

MATURE living



Put your health first and listen to music

Studies have shown that listening to music has many health benefits, especially for the elderly. In fact, not only does it contribute to lower stress levels and improved sleep, but it also reinforces the immune system. Keep reading to find out more.

SLEEP

Seniors who listen to soft music for 45 minutes before bed fall asleep faster, sleep for longer, stir less during the night and benefit from all-around more energizing sleep.

Why? Music affects our parasympathetic nervous system, which slows our heart rate and breathing — much like when you get ready for bed. Hence, by relaxing the body, music can actually prepare it for sleep.

STRESS

Researchers at McGill University's Psychology Department found that music can be more effective than prescription drugs for reducing anxiety in adults before surgery. The study also demonstrated that listening to music helps reduce cortisol levels (a stress hormone) in the body.



Listening to soft music before bed promotes better sleep.

DID YOU KNOW?

NK (natural killer) cells that attack harmful bacteria as well as infected and cancerous cells are more prevalent in music lovers. Music therefore helps boost our immune system!

Is your bathroom accident-proof?



Many seniors fear falling and injuring themselves while using the bathroom. Thankfully, various accessories are available to help secure the space and keep it accessible for all.

MATS

Place an anti-slip rubber mat on the bathtub or shower floor. Make sure the surface is clean and dry before stepping in. Thinking about placing a carpet in front of the bathtub or shower entrance for a decorative touch? Once again, opt for an anti-slip model.

GRAB RAILS

Install at least two grab rails around the bathtub. The first, which you'll use to help yourself get in and out of the tub, should

be installed vertically on the faucet wall. The second, horizontal or sloped, should be fixed to the back wall. This one will be useful to help you sit and stand back up. For added safety, install extra grab bars near the toilet.

SEATS

A shower seat is helpful to avoid standing and bending if you drop something on the ground. Opt for a folding model to save space. Keep in mind that there are raised shower and toilet seats available to help you move about with ease.

Finally, other safety features for the bathroom that can help prevent nasty falls include walk-in showers or tubs.

Three tips for preventing heatstroke this summer

Did you know that the feeling of thirst subsides with age? It's true! As we get older, we feel less thirsty. That's why the elderly are at greater risk of developing ailments such as dehydration and heatstroke. Here are three tips to help prevent discomfort this summer.

1. DRINK LOTS OF WATER

Heatstroke happens when you neglect to keep yourself hydrated in a hot environment. Therefore, it's essential to drink regularly and eat lots of fruits and veggies with a high water content (e.g. citrus fruit, melons and cucumbers). Tip: always bring a reusable water bottle wherever you go.



2. STAY COOL

Turn your fans on and program your air conditioning system to maintain a comfortable room temperature. Keep your blinds and curtains closed during the day to prevent the sun's rays from heating up your home. When need be, find shelter in an air-conditioned area

such as a grocery store, restaurant, shopping mall or pharmacy to keep your body temperature in check.

3. EXERCISE IN THE MORNING OR EVENING

When summer rolls around, plan your workout schedule according to the outside temperature. Exercise in the morning or evening when it's nice and cool. Avoid strenuous activity during heat waves and those hotter times of day.



ASK FOR HELP!

Heatstroke should be treated as a medical emergency. If you or a loved one is experiencing dizziness, nausea, vomiting, headaches or any other worrying symptoms (e.g. rapid heart rate, irritated skin, confusion), call 911.

Take advantage of the summer season to admire the beautiful flowers that flourish under the sun!



Online search option:
Editorial content
Keyword: Seniors

Three outings to enjoy this summer

Summer is the perfect time to enjoy outdoor activities with your family, friends and significant other — or even just on your own! Here are a few great ideas to ensure you take full advantage of the warmer days ahead.

1. ADMIRE THE FLORA

Whether by strolling through your neighbourhood, relaxing in your backyard or visiting a local garden, take a moment to admire the beautiful flowers that thrive under the summer sun. In the mood for a group outing? Contact a local horticultural club.

2. GO FOR A DIP

Sun's out! Invite your grandchildren or a few friends to spend a pleasant afternoon by the pool. You could also take a solo trip to the local pool to wade peacefully in the water or do some laps.

3. TAKE IN A SHOW

Summer is the season for open-air festivals and concerts, many of which are free to attend. Grab your folding chair, get comfortable and enjoy some great entertainment in the great outdoors.



DEMENTIA Support Group

1st & 3rd Wednesday of the month
12:00-1:00PM • Lunch provided

Share your experiences with a team of caring, experienced family advisors.

RSVP
541-543-9580

WILDFLOWER LODGE
a Senior Lifestyle community

ASSISTED LIVING | MEMORY CARE
508 16TH STREET | LAGRANDE, OR 97850
WWW.SENIORLIFESTYLE.COM

For help with ALL your Medicare Coverage options



Nicole Cathey

Reed & Associates for excellent service
LOCALLY!



10106 N. 'C' • Island City
541-975-1364
Toll Free 1-866-282-1925 www.reed-insurance.net

Many people have been asking if preplanned funeral arrangements are transferable from one funeral home to another. The simple answer is yes, they are. And the process is easy.

Call Loveland Funeral Chapel today, and let us take care of the details for you.



CONFUSED? About Medicare?



WE CAN HELP
RONALD G. 'BUD' SCUBES
INSURANCE AND RETIREMENT SERVICES

77 N 8th Ave, Suite A
Elgin, OR 97827
Office: 541-437-3691
Fax: 541-437-3691
Cell: 541-786-4282

The staff and residents would like to sincerely thank our employees for their hard work, dedication and years of service to our residents.



Bridging the gap from Hospital to Home

91 Aries Lane
La Grande, OR 97850
963-8678 FAX 963-5024