

SUMMER 2018: Our Brains

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A
JOURNEY
to the
Land of
Gray Fog

pg.12

Should I
go back to
WORK?

pg.14

COVER
STORY

pg.24

BETTER BRAIN
HEALTH?

DEAL ME IN

pg.21



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Leisure Care
Chris Lucero
VP, Sales & Marketing

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Publisher/Editor-in-Chief
Max Wells
mwells@wisepublishinggroup.com

Managing/Copy Editor
Carol Pearson
carol@wisepublishinggroup.com

Art Director
Mike Inks, MLI Design
www.mlidesign.co
mike.inks@wisepublishinggroup.com

Ad Sales
ads@wisepublishinggroup.com

Production:
MLi Design
www.mlidesign.co

Printing:
Journal Graphics
www.journalgraphics.com

Contributing Authors

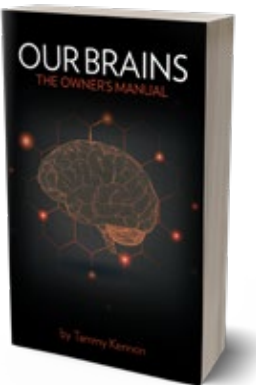
Monique Brennan
Mark DiGiovanni
Nancy Gertz
Tammy Kennon
Robert Horton
Pam Mandel
Skye Moody
John Pearson
Chris Peterson
Misha Stone
Arica VanGelderren
Jeff Wozer
Rabbi Elana Zaiman

Proofreaders
Cheryl Knight
Diane Smith

Our Brains:

Understanding the games they play as we age.

24



FEATURES

- 5. **Letter From the Executive Vice President**
Finding more ways to LIV FUN!
- 14. **Color Me Retired**
She asked that ultimate question — “Should I go back to work?”
- 24. **Our Brains — The Owner’s Manual**
New research shows us what we can do to help keep our brains fit
- 38. **When Long Lines Happen to Good People**
How to stay sharp while waiting between the lines

DEPARTMENTS

CREATIVE LOAFING

- 8. **Entertain Your Brain!**
Book, movie and music reviews
- 12. **Out and About: The Land of Gray Fog**
A cheeky traveler’s guide to the Land of Depression
- 20. **Brain Games**
Crossword and Sudoku

40

USEFUL NOW

- 6. **Style Wise: Does This Make My Brain Look Big?**
To dress as the ultimate brainiac, focus on these new nerdy trends
- 21. **Healthy U: Game On!**
Want a healthier brain? Deal the cards
- 22. **Money Matters: Whipsawed**
Our brains, our behaviors and our bucks
- 31. **Advice for the Journey: Finding the Spark**
A retired art teacher struggles to reignite her creative passion

32

PERSPECTIVE SHIFTING

- 32. **Your Life Well Lived: Hunting Awe**
Where will I find beauty today?
- 34. **Live Big. Live Bold: Food for Thought, Fitness for Life**
How to leverage the mind’s power over our physical well-being
- 40. **Ethics & Spirituality: It’s the Gremlins**
Blame these little critters instead of lashing out at your loved ones

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LETTER FROM THE EXECUTIVE VICE PRESIDENT:

More ways than ever to LIV FUN!

by Greg Clark, EVP

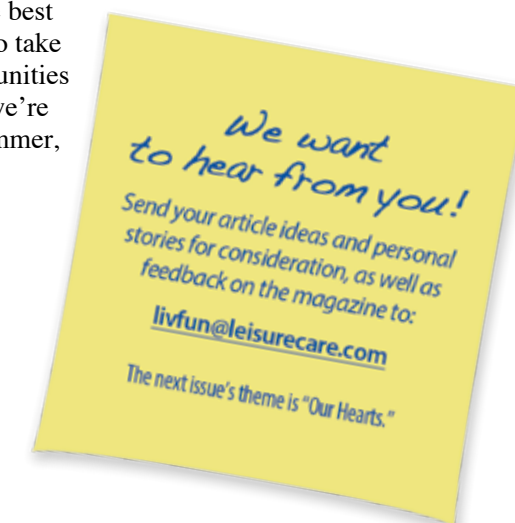


As spring gives way to summer, it seems like this year is flying by. In the last issue, we talked about getting engaged and trying new things, and I hope you've had a great start to the year filled with some new experiences. It is good to see so many residents taking advantage of Travel by Leisure Care again this year — those trips are such a fun way to meet new people and connect with friends and family on a fantastic vacation. Our cruise to British Columbia is completely sold out for May, but we still have space on our Mexican Riviera cruise hosted by Meg Davidson, one of our operations directors, and our President's cruise to the Caribbean hosted by Dan Madsen, our president and CEO. Give them a try, and stay tuned for some other non-cruise trips next year, too.

Travel is just one of the ways to LIV FUN, and there are many more right in your back yards. We're very proud of what we do in our communities, and we are always working to bring new ideas, innovative programs and fun opportunities to everyone who lives with us. And we do have a lot more people living with us this year. I'd like to extend a warm welcome to all of the residents and staff who have joined the Leisure Care family this year, in every community. We also welcomed new communities to the family in Ohio, Florida, New York and Colorado so far this year and are bringing our culture and experience to even more people.

For our employees, this means a renewed focus on living a balanced life — we call it the Three-Thirds Lifestyle — with family first, community involvement and philanthropy second, and work third. We are committed to this and believe that by treating our employees well, our residents get the best service possible. For our residents, we're going to take care of all the "have-tos" and offer lots of opportunities for "want-tos." Life is a journey, and as long as we're living . . . we should be *living*! Have fun this summer, and thank you for your trust and your friendship.

Cheers,
Greg



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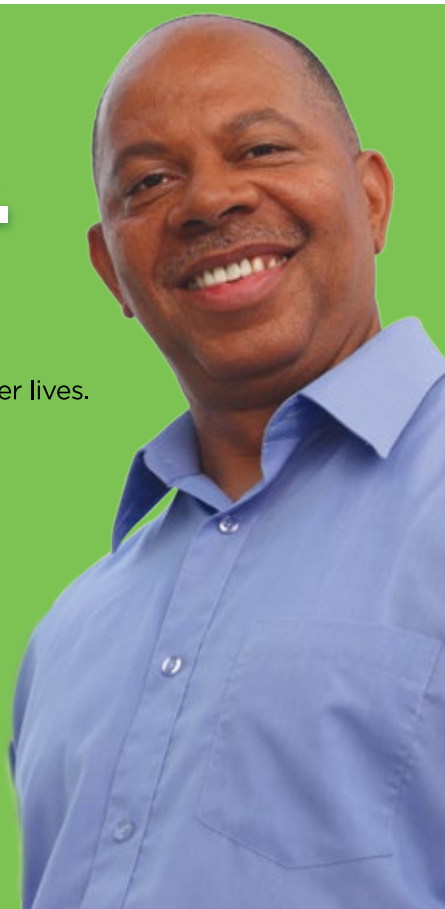
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The three Senior Corps programs – RSVP, Senior Companions, Foster Grandparents are administered by the Corporation for National and Community Service, the federal agency that improves lives, strengthens communities and fosters civic engagement through service and volunteering.





To dress as the ultimate brainiac,
forget the old nerdy trends and focus on the new nerdy trends.

by Skye Moody

Novelist, essayist, photographer and world traveler

StyleWise Expressing Your Unique Self

Brain is made up of approximately 60% fat. The other contents include water (also flexible like fat) and more complex parts with which we aren't concerned. Fat and water are pretty flexible, and, as every imperfectly shaped person knows, flexibility is everything when tugging up that zipper or buttoning that shirt.

Dressing as a brainiac, however, trying to impress on others that you're a genuine brainiac, entails a bit more complex strategy.

The brain may not be a beautiful organ to behold, or it may be considered exquisite, depending on the viewer, yet it is generally hidden from the outside world until the brain's owner opens his or her mouth. Yipes. Is this person really that STUPID?

So we try to impress others with our outward appearance: "I'm smart enough (and lucky!) to have survived this long, I can't be all that stupid, so why should I give off the impression that I'm clueless?"

What if I, or my child, or grandchild, want to make it crystal clear from first appearances that "I am brainy?" That more than hot air exists between my ears? Then, of course, first impressions are everything and style is of the utmost importance. Being an irrepressible scrutinizer of sartorial quirks, I find marvelous examples of how we humans style ourselves so to appear — not necessarily as who we are, but — as who and what we imagine as our "true self."

Let's play dress up. First, I scour the Internet and fashion magazines for inspiration. All the advice says, "If you want that job, or that committee post, or that first date, then spiff up your wardrobe to shout 'Sartorial Genius!'"

Not in today's world, my dear. At least not in the economic meccas of the world. Let's just take three U.S. economic blockbusters: New York, Seattle, Silicon Valley. Want a job in one of these lucrative and expensive cities? Listen up.

On the day of the interview, be sure to bathe and comb your hair. Splash

on a little sexy cologne, not too much. Smile like you mean it, and don't slouch. Iron your shirt, and wear proper pants or a skirt — no jeans. Now, here's where things get touchy: If you want to appear like a genius, don't overdo the sartorial splendor. Please. That is so out.

Otherwise, ignore *all* the information you've read on the Internet about how to dress like a brainiac, like the one they're going to hire. Keep in mind we live in an era of clones; so dress like your prospective boss, only slightly spiffier.

"Known for eschewing such formalities as neckties, this son of mine was wearing a suit, dress shirt and a necktie. What is the world coming to?"

For Silicon Valley, the entrenched boss chooses baggy pants, preferably unwashed jeans, narrow knife-slit glasses, a blue shirt of any description, semi-wrinkled, or a funky T-shirt with a clever message. "Tito's Handmade" works every time. Shoes? Converse or slippers. Head shaved to the max. All this to say, "Don't mess with me, man, 'cause I'm a brainiac, and I can hack the world into oblivion. You should know this by my appearance, and if you missed that, you're brain is obviously fallow."

In Seattle, a woman brainiac, once vetted and hired (gorgeous at the first interview, remember) wears well-torn jeans and layers of shirts and leather necklaces, topped by a hoodie. Her hair hasn't been washed in a month; she plays with it constantly, running it through her mouth as if teething, while a waiter at a fancy bar hovers over her in his tuxedo hoping she's finally decided between a green tea and a Highland's Special Cask. She wears

no makeup nor real jewelry other than the woven karma bracelet, possibly accompanied by a beaded Buddha bangle. These latter two match her male counterparts' accessories. Each of these techies ranges in age from 21 to 40; each earns somewhere in the vicinity of \$250,000–\$2 million. They might pay taxes; I suspect they do; many have enough problems with their visas.

Back East, where sartorial tradition is losing power faster than the Fourth Crusade, brainiacs shun ties and often go without socks, despite blizzard conditions. An open shirt collar — no intelligent male dares don jewelry at the neck unless posing as a savant — and for formality's sake, a man might carry a pressed handkerchief concealing a length of dental floss.

Women dispense with the masculine look, today choosing couture more akin to Stormy Daniels, daring the brainiac men to make a pass at them. Of course, only the posers fall for the feminine ruse and are soon deserted by the brainiac female who prefers a Palo Alto chum who could care less what she's wearing.

The point is, to dress to the brainiac ultimate, forget the old nerdy trends and focus on the new nerdy trends. Spend a day at the New York City Library leaning against a lion, observing the couture arriving for tonight's special event. Spend an afternoon or evening in a Los Altos restaurant, observe the sartorial mix. Before long, you'll know exactly who's the loser and who's the boss. The losers wear tuxedos or dress shirts with ties. But you knew that. Because they're wearing their brains on their sleeves.

The other day, while trolling the Internet, I came across a newspaper photograph of my son, a tech executive, standing before one of those paper backdrops advertising some huge hotel chain in Asia. Known for eschewing such formalities as neckties, this son of mine was wearing a suit, dress shirt and a *necktie*. What is the world coming to? ♦

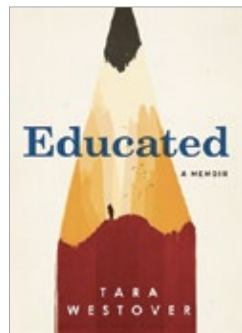
Entertain Your Brain: Books

by Misha Stone

Readers' advisory librarian & Booklist Magazine blogger

“Maybe the question should be: Is there a book that didn’t change your life? Reading a book is an experience, and every experience changes your life, a little bit or a lot.”

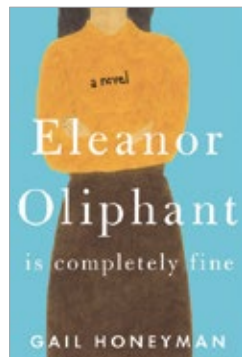
— Ursula K. Le Guin



Educated: A Memoir

by Tara Westover (Random House, \$28.00)

This debut memoir explores the bonds of family, their strengths and tenuousness, and the long road to discovering yourself when you have been raised by extremists. Westover grew up with six siblings on a mountainside in rural Idaho with parents who adhered to a strict Mormon faith. The Westover kids were educated at home and barely educated about the world at large. They were also inculcated with a fear and distrust of the government and formal education. Their father's junkyard and his survivalist plans were their classroom, and they labored there without a safety net. At the age of 17, Westover applies to go to college; she struggles to learn the social and academic rules of the mainstream, eventually mastering them and soaring. Yet guilt and shame follow her, even as she fills her brain with a wider sense of the world and her place in it. What if your desire to learn and to join the wider community puts you at odds with your family? This searing account of love, betrayal and reconciliation resonates with the raw strength it took to share it.



Eleanor Oliphant Is Completely Fine

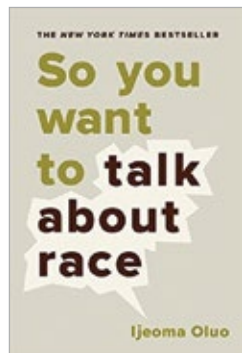
by Gail Honeyman (Pamela Dorman Books, \$26.00)

Honeyman's quirky debut delves into the life of a young woman whose social ineptitude and isolation is slowly unpeeled as she starts to open herself to new possibilities. Eleanor is a dutiful employee at an advertising firm, where she has made no friends but makes sure the company's budget is airtight. She spends most of her time alone and drinks way too much vodka on the weekends. Her weekly phone calls with her mother reveal a "project" to find the perfect man, and when she spots him, she catapults herself headlong into a self-improvement regimen. But when she and her colleague from IT, Raymond, find themselves rescuing an old man who collapses on the street, Eleanor's world transforms through an unlikely friendship. Eleanor's past also starts to emerge in fragments as she connects with Raymond and Sammy, the man they helped; the painful past that created Eleanor's isolation slowly peeled back, ultimately elevating this complex and initially unlikeable character. Eleanor will resonate with those who enjoyed Fredrik Backman's *A Man Called Ove*.

So You Want to Talk About Race

by Ijeoma Oluo (Seal Press, \$27.00)

If you want to have better, more substantive conversations about racism and the systems of oppression that uphold it, this book is a great place to start. Seattle journalist Oluo offers a brave and essential voice in our current conversations about race. As a writer for the women's collective The Establishment, as well as for *The Washington Post*, NBC News, *Elle Magazine*, *TIME*, *The Stranger*, the *Guardian* and others, Oluo, a self-described "Internet yeller," builds her career as a moral compass of sorts. This book is an approachable primer. Chapters on topics like racism, microaggressions, intersectionality and privilege create a framework for understanding race and power. Interlaced with Oluo's personal experiences in the world as a black queer woman, she helps us learn more about the complex sets of issues at the heart of our society.



Entertain Your Brain: Movies

by Robert Horton

Hearty congratulations to our own Robert Horton, recently elected to the prestigious National Society of Film Critics.

“Everything I learned I learned from the movies.”

— Audrey Hepburn



Gifted (2017)

This low-key and immensely likable film ups the ante on Matt Damon's natural-born *Good Will Hunting* math genius: Here the brainiac is just seven years old. Meet Mary (McKenna Grace), an orphan who lives a modest life with her laid-back uncle (Chris Evans, taking a break from his role as Captain America). The concept of innate genius is an irresistible one for movies — there's invariably a scene where the whiz kid goes to a blackboard and solves an insoluble equation, to the astonishment of experts — and this movie's got that in spades. There's also a subplot about Mary's grandmother (the frosty Lindsay Duncan), who wants to get her away from the loving uncle and into an elite school. But what's best about this story is its lived-in Florida atmosphere, the gentle interplay between uncle and niece (and a sympathetic teacher played by Jenny Slate), and the debate about a legitimate question: Is intelligence something to be pursued single-mindedly for its own sake, or does it need to be surrounded by silliness and socializing? (Available streaming on YouTube, Google Play, iTunes, Amazon and HBO; on DVD from Netflix.)



Eternal Sunshine of the Spotless Mind (2004)

Screenwriter Charlie Kaufman (who also penned the mind-bending *Being John Malkovich*) won an Oscar for this script, a heartfelt blend of high romance and *The Twilight Zone*. In the film's world, science has made it possible to erase the parts of our brain that contain bad memories, a procedure that both Joel (Jim Carrey, suppressing his usual manic energy) and Clementine (Kate Winslet) have chosen in the aftermath of a soured love affair. Ah, but the human brain is a funny thing. And — as we must figure out for ourselves, given the movie's Rubik's Cube-like structure — it seems that memory can't entirely be denied. The film comes down squarely on the side of the mind needing to be a repository of the good and bad, the happy and sad; without the rich interplay between those ideas, something human gets lost. That director Michel Gondry can put this across without the film drowning in melancholy is something of a miracle in itself. (Available streaming on YouTube, Google Play, Amazon, iTunes, and Vudu.)



Agora (2010)

Displaying brainpower is not always a safe activity, as history tells us. This was especially true for Hypatia of Alexandria, who not only dared suggest that the Earth might revolve around the Sun and not the other way around, but also had the temerity to be a woman astronomer and teacher in the 4th century. Played by the formidable Rachel Weisz in this loosely fictionalized film, Hypatia emerges as someone whose fierce hold on rational thinking makes her a dangerous element in her traditional society. Director Alejandro Amenabar does something remarkable here: He makes the explanation of planetary alignments and other scientific ideas as suspenseful as a chase scene. And in the end, we discover how Hypatia's stubborn insistence on reason truly is a life-or-death matter, a conclusion that unfortunately seems perennially relevant. (Available streaming on Amazon, Vudu, Tribeca Shortlist, YouTube, and Google Play.)

Entertain Your Brain: [Music](#)

by John Pearson

Retired musician and lifelong enthusiast

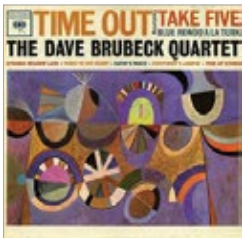
“I’m beginning to understand myself. But it would have been great to be able to understand myself when I was 20 rather than when I was 82.”

— Dave Brubeck



Time and Tide (Album) — Basia, 1987

Basia’s smart, sophisticated and sometimes sassy debut album was certified platinum in 1989, right around the time of the release of her second highly popular album *London Warsaw New York*. As a singer-songwriter, she had years of experience before becoming an “overnight” sensation with the success of *Time and Tide*. The album showcases brilliant musicians expertly backing her powerful yet controlled, wide-ranging alto. Not less impressive than the crisp arrangements, superb performances and quality recording, Basia has at least partial songwriting credit on each tune. For this reviewer’s money, there is not a bad selection on the disc; if pressed I would name the title track, “Promises,” and “Run for Cover” as favorites. However, the insights and strength revealed in “Prime Time TV” and “How Dare You” should not be overlooked.



Time Out (Album) — The Dave Brubeck Quartet, 1959

Breaking with long-established tradition, jazz great Dave Brubeck created a sensation in the late ’50s and early ’60s by experimenting with alternative time signatures. In particular, “Take Five,” the catchy hit written by Paul Desmond, has become a classic crossover track played frequently on venues other than jazz. It uses a 5/4 time signature (and shares this attribute with Jethro Tull’s “Living in the Past,” to name another in this rarefied musical space). Brubeck’s quartet shows off its fluency on several of the album’s other tracks by changing time signatures back and forth within these selections, foreshadowing the Beatles’ seemingly effortless change from 4/4 to 3/4 and back again in “We Can Work it Out” and “She Said She Said.”



Ten Summoner’s Tales (Album) — Sting, 1993

At the peak of his profession, Sting created something of a masterpiece in this work. Aside from the popular singles “Fields of Gold” and “If I Ever Lose My Faith In You,” there are three cerebral numbers that deserve special attention. His exploration of the psychology behind games of chance in “Shape of My Heart” is, in this reviewer’s experience, unique and powerful and has the ring of truth. The lyrics are well-matched to the mood of the piece; the same could be said of the hauntingly confessional “It’s Probably Me.” On a lighter note, the humorous “Seven Days” is sung over a clever and beautifully executed complex rhythm — a real jewel!

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Out and About: Journeys Completed or Contemplated

A Traveler's Guide to the Land of Depression

"... in moments of clarity, you may realize that you have spent far too long in this place you do not want to be and you do not know the way out."

Travel changes us; a journey to this particular place is guaranteed to have you feeling like you're someone else.

by Pam Mandel

Freelance travel writer and photographer

Permanent January. A gray blanket fort. Fog. 19th century Russian literature.

If these things have limited appeal for you, you are not alone. Yet in spite of the dull edges, lack of color, and very little else to recommend it as a destination, nearly 16 million Americans make an annual journey to the Land of Depression, some taking up residence for months, even years at a time.

The country is as multifaceted as it is dully tedious, offering everything from a week or two of feeling glum, a season of light-deprived blues, or a complete metaphorical drowning in a black lake of murky water that is just above body temperature, making it hard to realize that your lungs are slowly filling with despair.

It's popular wisdom that the best travel changes you, and a journey to this territory is guaranteed to have you feeling like you're someone else in no time. The worst new you awaits! For long-lasting, effective transformation, you can't beat depression as a destination. This guide will help you know what to expect from your journey.

Disclaimer: For a monochromatic country, depression offers a staggering array of nuance. This guide was accurate as of May 2018, but please be aware that while things seem to take for-flippin'-ever in depression, they also change frequently and without notice. We strongly recommend you do your own research in addition to reading this guide.

A NOTE FROM THE AUTHOR

Shortly after my birthday this year, my doctor diagnosed me with severe recurrent depression. After a few months of treatment I'm feeling much better and back on the road to a happier self.

In addition to seeking medical treatment, part of what eased my burden was speaking candidly about my condition — treating it like the flu or an injury enabled me to feel less guilt and shame about what is a medical disease. Speaking openly about my issues, I found that my social circle was eager to help, much like they'd stop by with soup were I down with a bad cold. Their support continues to be a gift. I strongly encourage anyone who's suffering for more than a week or two with sadness, despair or general lethargy to seek medical help. Depression is a treatable medical condition, and you do not have to suffer.

FACTS ABOUT DEPRESSION IN OLDER ADULTS:

- Depression affects more than 6.5 million of the 35 million Americans aged 65 or older.
- Late-life depression increases risk for medical illness and cognitive decline.
- Unrecognized and untreated depression can have fatal consequences.
- Depression is the single most significant risk factor for suicide in the elderly population.
- Older adults are at increased risk for depression. About 80% of older adults have at least one chronic health condition, and 50% have two or more. Depression is more common in people who also have other illnesses (such as heart disease or cancer) or whose function becomes limited.
- Older adults are often misdiagnosed and undertreated. Depression is not a natural reaction to illness or the life changes that may occur as we age. Older adults often do not seek help because they don't understand that they could feel better with appropriate treatment.
- Estimates of major depression are much higher for older adults who require home healthcare or hospitalization.

ARRIVAL

The route to Depressionville is varied. In fact, most travelers don't know they've arrived until they're informed by a medical professional or, in some cases, an insightful friend. "You need to see a doctor," your friend may tell you. Upon completing the required entry form, the PHQ-9 (a questionnaire health practitioners use to diagnose depression), you will be informed if you're in-country.

You might find you've been in-country for quite some time already, without being fully aware of your presence therein. Consider the PHQ-9 a sort of "You Are Here" designation, one you will need to fill out nearly every time you encounter an authority figure of any kind. "Yes," they will say, "I know you filled this out yesterday. Today is a different day."

The porous nature of the borders is such that one moment you may be in-country; the next, out. This lack of clarity about where you are,

Traveler's Guide: Continued on page 43

COLOR ME RETIRED



© bowie15

Something missing in your retirement?

Try this colorful approach to pinpoint what you need in your post-work life.

by **Monique Brennan**

Certified career coach and freelance writer



Her words hung in the air ... I couldn't believe my ears. Cheryl was an A-list attorney who had worked for one of the most prestigious law firms in the city. I had always admired her impeccable reputation, her professional presence, and for always seeming to have a sort of movie-star quality (you know, the type of woman who makes you rethink your entire wardrobe).

That day, I was envious as we sat and chatted; she had just spent 18 months enjoying what I would have thought was the epitome of a perfectly customized retirement plan. She had exited her law firm on her own terms, was financially well off, healthy (in a "hiking mountains" type of way), had plenty of hobbies and a love for taking trips to see the world.

As we sipped lattes, I swooned to Cheryl's engaging stories of visiting distant relatives in Munich, hiking through New Zealand, and exploring Istanbul with her bestie.

Her storytelling didn't end with her travels, as she regaled me with how she finally could find the time to adorn her walls with her collection of art works from around the planet (I nodded, pretending to have a clue who the artists were), and I winced with the details she shared about excavating her cottage property with her bare hands (I told her I used my bare hands for excavation too by googling local companies to do it for me).

Then she dropped the bomb. Even with all that she had accomplished, Cheryl confessed she wasn't "herself" and felt restless and unfulfilled ... especially now that her checklist was complete. Sure, she had other places to travel, but she felt something was missing; something fundamental to her overall happiness and bigger than her own interests. She figured it was her profession that she missed; the teamwork, the deadlines, and what she called "the thrill of the kill" (her words, not mine).

"I'm thinking I need to go back to work," she admitted.

Going Beyond the Bucket List

It seems Cheryl is not alone. Roughly 30% of retirees, after the initial exhilaration fades, feel a sense of loss and an urge to go back to work. (Garver, 2014) For Cheryl, the loss was so strong she thought she might even be depressed for the first time in her life, a surprisingly common problem among retirees. (Levine, 2017)

More and more studies are showing us that a fulfilling, healthy retirement isn't as straightforward as an activities checklist, merely doing the things we enjoyed while on vacation or the things we didn't have time to get around to when we worked full time.

Advice on how to get it right is plentiful and can be confusing: We might need to volunteer, we must continue to learn, some advise us to work part time, others tell us it's



important to maintain our relationships, while some tell us to leave everything and go live in another country. There seem to be as many variations to retirement as there are of people retiring.

In Cheryl's case, she had expected to be satisfied with spending her days doing what she had always dreamed about: travel, renovations, yard work, gardening, family, reading the classics. Yet she soon realized that while these things gave her joy, they didn't replace the meaningful work she had left behind.

To help Cheryl pinpoint exactly what she meant by her "purpose," I suggested several materials, one of which she particularly liked: *The Color Code* by Dr. Taylor Hartman, a personality assessment that helps determine what's most important to your essential happiness. It's a simple yet powerful way to determine our inner motives based on four

personality "colors": red, blue, white and yellow. (Hartman, 2007)

What Color Is Your Retirement?

According to Dr. Hartman's theory, each color type has distinct character traits:

Red people are power wielders. They like to get things done, are proactive, assertive and decisive. They like to be in charge.

Blues are the "do-gooders," motivated by a desire for intimacy, connection and service. Volunteering and giving back are important to them.

White represents the peace-makers, those with the ability to stay calm in any type of situation; they crave routine and a peaceful experience for all involved.

Yellows are the fun lovers. They live for the spur of the moment and are sociable and spontaneous, adventurous and daring.

According to Dr. Hartman's assessment, Cheryl turned out to be a Red, the "power color." She is a dominant, natural leader who likes to make decisions, influence others, and needs accomplishment and productivity for satisfaction in life.

This didn't come as a surprise; she was known to everyone as a "take-no-prisoners" driver at her firm; she was, however, surprised to learn that this is who she was outside of work too.

Understanding this, Cheryl knew she had to recapture the meaning she previously found at her job. She wanted to make decisions again other than choosing wood stains; she wanted to apply her vision to something more than guessing the plot to the next episode of *The Crown*; and she needed to influence others besides her Siamese cat.

Dr. Hartman's assessment (and others like it) can be incredibly helpful in providing us a deeper self-awareness when our hobbies aren't enough for



“I’m thinking I need to go back to work ...”

fulfillment. By providing us with the much-needed “why” behind our passions, we can find some explanations for what’s missing.

For example, a “blue” couple — who’ve lived in the North and enjoyed satisfying lives because of the intimacy they found with co-workers and neighborhood friendships — might dream of a beach-front condo in the South to escape the wind-chill. Once there, they’re surprised to find their southern home not quite as warm as they expected without friends and family to share it with.

Similarly, “yellow” retirees who were always keen to gather after work with coworkers will thrive in retirement communities where group excursions include zip lining and surfing, followed by late afternoon card games and cocktails.

However, that same environment might not be fully embraced by “whites” like me, who may become homicidal when their tranquility (aka reading a biography in the shade by the

pool) is interrupted by the splash from a spirited “yellow’s” cannonball jump.

At first glance, Dr. Hartman’s Color Code might seem overly simplistic considering our human complexity; yet in a world with abundant choices and many psychological layers, its simplicity might be its inherent power.

This sort of self-awareness is not only instrumental in planning retirement, but can possibly stave off and explain mental health issues for those who have fallen into a “retirement rut” during a phase in their life when they should be feeling the happiest. (Horner, 2012)

As for Cheryl, I ran into her recently, and we stopped long enough for me to learn that she was back to “making things happen,” working on two boards and supporting a few startup firms with cybersecurity legalities. She said she was “feeling the best version of herself” and, as she put it, found her “sweet spot” with a modified work/retirement schedule that gave her the perfect balance of pleasure and purpose.

I complimented Cheryl on how stunning she looked in her suit, and she winked as she ran her fingers over the silk scarf around her neck: “I think it’s this red scarf that gives me radiance ... I hear the color suits me.”

Then, off she went, continuing to dominate the world during her retirement. ♦

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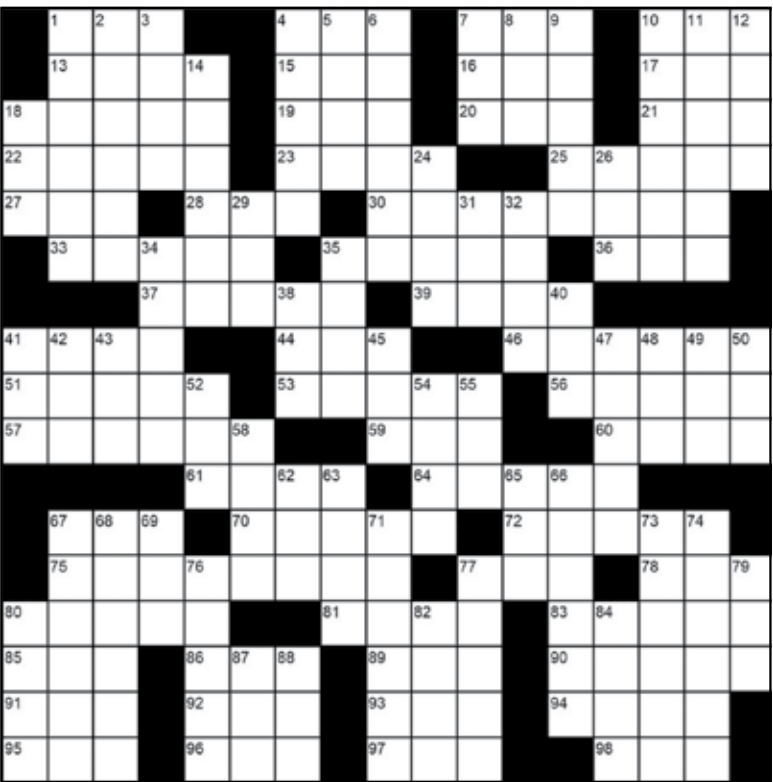
- 1 Letters in racing
4 Leather worker's tool
7 Radon, e.g.
10 Rotten
13 More than a duo
15 Classical heptad?
16 Compass point
17 Downed
18 First word in a quote, defined by the remainder of the quote
19 Queasy
20 Harper Valley org., in song
21 First part of the quoted definition
22 Lassos
23 Expression of grief
25 Posted a review
27 High in Arabic
28 One with a charge
30 Second part of the definition
33 Jeer
35 Excessive interest
36 Investment options
37 Some are urban
39 Pocket protector person
41 Island nation
44 TV spots
46 Geometry giant
51 Third part of definition
53 State in the Bible?
56 Last part of the definition
57 Largest city in Cameroon
59 Feminine pronoun
60 Something to drop in the '60s
61 Slangy hats
64 Sometimes it's garbage
67 Day named for a mythological Norse goddess, abbr.
70 Archibald, Dagg and Thurmond
72 Unreactive
75 First name of the originator of this puzzle's quote
77 A distinct period of history
78 A distinct period of history
80 Prometheus _____
81 Wrest
83 Bustling
85 Sea eagle
86 Female on a farm
89 Whiz
90 Last name of the originator of this puzzle's quote
91 Common modern children's diagnosis, abbr.
92 Goes with mas
93 Set
94 Viscount's superior
95 Naval prefix, abbr.
96 Explosive channel?
97 Poet's before
98 Quilting activity

DOWN

- 1 Counter adjuncts
2 Steamy
3 Freshwater fish
4 Relating to birds
5 Determination
6 Some fragrances
7 Econ. indicator
8 Colony member
9 Grassy ground
10 Was up at home
11 Sparta foe
12 One might be good
14 Cease developing
18 Support unit?
24 Ignore
26 Golf ball path
29 It is frequently in poetry
31 Anger
32 Age-old stringed instrument
34 City whose tribal name means "upstream"
35 Agcy. that stamps prime, choice or select
38 Retains title
40 Christen
41 It may be baked with lemon
42 Something out of this world?
43 Heat unit
45 A family member, familiarly
47 Shipping container
48 Fond du _____
49 Jr.'s son suffix
50 Hotel sign, abbr.
52 Addition
54 Not that
55 Female fowl
58 Isn't wrong?
62 Morse word
63 Partnerless
65 Slop denizen
66 Anxiety
67 Norwegian sights
68 Things bought at a bar
69 Lodge
71 Anger
73 Leave the workforce
74 Toy (with)
76 Dexterous
77 White poplar
79 Carney, for one
80 Belle's date
82 Laptop make
84 Q-Tip
87 Pale
88 Is in France, sometimes

Crossword Puzzle

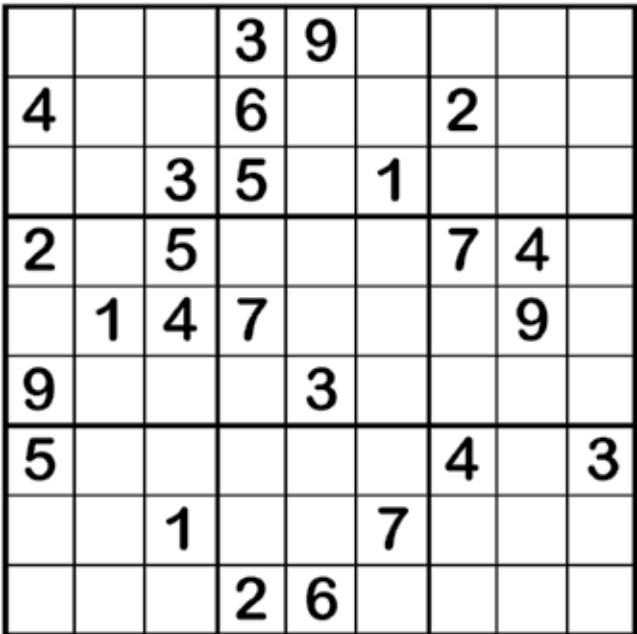
"If I Only I Had a ..."



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Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.



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DIFFICULTY ★☆☆☆☆



Want to improve your brain function? Deal the cards.

by LIV FUN editorial staff

In 2007, at the tender age of 82, Leonard Melander became the oldest winner of a major U.S. national bridge championship.

The retired physician from West Bloomfield, Michigan, said that it is the intellectual challenge, the problem-solving satisfaction that makes bridge so attractive. He believes it not only keeps his brain sharp, but the social aspect of the game staves off isolation and depression, common problems for many seniors. (Saraceno, 2015)

He's right. While you may think of card games as a nice, quiet way to pass the time, they are also incredibly good for our mental health. Researchers are discovering there are two specific benefits from playing games with others:

1. The intellectual challenge helps keep our brain firing; and
2. Socializing with the other players keeps loneliness, isolation and possibly depression at bay.

According to Dr. Keith A. Josephs, a neurologist at the Mayo Clinic in Rochester, Minnesota, both of these things are important to keep our brains performing well.

"Patients [who play games] are less likely to be depressed; hence they sleep better, tend to exercise more, and have a better life in general. They do better from a cognitive standpoint," Dr. Josephs explains. (Saraceno, 2015)

It's not just for the retired set either. Financial mogul Warren Buffett and tech billionaire Bill Gates are both avid bridge players, often playing against each other. Don't know how to play bridge? Don't worry; you can find similar benefits from just about any game, from checkers to Yahtzee.

"Playing a game together is a great way to take the pressure off forced conversation. It gives everyone a chance to get to know each other better through a shared activity," explains a staffer at Daily Caring. "Plus, simply having fun with other people keeps seniors happily engaged in life and avoids the health dangers of senior isolation." (Daily Caring, 2015)

And while it's great way to connect with family and friends, according to Dr. Kathy N. Johnson, it may actually stave off dementia and cognitive decline.

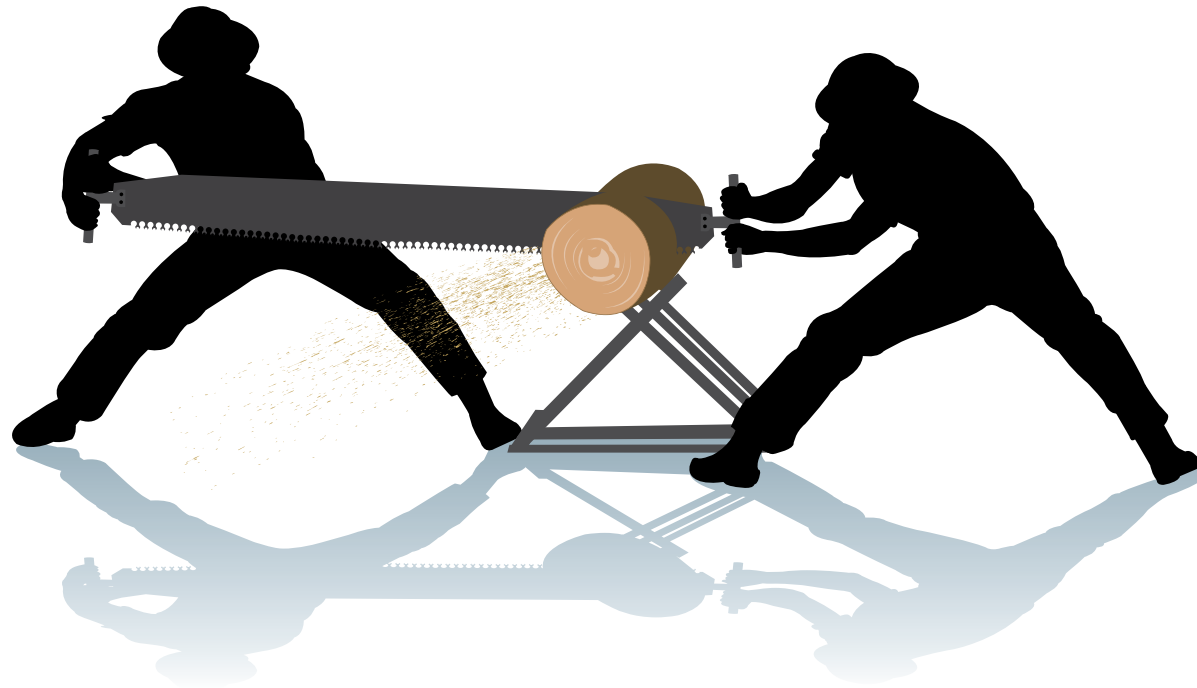
"Every time seniors play a card, board game or even computer game, they're staying sharp — stimulating their brains and staving off the on-set of dementia or even Alzheimer's disease," Dr. Johnson notes. "This conclusion comes from long-time and recent studies that found that seniors who engage in mentally demanding leisure activities lowered their risk of developing Alzheimer's disease and other dementia by as much as 75 percent." (Johnson, 2018)

This Friday night, try turning off the TV and get a card game going, or break out that old Monopoly board. Your future brain just may thank you for it. ♦

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WHIPSAWED



A fascinating look at our intellectual games of give and take.

by Mark DiGiovanni
Certified Financial Planner

Ultimatum is a deceptively simple yet revealing game, often played in economic experiments. The idea is for players to interact and decide how to divide a given sum of money between them. The first player proposes how to divide the sum, and the second player can either accept or reject the proposal. If the second player rejects it, neither player receives anything. If the second player accepts, the money is split according to the proposal. That's it. The game is played only once, so reciprocation is not an issue.

Logic would dictate that the second player should always accept the offer, whatever the amount, since rejecting it means he'll receive nothing. Yet it appears our human thoughts on greed, fairness and justice often overcome this simple logic.

If the offer by the first player is deemed unfair by the second player (typically something south of a 2-1 split), the second player will usually reject the offer, if only to keep the first player from receiving an "unfair" reward. (Cressey, 2008)

Our brains, it appears, may be hardwired for a less-than-altruistic approach to money, even as we want to be generous people.

"We simply tend to get a bigger rush from greed than we do from generosity."

It's Not Just in Your Mind; It's in Your Brain

Neuroeconomics is a relatively new and growing field that seeks to understand how humans make decisions about money, fusing theories from biology, economics and psychology. Researchers have pinpointed two specific areas of the brain that regulate how we act around money:

1. the nucleus accumbens, which controls our serotonin and dopamine levels among other things; and
2. the posterior superior temporal cortex, or PSTC, which influences how we relate to others.

It turns out that our attitudes toward money have a lot to do with our serotonin levels, one of "feel-good" neurotransmitters the nucleus accumbens secretes. Using the *Ultimatum* game, researchers found that players who had lower serotonin levels rejected the "unfair" offers far more often than players with normal serotonin levels, even though logically it's a bad decision. They would rather the other player get nothing than take a smaller share for themselves. (Crockett et al., 2008)

In another study, researchers had players participate in a game where the rewards were for charity, not personal gain. They noticed that during these decisions, the PSTC became active, showing that altruism and generosity impulses reside in this area of our brains. (Montague and Chiu, 2007)

Why Greed Is so Seductive

The studies showed an interesting phenomenon: The nucleus accumbens and the PSTC cannot both function simultaneously. When one area is active, the other is dormant.

Apparently, our brain must make a decision; it can be either greedy or generous, but it can't be both at the same time.

During this conflict, one side has a distinct advantage. The stimulation we receive from dopamine, from the nucleus accumbens, is far more addictive than the pleasure we receive from altruism, via the PSTC.

In other words, we get a bigger rush from greed than we do from generosity.

Stress, Need and Greed

The effect of long-term stress comes into play here too. Whenever we are under stress, the brain releases large doses of cortisol into the pre-frontal cortex — the part of the brain responsible for maturity and responsibility. In large doses, this cortisol inhibits the function and the development of the pre-frontal cortex. So someone who grows up with the stress of poverty, for example, may become greedy in adulthood. Likewise, someone who has suffered financial setbacks is more likely to be obsessed with their possessions and "having enough." And it's hard to be charitable when we feel like we don't have enough of what we need.

Understanding that we're hardwired this way makes it easier to comprehend why greed and materialism dominate the lives of so many, and why giving away what we own — whether it's money or those old golf shoes you haven't worn in years — can be so hard.

We're only now beginning to accumulate real knowledge of how the brain functions where money is involved. And as always, knowledge is power. Now, when your better angels are stymied by those old fears of lack, at least you'll know why. Then you can make decisions based more on logic than those darker impulses. ♦

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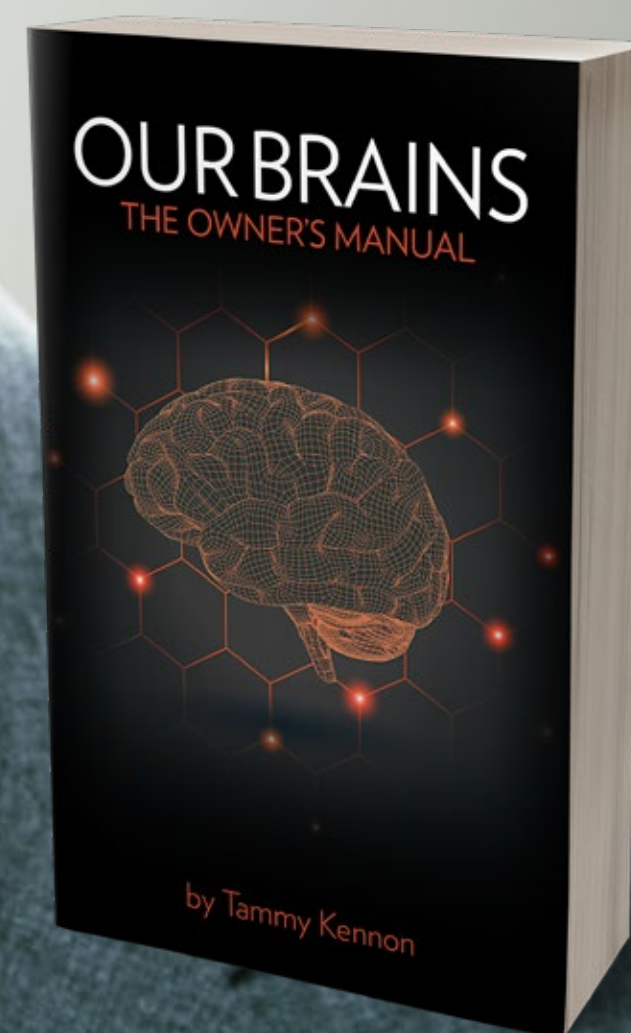
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OUR BRAINS

“We can take actionable steps to build and maintain better cognitive function.”



by Tammy Kennon

Writer, journalist, sailor and traveler

We are not the hapless victims of an immutable and deteriorating brain. New research shows us what we can do to help keep our brains fit.



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In what's been called the most "extraordinary discovery of the 20th century" and the "biggest discovery in 400 years," neurologists have found that the adult brain is not only malleable, but it is also capable of forming new neurons and pathways throughout life. This fundamental shift in brain science means we are not the hap-

less victims of an immutable and deteriorating brain. In fact, with the development of new tools to watch the brain in action, scientists have found the opposite: We can take actionable steps to build and maintain better cognitive function.

We'll look at a few science-based ways to protect and improve the mission-critical muscle in our heads.

THE FOUNTAIN OF YOUTH

Explorers have been chasing the Fountain of Youth for centuries, but perhaps they should have just gone to the gym. Brain imaging has revealed that an older adult who exercises regularly has a brain that looks like that of a much younger person.

While any type of exercise promotes brain health and wards off deterioration, a 2013 study led by the Dana-Farber Cancer Institute found that endurance training in particular triggers neurogenesis or new growth in the brain. (Dana-Farber Cancer Institute, 2013) Any type of exercise where you gradually increase aerobic endurance, such as running, walking or swimming, a little farther each time sparks neurogenesis in the hippocampus, the area linked with learning and memory.

Aerobic exercise (the kind that makes you sweat) stimulates production of a protein called FNDC5 in the bloodstream. Over time, FNDC5 promotes another protein in the brain called

BDNF, which prods new nerve growth along with the synapses that connect those nerves. This kind of exercise essentially forges new pathways, a hallmark of a healthy, growing brain.

Other studies have shown that aerobic exercise contributes to memory maintenance, protects existing brain cells, and promotes continued cognitive function. One animal study in Kyoto found that in addition to spawning new growth, exercise activates an enzyme that destroys the amyloid plaques implicated in Alzheimer's disease. (Maesako et al., 2012) The bottom line: Long-term aerobic exercise not only benefits the existing tissue, but guards against damaging buildup that can cause memory loss.

The U.S. Centers for Disease Control and Prevention recommend a minimum of two and a half hours of aerobic exercise per week. A 30-minute session five days a week, even broken up into two 15-minute segments, can improve and protect both the body and the brain.



SLEEP ON IT

Sleep has always been a popular topic in brain science; now, new technology that allows scientists to monitor brain activity during sleep has brought new insights into the restorative value of a good night's sleep. Recent revelations show that our brains do a lot of housekeeping while we're snoozing.

Just last year, sleep scientists discovered that the brain uses the "down" time to flush out toxins, particularly those that form in the brains of Alzheimer's patients. (Maric et al., 2017) At the same time, the brain does work directly related to memory retention, placing our newest memories into the brain's filing system.

Unfortunately, aging often comes with sleeping issues. Drifting off to sleep gets more challenging; we wake up more frequently during the night, and then our eyes pop wide open before the sun comes up. This shaves off minutes and hours from deep, restorative sleep, and our brains are left without enough time to perform critical self-maintenance.

Neurologists refer to the chronic lack of sleep as "insufficient sleep syndrome," and it's the most prevalent diagnosis at clinical sleep laboratories. While it's well documented that chronic sleep deficit negatively impacts our health, last year neurologists proved that it also adversely affects decision-making.

Researchers in Zurich peeked into the brain activity of 14 subjects who slept only five hours per night for a week, well short of the recommended 7–9 hours per night. As the days passed, the participants made increasingly riskier financial decisions, alarming on its own, but even worse, the zombies functioning at a sleep deficit couldn't even recognize that their behavior was changing.

Other studies have found that adequate sleep lowers stress, improves metabolism, reduces inflammation and increases life span. Are you getting sleepy?

Photo top © gradyreese / Photo bottom © Studio-Amika

BRAIN FOOD

A study at the Chicago Health and Aging Project made a particularly convincing discovery in 2012 by tracking the health and eating habits of thousands of participants. They found a direct correlation between the development of Alzheimer's and a diet high in saturated fats, those found in dairy products, meat and some oils. And by contrast, diets low in saturated fat cut the risk of developing Alzheimer's by two-thirds. (Morris et al., 2012) That's pretty simple math. Limiting saturated fat in your diet reduces the risk of getting Alzheimer's by 66 percent.

The other "bad" fats, the trans fats found in fried foods, fast foods and pastries, were also implicated in declining memory function.

Swapping out bad fats with foods rich in vitamin E, such as almonds and green leafy veggies, can multiply the brain-boosting benefits. Vitamin E has long been known to prevent cell damage caused by free radicals, but now we know that eating foods rich in vitamin E also delays the onset of Alzheimer's and reduces the risk of memory loss — and not by a little. For some groups the risk is reduced by a stunning 70 percent.

Other micronutrients have proven to protect memory, including the B vitamins found in pork, poultry, spinach, fortified cereal and broccoli, among others.



GIVE WORDS WINGS

Researchers in Japan have made a rather remarkable finding while exploring the potential benefit of specific activities on dementia patients. The researchers conducted a battery of tests on their subjects to measure the frontal lobe function, including fluency, reflexes, mental flexibility, motor programming and conceptualization.

Over the course of six months, some of the subjects regularly read aloud and performed math problems while a control group did not. At the end of the six months, those performing the daily tasks showed significant improvement in their mental and physical performance, including the restoration of some communication skills and an increase in independence. Those in the control group showed continuous decline. (Kawashima et al., 2005)

This study bolsters other findings that there is measurable benefit in staying active as we age. Participating in social activity and critical thinking, even those who already have dementia, can slow its progress — and in some cases, it's possible to regain some lost function.

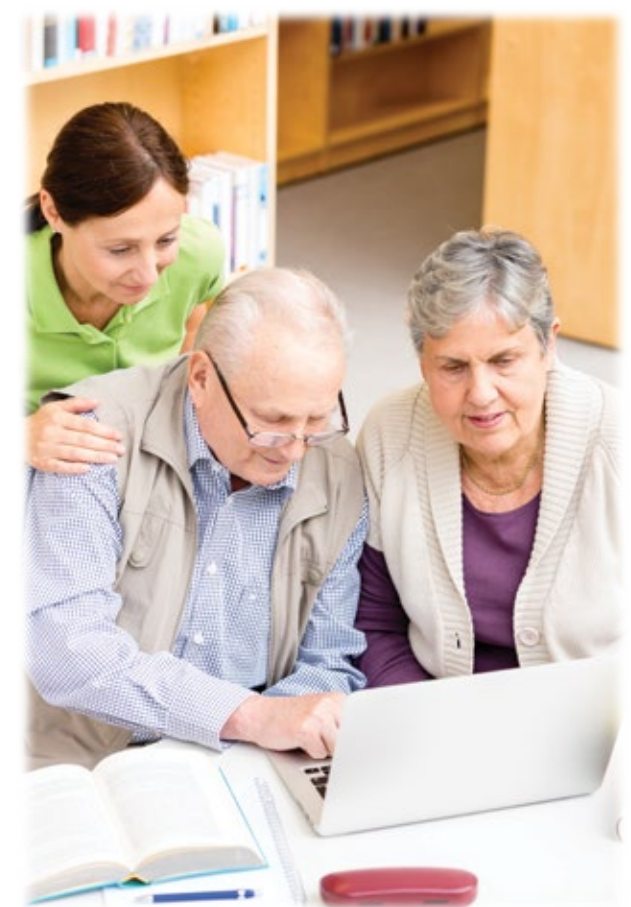
BRAIN CHANGING

If you feel like you're in a rut, you probably are. The human brain naturally finds neural pathways and then uses them over and over, making an actual rut through the gray matter similar to a well-worn path through the woods. Engaging in activities that require intense focus and new ways of thinking jumpstarts the brain, sending neurons to pioneer a network of new paths where there were none before. In one experiment, scientists found that four hours of focused learning doubled the number of these new connection points in the brain.

Different types of learning can promote development in specific parts of the brain. For instance, a 2006 study in London compared the brains of bus drivers, who continually drive the same route, to taxi drivers, who are required to commit the sprawling and complex city map to memory — and then apply that knowledge on a daily basis. Neuroimaging revealed that, compared to the bus drivers, cabbies had increased gray matter in the hippocampus, which plays an important role in consolidating memory from short term to long term and especially the type of memory critical to spatial navigation. (Maguire et al., 2006)

There is strong evidence that older adults who stay active socially, mentally and physically are protected from the onset of dementia, even if they have the APOE e4 allele gene that marks a greater predisposition for developing Alzheimer's. When we engage in learning, whether it's watercolor painting, tap dancing or speaking Sanskrit, the introduction of new thought processes quite literally changes the brain.

In fact, even the time and focus you exercised to read this article has changed your brain. Now that's a win/win. ♦



"Everything we do, every thought we've ever had, is produced by the human brain. But exactly how it operates remains one of the biggest unsolved mysteries, and it seems the more we probe its secrets, the more surprises we find." — Neil Degrasse Tyson

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Advice for the Journey: Personal Advice and Expert Opinions



by Arica VanGelderren, LLMSW

Clinical social worker and therapist

Question: I retired from teaching art at the high school about a year ago. I loved sharing my passion for creativity with my students, and they always inspired me to work on my own projects. Since I retired, I can't find the motivation to create on my own.

I have always been a creative and artistic person, but now it feels like I've lost that part of myself. I try to force inspiration by looking for new and interesting projects or techniques to try. I usually feel a spark of excitement at the beginning, but it

fades so quickly. I find myself wandering through the arts and crafts store, buying supplies for new projects that I never start. The projects I do manage to start sit; I can't seem to finish. I feel guilty when I see all the supplies I've bought over the past year ... I want to feel inspired and motivated, but it feels like my creative cord is unplugged, somehow.

My family and friends are starting to worry about me, which makes me feel even worse. What's going on? Why can't I access the creative part of myself anymore?

Answer: First, please understand that the emotional reaction you are describing is completely normal. You found purpose and meaning in your career as an art teacher, and retirement means you've lost this consistent source of motivation and creativity. So feeling adrift is perfectly understandable.

The challenge is not to allow yourself to stay in this uninspired state. You *are* still a creative and passionate person; it just might take some time to find a new way of expressing that.

You might seek out volunteer op-

portunities in your community that include teaching arts and crafts to children and/or adults. You could also look into taking classes at local art galleries or community centers. Challenge yourself creatively in some way, and push through the resistance you'll feel as you do so. I believe it could be the catalyst you need to access the creative part of your identity again.

Lastly, remember to treat yourself with patience and kindness during this time of transition. The guilt you mentioned is understandable; use it

productively to help spur your personal, intellectual and creative growth. Transitional periods of life require patience, presence and determination to arrive at a place of personal empowerment, and self-criticism or judgment impedes that process.

Remember that personal development is always possible, regardless of our age or circumstances. We change in myriad ways throughout our life span, and we must continually discover new ways to help ourselves to grow. ♦

Your Life Well Lived: Wellness Advice for Mind, Body and Spirit

HUNTING AWE

Where will I find beauty today? What will take my breath away?

*“In this magical place, the sun rises over the pristine bay
and lowers over the craggy mountains.”*

by Nancy Gertz

Health and well-being coach in Boston

© Nancy Gertz

My inbox is ravenous. Like a hungry tiger, it is continually opening its mouth and getting fed, no matter how full it is already. It scans the virtual terrain all night and day, never stopping. Even when the power is turned off, it keeps hunting and gorging itself. It's overwhelming to be its trainer and partner, and some days I'm not sure who is in control anymore, the tiger or me.

Despite how much progress I make on reducing the stack of emails by shifting, prioritizing and deleting, I rarely get a satisfying sense of completion anymore. And I'll admit, there is a certain boost of excitement when I open it up to see what's landed there. Maybe something wonderful has happened! It reminds me of when I was a kid and my parents would excitedly await the mailman's arrival, as if they'd get news of winning the lottery.

I worry that I'm becoming like the inbox, never truly sated, always on alert, looking for the next morsel to arrive with a ping.

Somewhere along the way of envisioning my next winter getaway, the seed got planted that what I needed most, more than escaping Boston's new bombogenesis storms, was to abandon the tiger and, well, declutter the inbox of my mind. Tame the frenzy. Experience more ease overall. Stop thinking about all the things I have to do, get off the busy acceleration highway, and indulge in some stillness, beauty and simplicity; maybe even read a few good novels. I knew that my email inbox would be virtually vomiting by the time I returned to normal life, but it would all be worth it.

Fast forward, I found myself flying off for three whole weeks to one of the most beautiful places I've ever been, a small town on a bay along the Sea of Cortez. I had been there a few times in the past, so traveling alone, renting a house and car, and knowing where to buy groceries felt pretty manageable, even without the benefit of speaking Spanish. The casa was a long way from Boston, symbolic of how far afield it was from my “normal” life — the one with the insatiable inbox and its partner in crime, my cell phone.

I arrived and was surprised by how

exhausted I suddenly felt. What was this — my body's resounding plea for rest? It made sense of course after all the travel, but I'm not sure I would have heard it so clearly had I not turned my attention away from my digital dictators. I listened up and slid into total relaxation and rest.

It took two days for a sense of peace to settle in. At first I felt like it was wrong to tune out so completely. Guilt and fear, the brain's way of staying vigilant about our own behavior, flashed here and there. What was I thinking that I could just turn away from everyone and everything like this? Was I being irresponsible? What would happen if Mom or the kids needed me and I was so far away? What about my clients?

I chose to let the worrisome messages glide by like bad-tasting bait, noticing but not allowing myself to get hooked on them. It wasn't easy, but I stuck with it. Eventually, those messages seemed to disappear, replaced by a tentative sense of peace that took some time getting used to. When was the last time I just let myself be?

In this magical place, the sun rises over the pristine bay and lowers over the craggy mountains. Both directions, the soft fluidity of the sea and the solidity of the mountains, seemed to be within my arm's reach. My days had a smoothness and certainty as I moved with ease between sunrise and sunset.

Each morning began with an early sunrise walk on the beach to the cliffs where I absorbed the majesty of Earth's awakening. The sunsets, like bookends, were viewed from the rooftop every evening before dinner. I inhaled the colors of the sky above the mountains. They filled me with their glory. I was overflowing with gratitude and appreciation. It was a restorative kind of overwhelm, as if I couldn't contain all that was alive within me, but at the same time I yearned for more.

The sky, sea and mountains colluded to keep me awake — in wonder — of the glory of nature's beauty and simplicity and my own delight in being part of the Universe.

Scientists are now seeing there are changes in the brain and the body that

suggest that nature is good medicine. We are physically and mentally healthier when we are in nature. We tend to be more relaxed in natural spaces, anxiety and rumination are lessened, and positive emotions are increased. The cursed attention bombardment of ubiquitous technology can be soothed by nature's power to restore the brain's attention circuits, which can boost our creativity and problem-solving skills.

Any physical activity can reduce stress and anxiety — my walks were an important part of my un-gym fitness routine — but there's something more about being in awe. The beauty of nature's gifts inspires awe — a feeling like wonder, when we sense both our own smallness and the vastness of the Universe at the same time. This experience of awe, beyond feeding the soul, makes us feel more generous and better connected to others, which kindles even more positive feelings. So much was happening for me even though I really wasn't doing anything more than staying in tune with nature.

Inbox? It can wait.

I came home and brought the peace with me, though I'm sure I'll need a booster. It's not easy to hold on to when my scheduled and busy life has a much faster rhythm. I'm making some different choices though. I'm an awe-hunter now.

Where will I find beauty today? What will take my breath away? I'm catching more and more moments when I stop and feel the wow of wonder. One thing I know for sure — they don't happen as much when I'm lost in the digital world. I prefer nature's bounty. ♦

Read more:

For more about the science of awe and nature and how it affects our bodies and brains, go to www.fulfillmentdaily.com and www.greatergood.berkeley.edu. Experience it yourself by taking some time in nature, by reminiscing about a beautiful place you've been, or looking at photographs. Awe can be found in ordinary life in even the most mundane things. In addition to nature, sources include art, impressive people or feats, music, watching a child laugh, and noticing excellence of any kind.



Live Big. Live Bold.

Your Life, Your Rules

FOOD FOR THOUGHT

FITNESS FOR LIFE

by Chris Peterson

Leisure Care Media Manager

Have you ever finished a nice, long walk or enjoyed a healthy meal and thought *I wish I hadn't done that?*

Probably not. Our brains and our bodies are all part of the same machine; taking good care of one part naturally makes the rest of it feel that much better. And this time of year, with those longer days and warmer temperatures, is a great time to embrace a new approach to the body-mind connection.

Fortunately, residents of Leisure Care communities have plenty of options. PrimeFit is Leisure Care's signature fitness program designed exclusively for seniors.

It Starts With Our Attitude

Unlike most gyms, PrimeFit caters especially to the needs of retirees. You won't see any iron Adonises pumping heavy metal here. Instead, PrimeFit is all about encouraging activity, ability and wellness through individual training and group activities.

Recently, we interviewed Lindsay Johanson, a PrimeFit coordinator for Fairwinds – Brittany Park. We wanted to know some of the struggles seniors face in choosing a healthy lifestyle and what seniors can do to meet their fitness goals. Lindsay has been working in PrimeFit for more than three years and brings a bachelor's degree in exercise science to her role at her community.

"To be honest, it wasn't necessarily something that I really pictured myself doing when I was going to school," Lindsay told us. "But after I graduated, I had the opportunity to work in an injury rehab clinic. That really opened my eyes. I like the type of fitness where people are truly trying to improve themselves — to have a better quality of life."

We all know that retirement offers more opportunities to indulge — it is retirement after all! High-calorie coffee drinks, pastries, desserts and rich meals seem to always be at our beck and call.

There's also a physiological cause for overindulgence. For many seniors, age brings on a change in palate. We start to

How to leverage the mind's power over our physical well-being.

crave intense flavors. Those of us who used to skip dessert now find we crave sugar. A turkey sandwich used to be a fine lunch; now only a cheeseburger with fries will do.

"Any weight loss is a little trickier when people get older because you do see the change of appetite," Lindsay explains. "And they tend not to eat the most nutritious offering because they're not always hungry, so they try to reach for the things that are going to taste better with more intense flavors — but that isn't necessarily the healthiest or the most nutrient-filled food."

She stresses weight loss shouldn't be the goal for most individuals

entering a fitness program. Overall wellness and improved ability is really what programs like PrimeFit offer participants.

"I'm not a huge believer in weight-loss-gear exercise," she explains. "I try to talk with people and see what it is that they want to change. Are there certain things that they can't do that they want to be able to do? And then we focus on that. The key to any program (weight loss or not) is just to keep it consistent."

Meeting the Resistance Head On

Lindsay understands that fitness for seniors can be emotionally challenging. "It is very easy to get discouraged

and to lose the motivation because, at an older age, your body doesn't recover and it doesn't improve as quickly as a lot of people like to see," she explains. "People will come in to work out for a couple weeks, and if they don't see a noticeable change, a lot of times they want to drop out."

PrimeFit instructors understand the emotional side of working out. They also know that if you stick with a program, change will happen.

"Most of the time, we get comments from the family members," Lindsay says. "They see a noticeable change in their parents — that they're able to get around the house more easily, or they



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“I like the type of fitness where people are truly trying to improve themselves — to have a better quality of life.”

seem more active, or even more alert in conversation.

“It’s harder to see the little changes day by day; but we’ve had people move from their wheelchair to a walker. Or from using a walker to no walker at all,” Lindsay explains. “It does take longer the older we get, but these little daily changes make a huge difference in life.”

When a resident is dedicated to improving their life, it inspires the PrimeFit instructor too.

“When you work with them, they’re working to be able to have better balance, or to be able to climb the stairs at a family member’s house, or to get away from using a walker,” she explains. “You see the motivation and know they realize how beneficial this will be in their lives. Even outside of the physical part, they all have amazing stories. And most of the training

sessions, we’re chatting for the full half hour, and we exercise during it, and they share all the different stories about their lives. It’s just so interesting to get to know our clients for the people they are.”

Embracing the Outcome

The key to success in PrimeFit is understanding that fitness and wellness are all about embracing an attitude of health. That doesn’t mean adopting an extreme diet or hitting the weight machines or the exercise bike for hours every day.

“I think the biggest thing is just being able to have small goals and being able to show them their improvement from day one compared to where they are now,” Lindsay explains.

Because PrimeFit is about encouragement and overall fitness, no matter what your speed or your inclination,

you can find a form of exercise that will positively impact your lifestyle and your wellbeing. Maybe the idea of personal training is a little intimidating right now, but a stroll with your friends sounds like something you might enjoy. Go for it! Joining the walking group is a step on the path to a healthy lifestyle and definitely part of the PrimeFit program.

Maybe you’ve noticed everyday tasks are getting a little harder. Maybe there’s a particularly persnickety pickle jar that you want to show who’s boss. As we age, because we lose muscle mass, we also begin to lose our ability to lift, grip, walk with an even gait, and maintain our posture. Or maybe you’ve already lost some mobility or your doctor has placed restrictions on your activity. Not to worry. Because PrimeFit focuses on seniors, our instructors know how to

“The PrimeFit team in your community is a great resource to help you embrace a strong mental attitude toward your physical health and quality of life.”

adapt their training and group activities for folks with restrictions.

“There are thousands and thousands of exercises that we can do,” Lindsay explains. “It is very rare that I would ever tell someone not to exercise, because there’s always something that you could be doing.”

The first step is to make sure you are ready for physical activity. It’s important to make sure your doctor and your PrimeFit trainer are communicating clearly about your needs and about any restrictions you may want to place on your activity. We need to know if there’s any movement or exercise that you shouldn’t do, or, if it’s heart related, if there’s anything that you need to watch out for when you’re exercising.

With the doctor on board with our plan, it’s time to begin. So why is a program like PrimeFit so important?

Because going for a brisk walk isn’t going to cut it. To maintain balance and to stay safe, seniors need the muscle mass to be able to lift the weight of their own bodies.

“Many people get out and walk, but that won’t help your muscles maintain their strength,” Lindsay explains. “The only way to do that is to put resistance on the muscle — that’s the only way of growing and getting stronger. If people just get out and walk but they don’t practice getting up and out of a chair multiple times, they won’t have the ability to get up and out of the chair.

“As people get older,” she continues, “they stop doing all these different things because their age is starting to restrict them or they don’t have the desire to do them. Especially getting down on the floor and getting back up. If you aren’t practicing that movement, your body’s not doing that movement

and the muscles aren’t being challenged in order to get yourself up off the floor. It’s important that seniors don’t get weaker and lose the strength to support themselves.”

Really, there’s no excuse for not getting a little more active in your life. Lindsay says, “Just get up out of a chair and decide that this time ‘I won’t push off with my arms. I’m just going to make it using my legs only.’ You can exercise anywhere; it’s just a matter of knowing what to do.”

The PrimeFit team in your community is a great resource to help you embrace a strong mental attitude toward your physical health and quality of life. ♦

WHEN LONG LINES HAPPEN TO GOOD PEOPLE



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Some handy advice
for remaining mentally vibrant
while waiting between the lines!

© Mike Powell

by Jeff Wozer
Humorist and stand-up comedian

**“Unlike a hot shower or a walk in a forest,
the most popular incubators for creative breakthroughs,
you never hear anyone attribute a eureka-moment
to waiting in a Winn-Dixie checkout line.”**

Ever since the Rolling Stone’s “Time Is On My Side” was downgraded from catchy tune to three-stanza taunt, I’ve become line-intolerant.

Lines are, basically, the smoke-stacks of life. They pollute our coveted time with frustration and annoyance, delaying us from doing and completing, being our best, flourishing, and getting on with life.

The mere cognizance of this compounds the frustration. Unlike most things in life with negative associations — poison ivy, quicksand, Adam Sandler movies — that we willfully avoid, lines are inescapable.

Like unwanted body hair they appear everywhere; banks, post offices, airports, highways, intersections, ski lifts, grocery stores, concession windows, pharmacies, amusement parks, movie theaters, restrooms ... and let’s not forget waiting rooms, the line’s version of a comb-over, designed to create the illusion of a limited postponement.

According to a Timex survey, we as a species spend almost *six months of our entire lives waiting in lines*. That averages to about three days per year.

At my age I can’t afford to squander three days a year, let alone three minutes. Especially not in the most common and insidious line of all — the grocery store checkout.

Unless one takes comfort in extended fasts or adopts the self-sufficiency of a FedEx employee marooned on

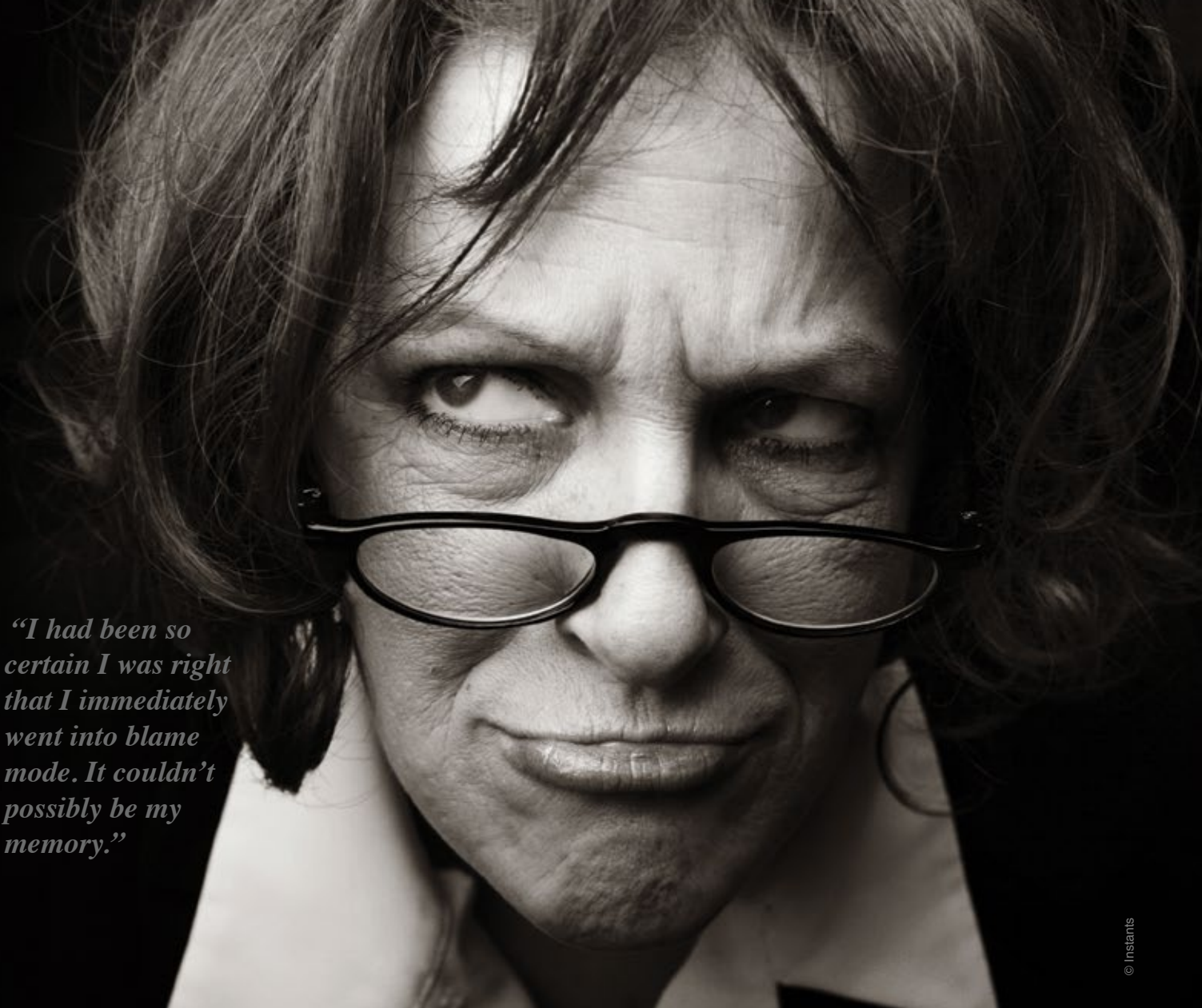
an uninhabited South Pacific island with a volleyball named Wilson, grocery store checkout lines are nearly unavoidable. As a double whammy of sorts these lines not only cost time but also money.

Grocery stores pocket around \$7 billion annually on items near or at checkout lines, what they call “front-end purchases.” The longer the wait, the more susceptible we become to these impulse purchases, as we suppress our second-guessing about buying that bulk-size Three Musketeer bar or the latest *National Enquirer* alleging “Bill Clinton Claims Alien’s Chocolate Cake Recipe Tastes Out of This World.”

Line psychologists (yes, there are actually people in this world who answer to this title) attribute impulse purchases to boredom. The rationale behind this was discovered in the 1950s, when occupants at a Houston high-rise complained of elevator delays. Management responded by installing mirrors outside the elevator doors; complaints immediately dropped. The mirrors served as a distraction, allowing people to check their hair or stealthily eyeball other passengers. In line, we impulse buy not out of need, but as a distraction from the agony of waiting.

All of which increases my resolve toward avoiding grocery store checkout lines. Or, at the very least, limiting my time idling in one.

Long Lines: Continued on page 42



“I had been so certain I was right that I immediately went into blame mode. It couldn’t possibly be my memory.”

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IT'S THE GREMLINS

Blame these little critters instead of lashing out at your loved ones.

by Elana Zaiman
Seattle-based Rabbi, chaplain and author of
The Forever Letter: Writing What We Believe for Those We Love

My friend Michelle recently told me the following story. She was rushing out of her house to do errands, in preparation for her father and his wife’s upcoming weekend visit. It was Friday, her day off. Michelle lives on a small island in Washington State, so she tends to leave her car unlocked. She got into the car, sat in the driver’s seat, and searched for her car keys in her purse where she usually keeps them. No keys.

On the off chance she had left them in the house, she returned to her house, checking her second go-to-key-place. No keys.

She phoned her husband at work, assuming he had taken her keys by mistake and had forgotten to return them. He was adamant he hadn’t taken them. So she headed to her car and

looked under the seats. Still no keys. She removed her wallet and glasses from her small Fossil purse (I have seen it and can honestly say it is small) and shook her purse for the key jangle. No jangle.

Michelle called her husband again. This time she was angry.

“You have to come home. I need a car.”

Her husband could not leave work, but he did tell her where he kept a spare key. Michelle returned to her house to get the spare key, and as she headed to her car, spare key in hand, ready to tackle her errands, she reached into her purse, and her keys magically appeared.

“It was the gremlins,” she told me.

Ahh, the gremlins. Most of us have probably encountered these gremlins who hide our keys, licenses, phones,

wallets, passports, important papers, glasses, grocery carts, even our cars in precisely the same places where we left them so that we cannot possibly find them.

The mind is not what it used to be.

When I say this to my friends (whose memories are also failing), they comfort me with statements like, “You have so many more important things on your plate. You can’t possibly keep track of everything.” Or, “It’s because you’re multitasking. Be kind to yourself.”

While their words may be true, I remain unconvinced, because I sense the changes. My memory feels more fragmented than it once was. I feel a greater sense of panic when I can’t locate something right away. I’m less able to take deep breaths, pause,

and believe that if I retrace my steps, I will be able to find whatever it is I’ve misplaced.

When Michelle found her keys, she called her husband to let him know.

“Did you apologize to him for blaming him and getting angry?” I asked. She thought about it for a moment before she said that she didn’t think so.

I thought back to December of this past year, when my extended family met in Baltimore, Maryland, and went to Breakout, an “escape the room” adventure place. Our group of 13 split up into two separate adventure rooms: “Island Escape” and “The Kidnapping.” Each group raced the clock, trying to escape the rooms using a series of clues we found along the way.

When we gathered after the event, my husband said something that didn’t resonate with me about what happened in our room. I snapped at him, saying something like, “That’s not true. That didn’t happen.” I was facing my brother, who gave me a weird look. I wondered why, until a moment later, in a gentle and loving way, my husband explained that it *did* happen, reminding me that we were in different escape rooms.

Like Michelle, I had been so certain I was right that I immediately went into blame mode. It couldn’t possibly be my memory. I couldn’t possibly be wrong. And yet I was. And my whole family was there to witness my moment of absolute certainty gone awry and me blaming my husband when I was the one at fault.

It’s so much easier to blame others — our partners, spouses, children, friends — than it is to blame ourselves. We fall into the trap of being right. It’s not us. It’s someone else, often one of the people we care about most. I’ve noticed in myself and in my work with elders that this sense of certainty seems to exacerbate the less certain we become. It’s almost as if we have to prove to ourselves and to others that our minds and our memories are working just fine thank you.

So how do we guard against becoming so certain when in fact we are less certain? How do we protect ourselves from blaming the people we love? Michelle had the right idea. We blame the gremlins who hide our things and who fiddle with our memories, knowing full well that these gremlins are us. ♦

This conviction is so encompassing that line-circumvention has replaced crossword puzzles and Sudoku as my newfound brain exercise for maintaining mental vibrancy. So obsessed am I with the plotting and planning that I'm considering writing a self-help book titled *When Long Lines Happen to Good People*.

As a teaser of sorts, some of the book's topics (all based on personal experiences, of course) will include tips like these:

Once you choose a checkout line, commit to it. Avoid monitoring the progress of neighboring lines. Keep those eyes focused straight ahead. Line-angst tends to compound when we perceive shoppers in adjacent lines advancing at a quicker pace.

Avoid making big life decisions while waiting in line. Frustrations from waiting tend to mildew clear-headed thought. Unlike a hot shower or a walk in the forest, the most popular incubators for creative breakthroughs, you never hear anyone attribute a eureka-moment to waiting in line at the Winn-Dixie. I could be wrong, but I bet if thoroughly researched, historians would discover most of mankind's worst decisions — Hitler deciding to invade Poland, Paul Anka deciding to

write "You're Having My Baby" — all occurred while waiting in grocery store checkout lines.

Maintain focus when using the self-checkout. Follow the checkout machine's visual and audible prompts without questioning. A wandering mind — my eternal downfall — slows the process with mistakes. Instead of paying attention, my mind distracts with a salvo of feckless questions: How come the machine's female voice sounds oddly similar to the voice on GPS devices? Is it the same person? Are they sisters? Why do machines usually have female voices? How would I feel if it were a male voice with a thick Boston accent? How come after most scans it says, "Move your item to the bag," but occasionally recognizes the name of a scanned item and in the giddy manner of a Jeopardy contestant who after 11 minutes of being shut out finally knows an answer and shouts "Move your BANANAS! to the bag"? I then waste even more time waiting for an attendant to amend my errors.

This is just a small sampling ... but if and when this book hits the Amazon best-seller list, I plan to use all proceeds

toward lobbying grocery stores into making the checkout experience more accommodating for older shoppers. We'll start by changing "20 Items or Less" express lanes to "20 Years or Less."

Hopefully, it will speed the checkout process.

Hopefully, it will give us more time to do, see and flourish.

Hopefully, it will make the Stones' "Time Is On My Side" enjoyable again. ♦



exactly, is a defining feature of the landscape. Expect to be continually re-orienting; you may find yourself crying in the car for no apparent reason as you drive home from a perfectly pleasant and even-keeled outing.

BUDGET

Thanks to the blatant capitalism of healthcare in the U.S., the quality of your trip often depends on your health insurance. You may or may not have coverage for mental health services, and even if you do have coverage, your out-of-pocket expenses can be quite high. Unexpected expenses are likely to arise and can include late fees on bills that you have not paid because you forgot, opportunity cost due to missed days at work, and an uptick in pizza delivery, even while the pizza goes uneaten because you're not hungry — I mean, you thought you were, but really, you're just not; maybe it will be good for breakfast.

Those with excellent benefits and a retired lifestyle may find depression a more affordable — but by no means easier — destination. The self-employed, part-time workers, and any number of poorly insured or financially insecure individuals should prepare to have the expense of depression be an additional burden — because everything is already awful, why not have it cost a lot of money too?

FOOD AND DRINK

Bad-for-you but fun-to-eat foods dominate the depression dining scene. Ice cream by the pint, Doritos, stress-baked cinnamon rolls, mac and cheese, burgers and fries ... The diet of a summer picnic seems to play a prevalent role. The bad news is that the kinds of foods you'd normally enjoy as a treat at that summer picnic end up sucked entirely free of fun as you find yourself staring at the Cheetos dust at the bottom of the bag and wondering if you should eat a salad now to offset your bad choices; but making a salad is just so exhausting. I barely even remember eating those Cheetos, so why is my gut a gaping maw of sadness when it's full of Cheetos?

Alcoholic drinks are a bad idea in that they tend to have depressive qualities, but maybe a bourbon on the rocks would take the edge off? Did my doctor say that I could or could not have a glass of wine with my meds; I'm just going back to bed anyway. Yes, it's only one in the afternoon; what's your point?

THINGS TO DO

Relentless introspection is a popular pastime in depression. Many locals engage in an activity called rumination, where they worry about a problem over and over and over again, preferably one they cannot solve, until they've occupied so much of their brain with this Rubik's Cube of concerns that they cannot perform the most rudimentary of tasks, not to mention be successful and creative in their daily responsibilities. It's always a bad time to ruminate, always, so there's no need to worry about schedules. And anyone can do it; no special skill is needed.

Restless sleeping is an easy way to fill 12–18 hours of your day. It can easily be integrated with pretending to read while being completely unfocused, staring at on-screen entertainment, or listlessly scrolling through social media.

Extreme sports are available to the supremely motivated. It's widely recommended that you make the effort to participate in these activities while

you're in-country, but be aware, the exertion can seem insurmountable. If you can muster the energy, you can participate in such heart-racing activities as walking the dog while still wearing your pajamas, doing a load of laundry and leaving it in the dryer for three days, or for the truly ambitious, taking a shower and going to buy groceries that will go bad in your fridge because who has the energy to cook?

SOCIAL LIFE

Hahahahahahahahahahah. Ha. Whew. I'm done. No, wait. Hahahahahahaha. Ha. Heh. Hoo boy. Just ... no.

THE TRIP OF A LIFETIME

Lucky travelers will find they merely transit the landscape, skimming across the surface as though it were an afternoon drive through Liechtenstein, that tiny European nation you can walk across in a day, if you're ambitious. They will treat it as a little more than a stopover, and indeed, this is a wise choice — as if you have any choice in the matter.

The coffee at the end of the B gate in the depression airport isn't bad if you end up grounded for more than a few hours. And, honestly, an airport grilled cheese and a good mope every now and then isn't going to ruin you. Have a good wallow; you deserve it.

But in moments of clarity, you may realize that you have spent far too long in this place you do not want to be and you do not know the way out. You will require the help of an experienced guide to find your departure gate. The lights on the emergency exits are fitted with bulbs that have been dead for years; the doors themselves may be completely overgrown, and the staggering weight of lethargy meeting apathy meeting what feels like an epic case of jet lag can leave any traveler feeling like the way out is, oh, I guess I just live in my bed now. That seems fine, right? It's fine. I need another nap anyway.

Were we talking about something? I'm sorry. I'm going to go lie down. Is it OK if I say I'm going to call you later and then forget all about it and cry while watching *Parks and Rec* instead? Cool. ♦

Read more:

"Depression Is Not a Normal Part of Growing Older." Center for Disease Control and Prevention. Retrieved March 1, 2018, from www.cdc.gov.

"Depression in Older Adults: More Facts." Mental Health America. Retrieved March 1, 2018, from www.mentalhealthamerica.net.

BRAIN GAMES ANSWERS / From Page 20

Answers to Crossword Puzzle

S	T	P		A	W	L		G	A	S		B	A	D		
	T	R	I	O		V	I	I		N	N	W		A	T	E
B	O	O	K	S		I	L	L		P	T	A		T	H	E
R	O	P	E	S		A	L	A	S		R	A	T	E	D	
A	L	I		I	O	N		C	H	I	L	D	R	E	N	
	S	C	O	F	F		U	S	U	R	Y		C	D	S	
					M	Y	T	H	S		N	E	R	D		
C	U	B	A			A	D	S			E	U	C	L	I	D
O	F	T	H	E		S	A	I	T	H		B	R	A	I	N
D	O	U	A	L	A		S	H	E		A	C	I	D		
					L	I	D	S		I	N	P	U	T		
	F	R	I		N	A	T	E	S		I	N	E	R	T	
	J	O	N	A	T	H	A	N		A	G	E		E	R	A
B	O	U	N	D		G	R	A	B		A	S	T	I	R	
E	R	N		E	W	E		A	C	E		S	W	I	F	T
A	D	D		P	A	S		G	E	L		E	A	R	L	
U	S	S		T	N	T		E	R	E		B	E	E		

Answers to Sudoku

1	8	7	3	9	2	6	5	4
4	5	9	6	7	8	2	3	1
6	2	3	5	4	1	9	8	7
2	3	5	9	1	6	7	4	8
8	1	4	7	2	5	3	9	6
9	7	6	8	3	4	1	2	5
5	6	2	1	8	9	4	7	3
3	9	1	4	5	7	8	6	2
7	4	8	2	6	3	5	1	9

The One Eighty Foundation
provides grants to
non-profit organizations
that immediately impact the
lives of children and families
in our community.

{ Our mission: to give when there are needs,
to mentor when guidance is sought and
to create opportunities for better lives. }



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