

What is the difference? Continued

By: Gretchen Hook Little Elm Residential Care

Last month, we discussed the differences between assisted living, skilled nursing, and residential care. This month, we will explore how each is funded.

Paying for skilled nursing facility care can involve several options, including Medicare, Medicaid, private insurance, and out-of-pocket payments. Medicare covers skilled nursing care for up to 100 days following a three-day hospital stay, while Medicaid may cover costs for those who meet specific income and asset requirements. Private insurance coverage varies, and out-of-pocket payments entail using personal savings, retirement funds, or long-term care insurance.

Another resource is long-term care insurance, which reimburses out-of-pocket expenses. Setting it up can take time and requires planning years in advance. When utilizing long-term care insurance, keep in mind that the facility—whether assisted living, skilled nursing, or residential care—must provide a care plan for the patient so the insurance company understands each individual's needs. Some long-term care insurance policies require that at least three activities of daily living (ADLs) be met each day.

A frequently overlooked payer source is the VA (Veterans Affairs). They provide multiple programs, including home-based primary care for veterans unable to travel, Medical Foster Home placement for finding appropriate living situations, and various forms of funding. While the VA does not directly cover room and board expenses in assisted living facilities, veterans can utilize several VA benefits to help with related costs such as personal

care, medical services, and everyday support. These benefits encompass the Aid and Attendance pension, the VA pension, and the Housebound allowance. Surviving spousal benefits are also unique to each individual.

Assisted living expenses can be covered by Medicare, Medicaid (in some cases), private insurance, and personal payment. Paying for assisted living is not significantly different from paying for skilled nursing care. However, insurance may have different guidelines to follow, as assisted living is generally for individuals who are more independent but require minimal assistance.

When paying for residential care, the only insurance that may cover the cost is long-term care insurance. You will need to check with your insurance agent regarding coverage, as each insurance company varies. Another way to pay for residential care is through private pay. This means utilizing savings, assets such as selling a home or cars, or other valuable items, along with retirement funds and other options to fund

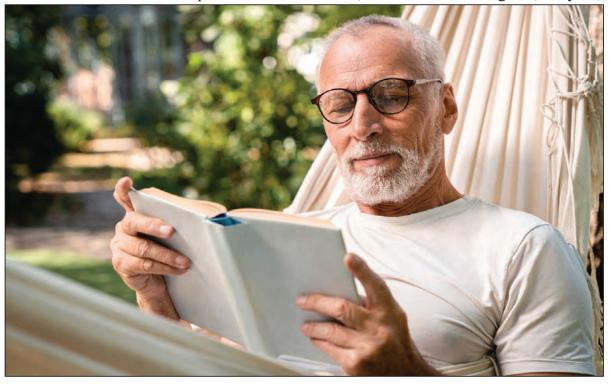
your care. Many insurance agencies offer long-term care insurance, and some employers also provide plans.

Each facility should have experts to guide you on which options are best suited for your care and how to pay. Planning for your future starts in your younger years, and many people find that time slips away from them. This can create undue stress for families and patients when care is needed, and there are insufficient means to pay for it.

I should also mention that if you plan to age in place or stay home and require assistance from home health, these payer sources will also fund your care needs.

It takes time to apply for these resources. Remember to have all your information ready, such as pay stubs, income sources, a list of assets, and other information required for a smoother process.

This is not an exhaustive list of what is needed to pay for care. However, it is a good start and should help you better understand what is required. Many professionals, such as insurance agents, lawyers,



social workers, case managers, estate and financial planners, and others, can assist you along the way. If you are using Medicaid for funding, the State of Texas provides information on what is necessary and what costs are covered. Medicare also has representatives available to explain the process. When utilizing private funds or assets to pay for care, this is straightforward since you know what resources you have and what you are willing to allocate for your care.

One of the most compassionate acts of love you can perform for your-self and your family is to prepare for your future. Patients I have admitted to my residential care home who have made future plans experience a much smoother process, alleviating their families' worries about how they will afford their loved one's care. We understand that this cannot happen in everyone's situation; however, if you can plan, we highly recommend you do so.

Resources:

www.hhs.texas.gov www.medicare.gov www.va.gov

Perfect gifts for Mother's Day

Mother's Day is celebrated annually on the second Sunday of May. Since 1914, when it was officially recognized as a national holiday by President Woodrow Wilson, families have been gathering to celebrate mothers, and celebrations typically include thoughtful gifts.

The role of mother can be a challenging job. Even though people strive to give moms the accolades they deserve, oftentimes mothers don't get enough credit or attention. That all changes on Mother's Day, when Mom is in the spotlight. Although there is no way to completely pay mothers back for their selfless actions and unwavering love, these gifts can help them feel that much more special.

Special meal

According to a survey by the National Restaurant Association, around 48 percent of people make plans to visit restaurants on Mother's Day. Since Mother's Day is so busy for restaurants, it is wise to book reservations early to ensure you get on the list, particularly if there is a specific restaurant Mom wants to visit.

Flowers

Anna Jarvis is credited with starting the push for a national day of recognition for mothers.

Jarvis incorporated carnations into the holiday. If you plan

to gift Mom a bouquet of flowers, add some carnations to the mix as a subtle nod to the founder of Mother's Day.

Time

Mother's sunday, May II

Various pronouncements state that

90 percent of the time parents spend with their children happens during their first 18 years of those youngsters' lives. As children get older, they naturally spend much less time with Mom and Dad, as they are spreading their wings and finding their place in the world. Offering your time as an older child can be the best gift of all on Mother's Day. Do something Mom loves, and do it together. That can be engaging in a hobby she enjoys, attending a theater show or concert, taking a walk through the park, or even planning to cook her a meal on a night apart from Mother's Day.

Gift of pampering

Mothers have a lot going on in their lives, and most of it involves helping others. Your Mom's needs and whims likely take a back seat to the demands she places on herself, and that can change on Mother's Day. Treat Mom to gifts that prioritize rest and relaxation. Put together a gift package that includes a massage, hair styling and a manicure at a local salon. Maybe Mom has been interested in trying acupuncture or an aromatherapy treatment to ease stress? There also are soaking and floating salt bath businesses where she can float in silence as the pressures of life drain away.

Mother's Day offers an opportunity to turn all attention towards Mom and treat her to various amenities and gifts.



Interesting facts about Memorial Day

Each year on the last Monday of May, Americans celebrate Memorial Day. Memorial Day is a federal holiday that honors and mourns American military personnel who died while performing their duties in service to the United States Armed Forces.

Memorial Day has a rich history and one that's worth revisiting as the nation prepares to honor the sacrifices made by its military personnel over the centuries.

• Freed slaves played a role in the establishment of Memorial Day. The American Civil War is the deadliest military conflict in American history, as the Union and the Confederacy each suffered more than 800,000 casualties by the time the war ended in 1865. According to History. com, as the war drew to a close, hundreds of Union soldiers who were being held as prisoners of war died and were buried in a mass grave in a Confederate prison camp in South Carolina. After the Confederate surrender, more than 1,000 now-freed slaves honored those recently deceased Union soldiers during a ceremony in which they sang hymns and distributed flowers. The ceremony was dedicated to the fallen soldiers and served as a precursor to what is now celebrated as Memorial Day.

Confederate soldiers were honored, too. Confederate losses during the Civil War outnumbered Union losses, and those losses were not forgotten



by southerners who survived the war. History.com notes that, in 1866, the Georgia-based Ladies Memorial Association, one of many similar organizations to arise in the aftermath of the war, pushed for a day to honor fallen Confederate soldiers. In fact, these efforts are believed to have influenced General John A. Logan. In 1868, General Logan, a Civil War veteran who was then serving as commander-in-chief first celebrants of Memorial Day. of a group of Union veterans, ordered the decoration of Union graves with flowers on May 30. The day would ultimately be known as "Memorial Day."

• It took a long time for Memorial Day to become a federal holiday. Despite tracing its origins to the immediate aftermath of the Civil War, Memorial Day did not become an official federal holiday until 1971, more than a century after the war ended. This is the same year the holiday was officially designated as taking place on the last Monday in May. The designation has periodically drawn the ire of veterans and military supporters who suggest it is now more widely seen as the unofficial beginning to summer and not a day in which the sacrifices of fallen U.S. soldiers are honored to the extent that they should be.

 Debate exists about which town has the longest history of celebrating Memorial Day. A handful of towns claim to be the That debate figures to continue in perpetuity, but History.com notes that Waterloo, New York, was officially recognized by U.S. President Lyndon B. Johnson as the birthplace of Memorial Day in 1966. Doylestown, Pennsylvania, and Rochester, Wisconsin are some other towns that claim to have celebrated Memorial Day since the mid-1860s.

Memorial Day has a rich history that highlights the importance of honoring the men and women who have given their lives while in service of the United States military.



Did you know this about May?

May is a festive month in many ways. Warm weather characterizes much, if not all, of May in many regions, compelling people to spend more time outdoors. And the spirit of summer starts to seep in as May flowers bloom. In fact, many people in the United States feel Memorial Day, an American holiday celebrated annually on the last Monday in May, marks the unofficial beginning of summer. That's not all there is to know about the often festive fifth month of the year.

1. Historians believe May is named after Maia, the goddess who embodied the concept of growth in ancient Roman religion and mythology. That makes sense, as May is the month when flowers and plants begin to blossom anew, inspiring a spirit of rejuvenation among individuals who are ready for warm weather and all the benefits it brings. The name "May" has evolved from the Latin word "Maius," which is short for "mensis," a word that Dictionary.com reports meant "Maia's month."

2. "The fastest two minutes in sports" occurs each May. The Kentucky Derby, sometimes characterized as "The most exciting two minutes in sports," is held annually on the first Saturday in May at Churchill Downs in Louisville. The Kentucky Derby is the first leg of the Triple Crown, and the atmosphere at Churchill Downs embodies the festive spirit of May. The Kentucky Derby also is known as "The Run for the Roses," as the winner of the race is draped in roses in the winner's circle.

3. One of the more beloved May holidays in North America, or at least the United States, is Cinco de Mayo. Though Cinco de Mayo is a regional Mexican holiday celebrating the Mexican army's improbable defeat of the French at the Battle of Puebla in 1862, the day has been co-opted in the U.S., where it has become a celebration of Mexican culture and cuisine. It's not uncommon for bars and restaurants across the

United States to offer special menus and discounted beverages on Cinco de Mayo.

4. Though the Kentucky Derby and Cinco de Mayo are festive occasions, Memorial Day weekend is when many people up the celebratory ante in the fifth month of the year. Memorial Day is a solemn American holiday that honors the U.S. military personnel who died while serving in the Armed Forces, and many communities host parades on the morning of Memorial Day to honor those sacrifices and the country's fallen soldiers who fought to protect it. But Memorial Day weekend also has gained a reputation as a festive weekend to spend with family and friends. In fact, a recent survey from WalletHub found that 44 percent of Americans planned to barbecue over Memorial Day weekend.







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Did you know?

Board games have been played for centuries.

Board games are popular ways to pass the time and socialize with family and friends. Board games have been played for centuries. The oldest board game is believed to have originated in the Middle East. It was discovered at the Royal Cemetery of the Sumerian city of Ur in 1928 by a British archaeologist. Highly decorated boards made of wood and inlaid shell and lapis lazuli were found and believed to be made between 2,600 and 2,400 B.C. The game was dubbed the Royal Game of Ur since its original name wasn't known.



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Find the words hidden vertically, horizontally, diagonally, and backwards.

WORDS

APRIL AWAKENING BLOOMS BREEZE BUDDING BUNNY CHIRPING **EGGS FLOWERS** GARDEN **GREEN GROWS INSECTS** NEST POLLEN REBIRTH SAPLING **SHOWERS SPRING SUNNY** SUNSHINE **TREES**



THIS DAY IN... 5 HISTORY

- 1866: MEMORIAL DAY IS FIRST CELEBRATED IN THE UNITED STATES AT WATERLOO, NY.
- 1904: CY YOUNG OF THE BOSTON AMERICANS THROWS THE FIRST PERFECT GAME IN THE MODERN ERA OF BASEBALL.
- 1973: SECRETARIAT WINS THE KENTUCKY DERBY.





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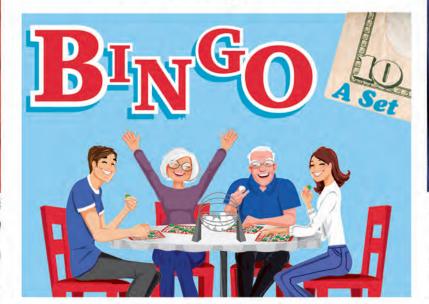


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CRYPTO FUN

Solve the code to discover words related to senior safety.

Each number corresponds to a letter.

(Hint: 4 = I)

A. 8 10 17 9 5 12

Clue: Caution

B. 8 9 26 4 22 24 8

Clue: Older adults

C. 10 11 4 26 11

Clue: Growing older

D. 19 22 7 4 17 12

Clue: Change or adapt

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C. aging

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Sun exposure and skin cancer

The phrase "get some sun" is heard far and wide between the months of May and September. Many people spend much of their weekends outdoors between Memorial Day and Labor Day, and that means exposure to the sun.

As the mercury rises and more and more people emerge from their winter and early spring hibernation, a rundown of the link between sun exposure and skin cancer can remind readers of the need to exercise caution when heading outdoors in the months to come.

Sun and skin cancer risk

Exposure to the sun is a risk factor for skin cancer. According to the American Institute for Cancer Research (AICR), exposure to ultraviolet radiation is the primary cause of skin cancer. Ultraviolet radiation comes from natural sources, like the sun, but also from artificial sources like tanning beds. The AIM at Melanoma Foundation notes that ex-

posure to the ultraviolet radiation is the main risk factor for melanoma, which the Melanoma Research Alliance notes is the deadliest form of skin cancer.

Does past exposure affect my risk today?

AIM at Melanoma notes that cumulative sun exposure and episodes of severe sunburns increase the risk of developing melanoma. According to the Skin Cancer Foundation, research has shown that the UV rays that damage skin also can alter a tumor-suppressing gene, giving cells less of a chance to repair before a progression to cancer takes place.

A single blistering sunburn in childhood or adolescence more than doubles a person's risk of developing melanoma later in life, while five or more sunburns more than doubles that risk as well. The damage to skin caused by a sunburn is indeed cumulative, so the more sunburns a person gets, the greater

The phrase "get some sun" is heard far posure to the ultraviolet radiation is the main that person's risk of developing skin cancer wide between the months of May and risk factor for melanoma, which the Melanobecomes.

So is a tan detrimental to overall health?

AIM at Melanoma notes that the tan many people hope to get and keep throughout late spring and summer is detrimental to their overall health. AIM notes that a tan develops when the skin tries to protect itself from UV rays by producing pigment as a protective shield. The more pigment the body produces, the darker the skin becomes. So a tan is evidence that the skin has been damaged by exposure to UV radiation. In fact, AIM notes that each time a person develops a tan, that individual's risk of developing skin cancer increases.

Spring and summer weather beckons people outside each day. When that call comes, individuals must make an effort to protect their skin from overexposure to the sun.

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Cancer Research

Fund reports there

were more than 330,000

diagnosed across the

globe in 2022."

How to conduct a skin care self-exam

Time spent soaking up the summer sun is one of the things that makes the season so appealing. Warm outdoor air has a calming effect that can make anyone feel more relaxed and comfortable.

As good as warm summer sun can feel, overexposure to the sun can be dangerous. The World Cancer Research Fund reports there were more than 330,000 new cases of skin cancer diagnosed across the globe in 2022. A significant percentage of skin cancer cases can be prevented, and prevention is a multifaceted process that includes skin care self-examinations.

Self-exams do not take up much time, and individuals can speak with their physicians about how frequently they should check

their skin for signs of skin cancer. The U.S. National Library of Medicine offers the following instructions for how to conduct a skin self-exam.

• Choose the right time to examine your skin. The USN-LM recommends conducting a skin exam after bathing. Women who routinely conduct breast self-exams can check their skin at this time as well.

• Use a full-length mirror. It's not always easy to examine skin throughout the body.

But signs of skin problems can occur anywhere on the body, including areas that might be to hard withsee help. out If possible, conduct self-exam of the skin in front of full-

· Identify what you're looking for. The USNLM notes you should be looking for any new skin markings. This includes bumps, moles, blemishes, and changes in skin color.

> • Pay close attention to preexisting moles. A potential sign

of skin cancer includes moles that change over Examtime. ine preexisting moles to see if they have changed in size, texture, color, and shape.

· Look for unusual moles. The US-NLM characterizes certain moles as "ugly duckling and feel different from near-

by moles and may be indicative of skin hard to see. cancer. Speak

with a dermatologist your forearm. if a self-exam covers the new cases of skin cancer moles with es or differences in colors or asymmetric shapes.

> Moles that look different from one side to the other also should be brought to the attention of a dermatologist. Moles that do not stop bleeding or will not heal also merit examination by a skin care professional.

When the time comes to conduct the exam, the USNLM recommends following these steps:

- Look closely at your entire body, both front and back, in the mirror.



Check under your arms moles." These unique moles look and on both sides of each arm. Be sure to examine the backs of your upper arms, which can be

- Bend your arms at the elbow, and examine both sides of
- Examine the tops and palms un- of your hands.
- Examine the front and back presence of of both legs.
- Examine your buttocks and uneven edg- between your buttocks.
 - Examine your genital area.
 - Examine your face, neck, the back of your neck, and scalp. Use both a hand mirror and fulllength mirror, along with a comb, to see areas of your scalp.
 - Examine your feet, including the soles and the spaces between your toes.
 - Ask a person you trust to help examine hard-to-see areas.

Skin cancer poses a formidable threat, but many cases of the disease are preventable. Routine skin self-exams are a vital component of skin cancer prevention.





Now You Know conversation-starting snippets for curious minds of all ages!

Just How Busy Are the Roads on Memorial Day Weekend?

Memorial Day is often characterized as the unofficial beginning of summer, and travel data suggests that characterization is well-deserved. According to the Transportation Security Administration, May 24, 2024, which was the Friday directly preceding Memorial Day, was the fourth busiest travel day in a 12-month period beginning in October 2023. On that day, airlines welcomed more than 2.9 million fliers onto their planes. And those figures pale in comparison to the number of travelers who took to the road over Memorial Day weekend 2024. The American Automobile Association reported that 38.4 million people traveled by car over Memorial Day weekend in 2024, proving that the spirit of summer vacation season, if not the season of summer itself, truly takes hold on the weekend preceding the last Monday in May.



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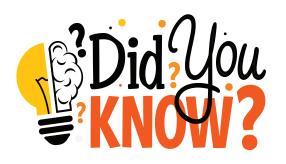
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How communities can honor local nurses

The stress associated with the nursing profession has been well documented. A 2022 study published in the journal BMC Nursing found that job stress not only has an adverse effect on nurses' health, but also may reduce performance and quality of care, potentially affecting the outcome of patients.

There's no denying nurses have a lot of weight on their shoulders. That reality underscores the importance of letting nurses know how much they're appreciated. Community leaders can consider these ideas as they look for ways to honor local nurses.

• Recognize nurses at public events. Parades, high school sporting events, holi-



The average adult will read between 200 and 400 words per minute. Older adults (over age 65) tend to read more than young people.

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day tree lighting ceremonies, and other community-centric events draw large crowds. That makes these events the perfect time to honor local nurses and emphasize all the work they do to help their neighbors. Ask a local nurse or two to serve as grand marshal(s) in a holiday parade and/or let local nurses flip the switch at a tree lighting ceremony. Community dignitaries like a mayor or local police chief can explain who the honoree is once the crowd gathers.

• Support a nursing charity. A community-wide campaign to support a charity that benefits nurses or causes important to nurses can be a great way to thank them for all they do. Various domestic and international organizations are linked to the nursing profession. Prior to introducing a campaign, community leaders can speak with local nurses to see if there is any specific charity or cause important to them. Some charities may provide job training in communities where nursing shortages have made it hard for locals to access quality health care, while others may finance health care operations, including staffing of nurses, in underprivileged countries.

• Publicize and support efforts to improve on-the-job safety for nurses. The

American Nurses Association noted that nurses were forced to reuse masks or purchase their own safety equipment during the peak of the COVID-19 pandemic. Communities that want

to express their appreciation for nurses can support efforts to ensure working conditions are safe for nurses and that nurses don't need to reach into their own pockets in an effort to avoid illness.

• Embrace public health efforts. One of the most effective ways to honor local nurses is to take a little off their professional plate. Community leaders can urge residents to get their annual flu shots and update other vaccinations in an effort to keep hospital admissions low, which in turn makes nurses' jobs easier.

Nurses are worthy of praise. Communities can do much to show these invaluable health care professionals how much their efforts and sacrifices are appreciated.



Secrets to a great grilled cheese

Grilled cheese is an ideal comfort food. It's crispy, buttery and full of warm and gooey cheese. Many people grow up enjoying grilled cheese as children, and then continue digging in to this delight as they get older.

When preparing grilled cheese, you do not want to rush the process. Try placing the grilled cheese in a cold pan and then letting everything heat up together slowly.

Aim for optimal coverage of butter or mayonnaise. Yes, you read that correctly. Some culinary experts, like the ones at Bon Appétit, recommend using mayo in lieu of butter to spread on the bread because it has a higher smoke point and is less likely to burn while cooking.

Next, select a good quality cheese that melts well. Some include colby, havarti, swiss, monterey jack, muenster, American, smoked gouda, and cheddar.

Then work with a recipe that will elevate the grilled cheese even further, such as "Smoked Gouda and Roasted Red Pepper Grilled Cheese," courtesy of the Food Network Kitchen.

Smoked Gouda and Roasted Red Pepper Grilled Cheese Yield: 4 servings

- 8 1/3- to 1/2-inch-thick slices Pullman bread
- 4 ounces smoked gouda, very thinly sliced with a cheese slicer
- 4 slices muenster cheese (about 4 ounces)
- 1 medium jarred roasted red pepper, drained, dried and thinly sliced
- 2 cups baby arugula
- 6 tablespoons unsalted butter, softened
- 1. Lay out 4 slices of the bread on a work surface. Layer each with some of the smoked gouda, 1 slice of the muenster, a thin layer of sliced red pepper (about 2 tablespoons), 1/2 cup of the baby arugula, and another layer of smoked gouda. Close the sandwiches with the remaining bread. Thinly and evenly spread the butter on both sides of the bread using 11/2 tablespoons of the butter for each sandwich.
- 2. Place 2 sandwiches into a medium nonstick skillet over medium heat. Cover the skillet with a lid and cook until the bread is evenly golden brown, about 2 minutes. Flip, cover again and cook until the bread is golden brown and the cheese is visibly melted, about 2 minutes more. Repeat with the remaining sandwiches.

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Common financial scams that target seniors

Financial scams are as old as the concept of currency. But consumers vulnerability to scams has seemingly increased in the twenty-first century, when the Internet and devices like smartphones have enabled scammers to gain access to potential victims' financial information and even gain virtual entry into their homes.

Seniors are targeted by financial scammers with such frequency that the term "elder fraud" has entered the English lexicon and is now widely recognized as a notable threat to individuals age 60 and older. In recognition of that threat, the Elder Justice Initiative aims to



support and coordinate U.S. Department of Justice efforts to combat financial fraud that targets older adults. Those efforts are ongoing and include a number of initiatives to educate older adults about elder fraud, including warning seniors about some notable scams that criminals use to target older adults.

- Social Security Administration Impostor Scam: When perpetrating this scam, criminals typically contact prospective victims via telephone and falsely claim that suspicious activity has prompted the suspension of their Social Security number. Scammers may also indicate money must be withdrawn from a potential victim's bank and stored on gift cards for security's sake. It's important to note caller ID spoofing is often utilized when perpetrating this scam so an incoming call appears to be coming from the Social Security Administration.
- Tech Support Scam: This scam involves criminals claiming to be representatives from widely recognized companies who are calling to inform seniors that viruses or malware have been detected on their devices. Some also may claim a target's computer has been hacked. The Federal Trade Commission notes perpetrators of this scam pretend to be tech support and request victims enable them to remotely access their devices or computer. Granting such access provides an avenue to view sensitive information, but scammers also

may diagnose nonexistent problems and charge a fee. But the scam does not always stop there. Some call back later and offer a refund to account for services that can no longer be rendered or to correct an overcharge. The scammers then request victims' specific banking details under the guise of "correcting" these alleged oversights.

- Lottery Scam: The lottery scam involves scammers calling potential victims and informing them they have won a foreign lottery or sweepstakes. Perpetrators of this scam typically identify themselves as lawyers, customs officials or lottery representatives. The telemarketers behind this scam may be based in Jamaica, but the U.S. Embassy in Jamaica warns that those behind the scam will ask winners to pay various fees, including shipping and customs duties, until victims' funds are exhausted.
- Romance Scam: The FTC warns that wildly popular dating sites, social networking platforms and chat rooms provide opportunities for scammers to identify and exploit potential victims. The aim of these scams, which many victims are too ashamed to report even after they realize they've been victimized, is to convince targets to send money in the name of love. But the EJI warns that online love interests who ask for money are almost certainly scam artists.

These are just a handful of the many ways that modern scammers target seniors. More information about these and other scams is available at justice.gov/elderjustice.



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Sports that can compel seniors to get up and move

Discussions about the benefits of sports participation are often rooted in how much young people can gain from playing a team sport. Older adults have much to gain from playing sports as well, and that's something retirees can keep in mind as they look for activities to fill their time.

A 2018 study published in the journal Biochemistry Research International found that physical activity can be a protective factor for noncommunicable diseases, including heart disease and diabetes, and can even help to delay the onset of dementia. The study also linked physical activity to improved quality of life and mental health. Sports require players to be physically active, so seniors who decide to dust off their athletic gear and play the following sports can reap all the rewards that getting up and moving has to offer.

• **Pickleball:** The popularity of pickleball has skyrocketed in recent years, with the Sports &

Fitness Industry Association estimating there are now roughly nine million pickleball players in the United States.

- Walking: Accessibility is one of the major benefits of walking. Even seniors with limited mobility can look to walking as a less demanding physical activity that compels them to get out of the house. And the benefits of walking may be more profound than people realize. Preliminary research presented at an American Heart Association gathering in 2023 estimated that walking an additional 500 steps per day, which is equivalent to roughly a quarter of a mile, was associated with a 14 percent lower risk for heart disease, stroke or heart failure.
- Softball: Baseball was the first love of many a sports fan over the years, and senior softball provides a way to maintain or even reignite that passion, all the while reaping the health benefits of sports play. Softball can help seniors maintain their



hand-eye coordination and improve their flexibility. But perhaps the most notable benefit of playing senior softball involves socialization. Senior softball requires being on a team, and the benefits of socialization for seniors are numerous, particularly when they play in leagues featuring players from outside their immediate social circle. A 2019 study published in The Journals of Gerontology found that older adults who socialize with people outside their typical social circle were more likely to have higher levels of physical activity and a more positive mood. Such individuals also had fewer negative feelings.

• Golf: Golf provides a range of health benefits that committed players are well aware of. Seniors who play golf, particularly those who walk the course instead of using a cart to get around, can reap the rewards of walking, including improved cardiovascular health, and even the benefits of strength-training, as carrying a golf bag around nine or 18 holes can build strength that protects bones and reduces the risk of fractures. Traversing a course also helps to burn calories, which can help seniors maintain a healthy weight.

The benefits of sports participation apply to people of all ages, including seniors.

Did you know?

The benefits of exercise for seniors are innumerable. In order to get the physical activity they need, many older adults are turning to pickleball. Pickleball combines elements of tennis, wiffle ball and ping-pong into an activity that is drawing new enthusiasts every day. Fans often say that pickleball is the most fun racket sport they have played. With a smaller court than tennis and a lighter ball, pickleball is ideal for seniors who won't have to worry about the sport being too high-intensity. The Medical University of South Carolina says pickleball is the fastest-growing sport today, particularly among seniors. The 2023 Sports & Fitness Industry Association Report on Pickleball says pickleball has attracted 8.9 million U.S. players of all ages and fitness levels.



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Senior Savvy

Do sleep needs change as adults grow older? notes that the recommended amount of sleep for adults is at least seven hours each day.

The Centers for Disease Control and Prevention

Adults know much about their health changes as they grow older, but health experts note that sleep requirements generally remain the same throughout adulthood. According to the National Institute on Aging, older adults need roughly the same amount of sleep as all adults. The Centers for Disease Control and Prevention notes that the recommended amount of sleep for adults is at least seven hours each day, and various organizations recommend adults get between seven and nine hours of sleep per night. Those recommendations can promote optimal health into one's golden years, but that advice is not being heeded by a significant portion of the adult population. The CDC Behavioral Risk Factor Surveillance System (BRFSS) tracked the sleeping habits of men and women between 2013 and 2022 and ultimately found that 37.5 percent of men and 36 percent of women were not getting enough sleep during that time period. The percentage of individuals not getting enough sleep was particularly high among adults between the ages of 39 and 64, among whom nearly four in 10 were falling short of the recommended daily amount of sleep.

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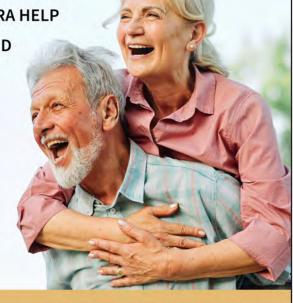
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Email: activities@beltonseniorcenter.org; Activity Director, Judy Owens: 254-770-7958;

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	y	,	,	1	2	2
Zumba Class on				8/9 Beg. Line Dance	Exercise Classes	Dance on May 1
T/Th is				10 Improver Line D.	8:45 and 9:40	at 6:30, featuring
from 6-7 \$5/class				9 Quilting	10:30 Improver	Out of the Blue.
No class on				12 Canasta	Line Dance	Band.
1st/3rd Thurs,				6:30 Dance	12 Bridge	
4	5	6	7	8	9	10
	Exercise Class	8 Mex. Train Doms.	Exercise Class	8/9 Beg. Line Dance	Exercise Class	
	9-9:45	8/9 Beg. Line Dance	9-9:45	10 Improver Line D.	9-9:45	
	9 Woodcarvers	10 Improver Line D.	10:30 Bible Study	9 Quilting	10:30 Improver	
	10:30 Line Dance	9Quilting/12 Canasta	12 Bingo	12 Canasta	Line Dance	
	12 Dominos 42	6 Zumba Class	1 Arts and Crafts	6 Zumba Class	12 Bridge	
11	12	13	14	15	16	17
Happy	Exercise Class	8 Mex. Train Doms.	Exercise Class	8/9 Beg. Line Dance	Exercise Class	Dance on May 15
Mother's	9-9:45	8/9 Beg. Line Dance	9-9:45	10 Improver Line D.	9-9:45	at 6:30, featuring
Day!	9 Woodcarvers	10 Improver Line D.	10:30 Bible Study	9 Quilting	10:30 Improver	Good Ol' Boys.
		9Quilting/12 Canasta		12 Canasta	Line Dance	Band.
	12 Dominos 42	6 Zumba Claas	1 Art Painting	6:30 Dance	12 Bridge	
18	19	20	21	22	23	24
Senior Appreciation	Exercise Class 9	8 Mex. Train Doms.		8/9 Beg. Line Dance	Exercise Class	
Dinner-Mon., May 19		8/9 Beg. Line Dance	9-9:45	10 Improver Line D.	9-9:45	
5:30 p.m.	10:30 Line Dance	10 Improver Line D.	10:30 Bible Study	9 Quilting	10:30 Improver	
Sign up at Front	12 Dominos 42	9Quilting/12 Canasta	_	12 Canasta	Line Dance	
Desk!	5:30 Senior Dinner	6 Zumba Claas	1 Arts and Crafts	6 Zumba Class	12 Bridge	
25	26	27	28		30	31
	Memorial Day	8 Mex. Train Doms.		8/9 Beg. Line Dance	Exercise Class	
		8/9 Beg. Line Dance	9-9:45	10 Improver Line D.	9-9:45	
	*****	10 Improver Line D.	10:30 Bible Study	9 Quilting	10:30 Improver	
		9Quilting/12 Canasta	J -	12 Canasta	Line Dance	
	Center is closed.	6 Zumba Claas	1 Art Painting	6 Zumba Class	12 Bridge	
			 Upcoming Events: 1. The Center is partnering with the City of Belton on offering a new Zumba class on Tues. and Thurs. from 6-7 p.m., except for 1st and 3rd Thursdays when we have our regular dances. Cost is \$5 per class. 2, Dances - Thurs., May 1, with Out of the Blue; and Thurs, May 15 with Good OI' Boys Dances start at 6:30 p.m. and cost \$5 per person. 3. The Center is closed Monday, May 26, for Memorial Day! 4. Senior Appreciation Dinner, Monday, May 19, at 5:30 p.m. Sign up at the front desk! Quilt Raffle Drawing is at the dinner. 			



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