimes you meet interesting people in waiting rooms, sometimes you get the opportunity to catch up on some reading and learn something, mostly, you just sit and wait. All is not lost, however, last summer my son and I had the privilege to meet up with my cousin from Rainer to have a picnic at the Pacific Pride in St Helens. If you ever crave a good cup of coffee as you travel down highway 30 through St. Helens, stop by the little coffee stand at the Pacific Pride, park in the back and pull out your camp chair. Well worth the stop. In this day and age any moment we can steal for self-indulgence is precious.



Together, we will explore how to age gracefully. Should you wish to share your "little life secrets," please feel free to do so.

Link to a few tips on aging:  
<https://aging.com/ten-tips-to-age-beautifully/>





## SKIN CARE

### Your First Visible Line of Defense

First impressions usually start with what people see. As far as overall line of defense, your skin is there to wrap you in a protective shield; it takes care of you and you should consider taking care of it. A little bit of sun is good for you as it helps fight depression, known to help reduce stress, it is a good source of vitamin D, and may help you keep unwanted pounds off because you can feel energized and motivated. It is a delicate balancing act of getting the right amount of sun and too much sun. Too much sun can cause damage in the form of heat strokes, sunburn and skin cancer to name a few.

To help protect you from some of the side effects keep in mind to:

\*Drink plenty of water and stay hydrated. Staying hydrated helps with improving elasticity and flushing out toxins along with other health benefits. Generally, older adults fail to drink enough water and can get dehydrated.

\*Keep an eye out for any changes in your skin, birthmarks or moles. If you find a change or become concerned about your skin, do not hesitate to have a medical professional take a look at it.



\* Moisturize and use sunscreen. Sunscreen helps protect your skin and can help reduce the risk of skin cancer. The nice thing about today's market is you can find ultra violet light protective ingredients in many moisturizers and you can find moisturizers in sunscreen. The benefits of staying hydrated and your skin moisturized are plenty. A little something to add to your daily moisture routine is Neutrogena's "Hydro Boost," or a store brand of hyaluronic acid. I use it in combination of daily moisturizers. You have to try it to understand how good it feels on your skin.

\* Another way to take good care of your skin is taking care of your collagen level. You can do this by watching what you eat. A good start in understanding what you eat and the benefits of collagen:

<https://www.eatthis.com/collagen-rich-foods/>

\*Wearing protective clothing to help reduce the damage of too much sun.

Your skin is a life time investment. It takes care of you & you should take care of it.

A place to start - Mayo clinic guide to skin care:

<https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/skin-care/art-20048237>



### EXERCISE

There's that word again. Exercise is just as important as staying hydrated and having healthy eating habits. Take the time to put good stuff in and take the time to put all that good stuff to work.

The benefits of exercising are plenty as we all know it helps with increasing energy levels and helps fight depression.

Years ago I was struck by a Towncar while crossing the street in downtown Portland. I got the best advice from Katherine Luttrell, "Pool Therapy." The benefits of warm pool therapy are numerous. It is easy on the knees, easy to stretch, helps fight arthritis, you get to meet people and socialize. Therefore, #1 exercise advise –

#### **Warm Pool Therapy**



Or you can sit on the bench like our ladies above & watch someone else do the running --

*it's up to you*



HOW BEAUTIFULLY  
LEAVES GROW OLD.  
HOW FULL OF LIGHT  
AND COLOR ARE  
THEIR LAST DAYS.



## EYES

It is amazing how much energy gets sucked out of you when something doesn't work right. There is a lot of paperwork I need to clean up and by the time I get home at the end of the day, it is dark and about the only thing I have energy for is my treadmill. I look at my paperwork, struggle to read and game over, I'm ready to crawl into hibernation.

They say eyes are the window to your soul and also to your overall health. An eye exam can help detect diabetes, hypertension and other medical conditions. Your eye color, shape and family heritage also play a big role in how you need to care of your eyes. The bottom line is, eyes are a lot of work to take care of, but well worth it.

Get regular eye exams, know your family eye health, also understand diet plays a big role in eye health. Believe it or not caffeine can have an effect on your eyes. Wearing sun glasses is a good habit to have or a hat to shield you from direct sunlight.

The most important thing to keep in mind, you rely on your hearing when eyes are compromised. Therefore, you might want to consider taking care of not only your eyes but *your hearing* --



## HEARING

Again, it is amazing what happens when one little thing quits working well. If your ears are blocked and full of gunk you can experience ringing in the ears, dizziness, ear ache, for some nausea, cough and some degree of deafness. There is a good reason why your doctor checks your eyes and ears during your visit. Both play an important role in your overall health and well being.

I dedicated the November/December 2019 Pomona newsletter to hearing should you wish to read more, you can find the newsletter on our Pomona web site.



## References

References for good eye health:

A nice place to start, does have pop ups

<https://www.medicalnewstoday.com/articles/321226>

This site also has links to eye health

WebMD – How To Keep Your Eyes Healthy

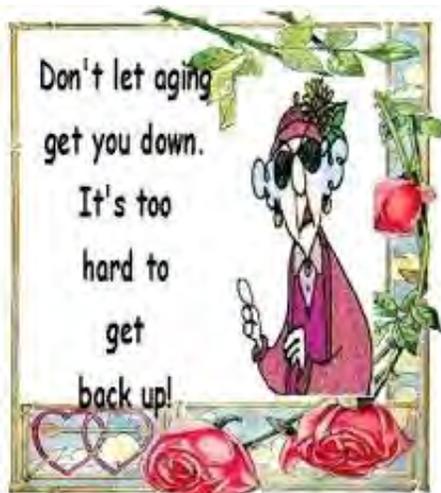
<https://www.webmd.com/eye-health/good-eyesight#1>

# SENIORS TEXTING CODE:

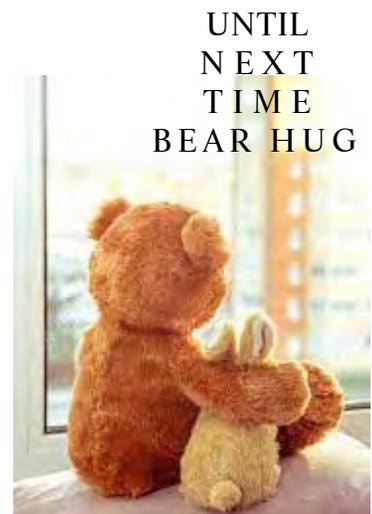
**ATD:** At The Doctors  
**BFF:** Best Friend Fell,  
**BTW:** Bring the Wheelchair,  
**BYOT:** Bring Your Own Teeth,  
**FWIW:** Forgot Where I WAS,  
**GGPBL:** Gotta Go Pacemaker  
 Battery Low,  
**GHA:** Got Heartburn Again,  
**IMHO:** Is My Hearing-Aid On,  
**LMDO:** Laughing My Dentures Out,  
**OMMR:** On My Message Recliner,  
**OMSG:** Oh My! Sorry, Gas,  
**ROFLACGU:** Rolling On Floor  
 Laughing And Can't Get Up  
**TTYL:** Talk To You Louder.



When I get old I don't want people thinking "What a sweet little old lady."  
 I want them saying "Oh Crap! What is she up to now!"



**Today's Rain Challenge:**  
 Take a stroll rain or snow  
 Send photo to:  
 tthorud@hotmail.com



# Happy St. Patrick's Day



As you slide down  
the banister of life,  
May the splinters  
never point in the  
wrong direction!

-An Irish Saying





*May your troubles be less  
and your blessings be more  
And nothing but happiness  
come through your door*