



SENIOR LIVING

Strong legs boost brain power

BY MATILDA CHARLES
For the Sentinel

A 10-year British study out of Kings College found an interesting correlation between leg strength and brainpower. In the first-of-its-kind study, strong legs equated to cognitive strength down the road.

Female twins between the ages of 43 and 73 (average age 55) were recruited for baseline testing, with adjustments made for various parameters such as socioeconomic status, alcohol drinking, blood pressure, level of exercise and more. Memory and learning were measured at the start of the study, as were the strength of leg muscles of both twins. Brain scans also were taken.

Ten years later the tests were repeated. Those who'd started and ended with more muscular legs showed the best results in memory and cognitive tests and more brain volume.

The researchers still don't know for certain why they saw these

results. More studies need to be done, they said, to understand how aerobics, brain function and leg muscle power all come together, and whether muscle-building chemicals somehow make their way to the brain.

While scientists didn't predict the outcome, it was not surprising because they've long known that general exercise can help with cognitive function.

Until they figure out the specifics, one thing is clear: adding more walking or doing exercises designed to increase leg strength can help with memory and thinking. We can run, take dance classes, lengthen our daily walk and spend time on a treadmill or rowing machine at the gym. Even yoga can help strengthen leg muscles.

For those who aren't mobile, seated rowing exercises with a resistance band can help, as can a recumbent bicycle.

Consider asking your doctor for an exercise plan that concentrates on the leg muscles.



Helping seniors stay in their homes

BY MATILDA CHARLES
For the Sentinel

Aging in place. Those are words dear to the hearts of many low-income seniors who fear having to move away from home when they need services. The department of Housing and Urban Development (HUD), in collaboration with the U.S. Department of Health and Human Services, is about to give \$15 million in grants to organizations that can provide services to help seniors stay in their homes.

Called "Supportive Services Demonstration for Elderly Households in HUD-Assisted Multifamily Housing," it would work like this:

Existing HUD-assisted senior developments can apply for three-year grants if they agree to provide services for aging in place, transitions to institutional care, housing stability, well-being monitoring and utilization of healthcare, such as emergency-room visits. The goal would be to avoid institutional care, the need for skilled nursing and expensive trips to the emergency room.

Developments will be re-

quired to have a full-time, onsite service coordinator and a part-time, onsite wellness nurse to make assessments and coordinate care and support services.

The program would be a test to see if initial plans work and to evaluate the outcomes of the demonstration.

A model program was started in Vermont a few years ago, and there are many success stories to show the effectiveness: An isolated senior who missed doctor appointments can now get rides and has learned to get around independently; another with physical disabilities has been given referrals to physical therapists; a depressed senior was recruited as a volunteer and has become more social, and so much more.

These are the types of services we need if we're to stay in our homes. Those development owners who want to apply have until April 18 to do so. See www.grants.gov, and look for FR-5900-N-22.

Senior Hunger Options

BY MATILDA CHARLES
For the Sentinel

There are 9 million seniors who are at risk for hunger every day in America, statistics show. If you're a senior over age 60 and you don't get enough to eat, there are options.

The Supplemental Nutrition Assistance Program (SNAP) can provide an average \$126 each month to go toward food. Check the government section of your phone book for the lo-

cal office, or see www.fns.usda.gov/snap.

In some states, as part of SNAP, you also might be eligible for The Senior Farmers Markets Nutrition Program (SFMNP), which will provide a coupon booklet that can be used at farmers markets to buy fresh fruit and vegetables. Information is available on the USDA.gov website.

More and more senior centers are providing food programs. Ask about a Senior Grocery

Program in your state, or the local food bank. The center also might host a monthly luncheon, or perhaps a weekly get-together lunch. You'll make contacts at any of these events that can steer you to other local food programs.

Contact the Council on Aging (www.ncoa.org) branch in your state for a full list of programs you can apply for. Or search online for "senior hunger resources" in your state.

If you were turned down for

food benefits, apply again, especially if your situation has changed in any way. If Meals on Wheels in your area isn't taking new clients (many of them don't have enough resources nowadays), get put on the waiting list anyway.

Contact churches in your area to ask about senior meal programs. Ask your doctor for resources.

Remember: It's not only OK to ask for help when you need it, it's imperative. To maintain your health, you need proper nutrition.



Keep your heart happy

Who do you love with all your heart? Turns out the same people who warm your heart can help keep it healthy too. They inspire us to stay heart healthy. If you need more support in your pursuit of heart health, PeaceHealth is here with screenings, nutrition advice and teams of specialists who never miss a beat.

Learn more about local heart health events sponsored by PeaceHealth at peacehealth.org/heart.



100 DEALERS
Lafayette School
MyAntiqueMall.com

28th ANNUAL ANTIQUE SALE
Fri. Sat & Sun. Feb 19th-21st
8 Classrooms, Basement, Gymnasium, the entire block... filled with ANTIQUES

RICK'S ANTIQUES
From ENFOPE (Dover)

Antique Furniture Importers
Everything on Sale
Hwy99West, Lafayette

Grant Gording, BC-HIS
Hearing Care Specialist

Jenna Buetow
Hearing Care Specialist

Grant's HEARING CENTER

FREE Hearing Screenings
FREE Hearing Aid Checks & Cleanings
Just call to schedule an appointment!

Grant's Hearing Centers
1498 E. Main St., CG
www.grantshearing.com 541-942-8444

Andreasons
Cremation & Burial Services

Affordable Funeral
"Compare Our Prices & Services"

Family Owned

\$2993
PHONE 485-6659

Jeff & Andy Andreason
www.andreasons.com 320 N 6th Street, Springfield

WENDOVER, NEVADA

CASINO VACATION PACKAGE

PACKAGE INCLUDES:
Round-Trip Airfare, 3 Night's Lodging, All Taxes & Fees and Valuable Coupon Book

FLIGHT FROM:
EUGENE, OR

\$159*

TUE, APRIL 12 - APRIL 15
TUE, JUNE 21 - JUNE 24

Book Online at WENDOVERFUN.COM Or call 866-FLY-WENDover (866-359-9363).
Reservations open 7 days a week.

* Per person double occupancy. Single add \$30. Montego Bay upgrade fee may apply. Reservations Required. Plane Operated by XTR Airways. See Operator Participant Agreement for further information. Availability may be limited. Must be 21. Add \$25 per bag for more than one checked bag. Golf clubs not allowed. Golf club rentals available at Toana Vista Golf Course. Fuel stop may be required. Flight times subject to change. Management reserves all rights.

RAINBOW HOTEL + CASINO **Peppermill HOTEL + CASINO** **MONTEGO BAY CASINO - RESORT**