

THRIVING

#21



Celebration Foundation
Thriving In Place

THE THRIVING IN PLACE GOAL:

To enable residents
to live in their own
homes leading healthy,
safe, independent and
productive lives.

Cover Photo Courtesy of...
Dr. Genell Ferrell
White Dog Photography
gferrell@barkpics.com

CONTENTS

APRIL 2019 - ISSUE #21

A Letter from Rachel	03
January Lunches	04
February Lunches	06
2019 Fundraising Campaign	09
Thriving 'By The Numbers'	10
April and May Birthdays	11
A Day at the Movies	12
Dancing the Night Away	14
A Path to Being Prepared	15
What a Night!	16
Diet and Medications	17
Is It a Mole or Skin Cancer?	20
A Creative Thriving In Place Moment	22
Sunscreen Best Practices	24
Minimizing the Risk of Falls	26
Do Your Feet Hurt?	29

INTERESTED IN JOINING OR VOLUNTEERING?

Contact the Thriving In Place Office:

407-572-9850

Thriving@CelebrationFoundation.org

A LETTER FROM THE THRIVING IN PLACE MANAGER

“Challenge Yourself”

We have certainly been busy these last two months: From sponsored lunches to excursions at the Dr. Phillips Performing Arts Center, and new member benefits like a movie matinee at Windsor at Celebration's Imagination Theater. I encourage you to take a moment to explore the upcoming movie matinee on April 1st or sign up for the next excursion to Orlando Icon! I encourage you to get involved. Try a new program you haven't done before. Challenge yourself this month.

New from the office of Thriving In Place: I am in the process of drafting the first ever Thriving In Place Procedure Manual! This will help continue to strengthen the amazing program we have to of-



*Rachel McIntee
TiP's New Manager*

fer and encourage other communities to build their own program, as well. I am well underway seeking new sponsors, donors, and even grant opportunities to help continue to grow our program.

This April we will be teaming up with Merrill Gardens, Bright Star Care, Toho Water Authority, Creation Kids Village, and Windsor at Celebration for four thriving lunch programs. Then in May, we will have a special presentation by Experience Kissimmee on tourism in Osceola County and Kissimmee Utility Authority will assist us with preparing for hurricane season. Interested in the "After Hours" events? Stay tuned for updates!

I'd like to take a moment to thank all those involved with keeping Thriving In Place lively and full of fun. You all know who you are, and you should give yourselves a pat on the back. We see your hard work and we appreciate you! I saw the true meaning of the Thriving In Place family on Friday, March 1st. My partner in life was in a horrific car accident, making that one of the worst days in history for me. My Thriving family came together without hesitation or complaint. I can't tell you how many people dropped what they were doing to lend a helping hand or how many took the time to ask me how Richard was doing. Thank you! I appreciate your kindness.

I will leave you with a few words from Earl Nightingale, "Learn to enjoy every minute of your life. Be happy now. Don't wait for something outside of yourself to make you happy in the future. Think how really precious is the time you have to spend, whether it's at work or with your family. Every minute should be enjoyed and savored."

Kind Regards,
Rachel McIntee
Thriving In Place Manager

“

Thriving In Place had several wonderful lunches during the months of January and February!”

JANUARY LUNCHES

Here is a glimpse of our members' experiences:

JAN
4

Thriving In Place Birthday Bash sponsored by Merrill Gardens, ChampionsGate to celebrate our January birthday's.



JANUARY LUNCHES

Chef Dan Pellegrino, Chefs for Seniors, delighted us with homemade smoothies and an educational presentation on Meals for Seniors along with a few tips on eating healthy.

**JAN
11**



**JAN
18**

January 18, 2019, Michelle Howells and Valeria Washington with Kindred at Home sponsored and presented a Thriving In Place Lunch with your Friends. They provided information on at home health and hospice care.



Windsor at Celebration hosted us for a wonderful lunch at their venue. Thank you Windsor!



WINDSOR
at CELEBRATION

JAN
25

FEBRUARY LUNCHES

FEB
1

Thriving In Place Birthday Bash sponsored by Merrill Gardens ChampionsGate to celebrate our February birthdays.



MERRILL
GARDENS



**FEB
8**

Rosalie Hamm-Hines and Sarah Lightell educated our members on senior abuse through a presentation on adult abuse, neglect, and exploration prevention. Educational materials were available along with a question & answer session.



**FEB
15**

In celebration of Valentine's Day, Gary Pinkston entertained the members with live music while the Thriving In Place members enjoyed BBQ from Big John's Rockin' BBQ and delicious desserts donated by Windsor at Celebration. Special thank you to Megan Ajello for the beautiful center pieces.



More from...

**FEB
15**



**FEB
22**

Windsor at Celebration hosted us for a wonderful lunch at their venue with fun trivia and raffle games. Thank you Windsor!



THRIVING IN PLACE 2019 FUNDRAISING CAMPAIGN



Celebration Foundation
Thriving In Place

FRIENDS OF THRIVE GIVING TREE

Some of our members have helped to organize a fundraising campaign for Thriving In Place. Our volunteers are great and very generous with donating their time in getting this off the ground and running. Many ongoing thanks to them and our heartfelt gratitude for our donors.

Our Tree is growing and we need a little more tender loving care.

Seedlings: \$100

Donors have received a Sponsor Decal and have sponsored a Lunch & Learn.

Roots: \$250

Donors have received a Sponsor Decal and have sponsored a Lunch & Learn.

Trunk: \$500

Donors have received a Sponsor Decal, have sponsored a Lunch & Learn and have received newsletter recognition.

New Contribution:

Experience Kissimmee

Branch: \$1000

Front Street Dental
Connie Ku and Nancy Ku
Celebration Garden Club**
Disney Voluntears Ears to You
through Art & Beth Ramos**
Sakaske Family
Paul and Mary Ann Kinser
Rotary Club of Celebration
Don and Kathy Gordy
Cannata Family Trust
Johnson & Johnson
through Robin Keen

Tree of Life: \$2,500

Merrill Gardens**

**Donation exceeded the designated amount

All Thrive members and volunteers are ambassadors for Thriving In Place; you can help by contributing, referring a potential sponsor or recruiting new members. Please visit our web-site at www.celebrationfoundation.org and locate the Thriving in Place webpage to donate directly.

Remember, you may not need all the services today, tomorrow, or even next year. But your neighbor may depend on them for today, tomorrow and the next several years.

Thriving In Place since October 15, 2015



Membership Age 70+

73%



Number of Transports to the Celebration Medical Community

275



Volunteers hours served

6,761



Total Service Requests Completed

4,862



Number of Members Enjoying Social Excursions out of Celebration

446



Number of Lunch Bunches and Mini-Lunch'N'Leads

230



Number of Transports for Socialization

919



Total Volunteers

90



Thrive Members and Celebration residents attending social activities

8,925



Total Members Served

177



Dollar Value of Volunteer Hours

\$141,981

January 31, 2019



Celebration Foundation
Thriving In Place

610 Sycamore St., • Suite 110 • Celebration, FL 34747

APRIL BIRTHDAYS

4.3 Catherine Sherman
4.3 John Kraft
4.4 Jane Gibson
4.5 Susan Buckley
4.5 Brian Crawford
4.8 Anita Long
4.9 Emie Godino
4.12 Wonnetah Janosik
4.14 Judith Conk
4.15 Gary W. Cartwright
4.17 Paul Kinser
4.22 Marie Thomas
4.27 Myra Kanner
4.30 Jane Sloane



MAY BIRTHDAYS

5.1 Susan Northridge
5.4 Pat Precourt
5.6 John Sloane
5.17 Hank Kirschner
5.17 Arthur Ramos
5.24 Judie Lobb
5.30 Jodi Roth
5.31 Bill Pelaia

A DAY AT THE MOVIES

Carol Coelho

A Windsor at Celebration is partnering with the Thriving In Place program to offer a matinee movie the first Monday of each month, the first of which launched on March 4, 2019. This is a wonderful addition to the many benefits of being a Thriving In Place member.



Welcome to Imagination Theater in Windsor at Celebration. I joined my Thriving friends for a good movie and a fun time. We were welcomed by staff who gave us cookies, hot popcorn, water, and a smile.

The chairs were large and comfortable, and the theater was very welcoming. Our movie on this day was a documentary

on Dementia which may not excite all of you, but it was very well done. Watching the music therapy awaken these people who in some cases haven't spoken in years was truly a very special

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experience. I cried and laughed and danced in my seat as these people came alive on the screen, and I remember my Mom locked in her own world of dementia and sad I couldn't go back in time and give her this opportunity. I went home vowing to myself that I would pass this information forward to help others.

Watch your calendars for the next movie day, the movie will be different, but the friends, popcorn, cookies, and water will be there to welcome all of us.





Celebration Foundation Thriving In Place

Thriving In Place Movie Matinee

Windsor at Celebration is partnering with the Thriving In Place program to offer a matinee movie the first Monday of each month. The movie will be screened in the Windsor at Celebration Theater with comfy seats and delicious popcorn!

Location:	Windsor at Celebration 1370 Celebration Blvd. Celebration, FL 34747
Date:	The first Monday of each month
Cost:	Complimentary member benefit; Members ONLY
E-mail:	Thriving@celebrationfoundation.org

RSVP is required at least one week prior to event date. RSVP to Rachel McIntee at Thriving@celebrationfoundation.org.

Sponsored by:



WINDSOR
at CELEBRATION

Submit your
RSVP today
to guarantee
your seat!

There is a maximum capacity
of 25 attendees.



690 Celebration Avenue • Celebration, FL 34747 • 407-572-9850 • www.celebrationfoundation.org

DANCING THE NIGHT AWAY

Jacquie Hobgood

The 2019 Celebration Foundation Gala, “Dancing through the Decades,” was certainly a night to remember.

Everyone had a fabulous time and we heard wonderful feedback about the evening and just how much fun everyone had.

Susan Bona of the Celebration Town Tavern served the most delectable entrées from Salmon Florentine to Prime Rib creating a perfect selection for the guests.

Entertainers from Central Florida Community Arts were outstanding as they performed throughout the evening. David

“

It was truly uplifting to see everyone participating in the evening to support the Foundation.”



Harris once again amazed everyone with his astounding magic, Sean Gerrity blessed us with a surprise performance, and the dancers from Celebration Arts Academy paired with Joe Magic and had everyone dancing the night away.

The Celebration Foundation does so many wonderful things to support our community from providing weekend food to over 1,000 kids each week within the Osceola County School District, to bringing concerts and amazing artists to the Celebration Community. It was truly uplifting to see everyone

participating in the evening to support the Foundation. It is heart-warming and inspiring to watch the community gather to make each event spectacular.

And to the people that make it all happen...we simply cannot go on without recognizing all the amazing volunteers that help make these events successful.

The talent in this community is immeasurable and it showed with the ability to turn the 851 Building into a party destination. Gloria Niec referred to this year's event as a “fun”draiser and it certainly was an incredible amount of fun!

A PATH TO BEING PREPARED

Steph Garber

Professional Organizer - From Chaos to Order
Serving the Celebration & Orlando Areas
321-939-0775
steph@fromchaostooder.net

R Real Simple magazine

recently had an interesting article about the path many of us have or will have to follow at the time of losing a parent.

Maybe you will be lucky and your mom, like the one in the article and my mom, had everything in writing so there were no major things to discuss or fight with siblings about. My mom's advance directive (living will) gave us clear guidelines on what she wanted so we could carry out HER wishes, rather than having to guess or argue what we thought was the best path.

In addition, be sure to review it verbally with your loved ones and make sure they get a copy as well as your doctor, your spiritual advisor and your atty. If you don't

have yours in place, do that now. Set a time on your calendar this week for exactly this purpose. It isn't hard but does require some thought.

You can check out the info at [Mayo Clinic](#) and other sites online. Keep in mind these are state specific, so don't use a Minn. form if you are living in Florida.

The Real Simple article goes on to discuss the process of decluttering the home her mom had lived in many years. This is similar to what you go thru with Toss, Keep and Donate baskets in your own home, but clearly this is tough because of the roller coaster of emotions

that go along with the loss. She ended up with help from friends, which are so valuable since her sibling lived out of the country and seemed to be totally uninterested in helping!

This is not an easy path. But when we are faced with challenges we get through them. Along the way you might even get some smiles, like when you find your third-grade report card, or the note you wrote your mom when you were leaving for college.

Keep in mind that one day our loved ones and children will have to do this for us. Let's do all we can to make it as easy as possible for them.



“When we are faced with challenges we get through them.”

WHAT A NIGHT!

William Newkirk

The Boston Pops and John Williams. What a night! Thriving In Place organized a trip for twenty of us to see The Boston Pops at the Dr. Philips Center on February 11, 2019. The program called “Lights, Camera...Music! Six Dec-

posing, has won five Oscars and 22 Grammy awards and has a long history with the Boston Pops, serving as the orchestra’s conductor from 1979 until 1995. Thriving In Place made attending the concert a breeze. We boarded a bus in downtown Celebration, didn’t have to hassle with the backed-up I-4 traffic, and got delivered to the front door of the Dr. Philips

Center. Our seats, near the rear of the orchestra section, were high enough so that we could see all the members of the orchestra and watch the music move from section to section. After the concert, we bussed home. It was a fantastic evening and made all of us thankful that Celebration has Thriving In Place to organize events like this.

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ades of John Williams” featured music from Jaws, Memoirs of a Geisha, Harry Potter and the Sorcerer’s Stone, E.T., Raiders of the Lost Ark, Schindler’s List, The Empire Strikes Back, and Star Wars. Williams, eighty-seven years old and still actively com-



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DIET AND MEDICATIONS:

CERTAIN HEALTHY FOODS CAN BE RISKY FOR SENIORS

Sharon Roth Maguire MS, RN, GNP-BC
Chief Clinical Quality Officer, BrightStar Care

August 3rd, 2018



Managing a senior loved one's medications and diet is a challenge many family caregivers face daily. Many clients are surprised to learn that certain otherwise healthy foods can interfere with the efficacy of vital medications.

Foods such as grapefruit juice, broccoli, or kale can impact the effectiveness of some drugs for heart and kidney diseases. In fact, some foods can cause serious adverse reactions when seniors

are taking certain medications. Some of the more common medications at risk for reaction include statins, anticoagulants, diabetes medications, and diuretics.

4 Common Medications Affected by Diet

Statins

Grapefruit juice is known to have a negative effect on how statins work. Normally, statins are broken down in the body by an enzyme that reduces the levels of the medication

as it passes into the bloodstream. However, grapefruit juice contains compounds that can make the dose toxic (<https://www.health.harvard.edu/heart-health/grapefruit-juice-and-statins>). Some statins are more susceptible to interaction with grapefruit juice than others, including:

- Atorvastatin (Lipitor)
- Lovastatin (Mevacor)
- Simvastatin (Zocor)

If your loved one enjoys grapefruit juice, talk to their doctor or pharmacist about whether they

can switch to an alternative medication or if they should avoid the juice entirely while continuing to take one of the above medications.

Anticoagulants

The effectiveness of certain anticoagulants, or blood thinners, such as warfarin (Coumadin), can be reduced by foods that are rich in vitamin K, which plays an essential role in the blood's natural clotting process. If your loved one eats large amounts of foods that are rich in vitamin K, they may be more likely to experience a reduction in the effectiveness of the anticoagulant and therefore be at greater risk of blood clots. Some foods that have high levels of vitamin K (<https://www.healthline.com/nutrition/foods-high-in-vitamin-k>) include:

- Broccoli
- Brussels sprouts
- Cauliflower
- Kale
- Liver
- Spinach

However, this doesn't mean your loved one needs to completely cut out these foods just be-

cause they're taking an anticoagulant. What's most important is to eat foods high in vitamin K at levels consistent with how much they've normally eaten before—not more or less. If your loved one's intake of vitamin K-containing foods changes significantly, be sure to let your prescriber know.

When one of our clients is on warfarin or another type of coagulant, we may be involved in the monitoring of their blood periodically to make sure their medication levels are where they need to be. If we notice a change, we'll ask the client or their loved ones if there's been any changes to their diet recently that could affect how well the medicine works.

Diabetes Medications

Overweight or obese clients on medications for Type 2 diabetes often are instructed to lose weight as part of their treatment plans. But some diabetes medications actually can influence weight, which can affect how well the medications work.

Insulin is a common

injectable medication prescribed for diabetes. Along with the diabetes medications taken by mouth (orally), insulin also helps lower blood sugar. Both of these types of medications can impact weight, in some instances adding pounds, which in turn can impact blood sugar control. It's important to work with your healthcare team to keep your weight, your blood sugar, and your medication regimen in balance.

Diuretics

Diuretics, also known as water pills, help your loved one's body better get rid of salt and water. Some forms of these medications also can cause your loved one to lose potassium. Low potassium levels in the blood can lead to a number of problems, such as:

- Weakness or fatigue
- Constipation
- Heart palpitations
- Abnormal heart rhythms

Seniors who are on diuretics have to make sure they get enough potassium as part of a healthy diet. Most people think of bananas as the go-to source for potassium, but

they are high in carbs, which is unhealthy for people with diabetes. Other foods that are high in potassium (https://health.gov/dietaryguidelines/dga2005/document/pdf/Appendix_B.pdf) include:

- Sweet potatoes
- Plain nonfat or low-fat yogurt
- Prune juice
- Some types of fish, such as halibut and tuna
- White beans

How a Professional Caregiver Can Reduce the Risk

Our BrightStar Care Professional Care Team plays an active role in medication safety for clients. As part of our accreditation by the Joint Commission (<https://www.joint-commission.org/>), we follow their National Patient Safety Goals, one of which is medication safety. During our first visit with each new client, one of our registered nurses reviews the client's medications to check for



harmful interactions. We repeat this process every 60 to 90 days, depending on the client's level of care. We can supervise your loved one to make sure they're taking their medications properly or, in most states, handle the administration of those medications.

Related reading: How to avoid dangerous drug interactions (<https://www.brightstarcare.com/blog/avoid-drug-interactions>)

Our nurses can help educate the client and their family about early warning signs of possible interactions. If we see a client losing weight without trying or other signs of trouble, we can help narrow

down the problem to see if it's related to their medications and what they're eating, as well as whether it's time to contact their doctor or pharmacist to adjust the medication. There's more to taking medications than taking the right pill at the right time, especially for older people who need home care. Our trained nurses can help watch for telltale signs that your loved one's diet may be affecting how well their medicines work.

To learn more about in-home care services for your loved one, call 866-618-7827 or contact a BrightStar Care home care agency near you www.brightstarcare.com.

IS IT A MOLE OR SKIN CANCER?

From 5/02/2016

If you're like the average person, chances are you have moles somewhere on your body. They're common and usually not a cause for concern," says Tace Rico, MD, dermatologist, with AdventHealth.



A changing mole, however, can be one of the first signs of skin cancer. Yet, if caught soon enough, it is almost always curable.

But how do you know what to look for? Dr. Rico recommends that you check your skin monthly and refer to the

ABCs that dermatologists use when checking for melanoma, the most serious form of skin cancer:

ABC's of Dermatology

A - Asymmetry. Does one half of any mole on your body not match the other half? The mole doesn't have to be a perfect circle, but it should be symmetrical in shape and color, Dr. Rico says.

B - Border. Are the borders/edges of any mole on your body irregular, jagged or notched?

C - Color. Are there parts of a mole that are varying shades of black, brown, or tan, with white, pink, red, or even blue splotches? A mole with multiple colors, especially if the colors are asymmetric, is concerning, says Dr. Rico.

D - Diameter. Are any moles you have larger than 6 millimeters (the width of a pencil eraser) in diameter?

E - Elevated/Evolving. Has your mole grown? Does it itch, bleed or burn? Or is it changing, with new colors, a new size or shape?

Your ABCs should include F for Feeling. Sometimes people just have a strange or bad feeling about a lesion, even if they aren't sure it fits any of the ABCDE categories, she says.

Dr. Rico also points out that the ABC rules don't usually apply to children because they're still growing, which means their moles will grow, too. How-

ever, if your child has a mole that's growing rapidly, see your pediatrician immediately, she says.

The goal of putting your moles through the ABCDEs and Fs is to catch melanoma early, Dr. Rico says.

Melanomas don't all look like they do on the posters, and it's important to catch it in the early

stages because it is extremely aggressive and can spread easily, notes Dr. Rico. You know your body better than anyone, so if you have a mole that violates any of the ABCDE guidelines, or if you just have a worrisome feeling, see your dermatologist immediately.



Advent Health

A CREATIVE THRIVING IN PLACE MOMENT

Rachel McIntee

On February 11, 2019, the Thriving In Place activity Meet me on Monday Bring Your Own Lunch had a creative twist. Megan Ajello, assisted by her mother Linda Ajello, hosted Megan's Meet me on Monday Bring Your Own Lunch and Card Making activity where Megan assisted other Thriving In Place members with making beautiful Valentine's Day themed cards for their loved ones.

They used a Cricut Maker paper cutting machine to create different cut outs that were then glued to various sheets of colored paper. This is the machine Megan uses on a



regular basis as an outlet for her creativity. Megan has had to overcome challenges throughout her life. Despite this, she has a big heart and loves to share her sweetness with the community, especially the Thriving In Place com-

munity, through her beautiful cards.

Linda Ajello explains, "Megan is a 25-year-old who has cerebral palsy quadriparesis, which means all her limbs and trunk are affected, so she must use a wheelchair and cannot bear weight on her own. She goes in a stander each day to be in a standing position to allow for better circulation, digestion, and even socialization. She must be transferred using lifts as she needs help with all aspects of daily living such as toileting, bathing, and even cutting up her food etc. She has undergone



more than 10 surgeries, we lost count, including a spinal fusion which involved 2 rods and 37 screws to hold her spine up since her lungs and heart were being compromised from her scoliosis. Her seizures seem to be under control at the moment, but we must monitor her constantly.”

Megan makes cards monthly to donate to the Thriving In Place program and they always receive rave reviews. The cards are used for birthday, get well, and sympathy cards to be sent out to other Thriving In Place members throughout the year.

“Everyone has something to offer. We may need technology to do it. Megan’s speech is hard to understand, but she can make an intricate congratulations card for a newly engaged couple and she can decorate a receiving blanket with iron on monograms for a newborn baby. She can EXPRESS herself and it helps her to socialize, too,” says Linda Ajello. Megan who resides in both New York and Celebration, Florida wants to move to Celebration full time. She wishes her sister would live in Celebration, too. Erin is 22 and in



graduate school in New York. “The community—whether it be Thriving in Place, or Corpus Christi Sunday night Mass where she “sings along” – is the most welcoming place we have ever found. The emphasis on everyone being accepted and just walking along by the lake or Farmer’s Market and people greeting you with a smile has been wonderful for her and the emphasis on volunteering and helping others is a great place for her to join in, in her own way,” says Linda Ajello.

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SUNSCREEN BEST PRACTICES FOR HEALTHY, RADIANT SKIN



Advent Health

02/26/2019

Warm weather and sunny days are bringing friends and families together in the great outdoors.

This time of the year is the perfect opportunity to go for hike, explore a new part of town, play a game or head to a local park. As you head outside, be sure you and your family are enjoying the sunshine safely by protecting your skin.

Wear Sunscreen Every Day

Summer isn't the only time you should wear sunscreen. Dermatologists recommend wearing sunscreen every day, even in the winter. Sunscreen protects your skin from the sun's harmful ultraviolet (UV) rays.

There are two types of UV rays: UVA rays penetrate into the deep layers of skin to cause skin damage, and UVB rays damage the skin's surface and cause sunburn.

The sun's damage goes deeper than signs of aging like wrinkles and dark spots. UV causes

damage to the DNA in skin cells, which may make them grow and divide abnormally into cancerous cells. Protect your skin in sunscreen every day – whether it's a daily lotion and moisturizer in the winter, or a thick sunscreen in warmer months.

Wear Enough and Apply It Everywhere

Experts recommend using at least one ounce of sunscreen to cover the entire body, which is enough to fill a shot glass. Be sure to get easy-to-miss areas including your scalp, around your eyes and feet.



Reapply

Once isn't enough when it comes to sunscreen application. Apply one ounce of sunscreen at least every two hours or after swimming, towel drying or sweating. Check the bottle's label for additional directions for your sunscreen.

Pick the Right Sunscreen for You

The best sunscreen is one that you'll apply regularly. Find a sunscreen that feels good on your skin, so you feel comfortable wearing it every day. Sunscreen is generally divided into two types: Physical and chemical.

Physical sunscreen creates a barrier between your skin and the sun by reflecting UV rays or absorbing it with active ingredients like zinc oxide or titanium dioxide. These types of sunscreens are generally hypoallergenic and may be better for sensitive skin.

Chemical sunscreens absorb UV rays and break them down with a chemical reaction to stop them from damaging your skin. Whichever you prefer, dermatologists recommend you choose a sunscreen that's:

- SPF 30 or Higher
- UVA and UVB Protected
- Water Resistant

Wear Sun-Protective Clothing

Sunscreen isn't the only way to prevent skin damage. Sun protective clothing is designed to protect your skin from UV rays. Clothing is rated by its ultraviolet protection factor (UPF), which outlines how effectively fabric stops UV rays from reaching your skin. The higher the UPF, the more protection the clothing offers. Hats, sunglasses and cover-ups are also an effective way to protect your skin from the sun.

Stay in the Shade

Take a break from the sun by cooling down in the shade. Bring an umbrella to the beach, set up camp at the pool in a shady area or lounge under a tree when you're getting hot or too much sun. Keep in mind the sun's rays are strongest between 10 a.m. and 2 p.m. Try to avoid the sun during these times. If you're outside, be sure to apply sunscreen and cover up with clothing.

Protect Your Skin All Year Round

Whether you're enjoying the outdoors in the summer, fall, winter or spring, protect your skin with sunscreen. Examine your skin at least once a year, looking for suspicious growths or any changes to moles.

If you notice something unusual, reach out to one of our whole-health experts who can help.

FALLS CAN KILL YOU. HERE'S HOW TO MINIMIZE THE RISK.

Jane E. Brody

Submitted by Barbara Ingraham

The New York Times

February 25, 2019

Falls are the leading cause of fatal and nonfatal injuries among older adults. Every 19 minutes in this country, an older person dies from a fall.

Every day, I scan the obituaries to see why or how people die. You might call it morbid fascination, but I attribute it to the combined influence of my age (77) and my profession (health reporting). Obituaries give me ideas for Personal Health columns like this one that might help others – and me – avoid a preventable ailment or accident and premature demise.

One of the most frequent causes of death listed for people my age, as well as some younger and many older folks, is “complications from a fall,” the explanation given for the death last month at 93 of Russell Baker, the much-loved Pulitzer Prize-winning humorist and columnist for *The New York Times*.

Falls are the leading cause of fatal and nonfatal injuries among older adults. Every 19 minutes in this country, an older person dies from a fall.

To be sure, nearly everyone falls now and then, and some falls are unavoidable. But falling is not an inevitable consequence of aging. Most age-related falls are preventable once you know why they happen and take steps to minimize the risk for yourself, relatives and friends whose age or health status renders them especially vulnerable.

More than a quarter of individuals age 65 and older fall each year, and falling once doubles their chances of falling again, according to the Centers for Disease Control and Prevention. A fall that may be run-of-the-mill for a young person (as in the lyric “Pick yourself

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Falls are the leading cause of fatal and nonfatal injuries among older adults. Every 19 minutes in this country, an older person dies from a fall.

To be sure, nearly everyone falls now and then, and some falls are unavoidable. But falling is not an inevitable consequence of aging. Most age-related falls are preventable once you know why they happen and take steps to minimize the risk for yourself, relatives and friends whose age or health status renders them especially vulnerable.

More than a quarter of individuals age 65 and older fall each year, and falling once doubles their chances of falling again, according to the Centers for Disease Control and Prevention. A fall that may be run-of-the-mill for a young person (as in the lyric “Pick

up, brush yourself off and start all over again”) can be very dangerous for the elderly.

One fall in five among older adults results in a serious injury, and older people are less able to recover from the trauma physically and emotionally.

Although broken bones are usually regarded as the most common serious consequence of falls, even if no fracture occurs, a fall can result in irreversible harm to an elderly person’s health, social interactions and psychological well-being.

A frequent aftermath when older people fall is a heightened fear of falling, prompting them to limit their activities and cause further physical decline, depression and social isolation, which in turn can hasten death.

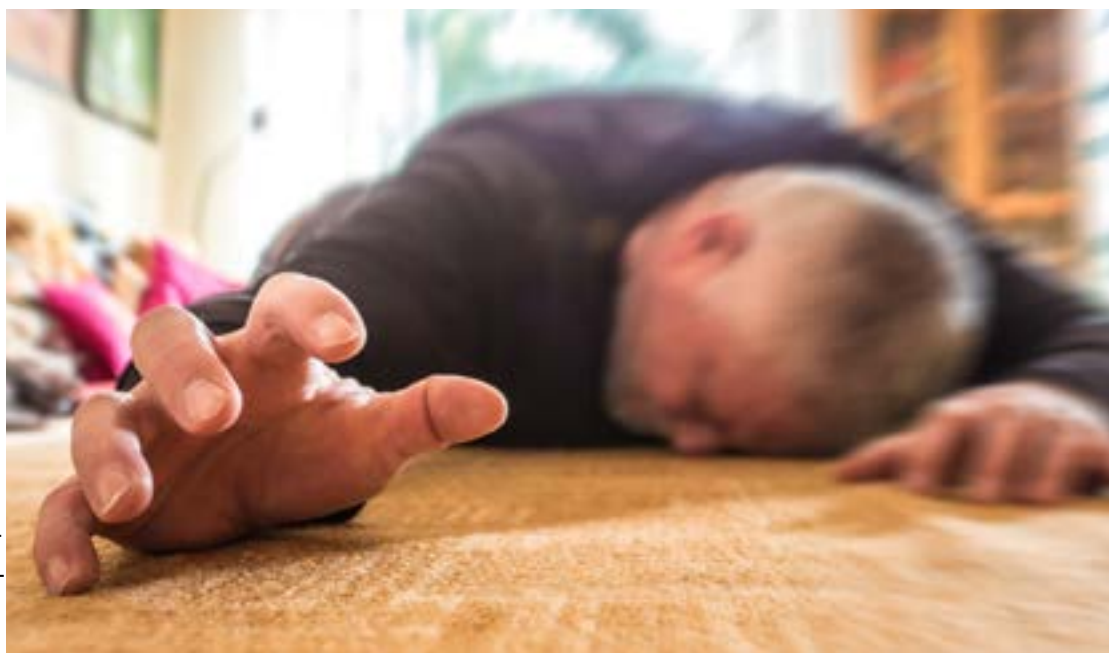
Many factors common among older people can increase the risk of falling: medical and orthopedic problems and the medications taken to treat them; physical changes that impair balance, gait and muscle strength; sensory declines in vision, hearing and awareness of body position; and pain that distorts body movements.

At the same time, there are ways to minimize the chances of a dangerous fall, starting with regular exercise to maintain leg strength, balance, endurance and coordination that can help you “catch yourself” and avoid a fall if you should trip. Tai Chi is an excellent, low-impact way to improve balance. Also, practice standing on one foot

when you brush your teeth, wash dishes or prep a recipe. You might also get Carol Clements’s new book, “Better Balance for Life,” that details a 10-week plan for improving stability.

Get your eyes checked at least once a year or more often if you have a gradually worsening condition like cataracts or macular degeneration. Don’t delay recommended cataract surgery; blurry vision can foster serious stumbles. Regularly update your prescription for corrective lenses. Older people often do better with single-focus lenses, which may mean two different pairs, one for distance and another for reading, rather than one pair of progressive or bifocal lenses.

Also get regular hearing checkups and consider hearing aids if needed. You don’t want to be startled into a fall by someone or something approaching



from behind.

Have your doctor review all your medications, both prescription and over-the-counter, for their ability to cause dizziness or drowsiness. Wherever possible, eliminate or lower the dose of those that are potentially troublesome. Dr. Leslie Kernisan, a geriatrician in the San Francisco Bay Area, lists these medications that may be especially likely to create a fall risk: psychoac-

tive drugs like benzodiazepines (e.g. Xanax and Valium) and sleep medications like Ambien and Lunesta that affect the brain; antidepressants like Prozac, Zoloft and Elavil; medications that lower blood pressure, including Flomax and related drugs used to improve urination; medications that lower blood sugar, including metformin; and anticholinergic drugs like Benadryl, “PM” versions of over-the-counter pain relievers, the muscle relaxant Flexeril and the bladder relaxants Ditropan and Detrol.

Last, but by no means least, do a thorough evaluation of the fall risks in and outside your home environment. Get rid of clutter – no books, papers, clothing or pet toys left on the floor or furniture that partially obstructs paths to the bathroom, bedroom, kitchen or front door. Install railings on stairways – and always use them – and grab bars around the shower or tub and toilet. Evaluate the safety of floors and floor coverings, including throw rugs (a big no-no), loose carpets and raised ledges between rooms. Use a top quality non-skid mat in the shower. Repair all broken or uneven stairs and flooring. Keep electric and phone cords off the floor. Wipe up all spills immediately.

Invest in the best lighting you can afford. I leave several lights on 24/7 wherever darkness can spell danger and I replaced those bulbs with long-lasting, money-saving and brighter LEDs. At the very least, keep a night light on between the bedroom and bathroom or place a flashlight next to your pillow or bed and use it if you get

up in the dark.

Make an honest assessment of your footwear. Shoes should fit well and be comfortable and supportive. Low heels and soles with good grips are essential. Throw away or give away any footwear that may cause you to catch a foot. I recently donated a brand-new pair of costly UGG boots for just this reason. Never walk around in socks or stockings. Wear slippers that are not slippery. Mine are the last thing to come off when I get in bed and the first thing I put on before my feet hit the floor in the morning or during the night. A barefoot or sock-clad trek to the bathroom is a lousy idea. Two of my friends broke toes that way.

Outdoors, use footwear appropriate for the weather and surface conditions. And always look where you’re going – not at your cellphone or a distraction across the street. My rule of thumb: I walk looking about 10 feet ahead of me to anticipate trip hazards. Anywhere and any time your stability is uncertain, use a walking stick (or two), a cane or a walker.

Think you’ll be painfully embarrassed? Think how much more humiliating and painful it will be if you fall.



DO YOUR FEET HURT?

Nissa Simon

Submitted by Nancy Ku

AARP

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Feeling foot pain? Don't delay – see a foot doc. Most men and women have logged some 75,000 miles on foot by the time they reach 50 – the equivalent of circling Earth three times at the equator. Although feet are built to take this punishment in stride, wear-and-tear problems can develop over time. In fact, 77 percent of adults said they have had a foot ailment and half say they experience foot pain, according to the a 2010 survey from the American Podiatric Medical Association.

“People tell me their feet hurt because they’re getting older and it’s a natural part of aging,” says Martin Pressman, DPM, assistant clinical professor of orthopedics and rehabilitation at the Yale School of Medicine. “That’s not true. Pain is a sign of trouble.” So don’t procrastinate about seeing a foot doc. You’ll have an easier time if you deal with the problem early.

Here’s what you – and your foot doctor – can do to ease the pain of four common foot problems.

“
**From your
heels to
your toes,
find what
you can
do for
your foot
pain.”**

1. Bunions and Bunionettes

A misalignment of the bones in the big toe causes an enlargement of the joint at the base of the big toe. The smaller bunionette occurs on the other side of the foot near the little toe. The constant pressure of too-narrow shoes can cause a bunion on one side and a bunionette on the other. Treatment is essentially the same for both.

Symptoms

- A prominent bump on the outside edge of the foot
- Redness, swelling or tenderness at the joint
- Restricted or painful movement of the toe

Causes

Bunions develop when the bone at the joint moves out of place toward the second toe. Wearing narrow shoes that squeeze the toes together is a major cause. Bunions also tend to run in families, and

flat-footed people are more likely to develop them than others.

What you can do

- Wear comfortable, low-heeled shoes with plenty of room for your toes and use doughnut-shaped bunion cushions to take the pressure off the joint.
- If the bunion is inflamed and painful, use an ice pack for about 20 minutes two or three times a day for relief.

What your doctor can do

Your doctor can show you how to tape and pad your foot to reduce stress on the bunion and ease the pain. She may recommend over-the-counter or prescription arch supports to provide relief. If those treatments don't work, you may need surgery. Newer procedures have cut recovery time from three months to six weeks. One uses screws to align and stabilize the bone, and another, called a "tightrope bunionectomy," uses a surgical suture threaded between tiny holes drilled in two adjacent bones to hold the bones in place.



2. Morton's Neuroma

If you feel as if you have a pebble in your shoe or that your sock is bunched up under your toes each time you take a step, you may have a Morton's neuroma, a pinched nerve in the foot named for Philadelphia surgeon T.G. Morton, who wrote about it in 1876.

Symptoms

- Tingling, burning or numbness on the ball of your foot between the third and fourth toe.

- Discomfort or pain that starts out only occasionally, but eventually persists for days or weeks at a time.

Causes

The nerve between the third and fourth toe becomes irritated and then painful, but the exact cause of the irritation is unknown. Common offenders seem to be tight shoes and high heels that compress and irritate the nerve. Certain foot problems such as bunions, flat feet, hammer toes or high arches may also play a role.

What you can do

- Wear wider shoes with lower heels and a soft sole, which allow the bones to spread out, relieving pressure on the nerve.
- Use an ice pack on the affected area for 20 minutes several times a day to reduce swelling.
- Stay away from activities that put repetitive pressure on the neuroma, such as tennis or jogging, until the condition improves. Now is a good time to try yoga or Pilates instead.

What your doctor can do

Your doctor can show you how to pad your foot or may prescribe custom orthotic devices for your shoe to reduce pressure on the nerve. If necessary, cortisone injections into the affected area of the foot help to relieve the inflammation. The injections are given every two months until the condition improves, up to a maximum of three shots. If these treatments don't work, you may need surgery either to remove the nerve or the thickened tissue around the nerve. Full recovery may take as little as four weeks, but it depends on the specific procedure.

3. Plantar Fasciitis

A tough, protective ligament (the plantar fascia) that runs from the heel bone to the base of the toes acts as a shock absorber and support for the arch of the foot. Over time, small tears develop and the tissue becomes inflamed. This condition is called plantar fasciitis.

Symptoms

- Mild pain on the bottom of the foot near the heel.
- A sharp, shooting pain in the heel when you first step down on your foot in the morning, which subsides after a few minutes of walking.
- Heel pain after, not during, exercise.

Causes

You're more likely to develop plantar fasciitis if you have high or low arches; are obese, overweight or gain weight suddenly; have tight Achilles tendons; or wear shoes with poor arch support or soft soles.

What you can do

- Increase the flexibility of the Achilles tendon and plantar fascia with stretching exercises.
- Wear shoes that are supportive and well-cushioned.
- Roll your foot over a chilled or frozen bottle of water for 15 to 20 minutes several times a day to reduce inflammation.
- Try to drop some pounds if you're overweight to relieve pressure on your feet.

What your doctor can do

Your doctor may recommend heel pads or shoe inserts to reduce the pain. Injections of cortisone into the ligament – every two months for a total of three shots max – can relieve inflammation. A night splint to stretch the plantar fascia is effective and, although difficult to sleep with, doesn't have to be used once the pain is gone. If you have severe chronic plantar fasciitis that doesn't respond to traditional treatments, your doctor may consider an injection of platelet-rich plasma (PRP). In this procedure, your own blood's platelets are used to kick-start healing. Treatments are Food and Drug Administration-approved, but may not be permanent and insurance doesn't cover the often considerable cost. Your doctor may also prescribe visits to a physical therapist.

4. Toenail Fungus

Chances of developing a toenail fungus increase with age; an estimated 50 percent of men and women are affected by this nasty condition by age 70.

Symptoms

- Loosened or lifted nail
- Crumbly, ragged or thickened nail
- Streaks or spots down the side of the nail
- Dark color, caused by buildup of debris under the nail

Causes

You risk developing a toenail fungus if: your feet perspire heavily or you wear tight shoes; you walk barefoot in public showers, swimming pools and gyms; you have minor nail or skin injuries that provide a convenient entry for the fungus.

What you can do

- Wash your feet regularly and dry them thoroughly.
- Wear socks made of synthetic fiber, which wick away moisture better than cotton or wool socks.
- Soak your feet daily in a mixture of one part white vinegar to two parts warm water for 15 to 20 minutes. Rinse well and pat your feet dry. If your feet become irritated, cut down to two or three times a week.
- Apply a small amount of Vicks VapoRub to the affected nail once daily,

using a cotton swab or your finger. A small study shows an 83 percent improvement after 48 weeks.

What your doctor can do

Your doctor may prescribe an antifungal cream to use on the nail itself or one of the newer antifungal drugs you take by mouth. Laser therapy for toenail fungus is a relatively new method and long-term data on its effectiveness are lacking. In addition, it can be expensive – about \$1,000 – and it's not covered by insurance. In severe cases, you may need surgery to remove the nail, but it will grow back.

Who's Taking Care of YOUR Feet?

Podiatrist

Podiatrists specialize in the medical and surgical care of the foot, ankle and lower leg. They complete four years of podiatric medical school to earn the degree of Doctor of Podiatric Medicine and then go on to two or three years of accredited postgraduate medical and surgical residency.

Orthopedic Surgeon

Orthopedic Foot and Ankle Surgeons specialize in the treatment of the foot and ankle. They complete four years of medical school to earn the degree of Doctor of Medicine or Doctor of Osteopathy and then go on to four or five years of accredited postgraduate medical and surgical residency. After they complete residency training, both podiatrists and orthopedic surgeons are eligible for board certification, which requires passing an exam to assess medical knowledge and clinical judgment.

If the Shoe Fits

Shoes that don't fit properly are a major cause of these common foot ailments. "Although feet continue to change with age, very few adults have their shoe size checked regularly" says Steven D.K. Ross, MD, clinical professor of orthopedics at the University of California, Irvine. "Arches tend to drop with time, so they get longer, and the forefoot grows wider. Yet people are likely to wear the same size shoe they did when they were adolescents. Then they wonder why their feet hurt and they have problems with them." So have your feet measured at least once a year when you shop for shoes.





Celebration Foundation Thriving In Place

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Celebration was founded with the belief that people need to be involved in their community to be truly fulfilled. The hope was, and continues to be, that Celebration will possess a community spirit that promotes this sense of belonging, shared values, and mutual dependence. As stakeholders, the Foundation hopes to help members build a strong sense of community that will endure and thrive for generations to come.

If you know of anyone interested in joining Thriving In Place or becoming a volunteer, please have him or her contact the Thriving In Place office at (407) 572-9850.

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