

Winter 2019: Understanding

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Dare Grow
Long

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Understanding

The value of inclusion
in senior communities

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Under
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Circumstances

How euphemisms
undercut the reality
of loss



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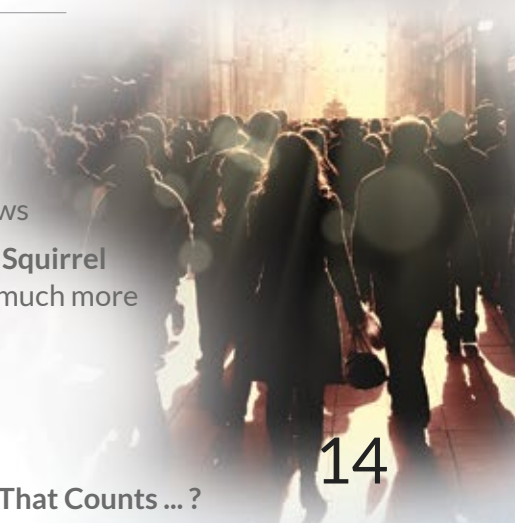
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THOUGHTS FROM THE HOME OFFICE

Seeking First to Understand



It's hard to believe the holiday season is upon us once again! It has been a busy year, and we have welcomed so many new people into the Leisure Care family — both as residents and employees. Thanks for picking up this latest issue of LIV FUN magazine. This year's themes have been truly introspective and downright deep at times. I hope you've enjoyed the articles that encouraged us to look into ourselves, our lives, and our actions to develop a better understanding of ourselves and our impact on the world around us.

This issue takes the idea of order and chaos from our last issue and goes one step further. We can deal with our chaos and find some order within, without necessarily striving to understand what's causing the chaos. So, in this issue of LIV FUN, we take a deeper look at this to move the discussion beyond ourselves as we attempt to really understand the other.

One of my favorite books is "The Seven Habits of Highly Successful People," by Stephen Covey. There is so much wisdom in that book that it is still as true today as the day it was written some 30 years ago. Perhaps one of the strongest messages I took from the book was the fifth habit: Seek First to Understand, Then to Be Understood. Throughout my life, I see this as such a powerful principle of interpersonal relationships — both when it is applied and when it is not.

Effective listening is not simply echoing what the other person has said through the lens of our own experience, but actually putting ourselves in the perspective of the other person; it's truly "putting ourselves in their shoes" and looking around to see what it's like before we attempt to apply our messages, opinions or judgments to their life.

What is their background? What is happening in their lives — have they lost something or someone? Have they gotten some bad news about their health or maybe just worried about something? Maybe they're feeling guilt about having to ask for help? Or perhaps they've left their home of 30–40 years and moved into a retirement community. So many of you can relate to that! Any of these things serve to inform that person's perspective and what lens they are seeing the world through.

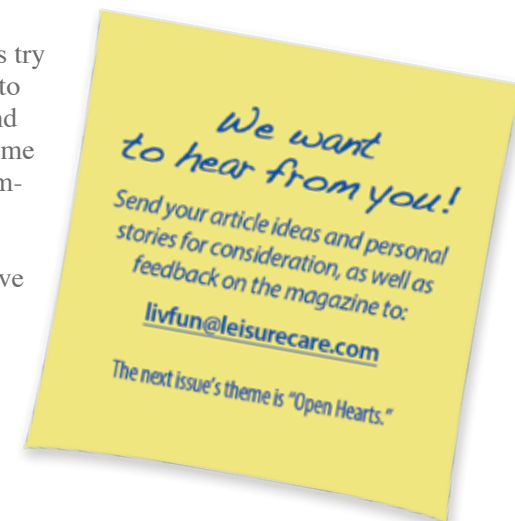
That lens of perspective is an important factor in communication and understanding, as I alluded to in our issue about Truth. If we can try to see and feel where the other people in our lives are coming from, and really listen empathetically for both feeling and meaning, we have a much better chance of communicating effectively with them.

We are in the holiday season, and it's a time when family and friends new and old come together to share each other's company. You'll have so many opportunities to really invest in your relationships with the people in your life. And if you're truly listening and taking the time, you can learn about where they are in life, what's going on, and gain an understanding of them that you didn't have before. That's when effective communication can happen best.

The world seems to move a little faster every year, and we sometimes try to take shortcuts for the sake of efficiency. Those shortcuts can lead us to mistake efficiency for effectiveness. My hope for all of our residents and staff is that we make the very best of those opportunities and take the time to connect and truly understand those around us and where they are coming from — and that others do the same for you.

When all is said and done, our relationships in life are really all we have. Enjoy the holiday season and foster those relationships as we move into a new year. And thank you all for being part of the Leisure Care family!

Greg Clark
Executive Vice President
Leisure Care



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It's the Thought That Counts ...?

Some spot-on advice for gift-giving.

by Beverly Ingle

San Antonio-based southern style maven



Style Wise: Expressing Your Unique Self

My father was an amazing gift-giver. He put a lot of himself into the process of finding a gift that would make the recipient's heart sing with joy. He somehow managed to always hit it out of the park when it came to gifts for my birthday or Christmas.

When I asked him what his secret was, he said he would tune in quickly if he heard someone say, "Oh, I'd love to have." or "I really need a ..." or "I wish I could find ..."

He struggled, though, after I had breast surgery and my body changed. The man who routinely gave me T-shirts with funny sayings began to give me books, jewelry or kitchen gadgets. Don't get me wrong; those gifts were still perfectly on point with what I love. But, when we laughed over a T-shirt we saw, he awkwardly shared that he'd avoided gifts of clothing since my surgery because he was no longer sure of my size, wondered if some fabrics were uncomfortable, and — most tellingly — was concerned that anything putting the focus on my chest, as the T-shirts did, made me uncomfortable.

Dressing comfortably and fashionably after body-altering surgery or to

accommodate other issues that affect dressing, such as autism or dementia, is not an easy transition for the one experiencing the change. Neither is it easy for the people who love them, the gift-givers who want to express their care in a tangible way. Do we have any advice for those of us who don't want to abandon our tradition of spot-on gift-giving?

Why, yes we do.

Shifting the Gifting Perspective

While your immediate reaction may be to avoid the change altogether and gift other items that the recipient enjoys, like how my father switched to books, might I suggest tempering that reaction?

More often than not, part of the joy of giving someone a gift is the surprise factor. The giver often gets as much joy from surprising the recipient as the receiver gets from the gift itself. However, for folks who need adaptive clothing, accessories or other devices, surprises aren't always fun, especially if it results in an awkward conversation later that goes along the lines of, "I love the blouse you gave me, Aunt Dorothy, but I can't handle the buttons. Do you mind if I exchange it?"

Our suggestion is to shift your perspective on gift-giving. Let go of the desire — or need — to surprise someone. Instead, talk to the recipient or someone close to him or her, to find out more about what they can or cannot use. For example, I just recently learned that people with autism often end up wearing clothes backward or inside-out because they have difficulty determining right from left, forward from backward, etc. They also may have trouble with zippers, buttons and other fasteners that require fine motor skills. Folks with dementia often face the same challenges.

I'm a born-and-bred Southern woman, and gift-giving is an art form down here. Accept the challenge. Before shopping for the perfect winter coat for someone you love, ask whether a coat with extra-large buttons would be a better option than one with a zipper. Similarly, ask if there are different sizes, styles or types of fabric that are better options to accommodate their adaptive needs.

You'll elevate your gifting game by tuning in to what your friend or loved one truly needs. Even if it's as simple as Velcro instead of shoelaces, it really is the thought that counts. ♦

"...put a good deal of thought into the happiness that you are able to give."

— Eleanor Roosevelt

Sources for Adaptive Clothing Gifts

The following links connect to resources for fashionable, quality adaptive clothing perfect for giving as gifts:

Silvert's: www.silverts.com

If adaptive clothing had a department store, Silvert's would be it. From sleepwear to slip-resistant socks, shirts and outerwear, the inventory at Silvert's is both broad and attractive. Plus, the collections for men and women can be searched by type of clothing or by the adaptive need, e.g., limited mobility or ALS.

Izzy Camilleri's IZ Collection: izadaptive.com

The IZ Collection features an array of classics for people with mobility or accessibility issues who still want to look stylish — think chinos, chunky sweaters, black slacks, etc. — that are perfect wardrobe foundation pieces or the makings of a great capsule wardrobe.

Tommy Hilfiger: usa.tommy.com/en/tommy-adaptive

Hilfiger's classic American style meets the concept of "design for all" with modified details like magnetic buttons, adjustable hems and Velcro closures. Some styles can be found at Macy's stores too.

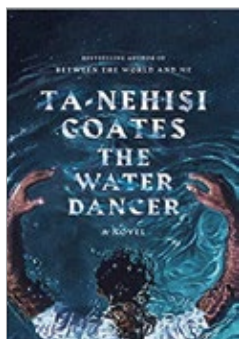
Entertain Your Brain: Books

by Misha Stone

Readers' advisory librarian & Booklist Magazine blogger

“Nothing in life is to be feared. It is only to be understood.”

— Marie Curie



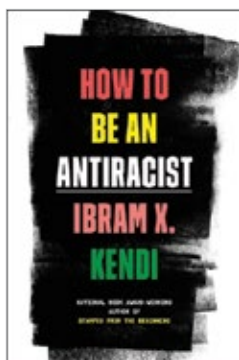
The Water Dancer by Ta-Nehisi Coates (One World, \$28)

Coates is an important and respected voice on the topic of race in America. His breakout book *Between the World and Me* and his collection of essays *We Were Eight Years in Power* established the depth of his skill in highlighting how deeply our country's fraught history informs the world today. His debut novel proves that Coates is a brilliant storyteller in any genre he sets his mind and talent to. In this gorgeously written literary novel, Hi (short for Hiram) Walker grows up on a Virginia plantation learning what it means to be one of the Tasked and, as the master's son, one of the Quality. Hi straddles both worlds until a series of events opens him to the workings of the Underground Railroad and he discovers a mysterious power handed down to him from his ancestors. Life tests Hi's loyalties and his desire for his own freedom in this stunning novel about slavery and its toll on America's very soul.



Chances Are ... by Richard Russo (Knopf, \$26.95)

Lincoln, Teddy and Mickey met in the 1960s in college and stayed friends through the decades despite their differences. Now 66, they decide to reconvene at Lincoln's summer home on Martha's Vineyard where a mystery eludes them still from a Memorial Day weekend in 1971, after Mickey had just been drafted for the Vietnam War. On that fateful weekend they had celebrated college graduation and toasted a soon-to-be lost comrade, joined by the enigmatic beauty Jacy. Even though she was engaged to another man, the three friends vied for her affections until she left them one morning, never to be heard from again — even by her family. As the friends reunite in the present, trying to make sense of the past, each of these men is tested in ways they did not bargain for. In this novel Russo solidifies his already sound reputation for vividly depicting New England small-town quirks and charm while writing character-driven novels about men navigating their life choices and their own mortality with uncanny insight, wit and heart.



How to Be an Antiracist by Ibram X. Kendi (One World, \$27)

Kendi previously won the National Book Award for *Stamped From the Beginning*, and his latest book is an informative and empowering look at undoing racism. Kendi contends that anyone can be racist and anyone can be antiracist, but until you are part of the solution, you can only be part of the problem. It's not enough to say you are not racist; you must work to be antiracist, as an intentional, active and life-long commitment. Kendi shares his own personal stories about how he was conditioned to racism (and sexism and homophobia) and the self-awareness and daily work required in adopting an antiracist mindset. Antiracism, at its core, is not seeing the races as being any more superior or inferior, but seeing all humans as equal. Kendi says, “To be antiracist is to deracialize behavior, to remove that tattooed stereotype from every racialized body. Behavior is something humans do, not races.” This is an excellent book for discussion, as well as a wonderful foundation for a personal journey to becoming antiracist.

Entertain Your Brain: Movies

by Robert Horton

Member, National Society of Film Critics

“Could a greater miracle take place than for us to look through each other's eyes for an instant?”

— Henry David Thoreau



The Souvenir (2019)

The cinema has countless coming-of-age stories, but writer-director Joanna Hogg proves there is still a new way of looking back. Using her own life as raw material, Hogg introduces us to a young film student, Julie (Honor Swinton Byrne), in 1980s London. Julie takes up with an older man, Anthony (Tom Burke), who is pretty obviously going to be a handful. The audience sees this sooner than Julie does, but it's part of the film's brilliance that Julie must evolve enough to understand what's in front of her. The film tests the viewer's sympathy; not only must we wait for Julie to catch up, we must navigate Hogg's elliptical, sometimes enigmatic way of allowing the story to unfold (although it's full of 1980s-accurate touches, this may be the least nostalgic period romance ever). Tilda Swinton contributes a razor-sharp supporting performance as Julie's mother; in fact, Swinton is Byrne's real-life mum. In retrospect, *The Souvenir* plays like a series of fleetingly-recalled memories, little flashes of youth presented through the clear-eyed lens of age-seasoned wisdom. (Streaming on Amazon Prime, YouTube, Google Play and Vudu.)



Leave No Trace (2018)

Father and daughter have lived off the grid for some time: Because of his struggles with PTSD, military veteran Will (Ben Foster) hides away in the forest outside Portland, Oregon. Now that his daughter, Tom (Thomasin Harcourt McKenzie), has reached adolescence, their ability to rough it in the woods — trekking into town occasionally for supplies — is growing thin. She yearns for community and stability; he is unable to change. This heart-rending film, told from Tom's perspective, is all about that moment in a family relationship when two people must finally acknowledge what the other is capable of and figure out how to deal with that. Director Debra Granik previously made the remarkable *Winter's Bone*, and her ability to empathetically dig into unusual subcultures is a gift. The two actors bring the story wonderfully to life, as do the greenscapes of the Pacific Northwest. (Streaming on Amazon Prime, YouTube, Google Play, Vudu, iTunes and Kanopy.)



Grand Illusion (1937)

The celebrated director Jean Renoir blends two distinct types of movie in this classic. On the one hand, *Grand Illusion* is a suspenseful prison film, a look at soldiers trying to survive — and possibly escape — a German POW camp during World War One. On the other hand, the film is a finely tuned study of how people can change their ideas by listening and talking to each other. The French prisoners include a nobleman (Pierre Fresnay), a working-class laborer (Jean Gabin, one of France's greatest stars), and a wealthy Jewish man (Marcel Dalio); they haltingly find common ground despite class prejudices. There's also the German commandant (the mighty Erich von Stroheim), whose aristocratic background makes him feel closer to the French nobleman than to his own countrymen. In Renoir's bittersweet view, the differences of language and class are arbitrary but nonetheless destructive. If they can't be wished away overnight, they might be worn down with comradeship and common goals. (Streaming on Google Play, iTunes, YouTube and Vudu.)

Entertain Your Brain: Music

by John Pearson

Retired musician and lifelong enthusiast

“I’m a poet, and my gift is love.”

— Percy Mayfield



Please Send Me Someone to Love (Single) — Percy Mayfield, 1950

At first blush, “Please Send Me Someone to Love” seems to be your standard “lonely guy, I’m so blue” lament. The style and structure seem to confirm it. Although bookended by his titular plea, the second verse and bridge say something quite different. The scope of Mayfield’s request suddenly expands from his personal issues to those of the entire world, which, by the way, apply just as well in 2019 as they did in 1950. The lyrics provide an insight to understanding the songwriter’s mindset: He has a small favor to ask for himself — a much larger one for the world.



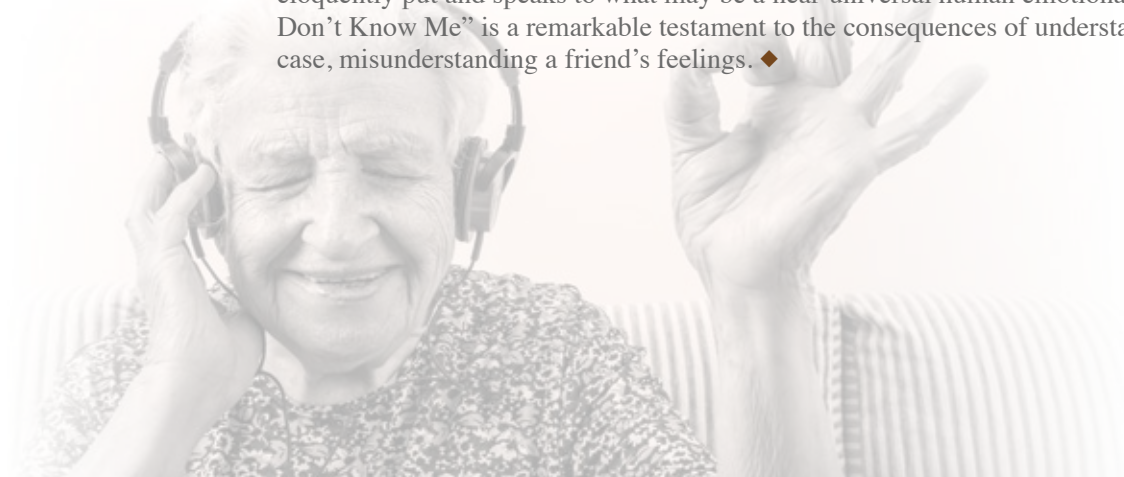
Man in the Mirror (Single) — Michael Jackson, 1988

The single “Man in the Mirror” is only one of two cuts on Jackson’s wildly popular and successful *Bad* album that Jackson didn’t write. The single, released the year following the album, has ironically become the number that is perhaps most closely identified as revealing Michael’s personal feelings toward blindingly critical self-evaluation. Certainly, his performance is powerfully striking and conveys an honesty that is both believable and infecting as he exhorts his listeners to follow his lead down the path toward that most elusive goal: understanding oneself as a catalyst for personal improvement.



You Don’t Know Me (Single) — Eddy Arnold, 1956

Although not credited as songwriter, it is said that Arnold gave Country Music Hall of Fame member Cindy Walker the title and an outline of his idea for a new song. As has been said so many times before, the rest is history. Walker’s creation has been sung and recorded by dozens of artists, with Ray Charles’ version reaching the highest Billboard chart position in 1962. Mickey Gilley scored a number one country hit with it in 1981. The chordal structure of the tune lends itself to a surprising degree of embellishment as can be heard by contrasting the initial Arnold release with any number of later versions. The song enjoyed a renewal of interest more recently when it was featured in the 1993 hit movie *Groundhog Day*. The key idea of the song hits a chord — if the expression may be pardoned in this context — with this reviewer and, it is suspected, with many others as well. The concept of love unrequited, indeed, unexpressed is eloquently put and speaks to what may be a near-universal human emotional experience. “You Don’t Know Me” is a remarkable testament to the consequences of understanding or, in this case, misunderstanding a friend’s feelings. ♦



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- Take care of their brains



LEISURECARE



The Tail of a Squirrel

It's just a word, except when it's much more.

by Pam Mandel

Freelance travel writer and photographer

Not long after we met, the Austrian who became my husband insisted I learn how to say a nonsensical-sounding word. *Oachkatzlschwoaf*, he insisted, was essential to my managing in his home country. I didn't believe him, but I was game. I repeated, making a sound that lives somewhere between gargling and choking.

"Not bad," he said. "Again."

So it went as we were courting, dipping in and out of each other's languages, pop culture references, and supposedly essential vocabulary items.

"You will need this," he insisted. "Trust me."

I am bad at math, but somewhere along the line I inherited the language

gene. The words go in my ear, through my brain, and out my mouth as though I have always known them. I am not particularly musical; I can sing only mostly on key, but pour words into my head in a language not my own and I will return them to you with very respectable mimicry. I learned how to say the strange word, which roughly translates to "the tail of a squirrel" in English, with great proficiency in very little time.

When it became clear this relationship was serious, I trotted off to a local language academy. I'd immediately adored my future mother-in-law, but it troubled me that we could not converse without an interpreter. Josefa

was a sweet and generous woman; I wanted badly to break the border that language was creating for us. I was lucky and found evening classes very close to home. After the second week, my fellow students dropped out.

"What the hell," my teacher, a graduate studies student in German literature said. "They've already paid, and they're not getting a refund. You get private lessons."

German grammar's maze-like intricacies had evaded me for years, but 12 weeks with a private tutor laid a solid foundation. My conjugations are all wrong, but I can absolutely make myself understood. To this day I remember the swell of pride I felt

while, during lunch with my mother-in-law, we discussed the difficulties of — get this — health insurance. The ice was broken, and Josefa and I would have dates, shop the farmer's markets, I would drop in for coffee — truly it was delightful.

One weekend she invited me to stay overnight with a group of friends at a spa and hot springs resort. A neighbor was giving a concert, and the ladies wanted to go. The singer was an Alpine Celine Dion type, draped garments and sprayed hair, shiny manicured nails. Josefa introduced me as her American daughter-in-law, and the singer cooed. She'd toured in the U.S. years back: "... such fond memories, such friendly people those Americans!"

The performance was held on the pool deck, a big open-air patio, on a perfect summer night. We sat at long tables, probably eating schnitzel and cucumber salad, probably drinking sweet white wine. It was absolutely not my kind of thing, but I was happy

to be there with my mother-in-law, to have enough language to participate. The ladies sparkled with glee when the chanteuse switched to English and singled me out.

"We have a guest from far away," she said, "and I would like to dedicate this last song to her."

I was mortified. I did not want the attention. I would be expected to answer questions. I would be the subject of probably good-natured but still unwanted jokes. I would be expected to ... say things. The tipsy gents at the next table had already turned their heads my way, their eyes wrinkling as they planned who knows what after the applause died.

I had to answer the usual questions. Where was I from, how long had I been in Austria, what brought me here, how long would I stay, what did I think of the performance, is Austria not a beautiful place?

"You don't speak German ..." one of the tipsy gents asked me.

"A little," I said, hesitating.

"Let's see," he said, mischief lighting up his face. "Try this: *Oachkatzlschwoaf*."

"Seriously?"

"Seriously. *Oachkatzlschwoaf*."

You know what happened. I dropped this foolish word in the middle of the group. There was a beat of silence. Then, the table burst into applause and shouted for the bartender.

"This round is on me," the mischief maker declared, smiling, laughing and shaking my hand.

My German is rusty. My daily life in the U.S. doesn't require it. But there are a few things baked into my vocabulary that refuse to fade. A regional pronunciation for mushroom, one that pained my German teacher whenever I used it. The term for potato sack. An odd little expression that means "makes no difference to me."

A deeply sophisticated grasp of a second language is useful; a pleasure even, but it's not essential for building bridges, for breaking walls. Sometimes, all it takes is the tail of a squirrel. ♦



The Quest for a Global Morality

We look toward a new sunrise, where a rising political ethos is embraced and supported by high individual morality.

by Skye Moody

Novelist, essayist, photographer and world traveler

“... There have certainly been major moral thinkers from outside Europe and America in the second millennium, from Zhu Xi to Ibn Rushd, from Anton Wilhelm Amo to Sarvepalli Radhakrishnan, from Frantz Fanon to Fung Yu Lan. Nevertheless, the key thinkers, ideas and movements came to a large degree from the West.”

This statement from Indian-born British philosopher and scientist Kenan Malik (Malik, 2001) gives me pause. Can it be true, especially given the current divisiveness not just in the U.S., but across Europe and the world?

“Sorry guys, but female political leaders are on the rise, evincing moral character and principled ethics that seem to have lapsed on the male side of things.”



From East to West, today's frenemies seem to approach global diplomacy like a rave party, with dictators, despots, autocrats, royalty, presidents and premiers each espousing a superior set of ethical values or laws of the land.

O, the glory of bromantic narcissism! Global diplomacy today feels like a bunch of adolescent boys playing polo while riding kangaroos, safe in the knowledge that their multifaceted glass ceilings keep, for the most part, the boys club firmly ensconced in higher office. Sorry guys, but female political leaders are on the rise, evincing moral character and principled ethics that seem to have lapsed on the male side of things.

What's up with today's frenzied rulers? Was the potent mix of political power, personal wealth and testosterone always this corrupting? Attempting to parse out the bromances of today's rulers and their garbled agendas is tantamount to playing Scrabble on the Tower of Babel.

(On a sunny note, there's Bhutan, a Constitutional Monarchy, where citizens revere a benevolent king and the nation's motto is "Gross National Happiness," proving not all male rulers ignore ethics and their own moral standards.)

Morality vs. Ethics

While they are sometimes used interchangeably, ethics and morals differ: Morals refer to an individual's own principles regarding right and wrong. While morals are generally recognized as prescribing specific dos and don'ts, morality is ultimately a personal compass.

Ethics refers more broadly to rules — or laws of the land — provided by an external source, e.g., codes of conduct in workplaces, religious principles, or laws governing a nation. In extreme cases, organizations or nations are ruled by their leaders' corrupt personal morals.

The gray, malleable area between ethics and morals, or "Flexibility Ethics," depends on others for definition, say, a political system's legal constitution. (Gino, 2016) A person strictly following ethical principles may not have any morals at all. Likewise, in order to maintain moral integrity, one might have to violate a given system of law. In other cases, a morally sound person may hold themselves to a higher standard but choose to follow a corrupt code of ethics held by the socio/political system in which he/she is acting. A conundrum arises when the personal morals of a nation's leaders are corrupt and applied to their nation's laws, drastically altering the cultural ethic. This is the flashpoint where morally outraged citizens rise up in revolt.

A Cautionary Tale

While imprisoned under his nation's rule of apartheid, Nelson Mandela held fast to his personal morals, embracing and espousing both personal and ethical standards of nonviolence, peace and social justice. When he became president, Mandela created the Truth and Reconciliation Commission, bringing racial equality and peace to his nation and presenting an example of righteous law for all nations to imitate. Yet following his death in 2013, South Africa's corrupt politicians reverted to apartheid-era economic and social disparity, the base ethical standard Mandela worked tirelessly to raise.

"Many voters believe the ruling African National Congress has lost its way since Mandela won the first post-apartheid presidential election in 1994, and that belief threatens the ANC's absolute majority grip on power," writes Cara Anna for the Associated Press. "The ANC has been shaken by widespread allegations of corruption that saw former President Jacob Zuma forced out a year ago, and many South Africans feel the party can no longer coast on its legacy of fighting the brutal system of apartheid." (Anna, 2019)

In today's rising tide of nationalism, can each country's political system flex enough to hold to a universal set of ethics? Can a "moral compass" applied to all political systems working across varied forms of government? Or, will some nations keep reverting to jerks and madmen for leaders and eventually permit their bloodlust and corrupt morals to obliterate the planet, taking us along for the ride?

Kenan Malik is right. As his brilliant book avows, the West's current philosophical approach of democratic rule seems to dominate world politics. I'm guessing what has global appeal is living in an egalitarian system governed by ethical laws favoring social justice and peace. Yet Western values aren't always based on ethically pure intentions; can we honestly say that our Western political and financial titans all place the needs of their constituents or employees before their own personal and financial gains?

Corruption in dictatorships and autocracies is often blatant and transparent; with their tight hold on their military chiefs and control of their news media, these corrupt overlords can rule for decades, amassing vast personal fortunes while reducing their citizens to abject poverty or social chaos. In a republic, or otherwise democratic society, corruption exists, yet it's usually shielded by opaque, complicated ruses, often going undiscovered. Some of the outward signs are inequality, systemic poverty, and, even less transparent, backroom deals struck between politicians and corporate titans that remain in the shadows.

“Every nation gets the government it deserves.”

— Joseph de Maistre

The Promise of Democracy's Ethos

The purpose of elections every few years is to allow citizens to vote tyrannical, power hungry, dishonest political leaders out of office and replace them with leaders whose political and personal values exemplify the values of the community he or she hopes to lead. This can only be accomplished in a democracy wherein no political leader is exempt from public inquiry into personal affairs. No matter how much politicians argue that their personal morals are nobody's business, if a morally corrupt person achieves political office, his or her personal morals ought to be held up to public scrutiny.

A man who skims profits off his business partners or his constituents, who cheats on his spouse, whose blatant lies are blithely tolerated might proclaim his personal affairs are not relevant, yet in a republic functioning by democratic rules, a candidate's personal values must be held up to the light. Ideally, no man or woman of corrupt personal values should be elected to public office. Yet, how often have U.S. politicians on every level been exposed as liars, cheats, misogynistic political leaders? The hope for a global advance to universal moral integrity is in the hands of every citizen who is fortunate enough to have a say in the matter, that is, a vote.

Which brings us to this: In a representative republic such as the U.S., citizens vote their politicians into office. Every citizen of legal age has the right — and responsibility — to vote. An old adage states: “If you don't vote, you have no right to complain.” Citizens, then, may be considered responsible for the governments they elect.

Alas, today, it's only partly true: Today we must contend with a plethora of technological

advances, some serving the world and humanity, others threatening to obliterate every living thing. Already, technology is interfering with elections; some evidence suggests Russia may have attempted to hack into the U.S. election system in several states during the 2016 election, and though no votes were changed, it successfully undermined confidence in our democratic institutions and voting process. (Durkee, 2019) Thus, the argument for a global morality threatens to crumble, eliciting the question: Has the human species, considered cognitively and intellectually the superior species, lost the race to save the planet and its inhabitants? In our (mostly) righteous quest to improve lives and satisfy our uniquely human curiosity, humans have either stumbled upon or intentionally developed weapons and the accompanying political leaders capable of obliterating ourselves.

Technology invented by humans both infects election results and, when legally applied, results in fairer, more democratic, fraud-free elections. An optimist believes her/his vote will count and each citizen's call for social justice will be heard. A realist understands the planet itself, under humanity's control, may be catapulting toward environmental or political oblivion. Yet, we hope.

As Nelson Mandela reminds, “Vision without action is just a dream, action without vision just passes the time, and vision with action can change the world.”

The planet's clock continues to tick, either toward that dreadful midnight or to a new sunrise, where a rising political ethos is embraced and supported by a high individual morality. ♦

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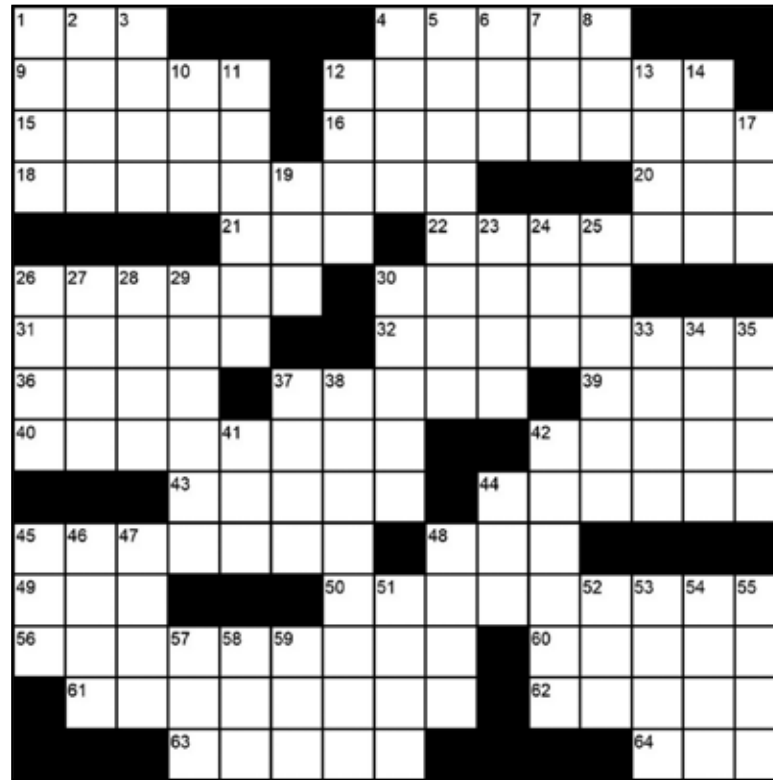
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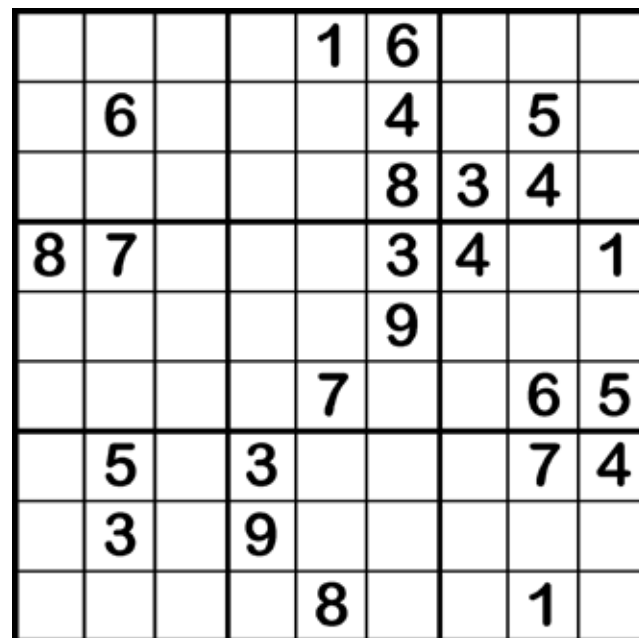
- ACROSS**
- 1 Supplicate
 - 4 Take as one's own
 - 9 Germanic realm
 - 12 Blood pH abnormality
 - 15 Nome dome?
 - 16 Slopes
 - 18 First part of a Spinoza quote
 - 20 Calendar abbreviation
 - 21 Step (Latin)
 - 22 Mother-of-pearl mollusk
 - 26 Tar
 - 30 Whispered remark
 - 31 Clear
 - 32 Second part of quote
 - 36 Modern Persia
 - 37 Tort
 - 39 Damage
 - 40 Adverb or adjective
 - 42 Capo organization
 - 43 Actor Nick
 - 44 River deposits
 - 45 Blowhard
 - 48 Busy mo. for a CPA
 - 49 Non-partner
 - 50 Last part of quote after which the author exhorts the reader to "Understand"
 - 56 Of a noted line
 - 60 Hair-raising
 - 61 Strings along
 - 62 Dance moves
 - 63 Plant
 - 64 Retired speedster (abbr.)
- DOWN**
- 1 Parched
 - 2 Western lily
 - 3 Potter's oven
 - 4 Farm unit
 - 5 Tuning fork in Italy
 - 6 Uneven
 - 7 Luau dish
 - 8 Half a soporific biter
 - 10 A soft murmuring
 - 11 Trivet
 - 12 Ripens
 - 13 Word between run and trouble
 - 14 Floor
 - 17 Date
 - 19 Pale
 - 23 Google alternative
 - 24 Flurry
 - 25 Fatal
 - 26 Shady or Pickens
 - 27 Continental cash
 - 28 Educational Inst.
 - 29 Looking for gold in data?
 - 30 Love intensely
 - 33 Blow gently
 - 34 What the fat lady sings
 - 35 Short holiday?
 - 37 Cunning stratagems
 - 38 Regain
 - 41 Driving hazard
 - 42 Gets on the freeway
 - 44 Printer spec.
 - 45 Jazz type
 - 46 Repented of
 - 47 Assistant
 - 48 Tosses in
 - 51 Must have
 - 52 Word after drag or hair
 - 53 God of war
 - 54 Puppy's action
 - 55 Assay
 - 57 Deadly aviation buildup
 - 58 Bijou
 - 59 Tease



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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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BRAIN GAMES ANSWERS ON PAGE 42



Healthy U: Good Health 101 and Beyond

The Blue Light Blues

Looking for a better night's sleep? Start with your screens.

by David Tumbarello
Freelance writer in Michigan

Does your evening sound something like this? You watch TV for an hour or two, check your iPad, maybe read your Kindle in bed before finally turning out the light.

Then the tossing and turning starts. First you try this side of the pillow; then you try the other. Maybe try the first side again. You just can't seem to drift off. You're tired, but your mind won't wind down.

It could be your evening routine that's causing all the trouble. Research is beginning to show that exposure to short wavelength blue light may impact optimal hormonal balance and the quality of our sleep.

Artificial sources of this blue light are everywhere. Flat screen TVs, computer monitors, smart phones and tablets all emit blue light, exposing us to high frequency light at all times, day and night. Interacting with them in the evening, however, may impact our ability to get a good night's sleep.

Before you panic and throw out your Kindle, let's first familiarize ourselves with blue light. Sunlight contains the spectrum of all colors: red, orange, yellow, green, and blue light rays and every shade in-between. Red light consists of long wavelengths, and blue light, at the other end of the visible light spectrum, consists of short wavelengths.

All these types of light occur in nature. In fact, humans are dependent

on sunlight to help regulate our waking and sleeping. The body is used to a regular pattern of being alert and awake during the day and being tired during the night. This is known as our circadian rhythm. Exposure to blue light during the day helps us be alert, vibrant, and ready to tackle the world. It wakes us up and stimulates us, according to Rahul Khurana, M.D., a spokesperson for the American Academy of Ophthalmology. But when we pick up these devices in the evening, Dr. Khurana explains, too much blue light exposure late at night from your phone, tablet or computer can interfere with your circadian rhythms and make it harder to fall asleep. (Vimont, 2017)

Like everything in life, it's about moderation. To improve the quality of your sleep and reduce evening eye strain, try these tips:

1. Reduce screen time after dark. Limit your exposure to artificial blue light two to three hours before bed. Put away the smart phone or computer, and limit watching television. (Harvard Health, 2018)
2. Use blue light filters on devices. Many newer devices contain filters that reduce the amount of blue light emissions after sundown; check with your favorite techie to help you learn more about your own device.
3. Invest in computer glasses. If you use a computer for long periods of

time, ask your optometrist about computer glasses that block blue light. And with your next set of reading glasses, ask for anti-reflective lenses to reduce eye strain.

4. Go with an intraocular lens. If you are a candidate for cataract surgery, ask your doctor about the option of inserting an intraocular lens that blocks blue light.

Probably the best way to help get a good night's sleep is to expose yourself to plenty of natural sunlight during the day, since this is the best way to tell your body when it should be alert and when it should be ready for rest.

So next time you get ready for bed, turn off the TV, put your phone away, and maybe pick up a real book to read instead of your Kindle. You will tire more easily, sleep better, and your body will thank you in the morning. ♦

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“Rather than wait until a crisis hits, it’s important to prepare now for the possibility that you’ll need help sooner than you think.”



When the Pennies Pinch the Soul

Accepting help with our finances as we grow older can be uncomfortable and scary. Talking it over with prospective caregivers can ease the fear.

by Kelly Dilworth

Personal finance journalist

When you’ve been independently managing your bills and other financial tasks for decades, it’s difficult to accept that you may need help. But as you get older, your financial judgment and ability to manage everyday chores may fade — especially if health issues, such as mild cognitive impairment, affect your memory and thinking.

A serious medical event, such as a stroke or rapidly progressive dementia, can also strike at any time, forcing your family members or other caregivers

to step in unexpectedly and take over tasks you’ve been doing for years.

Rather than wait until a crisis hits, it’s important to prepare now for the possibility that you’ll need help sooner than you think. Otherwise you could have a hard time adjusting to your new reality once the time does come for others to step in.

“People often put off those conversations because they’re complicated and painful and we don’t really have a roadmap for guiding them,” says

clinical psychologist and professor of gerontology Dr. Regina Koepp.

Then when a crisis hits, they have a tough time coping with the emotional and logistical challenges that can arise from such a big change.

Lack of Communication Can Foster Anxiety, Distrust

For example, you may struggle with feelings of fear, resentment or distrust if a caregiver suddenly takes over and you haven’t talked with them about

how you want things managed. If a medical event affects your cognition, you may also feel confused by why your loved ones want to help — especially if they aren’t being forthcoming with you about their intentions.

“Because people aren’t talking about it, then suspicion arises,” says Koepp, who works with older adults and their families at the Atlanta VA Medical Center. For example, the person who needs care may wonder, “Why are you suddenly so interested in my money?” They may also worry that their caregivers are going to mismanage their money or fail to take care of details.

In addition, some people feel uncomfortable sharing how much money they have — even with their children. According to a survey of older adults by Wells Fargo, 41% admitted to keeping their financial status under wraps. Only spouses knew how much money was in their accounts. Losing control over your finances at a time when you’re already feeling vulnerable can also compound other fears. For example, you may worry that other aspects of your life are also going to change or be taken away now that you’re no longer fully independent. “It feels very disempowering,” says Koepp.

You could also find yourself at odds with your caregiver if they have a different perspective on how to manage money. Many of today’s seniors grew up at a time when resources were scarce. As a result, they are frugal with their money and closely guard it. However, younger adults who grew up during a wealthier period may have a different mindset and be freer with their spending, Koepp points out. That, in turn, can lead to disagreements over purchases that a caregiver has made on a loved one’s behalf.

Talk Now to Avoid Conflict Later

To head off disagreements, talk with potential caregivers now, if possible, so that you are on the same page about

how financial chores and other tasks, such as shopping for groceries, should be handled.

Explain to them your preferences and ask them if they have any questions or concerns about your requests. The more open you can be with each other about the future, the easier it will be to identify and resolve potential differences now before they boil over into conflict.

This can give you a sense of agency and control over your circumstances and make it easier later on for you to cope with major changes. “If an older adult engages in planning, they’re going to have more ability to voice their concerns and their boundaries, and their wishes are more likely to be honored,” says Koepp.

Five Steps to Ease Your Financial Transition

As you begin to plan for your financial future, consider other steps you can take to engineer a more positive experience. For example:

1. Start small.

Even if you currently feel as sharp and mentally fit as you were when you were young, practice asking for help now before your health deteriorates. Maybe ask a loved one if they’d sit with you while you pay bills, suggests Koepp, or ask if they’d be willing to balance your checkbook with you.

2. Build a foundation of trust with potential caregivers.

If you’re uncomfortable talking about money with loved ones — such as children who may eventually become your caregivers — ask yourself what’s holding you back. Has the person exhibited behavior in the past that makes you wary of sharing financial information with them? Or are you projecting fears onto them based on your own previous experiences? Try initiating an honest conversation with loved ones. It may help resolve some of your fears. If possible, you may also

want to enlist a professional therapist to help you work through internal conflicts or mediate discussions with your family.

3. Create a financial roadmap.

If you can afford it, meet with a financial advisor who can help you formulate a financial strategy and educate you about your options. You may even want to bring a prospective caregiver with you to your appointment, suggests Koepp. In addition, map out what you want your future to look like and put it in writing so that you can share it with your loved ones. To make your task easier, a group of researchers led by the Northwestern School of Medicine created a free online tool you can use to plan for possible events and share your goals with others. Find it at PlanYourLifespan.org.

4. Seek out resources in your community.

If your funds are limited, look at public resources designed for seniors. A community legal aid center, for example, provides free legal advice or can connect you to an elder-care attorney. Your local senior services agency can point to other sources of support. To find out what’s available in your community, check out the U.S. Administration on Aging’s Eldercare Locator at <https://eldercare.acl.gov/Public/index.aspx>.

5. Be gentle with yourself and the ones who care for you.

It’s natural to feel overwhelmed by the prospect of not being able to take care of your own affairs and, as a result, avoid thinking about it altogether. Your loved ones may also feel scared by the prospect and dislike thinking about you getting older. Don’t beat yourself up if you’ve put off planning for your future. Just entertaining the thought of planning is a really important step. ♦

Read more:

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Loneliness

A Public Health Epidemic

Lessons learned from “Aging With Pride”
and LGBT older adults

by Karen Fredriksen Goldsen, Ph. D.

Professor at the University of Washington School of Social Work

*“...laws and policies created conditions
that can still force people to hide and withdraw
rather than build community.”*

Social isolation in the U.S. has reached epidemic proportions, creating a largely invisible public-health crisis with few corrective resources for an aging population. It is estimated that loneliness has more than doubled in just a few decades.

In 2017, former U.S. Surgeon General Vivek Murthy identified loneliness as an epidemic; it earned the name because it affects a large number of people in our country *and* because one person's loneliness can have an impact on others. As a hazard to human health, loneliness has been linked to heart disease (Valtorta et al., 2016), high blood pressure (Hawkey et al., 2010), early onset of disability (Lund et al., 2010), greater risk of cognitive decline (James et al., 2011), and increased likelihood of premature death (Holt-Lunstad, 2018).

It's important to understand that social isolation and loneliness are not the same. Social isolation is objective based on the number of social relations that a person has. (Malcolm et al., 2019) Loneliness, on the other hand, is subjective. It is the

discrepancy between what a person expects or wants in a social relationship and what the person actually has or receives. In other words, it is the difference between desired and actual social relations. (Perlman & Peplau, 1981) Yet both cause suffering in their own way.

In this article, we will share the lessons we've learned about loneliness and social isolation in our research with lesbian, gay, bisexual and transgender/gender diverse (LGBT) older adults. This population has historically experienced significant social restrictions that result in higher rates of loneliness and social isolation in later life. The findings are helping us realize there are effective alternatives for anyone living in isolation.

On Aging With Pride

The landmark study "Aging With Pride" (<https://age-pride.org>) is the first-ever longitudinal national study of LGBT midlife and older adults, funded by the National Institutes of Health and the National Institute on Aging. The project is following the

lives of 2,450 LGBT adults, aged 50–102. The goals of the study are to understand the health trajectories in these communities and to identify the risk and protective factors that impact their health, aging and well-being over time. (Fredriksen-Goldsen et al., 2017)

The demographic profile of LGBT older adults differs from the general population. For example, more than half (55%) of LGBT older adults live alone compared to 28% older adults in general. In addition, LGBT older adults are more often single or non-partnered compared to the general population. They are also more likely to live at a distance from family members. These factors can create greater vulnerability for both loneliness and social isolation.

In our study, we found that more than half of LGBT older adults felt left out (56%), isolated from others (55%), and lacked companionship (53%), which is significantly higher than the general older adult population. We found those who lived alone were at greatest risk of social isola-

tion and loneliness. About 10% of those who had not lived alone in a previous year came to live alone in the subsequent year, which increased risk over time. (At the same time, we have to remember that most LGBT older adults are satisfied with their lives and about half don't feel lonely or isolated.)

To understand the health disparities among LGBT older adults, we must understand the historical context in which they came of age. Most had to hide their lives for fear of rejection from family members, criminalization, or institutionalization in mental-health facilities. Thus, most LGBT older adults experienced social exclusion, and the laws and policies helped foster a lack of social contacts and created conditions that can still force people to hide and withdraw rather than build community.

Nearly two-thirds of older adults in this study experienced discrimination or victimization three or more times in their life (64%), including verbal insults (82%), threats of physical assault (43%), hassled by police (27%),

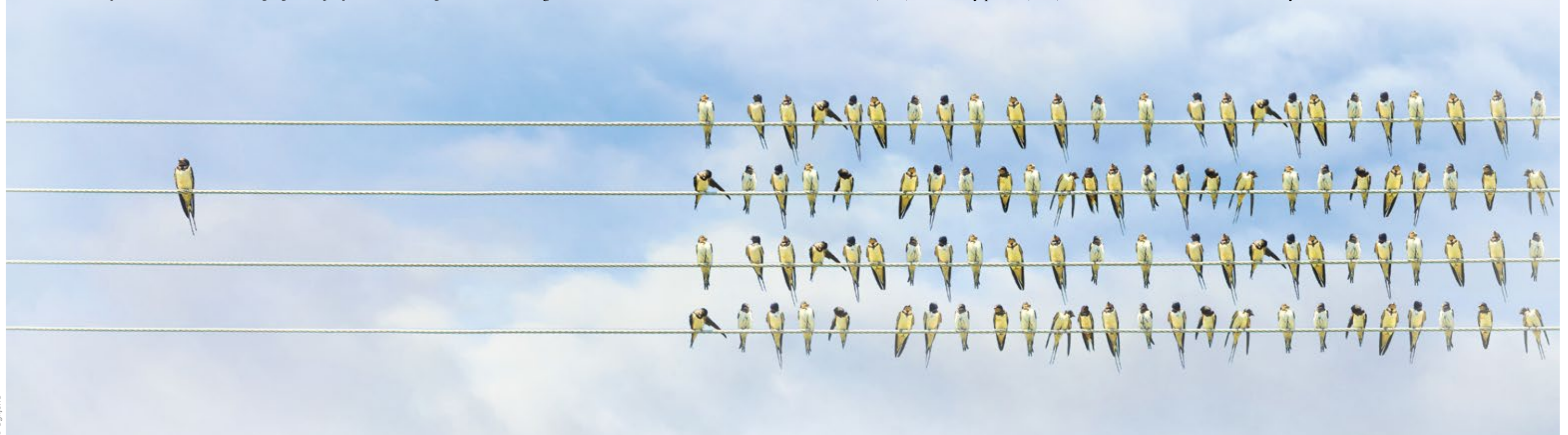
and one in five had been physically assaulted (e.g., punched, kicked, beaten). (Fredriksen-Goldsen et al., 2011) More than one-quarter experienced discrimination in the workplace, and one-quarter had been threatened that someone would "out" them, disclosing their sexual or gender identity against their wishes. The study found even higher rates of discrimination and victimization among transgender and other gender diverse people, which was the strongest predictor of poor health outcomes. (Fredriksen-Goldsen et al., 2013)

Yet, at the same time, they are resilient and built support networks and communities. The study found that 89% feel positive about belonging to LGBT communities. As the pioneers of the LGBT community, these older adults laid the foundation for the rights that exist today. Most LGBT older adult supports are peer-based; they built their communities together as they aged together.

But as they age, those peers may not be available due to illness or death. This can create vulnerability,

especially for the long-term survivors; many had their support networks decimated by the AIDS pandemic in the early days. (Emlet et al., 2019) Among those who survived AIDS, some have never recovered from the trauma of losing so many they loved and remain socially isolated today.

Given the adversity they faced, most LGBT older adults have developed a strong sense of self-reliance. But, while resilience and fortitude are strong predictors of better health in general, adverse life experiences may become a barrier to asking for help in later life. Many LGBT older adults have shared that they fear old age and vulnerability, especially if they need intrusive medical care or placement in a long-term care facility. They have shared in our interviews that they often experience bullying and homophobic or transphobic jokes in assisted living and long-term care facilities, both from staff and other residents. Many have reported they feel they must retreat into the closet, where isolation and loneliness worsens.





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Lessons From the LGBT Community

So how can we better serve LGBT older adults and counter social isolation and loneliness, and what lessons does this provide for older adults in general?

Build a personal support network:

Nearly one-third of older adults in the general population are more likely now than in the past to live alone, be unmarried, not have children, and live at a distance from relatives. Follow the example of LGBT older adults and build your community with family of choice and friends who provide care and support.

Join a community network:

There are supportive community centers where LGBT people can feel at home; for example, GenPRIDE in Seattle (<https://gapseattle.org/>) and other centers elsewhere (<https://www.lgbtagingcenter.org>). Joining these communities leads to more social contacts, which in turn leads to a sense of mastery and community engagement. The general population can also experience these benefits by joining a community center in their location (search on the name of your city and state and the words “Senior Center”).

Take loneliness out of the closet:

It is imperative that care providers are trained to ensure culturally relevant and competent care for LGBT older adults and their families. It is just as important for the general population. We must confront the stigma of social isolation. Loneliness is in the shadows and remains in the margins. Let’s talk about it and take it out into the open where we can hope to foster change. ♦

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Advice for the Journey: Personal Advice and Expert Opinions



Spinning Out of Control

“How do I deal with the stress of all the changes I’ve been through?”

by Julia Hogan, LCPC

Chicago-based counselor and author of *It's Okay to Start With You*

Question: Help! Lately, I feel my life is spinning out of control. I always knew that getting older would mean dealing with changes, but I never expected it would be this hard. In the last year, I’ve lost one of my best friends to cancer, had my hip replaced (with lots of physical therapy to go along with it), and my husband and I have been updating our will and talking seriously about our final wishes. I wonder what else is coming my way, and all of it just makes me so anxious! I’ve forgotten how to just relax and enjoy.

Answer: You are so right when you say that facing change and feeling out of control is hard to do. We don’t like to admit that we aren’t in control over our own lives. Yet worrying about the results of a medical test won’t change the outcome, just as worrying about the violence in our world won’t actually curb it. We spend so much time being anxious about all of the things that *might* happen that we miss out on what is *actually* happening. Worry paralyzes us instead of empowering us.

The key to living an empowering and enjoyable life is practicing acceptance. Acceptance starts when we recognize what is in our control and what isn’t, instead of always fighting for control. Then you can be more open and flexible in the face of change as it comes. When we can accept what is, change doesn’t have to be so scary.

Acceptance is really about cultivating an open and non-judgmental attitude toward life. In other words, we can train ourselves to let go of the fear of losing control and decide we will be OK, whatever happens. This frees us up to embrace whatever life has in store. It empowers us to see possibilities and the positive, even in the midst of hardship.

Try these simple ways to practice acceptance in your everyday life:

- Set a timer for five minutes to focus on your breathing. Slowly breathe in through your nose and then out through your mouth; this will immediately help put your body and mind into a more relaxed state. (If you aren’t familiar with breath work, you might want to start with one minute and work up to five.)
- Be aware of your thoughts, and look for negative thinking patterns. Often our minds jump to assuming the worst-case scenario will come true, but that is usually not the case. Spotting this negative pattern can help your thinking become more balanced.
- Use your imagination to help you tolerate unpleasant emotions or physical sensations. For example, when you find yourself anxious waiting for the physical therapist, imagine sitting on your favorite sunny beach, watching the waves crash softly.
- Focus on gratitude by identifying two to three things you are grateful for every day. This will retrain your brain to spend less time zeroing in on the negative and more time noticing the good things still happening in your life. ♦



Tell Me Something Good

Three key behaviors that drive us in a positive direction

by Nancy Gertz

Health and well-being coach in Boston

I'm not sure how old I was when I became aware of my fascination with human behavior. My friends were engaged in much more concrete studies, like getting their bikes to go faster, finding better hiding places in the field nearby, conjuring up rides to go get ice cream in town, and designing the most "efficient" ways to complete homework so there would be more phone time before bed. I was definitely involved in all that, but, at the same time, I was keenly interested in how we were all behaving. I had to understand what we were thinking and feeling, because some of the things we did just didn't make sense. Not to mention what the adults were doing!

By the age of 13, I had saved up enough money to join the Psychology Book of the Month club. To my delight, every month two very grown-up

books arrived in their cardboard zip box, and I'd abscond with them to my room behind a locked door. Excited, filled with hope and possibility, I was sure the books held answers for me about what makes humans tick and, especially, why they behave the way they do. The truth is I didn't understand most of what I was reading in those books. While the strategy I chose at the time wasn't terribly successful at helping me find answers, it did clarify that I would always be fascinated with the quest.

Decades later, after all kinds of learning and living, I can humbly say I realize one thing — there will always be more to learn, and the quest for answers will continue. Still, I am pretty sure that I've nailed three key things that drive human behavior in a positive direction.

“By the age of 13, I had saved up enough money to join the Psychology Book of the Month club.”

1.

Take Agency

We all need to feel that we have the power to act on our own behalf. Can you make your own choices and take action in the direction of your goals and needs? Can you proclaim, “I can take care of this” and “Here’s what I’ll do about this”?

When we are on a roll, flourishing in life, chances are we are empowered and engaged in activities that are meaningful to us. When life has us in a tighter grip — when illness, tensions or persistent struggle are leading us to feel anxious and depressed — we lose our sense of personal agency. It’s as if we’ve let go of the wheel and nobody’s driving. We don’t feel we can take control of it, and we might have no idea what to do next.

The key to getting our hands back on the wheel and kickstarting the good feelings again is to take an action, even a small one. One small action leads to another, and once we are in action again, we reconnect with our own self-generated energy.

In other words, when life’s got you down, do something!

2.

Connect With Others

Loneliness is a silent plague, sometimes invisible, that affects far too many of us. Studies show that it leads to deteriorating health, both mental and physical. On the flipside, being in relationships with other people does far more for us than improve our health status. Having meaningful connection with others opens the gate to truly flourishing. Love heals, expressing gratitude makes us happier, kindness improves our sense of well-being, and the warmth we bring to others improves our overall sense of life satisfaction.

What’s amazing about the research in this area of psychology is the simplicity of putting it into practice. Other people matter. Let them know, and treat them as if they do.

The secret sauce here applies to all kinds of people in life — not just those closest to us, but even those whose lives are not intertwined with ours, like the cashier in the grocery store, the person who brought the coffee, or the guy who walks down the hallway each morning. A kind gesture in any direction has its own rewards. And nurturing our closest connections gives back to us in immeasurable ways. We all benefit from opening and expanding our hearts. Be the pack animal you were meant to be!

3.

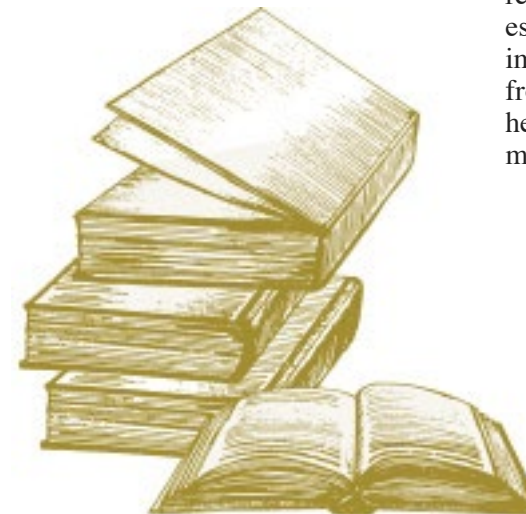
Savor the Good

We’ve all probably figured out by now that our minds tilt in the direction of what is troubling or disturbing. We aren’t inclined to dwell on what’s going well. That was fine when stressors were dangerous and infrequent, way back when tigers leapt out from behind the trees. Now our stresses are many and persistent. There are no more tigers for most of us, yet our brains still act as if there are. Our minds search for things we can worry about, problems that need to be fixed. And, naturally, since we are wired this way, we are compelled to think about these things.

We now know that our brains are more malleable than we previously thought, and with re-training and persistence, we can develop our minds to attend to the good stuff of life. This changes our brains, making it easier to do more of this over time. I’ve gotten pretty good at catching myself in a negative rant, and that’s when I force myself to come up with at least three good things to focus on, think about and, yes, savor. I begin every coaching session with the same request: Tell me something good!

By turning our attention to the positive, we kick our minds and our neurophysiology into a more resourceful and capable mode, and this enables us to better handle the tough stuff that will inevitably arise. We have to become skilled drivers of our own attention, and our best lives happen when we shine the spotlight on the positive as much as possible.

I still wonder at people’s behavior; it’s a source of endless study and reflection. Yet I’ve come to realize one critical thing about us humans — we can change for the better. ♦



Live Big. Live Bold.

Your Life, Your Rules

FINDING PEACE DURING THE HOLIDAY SEASON

This time of year can be challenging in so many ways.

by Alissa Sauer

Blogger and Leisure Care writer

The sun has faded, the leaves have changed, and winter is here. With the winter comes chilly days, longer nights, and a season of busyness surrounding the holidays.

When we consider the holiday season, we often assume it will be a time of peace and joy, and it definitely can be. Yet as fun and exciting as it is to spend more time with family, give gifts joyfully, and partake in the spirit of the season, for too many the holidays are the opposite of peace and joy. They can bring extreme stress, unwelcome social obligations and financial burdens that take the happy out of the holidays.

The good news is that it is possible to find that inner peace and joy during the holidays, even as schedules become chaotic, financial obligations become burdensome, and family politics become stressful.



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UNDERSTANDING WHY THE HOLIDAYS CAN BE SO DIFFICULT

From overspending to overeating, the holidays can be hard for anyone. A survey from the American Psychological Association evaluated how holiday blues affects Americans. They found that while most people surveyed were in high spirits over the holidays and felt happy and loved, these positive emotions were often accompanied by fatigue, stress, irritability, physical discomfort and sadness.

Thirty-eight percent of survey participants said that they experienced increased stress during the holidays, feeling a lack of time and money, pressure from gift-giving, and increased time with distant relatives. (American Psychological Association, 2019)

The holidays are stressful for adults of any age. However, the hustle and bustle of the season can be particularly

challenging for seniors. In addition to the normal stress of the season, the holidays can be a nostalgic time, bringing increased feelings of grief and loss as precious memories flood everyday life. This can be hard for seniors who have experienced the loss of a spouse or partner and are facing reminders of past holidays.

The holidays can also increase feelings of senior isolation and loneliness as time that was once spent attending social functions is now spent alone.

Additionally, as financially burdensome as the holidays can be, they can be even more stressful for seniors who are living on a fixed income. Retirees who once spent extravagantly may now be watching their budget more closely and may fear disappointing family members accustomed to a more generous gift.

5 TIPS TO FIND PEACE DURING THE HOLIDAYS

Even with all these stressors, there are simple ways to navigate the holidays that can lead to peace and a greater understanding of family and friends. These five tips can help you find peace in a chaotic holiday season.

1. Let go of your expectations.

With the passing of time can come big changes. Families evolve, babies are born, people pass. Accepting the reality that time changes holiday traditions will help you overcome feelings of stress. Begin to look for the exciting new things of the season instead of focusing on days past. Embrace a new generation and start new traditions while sharing your own treasured holiday memories. It can be a healing experience for you, and telling your stories can bring generations together, building a family legacy.

It's OK to miss what was, but do not let your focus on the past steal the joy of the present.

2. Don't be afraid to say no.

If a certain holiday tradition is too raw or painful after the loss of a partner or spouse, let people know. If traveling for the holidays is too expensive or challenging, say no. Yes, this is the season of giving, but you cannot give what you do not have. To enjoy the season to its fullest, you may have to say no to certain social obligations. Be open about your limits, and say no to events and gatherings that steal joy and do not otherwise enhance your life.

3. Set boundaries in gift-giving.

While buying gifts may be fun, dealing with credit card debt after the holidays is not. It's too easy for holiday spending to get out of control quickly. Since it's so tempting to go all out for the holidays, especially for grandchildren, consider setting (and sticking to!) a budget. Communicate this limit in advance, and do not waiver from it, as tempting as it is to buy just "one more gift."

It may also help to give experiences rather than gifts. Planning a family trip or a trip with grand-

children in the summer can help delay expenses and spread joy throughout the year. It can also give both grandparents and grandchildren something to look forward to long after the excitement of the holidays has worn off.

Whether it's a simple day at the zoo or an extravagant summer vacation in Europe, take control of your budget and spend within your limits to reduce financial stress.

4. Focus on self-care, not self-indulgence.

It's just as tempting to overindulge during the holidays as it is to overspend. From parties with sweet drinks to neighborhood cookie exchanges, there is no shortage of sugar around the holiday season. However, sugar intake has been linked to increased stress levels, anxiety and weight gain.

Instead of using the holidays as an excuse to eat and drink unhealthy amounts, take the time to slow down and understand the impact seasonal indulgences have on your health. Take a daily walk, drink more water, and limit sweets to reduce the stress and chaos of the season.

Indulge moderately and prioritize self-care over self-indulgence to stay healthy and reduce stress during and after the holidays.

5. Be open about what you are feeling.

Ultimately, understanding your personal boundaries during the holidays leads to peace. Once you find those boundaries, you will need to let others know them. While you are communicating your boundaries, let others know if you are feeling lonely or excluded. If memories feel overwhelming, let a trusted friend or family member know that this is a tough time. Don't be afraid to let others know how you are feeling. You may find that you are not alone!

HOW MOVING TO A SENIOR LIVING COMMUNITY CULTIVATES PEACE AND UNDERSTANDING

Moving to a senior living community is a great way to combat feelings of loneliness and gain greater understanding with age. Living with others in the same stage of life who understand your journey can help you avoid feelings of social isolation and loneliness. It can lead to new hobbies and new interests, helping you form new memories and meaningful relation-

ships to get you through the sometimes stressful holidays. Additionally, senior living communities are well equipped to help residents celebrate holidays together, whether or not you have nearby friends and family.

Leisure Care has senior living communities all over the country ready to celebrate the holidays in a big way while patiently working through com-

plex emotions during this challenging season. Contact Leisure Care today, and let us help you come home for the holidays! ♦

Source:

American Psychological Association. (2019). "Women and the Holiday Blues." Retrieved on September 11, 2019, from www.apa.org.



Let Your Dare Grow Long

Daring, despite what society thinks, never grows old.

by Jeff Wozer
Humorist and stand-up comedian

*“If a little dreaming
is dangerous,
the cure for it is not to
dream less but to dream
more, to dream
all the time.”*

– Marcel Proust

I recently celebrated the 38th anniversary of proclaiming this is the year I climb Mount Everest. When I first announced this honest pursuit, at a riotous younger age, I was applauded for my daring. But now when I proclaim it I’m viewed as delusional and wacky.

Daring, as a life attribute, does not follow us as we age, blooming like a wild daisy in May only to fade and wither by early June. By our 30s, daring downgrades to recklessness. By our 40s, it bad-mouths to desperate midlife crisis. And by our 50s and beyond, daring permanently degrades us to full-fledged nut job.

This is not only unfair, but a five-alarm outrage. How is it, I wonder, that no Adjective Discrimination Act yet exists? Hmmmm, Washington, D.C.? Something that protects those of us in the over-50 set against lame adjectives based purely on age. I believe most of us *are* up to the task of pursuing bold new adventures and wild new dreams.

But, apparently, my girlfriend does not share this belief. When I vowed ... again ... to make this the year I summit Mount Everest, she eyed me as if I were drunk. Not surprising. Drinking, just like daring, dulls with age. A drunk at 22 is crowned the life of the party; a drunk at 65 is deemed a problem.

Not that I have a drinking problem, of course. But according to my girlfriend, I need to temper my ambitions to something more realistic, something more aligned with “my age.” When I asked what she had in mind, she suggested glamping.

It, if you’re unfamiliar with the term, Frankensteins the words “glamour” and “camping” to form glamping. It allows participants to experience the outdoors without roughing it by providing luxurious tents (and, yes, this is the first time I’ve ever used the words “luxurious” and “tents” in the same sentence, let alone the same paragraph or page) often furnished with king beds and duvets, carpeting, lamps and dressers. All that’s missing are automatic flap openers.

Let Your Dare Grow: *Continued on page 42*

Under Happier Circumstances

The words we use, or avoid using, can undercut the reality of loss.

by Rabbi Elana Zaiman

Seattle-based Rabbi, chaplain and author

The ground has shifted. I am present yet distant, connected yet disconnected, lost yet found, and yet still lost.

I get up in the morning, go to the bathroom, brush my teeth. I exercise or I swim, study *Mishnah* or go to synagogue to say *Kaddish*. Just the question, “How are you?” often brings me to tears.

We thought he had another few years. Three to be exact, at least according to my father’s doctor. Dad told me this in the car when I was visiting him back East and driving him to PT, our hands touching on the center console. A month later he was dead.

I need to say the word dead and I need to write the word dead because my father is dead. He is not going to reappear, even though I wish he would so that we could finish our unfinished conversation, begin a new conversation, watch a movie together, or just be.

Happier Circumstances: *Continued on page 43*

“I do not think that our parents are ever really done with us or we with them — but it takes time and attention before a sense of ongoing presence emerges from the absence.”



“There’s a reason why Mark Trail never wore a cashmere sweater,” I reminded her.

“Don’t be so narrow-minded,” she countered. “Glamping still allows you to do everything associated with camping.”

“Like what,” I asked? “Glayaking, glishing and glorseback riding?”

I harbor no bias against glamping. It continues to swell in popularity. Economists predict the glamping business in the United States alone will exceed \$1 billion in revenues by 2024. And it serves tremendous purpose, allowing people, many of whom would otherwise avoid camping by any means, to experience the outdoors. But to suggest supplanting a long-held dream of topping Mount Everest with glamping is on par with substituting a visit to Peru’s Machu Picchu with a visit to the Sombrero Tower at South Carolina’s South of the Border.

“And you don’t like heights,” she added.

Damn, she was right, I don’t.

The idea of having both feet still touching Earth at 29,029 feet (cruising altitude for passenger planes) strikes me as partly to mostly insane, especially when considering there’s

limited oxygen, extreme cold temperatures, and no means of satisfying a conditioned craving for 12 lightly salted peanuts whenever topping 27,000 feet.

Rather than admit this, I thought of my dad’s hold on dreams and how they, regardless of how implausible, sustained him through life, allowing him to ski until he was 89, climb 14,000-foot Colorado peaks at 90, and play golf until his final months. Nine days before pancreatic cancer doused his flame at the age of 94, he, while working on arm exercises with a physical therapist, pressed for tips on how to increase the speed of his golf swing.

Even in his final hours, despite knowing he would never whack a golf ball again, he still dared to dream, embodying Marcel Proust’s belief that, “If a little dreaming is dangerous, the cure for it is not to dream less but to dream more, to dream all the time.”

I often think of that moment. It helps me better understand why my mom who, after surviving major cancer surgery last summer at the age of 90, refuses to surrender her dream of driving again. What some dismiss as delusion

is, in her mind, a disguised dream for remaining relevant and vibrant.

As I was mulling this, my girlfriend asked, “What are you thinking?”

Before replying, I asked myself, *Dare I tell her the truth and risk her wrath?* After a slight pause I answered, “I’m thinking of skamping.”

“Skamping? What’s that?”

“It’s a combination of the words skipping and glamping,” I answered, “as in I think I’ll skip glamping.”

Daring, despite what society thinks, never grows old. ♦



I say the word dead and I write the word dead because I so dislike our euphemisms for death, and we have many. Here’s one: “I’m sorry for your loss.” (Yes, I am experiencing a loss, a profound loss, and when I hear these words, I think, my father is not lost, as in lost and found. No matter how much I search, I will not find him.) Here’s another: “So sorry to hear of your father’s passing.” (“Passing” takes the sting out of death and makes death sound like a phase, not a finality.)

While I’m at it, I also dislike when people make large blanket statements that say nothing, like “Your father was a great man.” (A lovely statement, yet it offers me nothing of my father to hold onto.) Or when people say, “Your father was a great father.” (Yes, a few people have actually said this to me. I loved my father and I still do, deep in my bones, and I know he loved me deep in his bones, and I wonder how I will find my way in the world without him, and to whom I will bring my questions on Jewish law. And rather than tell me how you imagined my father as a father, please tell me instead how you experienced him.)

The comment I dislike the most? “I hope to see you again under happier circumstances.” (Really? I understand

this phrase may emerge when you have no idea what to say, or perhaps it emerges when you see how sad I am and you want to make me feel better. But by wishing for “happier circumstances,” you’re discounting the circumstance I am now in. My dad died. I am sad. I am trying to make sense of the fact that my dad is no longer physically present. Help me live in the pain. I know there will be joy. I’m just not ready for it.)

And as I write all this, as I comment on some of the things people say and do, I understand that people are offering their words out of their love and concern for me, and I am grateful, so grateful that they have shown up, that they care.

Yet these words do not help.

What helps?

A friend and colleague who listens to my breaking heart as I tell her about the last time I spent with my dad. A woman who hands me a CD she made from a cassette tape my father had recorded of himself singing Chapter 1 from the book of Lamentations.

A text from a friend who tells me she is dropping off dinner for my family and asks when is a good time for her to come by. A note from a friend, who after reading my words, “the ground has shifted,” responds, “The death of

a parent is huge, even if their time has come after a long life. It changes the way we move and stand in the world and takes time to befriend.”

A friend who drops off a blueberry crumble and a book on grief titled *The Wild Edge of Sorrow*. A woman who comes up to me after morning services at my synagogue shortly after my return to town, sees me rise to recite the mourner’s *Kaddish*, and says to me later with tears in her eyes and a shake in her voice, “I knew there was something about you that was different. I could tell.”

A scholar, Presbyterian minister, and dear friend of my father who writes, “I do not think that our parents are ever really done with us or we with them — but it takes time and attention before a sense of ongoing presence emerges from the absence.”

A 13-year-old friend (whose bat mitzvah weekend just happened to coincide with my first Sabbath back in town) who sees my tears and senses my hurt and hugs me tight and does not let go.

Do not be afraid to speak death and to listen to death being spoken. Do not be afraid to enter into the world of grief with those who do not stand on firm ground. Step into this world with them. ♦

BRAIN GAMES ANSWERS / From Page 20

Answers to Crossword Puzzle

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

Answers to Sudoku

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

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Fairwinds - Desert Point

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Bella Villaggio
Fairwinds - Ivy Ranch
Fairwinds - West Hills
Fairwinds - Woodward Park
Heritage Estates
Springfield Place
The Woodlake

COLORADO

Mackenzie Place - Colorado Springs
Mackenzie Place - Fort Collins
San Marino
The Carillon at Belleview Station
The Carillon at Boulder Creek

CONNECTICUT

The Landing of North Haven
The Linden at Woodbridge

FLORIDA

The Landing of Lake Worth
The Willows

IDAHO

Fairwinds - Sand Creek

MASSACHUSETTS

The Cottages at Dartmouth Village
The Linden at Danvers
The Linden at Dedham

MARYLAND

The Landing of Silver Spring

MISSOURI

Fairwinds - River's Edge
The Landing of O'Fallon

NORTH CAROLINA

Treeo of Raleigh

NEW MEXICO

Fairwinds - Rio Rancho

NEW YORK

The Village at Mill Landing
The Village at Unity
The Village Townhomes

OKLAHOMA

The Linden at Stonehaven Square

OREGON

Canfield Place
Markham House
Russellville Park
The Ackerly at Sherwood
The Ackerly at Timberland

PENNSYLVANIA

The Landing of Collegeville
The Landing of Southampton
The Landing of Towamencin

UTAH

Treeo - Orem
Treeo - South Ogden

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Hawthorne Court
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