

# MATURE living



## Lip reading: a valuable skill for those with hearing loss

If you're hard of hearing, you can greatly facilitate your aural comprehension by learning to read lips. But how do you develop this ability?

The first step is to sign up for a course about lip reading given by an audiologist or a speech pathologist. This course will teach you to interpret other people's speech by paying close attention to non-verbal cues such as lip and jaw movement, facial expressions, posture, and gestures.



Afterwards, you'll need to practise. Every time you take part in a conversation, you'll further hone your abilities.

To get more information about hearing loss, visit the Canadian Hearing Society website at chs.ca.

## 3 tips for tackling debt as a senior

Debt among seniors is on the rise. If you or someone you know is struggling financially, these three tips can help.

Finally, if you need extra help, be sure to get it. Contact an accredited not-for-profit credit counsellor, a financial adviser or a licensed insolvency trustee. These experts can help you evaluate your debt situation, make a budget and develop strategies to pay off your debt.

**1. Create a budget.** Figure out precisely how much money you earn, spend and save every month. See where you can tighten your spending. Start by asking yourself which of your small, recurring expenses you can reduce or eliminate.

**2. Prioritize debts.** Determine the interest rate for each of your debts. Make the minimum payments for each debt, and then funnel whatever else you can afford towards the debt with the highest interest rate.

**3. Renegotiate with creditors.** Discuss your financial situation with your creditors and determine if they might lower the interest rate on your debt, consolidate your debts into one loan or stretch out your payments over a longer timeframe. Reducing your minimum monthly payments can help you stay solvent while paying off your loans.

If you have financial problems, expert advice can be extremely helpful. However, be cautious about who you trust with your personal information, and be particularly wary of debt settlement companies. These organizations are usually for-profit businesses and many engage in high-pressure sales practices and make false claims. Only work with reputable debt settlement companies that are accredited and willing to provide you with references.



## 5 types of home care workers

Home care workers provide seniors with one-on-one care where they live, allowing them to be independent while getting the extra help they need. Here are the five main types of caregivers providing in-home care.

side their homes. They're sometimes required following an injury or surgery, and they're almost always needed after a joint replacement surgery.

**1. Personal care aides** (also personal care attendants) assist seniors with day-to-day activities, such as bathing and dressing, preparing meals and housekeeping. In some cases, they also provide transportation and run errands. Their specific duties will depend on the elderly individual's care needs.

**4. Occupational therapists** help seniors live more productive, active and independent lives. They identify and solve problems interfering with their patients' abilities to engage in everyday activities and tasks including social activities, leisure activities and self-care routines.

**2. Registered nurses** typically assist seniors at their homes following a surgery, serious illness or injury. They provide follow-up and rehabilitation care, which extends to overseeing their patients' diets, exercise routines and medication requirements.

**5. Speech-language pathologists** assist individuals who have difficulty speaking or swallowing (which can occur following a stroke).

**3. Physical therapists** help seniors improve their mobility and ensure that they can move around safely both inside and out-

side their homes. They're sometimes required following an injury or surgery, and they're almost always needed after a joint replacement surgery.



## Tips for relieving the 3 most common menopause symptoms

It's normal for women to experience a variety of symptoms during menopause including hot flashes, trouble sleeping and weight gain. Here are some tips for dealing with these three commonly experienced menopause symptoms.

**WEIGHT GAIN**  
As you approach 50, your metabolism starts to slow down. In fact, women going through menopause typically put on four to 10 pounds. Nevertheless, eating well and exercising can counterbalance the effects of menopause on your weight. For this reason, it's recommended that you exercise at least 30 minutes a day.

**HOT FLASHES**  
Hot flashes, or sudden and brief increases in body temperature that recur periodically, are experienced by about 75 per cent of women during menopause. While they're nothing to worry about, there are ways to decrease their frequency, such as:

- Wearing natural fibres like cotton or linen and avoiding wearing synthetic materials
- Drinking colder beverages and taking colder showers
- Avoiding foods and beverages known to provoke hot flashes such as spicy meals and coffee

If you experience frequent food cravings during menopause, choose protein-rich snacks to tide you over until mealtime and decrease your alcohol consumption, as alcohol stimulates the appetite.

**TROUBLE SLEEPING**  
Low levels of estrogen, especially when coupled with the stress of aging, can lead to insomnia. During menopause, it can be useful to develop strategies for sleeping better. These might include avoiding fatty foods and heavy meals in the evening, and repeating a peaceful mantra while lying in bed. You might also consider getting to bed earlier and taking afternoon naps to increase your level of energy during the day.



While menopause symptoms can be problematic, there are solutions. Talk with a health professional to get personal recommendations suited to your particular situation and needs.

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**Blueberry and chia seed smoothie**

*Packed with vitamins and protein, this smoothie is the perfect breakfast for busy mornings (especially when made the night before!).*

**Ingredients** (Makes 1 serving)  
Smoothie:  
• 1 cup frozen blueberries  
• 3/4 cup milk  
• 1/4 cup plain Greek yogurt  
• 2 tbsp. chia seeds  
• 1 tsp. vanilla extract  
• 1 tsp. maple syrup or honey

**Garnish:**  
• 5 fresh blueberries  
• A few fresh mint leaves  
• A pinch of chia seeds

**Directions**  
1. Place all of the ingredients for the smoothie in a food processor or blender.  
2. Blend until you obtain a smooth, silky texture.  
3. Pour into a glass or portable beverage container.

\* You can use milk alternatives in this recipe such as soy milk, almond milk, coconut milk and hemp milk.

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