

MATURE living



How to relieve the symptoms of shingles

Shingles, or herpes zoster, is an infectious disease caused by the reactivation of the chicken pox virus. It's characterized by a rash that appears along a nerve or nerve ganglion, usually on the chest or back. The resulting blisters can cause intense itchiness, diffuse pain and an acute burning sensation.

If you suspect you have shingles, seek medical attention as soon as possible: early detection is key to reducing both the severity of the disease and its potential complications. Depending on your situation, your doctor might prescribe antiviral medication or painkillers.

In addition to medication, there are certain things you can do to better manage the pain caused by shingles:

- Wear loose clothing to prevent friction in affected areas
- Use moist compresses to reduce the burning sensation
- Apply a calamine-based lotion to curb itchiness
- Get as much rest as you can and try to relax (meditate, read, or listen to music, for instance)



Nowadays, a vaccine is available to prevent shingles in people aged 50 and older. Ask your health-care provider if you're a good candidate.

Three tips for finding a senior-friendly tablet

In the market for a tablet computer? With so many makes and models available these days, finding the right one for you is no easy task. Here are three smart tips to help you choose a great tablet that suits your needs.

1. CHOOSE A LARGE ENOUGH DISPLAY

Pick a full-sized tablet with at least a 25-centimetre (10-inch) display, especially if you have trouble seeing. A larger touchscreen is also more user-friendly and comfortable to use.

2. PREFER A SIMPLE USER INTERFACE

Not entirely comfortable with computers and the like? Choose a tablet that runs on a simple operating system featuring familiar icons and a straightforward layout. Don't hesitate to try out several different models in store to find the one you like best.

3. THINK FUNCTIONALITY

Make sure that the tablet you settle on is up-to-date with the latest technologies and has all the capabilities that you're looking for. If you wish to be able to contact your loved ones via email or video chat, play games, or take photos, for example, choose a device that will allow you to do so with ease.

Finally, think ahead by making sure the brand of tablet you choose offers a solid technical support service. Happy shopping!



A career change at 50? Yes, it's possible!

There are many reasons that may prompt you to make a career change, regardless of your age or occupation. If you're no longer happy in your current job, or if you sim-

ply feel the need to try something new, just know that it's never too late to take that first step in a new direction. Here are a few tips to help you take the plunge.

First off, it's crucial that you take some time to think about your personal and professional values. Make sure to define short-, medium- and long-term goals as well: this will help you clarify your expectations and define exactly what you hope to get out of your future career.

After you've put things into perspective, you'll be able to determine whether you'd prefer to stay in the same line of work or make a more radical change, by going back to school, for example.

Finally, if you're even the slightest bit worried about the prospect of job hunting, remember: in addition to having a leg up on both maturity and experience, you're also well aware of your strengths and weaknesses. And by now you know what truly motivates you!



Signs of age-related hearing loss to look out for

Age-related hearing loss, or presbycusis, is a form of gradual hearing loss associated with normal aging. Because it develops slowly over time, it can be difficult to recognize early on if you aren't familiar with the symptoms.

TELLTALE SYMPTOMS

The first sign of age-related hearing loss is often difficulty hearing sounds at higher frequencies, such as the voices of women and children. Another early symptom is trouble understanding speech in loud or busy environments (e.g. restaurants or shopping malls).

It's also common for people in the early stages of hearing loss to speak louder than usual without noticing, ask others to repeat themselves a lot, or watch TV at an excessively loud volume. Age-related hearing loss can also cause a buzzing or ringing sensation in the ears (tinnitus) in addition to headaches and dizziness.

TREATMENT

Presbycusis is unfortunately irreversible, as it's caused by normal degradation of the ears' sensory cells. However, various hearing aids and other devices can help amplify sounds

and thus significantly improve hearing on an everyday basis.

If you experience any of the aforementioned symptoms associated with age-related hearing loss, consult an auditory health specialist without delay. They will be able to offer you solutions according to your situation and your needs.

People experiencing age-related hearing loss have a hard time hearing high-pitched noises.



Give holiday meals a flavorful twist

The holiday season is rife with tradition. Family and friends often gather together around the dining room table to share conversation, memories and good food, making the holidays a special time of year. Home chefs looking to expand their culi-

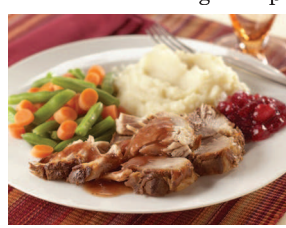
courtesy of The Ohio Pork Council, on their holiday menus. Pork is a versatile protein that pairs well with the tart, holiday-centric flavor of cranberries.

Slow Cooker Spiced-Cranberry Pork

- Serves 8
- 3 1/2 to 4 pound pork shoulder
 - 1 6-oz can jellied cranberry sauce
 - 2/3 cup sugar
 - 3/4 cup cranberry juice
 - 2 tablespoons Dijon-style mustard
 - 1 1/2 teaspoons ground cloves
 - 1 teaspoon ground black pepper

Salt to taste

Trim fat from pork roast, if necessary. Place roast in 4- to 6-quart slow cooker. Use wire whisk to stir together cranberry sauce and sugar in medium bowl. Stir in juice, mustard, cloves and pepper until well combined. Pour cranberry mixture over roast in slow cooker. Cover slow cooker and cook on low for 6 to 8 hours or until pork roast is tender. Season roast to taste with salt; serve juices with roast.



nary horizons can include this recipe for "Slow Cooker Spiced-Cranberry Pork,"

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