

# MATURE living



## Three things you should never share on Facebook

Using Facebook is a fantastic way to keep in touch with friends and family. However, certain features on the platform can pose a security risk. To protect yourself, never share these three things on Facebook.

### 1. YOUR FULL BIRTH DATE AND PLACE OF BIRTH

A study from Carnegie Mellon University found that this information could be searched in publicly available databases and bring up your Social Insurance Number. Sharing this information therefore puts you at risk of identity theft.

### 2. YOUR MOTHER'S MAIDEN NAME

A common security question for online accounts asks your mother's maiden name. Posting this information on Facebook could allow others to access these accounts.

### 3. A STATUS REVEALING THAT YOU'RE ON VACATION

This may be interesting for your friends to hear about, but it may also be interesting for burglars, as it notifies them your house is empty. Recently, the New York Times reported on a gang of burglars in New Hampshire who used the tactic of scouring Facebook for posts of this kind. (On this same note, it isn't a good idea to have your address on Facebook.)

So, by all means connect with friends and family members on Facebook: just make sure to use it and other social media platforms wisely.



## The benefits of dance therapy for seniors

The therapeutic advantages of dancing have been receiving more and more attention in recent years, hence the growing popularity of dance therapy. The Journal of Psychiatric and Mental Health Nursing defines this type of therapy as "the use of dance to support intellectual, emotional and motor functions of the body."

more mental and physical health. Dance therapy has been shown to provide the following benefits:

- Reduce hip and knee pain
- Improve mobility
- Increase strength and balance
- Ward off depression
- Promote heart health

Dance therapy classes for seniors are quite similar to typical dance classes; the focus, however, is on low-impact dance moves that pro-

Moreover, people typically find it more engaging than other forms of exercise and therapy.

Intrigued? If so, discuss this therapy option with your doctor.



## Tips for reducing the risk of falling

Falls are a serious issue for people over the age of 65. Every year, about one in three seniors fall at least once and 56 per cent of falls involving seniors lead to fractures

A further statistic is worth considering: 30 to 50 per cent of falls involving seniors are caused by environmental factors such as uneven surfaces, poor lighting or slippery floors. It follows that falls can often be prevented through taking proactive steps to reduce falling hazards in your immediate environment. Seniors can reduce their risk of falling at home by doing the following:

- Make sure all rooms have adequate lighting
- Install handrails in baths and showers
- Install a handrail on stairs that extends beyond the top and bottom steps
- Keep frequently used items in easy-to-reach places
- Avoid clutter
- Don't keep electric cords where they can be tripped over

And, naturally, staying limber also plays a key role in reducing the risk of falling. In addition to eating well and staying active, seniors should consider making balance exercises part of their daily routine.



Finally, people who fall frequently should consider whether the effects of the medication they're taking are contributing to this problem. This should be discussed with one's doctor. Seniors might also want to discuss with their doctor what vitamins or supplements, such as calcium or Vitamin D, can reduce their risk of falling.

## Three helpful apps for boomers

Thanks to apps, our smartphones are able to serve myriad practical functions quite unrelated to calling or texting. Why not take advantage? Here are three apps that many individuals find highly useful.

### PILLBOXIE

This is an app that allows users to easily and conveniently keep track of their medications. Pillboxie permits you to schedule reminders by dragging and dropping pills (which you label beforehand and provide with a unique shape and colour) into a virtual pillbox labelled by the time it should be ingested. It will then remind you whenever you need to take medication — even if your phone is asleep.



### MAGNIFYING GLASS WITH LIGHT

Many farsighted individuals keep a magnifying glass handy for reading small print. However, it's not always practical to carry around this implement and you may sometimes forget it at home. When you're out and about and you need to read the fine print on a grocery label or prescription bottle, you can use the Magnifying Glass with Light app. With this app, you can use your phone camera to zoom in on text you're reading. It also comes with a flashlight feature, in case you're in dim lighting.



### RED PANIC BUTTON

This is an app that can quite literally save your life. Using this app, you can, with the press of a button, send a text containing a pre-set message and your exact location to your emergency contacts. This can prove indispensable in emergency situations when you don't have the time or ability to make a phone call.



Find these apps and others in the App Store, if you have an iPhone, or in the Play Store, if you have a Samsung phone. (These digital stores are themselves apps and have been pre-installed on your device.)



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**Sweet Potato Quiche**  
Makes 8 servings

2 cups sweet potatoes, peeled and diced into small cubes  
3/4 cup yellow onion, diced  
2-1/2 tablespoons olive oil  
1/2 teaspoon salt  
Black pepper to taste  
Egg mixture:  
4 eggs  
1 cup heavy cream  
1/2 teaspoon fresh rosemary, minced  
1/2 tablespoon fresh parsley, minced  
1-1/2 teaspoons salt  
1/4 teaspoon pepper

3 ounces Gruyere cheese, shredded  
Pre-baked deep dish pie crust

Preheat oven to 400 F. Mix together the first five ingredients and place on baking sheet. Roast in the oven for 15 to 20 minutes. While sweet potatoes and onions are roasting, shred cheese and set aside. Whisk the egg mixture and set aside. Once potatoes and onions have finished roasting, spoon them into the pre-baked pie shell. Next, layer the shredded cheese on top of the sweet potatoes. Reduce oven to 375 F. Pour egg mixture over the cheese, place quiche in the oven on a center rack. Bake 20 to 25 minutes, or until eggs are set.

**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.

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