What retirees want (or should)

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The choice is ours

Generally, whatever the situation, we like knowing we have choices in life. Being boxed in, having no alternative, being forced into a decision doesn’t feel good. We want to be in control.

That applies to nearly every aspect of life — what to eat, what to wear, what to spend our time on — at every stage of life, from the terrible twos, into adolescence, and throughout adulthood.

But what about deciding how we want to be treated in a situation where we have become seriously ill or injured and can’t express ourselves? For some reason, many of us recall from exercising our choices there.

I’m not talking about the choice to end one’s life early. That’s for a different column, perhaps.

Now I simply mean the choices we might make about what degree of medical care we would want in an emergency or life-threatening situation if we aren’t in a position to communicate our opinions at the time. Or about who we would want to handle our finances if we temporarily couldn’t or were no longer able to.

The good news is, there are many ways we can let our families, doctors and lawyers know what our choices would be in these situations. That’s what advance directives and powers of attorney are for.

Did I see you flinch? Are you folding this issue of Fifty Plus and leaving it on the chair? So many of us either glaze over or clam up whenever someone asks us about making these kinds of choices.

I don’t think it’s because we don’t have a preference. On the contrary, I think it’s because the potential situations are so troubling, and the choices to be made are so significant and fraught, that we are afraid to even face the possibility they might someday occur and that others would need our guidance.

Let me make a suggestion: Take a look at the website fivewishes.org and its Five Wishes document. Five Wishes is an advance directive in simple language that you can customize to answer questions like: Who do I want to make care decisions for me when I can’t? What kind of medical treatment do I want? What do I want my loved ones to know?

The document lets you name the person you would like to represent you, and lays out numerous actions you might want your agent to take on your behalf. You can cross out whatever you don’t want that person to do and add in whatever requests you don’t see there.

Five Wishes costs $5, and is legally effective in most states (without any attorney fees). You can fill it out, have your signature witnessed by two others, then print and share it with family members and professionals. Presto, a valid advance directive.

It even describes how to revoke it and issue a new one at any time, should your choices change.

Perhaps many of those who refrain from expressing their choices are telling themselves, “Well, if I can’t make my own decisions at that time, what difference would it make if someone else decided for me?”

Keep in mind it’s possible that you may very well wake up and find the decisions others made have changed your life in ways you now don’t like.

Above all, an advance directive or power of attorney can smooth a difficult path for your loved ones.

(Note: Those who are already seriously ill or frail and wish to prevent resuscitation or emergency medical care will need another document — a POLST — prepared by a physician, PA or nurse practitioner.)

These aren’t easy things to think about, I grant you. But look around: We are all more attuned to the possibility of sudden illness since COVID-19 showed up.

In many ways, the pandemic stole some of our choices. Early lockdowns and emergency orders took a number of options off the table for all of us. Even now, we find many choices we might normally make are constrained by our safety concerns or those of others.

Though this loss of choice may feel constricting, many of us have seen some silver linings in the forced retreat to home and family. In addition to staying safe, we are often bonding with loved ones, developing skills with the latest technology, and learning to communicate in new ways.

Maybe another silver lining is that the coronavirus may lead more of us to exercise our powers of choice in the areas where we still can. One of those is to choose to “get our affairs in order.”

Coming November 1

As you may have noticed from our ads in recent issues, this fall our 50+Expo will be a virtual event for the first time in 21 years.

We are very excited about the opportunities this gives us to provide many more speakers, classes, exercise demonstrations and entertainers than ever before.

And because there will be, literally, days’ worth of interesting programs to watch, our Virtual Expo will be available to you, free of charge, from November 1, 2020 through January 31, 2021. (And we’ll be holding weekly door prize drawings throughout that period.)

If you’d like to register in advance for the event, please fill out the form found at: bit.ly/beacon50expo. And come November 1, please visit www.beacon50expo.com and pass this on to your friends!

FROM THE PUBLISHER

By Stuart P. Rosenthal

PHOTO COURTESY OF AGE WAVE

Thirty years ago this month, the science fiction book Nightfall was published. The book’s theme was ageism and the stereotyping of aging. It’s a book worth revisiting.

The events of the past year have shown us how much we value the older members of society. It has been a simple choice — I have no words to express the gratitude I feel.

Ken Dychtwald has studied the psychology of aging for more than four decades. In his 17th book, published this year, he and co-author Robert Morris reveal their research on retirement, or “life’s third age.” Dychtwald will be the keynote speaker at this year’s Virtual 50+Expo, which runs Nov. 1 to Jan. 31, 2021.

ON THE COVER:

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PHOTO COURTESY OF AGE WAVE

Letters to the editor

Readers are encouraged to share their opinion on any matter addressed in Fifty Plus as well as on political and social issues of the day.

Mail your Letter to the Editor to Fifty Plus, P.O. Box 2227, Silver Spring, MD 20915, or email to info@fiftyplusrichmond.com.

Please include your name, address and telephone number for verification.

MARK YOUR CALENDAR

Oct. 24

IPHONE PHOTOGRAPHY WORKSHOP

Learn how to use your iPhone camera to make high-quality photos with artist Travis Fullerton at the Virginia Museum of Fine Arts.

This class is offered Sat., Oct. 24 from 10 a.m. to 3 p.m. and costs $80 ($65 for members of VMFA). To register, visit http://bit.ly/iPhonePhotoVMFA.

Ongoing

SCIENCE MUSEUM OF VIRGINIA ONLINE

The Science Museum of Virginia has several educational resources on their website, including lunch break science videos, maker videos and activities to do at home. Stay engaged with science at smv.org/stay-connected.
Retirement is the time to pursue purpose

By Margaret Foster

Since he was 24 years old, author and aging expert Dr. Ken Dychtwald has studied the psychology of retirement. Now 70, he has given presentations on his research into the subject of aging to more than one million people over the years.

Yet the renowned gerontologist is in no hurry to retire himself from the company he started 40 years ago.

“The irony of the fact that I’m not terribly interested in retirement [personally] is not lost on me,” Dychtwald, CEO and Founder of Age Wave, said in an interview with the Beacon.

“Over the decades I’ve been studying retirees, and what I’ve found is about half the retired population are bored out of their wits….If you retire at 65, you might have 20 or 30 years in front of you. That’s a long time.”

This spring, Dychtwald published his 17th book, What Retirees Want: A Holistic View of Life’s Third Age, with researcher Robert Morison. The book, which includes not only charts and graphs but personal stories, is the culmination of years of research on the topic of aging and is intended to be a retirement guidebook of sorts.

Dychtwald will be speaking about the book and its major takeaways as the keynote speaker of the Beacon’s first Virtual 50+Expo this fall.

A road map to retirement

Dychtwald points out that when people retire — unlike when they enroll in college or start a new job — “There’s no orientation. There’s no workshop. In fact, that’s one of the reasons we wanted to write this book,” Dychtwald said. “Because there has never really been a roadmap.”

To begin to sketch a map, Edward Jones Company and Age Wave released a new study in August on the “four pillars of the new retirement” — health, family, finances and purpose. Already, the study has received 1.5 billion media impressions.

All four pillars are key ingredients for living well in retirement, which may seem obvious. But there are issues acquiring each of them, researchers found.

For example, even though it’s “never too late” to improve your health, many retirees don’t follow through on their well-meaning intentions. The study also found that the biggest health fear of retirees is not cancer or even COVID, but rather dementia, over which we may have less control.

Family relationships can play a major role in well-being, but forging positive social connections doesn’t require blood relatives. And as much as we want to be able to rely on family should it come to that, at the same time most of us don’t want to be a burden on them.

The newfound “time affluence” that comes with retirement leaves many foun-}

[Continued on page 11]

Robert Morison and Ken Dychtwald are co-authors of the new book What Retirees Want, published this year. The book is a culmination of their years of research and surveys of thousands of older adults on how the concept of retirement has evolved.
Advice for making healthier fish choices

By Lori Zanteson

We know fish is important for health — it’s high in protein; low in saturated fat; a good source of heart-healthy omega-3 fatty acids; rich in vitamins, such as vitamins D and B2, and minerals, including iron, iodine, magnesium and potassium.

Research shows that eating fish once or twice a week may reduce risk of several chronic conditions, including stroke, depression, Alzheimer’s disease and, in the case of fatty fish, death from heart disease.

But there are fish we’re better off avoiding, due to high mercury levels that can pose a health risk. This list of low-mercury fish — SMASH — can help us make the healthier choices.

What is SMASH?
The acronym SMASH stands for salmon, mackerel, anchovies, sardines and herring. These are the fish that are safest and healthiest to eat. They are nutrient-rich, high in omega-3s and low in mercury.

Mercury is a natural element found all around us in air, water and all living things, but in very small amounts. It makes its way into our food in several ways, including pollution. All fish have at least some mercury in them, but levels vary widely by species.

Most of these levels are far below what the U.S. has deemed allowable in seafood, but large and longer-living fish — like shark, swordfish, large tuna — have the highest amounts of mercury. (It should be noted that canned light tuna is made from smaller tuna, so it has lower levels of mercury than large tuna.)

Mercury risk
Most of us have at least trace amounts of mercury in our bodies. The U.S. Centers for Disease Control and Prevention (CDC) data show that most of these levels are below those associated with health risk.

Exposure to mercury most commonly occurs when people eat fish with high levels in their tissues, and this is associated with serious health issues — high levels can be toxic.

As a neurotoxin, which means it affects the nervous system, mercury, in excess, can impair vision, coordination and speech, and can cause muscle weakness.

Research, including a study published in a 2020 issue of the journal Biomolecules, has indicated anything seriously amiss?

Does numbness in your hands and feet indicate anything seriously amiss?

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And Coursera, a free worldwide online learning platform, offers an in-depth six-week course called “Making Sense of the News: News Literacy Lessons for Digital Citizens,” which she can access at Coursera.org/learn/news-literacy.

Check out the latest claim
There are also many good websites, like PolitiFact.com, Snopes.com and FactCheck.org that will let your mom fact-check a story to help her identify fact versus fiction. These sites have most likely already fact-checked the latest viral claim to pop up in her news feed.

Send your senior questions to: Savvy Senior, PO. Box 5443, Norman, OK 73070, or visit SavvySenior.org. Jim Miller is a contributor to the NBC Today show and author of The Savvy Senior book.
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Gut microbes linked to severe vision loss

By Dr. Alice Gasch

Imagine looking at the center of a clock with hands and seeing the peripheral numbers, but not the central hands. That’s the effect of severe age-related macular degeneration (AMD): loss of central vision, but retained peripheral vision.

AMD is a disease of the macula, which is the central area of the retina. The retina lines the back of the eye like wallpaper.

In developed countries, AMD is the primary cause of legal and irreversible blindness among individuals age 65 and older. Worldwide it affects 30 to 50 million people, including 3.28 million Americans.

There are two types of AMD: dry and wet. In dry AMD (the more common type, affecting 80% of patients with AMD), the macula thins, and small clumps of fat combined with protein develop under the retina (so-called “drusen”).

In wet AMD, abnormal blood vessels grow beneath the retina (termed “choroidal neovascularization,” abbreviated “CNV”). The vessels may leak blood and other fluids, causing scarring and faster loss of vision than dry AMD.

There is no cure for either type, though treatment may slow progression of the disease.

What boosts risk of AMD?

The exact cause of AMD is not known, but the following factors increase risk of developing the disease:

- Family history (Genes play a role in 3 out of 4 cases.)
- Caucasian race
- Age over 50 years (One-third of U.S. adults over 75 years have AMD.)
- Prolonged light (UV-B) exposure
- Female gender
- Light-colored irises (maybe because they provide less protection from light)
- Diet (Fish raised blood flow and thus levels of mercury. They should eat smaller fish — such as those on the SMASH list — and no more than two to three servings of fish each week to minimize exposure.

Be aware that fish that comes from other countries is not regulated by the same stringent U.S. seafood industry regulations, which could mean higher mercury levels.

Benefits of eating fish

It’s important to minimize mercury in our diet, but when it comes to eating fish, the health benefits far outweigh the small risk of mercury for most people. Eating fish on the SMASH list promotes good health, and protects against many chronic diseases, including several risk factors for heart disease.

These fish are also good sources of:
- Omega-3s: These healthy fats are good for the heart.
- Selenium: Often lacking in the diet, it helps protect against mercury toxicity.
- Vitamin D: Supports immune function and bone health, and protects against heart disease.

Bottom line

Most of us don’t have to worry about toxic mercury levels in our bodies, but it makes sense to minimize mercury by limiting fish to two to three servings per week, avoiding eating fish with high mercury levels, and enjoying fish on the SMASH list.

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The Virtual 50+ Expo goes live Sunday, November 1 at noon, and continues through January 31, 2021.

Brought to you free of charge by the Beacon Newspapers, in partnership with the Baltimore County Department of Aging and the Howard County Office on Aging & Independence.

Ken Dychtwald, PhD, a national expert on aging and author of the new book, What Retirees Want

KEYNOTE SPEAKER

What Retirees Want
What causes hands, feet to fall asleep?

By Robert H. Shmerling, M.D.

We’ve all been there. You awaken in the morning, and one of your hands is completely numb. It feels dead, heavy and simply won’t work. Perhaps there’s some tingling as well.

Or, you arise from a long dinner or movie and one of your legs feels that way. Then over a few minutes — maybe you shook your hands, stamped your foot — everything goes back to normal.

But did you ever wonder why in the world this happens? Read on!

Some nerves are unhappy

When someone complains to me about their hand or leg falling asleep. I usually explain, “The nerves are not happy.”

In general, numbness, tingling and other symptoms called paresthesia are most commonly due to abnormal nerve function. And when this is intermittent, temporary and related to holding one position for a long time, it’s rarely anything to worry about.

The cause in these cases is simply pressure on one or more nerves traveling into the hands or feet. When you remove the pressure (by changing position, for example), the problem goes away.

However, many other causes of nerve problems — more than 100, in fact — can cause similar, though more prolonged and persistent, symptoms, as noted below. If you have one of these conditions, you’re far from alone: An estimated 20 million people have a form of peripheral neuropathy that might make hands or feet numb or tingly.

A word on nerve terminology

So, what is peripheral neuropathy? It’s worth clarifying some commonly used medical terms.

Neuropathy means nerve disease.

Peripheral neuropathy is a condition affecting nerves in the peripheral nervous system, which includes nerves outside of the brain and spinal cord. Nerves of the legs and arms are part of the peripheral nervous system and tend to be the first ones affected by diseases of peripheral nerves.

Compression (or entrapment) neuropathy develops because of pressure on a nerve. Carpal tunnel syndrome, which occurs when a nerve becomes compressed in an already tight channel in the wrist, is one well-known example. Having your hand or foot fall asleep is another. Fortunately, the latter is quite temporary, while carpal tunnel syndrome is often chronic.

Paresthesia is a sensation of pins and needles, numbness or other abnormal sensation, often tied to peripheral neuropathy. Having your hand or foot fall asleep is a temporary paresthesia.

When to see your doctor

If your hands or feet fall asleep occasionally and normal sensation quickly returns, that’s fine. No need to call your doctor.

But call your doctor promptly if you have persistent numbness, tingling or other unusual sensations in your hands or feet. This is especially important if these sensations cause trouble with walking or holding onto things.

Your doctor should investigate further and will likely consider possible causes of peripheral neuropathy, including the following:

—Type 2 diabetes is the most common identifiable cause of peripheral neuropathy, accounting for nearly a third of cases. Sometimes it’s the first indication that a person has diabetes.

—Diseases of the liver, kidney and thyroid.

—Nutritional deficits, such as vitamin B12 deficiency or other vitamin deficiencies. Vitamin B6 is unique in this regard because too little or too much can cause neuropathy; too little is quite rare, but it’s possible to get excess B6 from supplements.

—Alcohol ingestion is probably the most common cause of toxic neuropathy. Alcoholics may also have nutritional deficiencies that can cause neuropathy.

—Certain medications, including some antibiotics and chemotherapy drugs, or lead, mercury, and other chemical and industrial toxins, may be culprits.

—Vascular disease, which occurs when the blood supply to a peripheral nerve is impaired, as with atherosclerosis. The nerve becomes unhealthy or dies.

Additional causes of neuropathy are infection, compression or trauma to nerves, and inflammatory or autoimmune conditions that affect nerves.

It’s worth noting that nearly a third of cases have no clear cause — a problem known as idiopathic neuropathy.

The bottom line: The causes of peripheral neuropathy are many, and range from the harmless and annoying to the intolerable and dangerous. When in doubt, see your doctor. But try not to worry when your hands or feet fall asleep due to holding your arms or legs too long in one position, as long as the tingling resolves within minutes and doesn’t happen often.

Robert H. Shmerling, M.D., is a senior faculty editor at Harvard Health Publishing.

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Some tips to counteract the winter blues

Q: With the start of fall and daylight savings time approaching, is it true that some people feel “blue” during the cooler months just because there isn’t as much daylight?

A: While October brings fall leaves, pumpkins and welcome cooler temperatures, it also represents a shift to shorter daylight hours, with the sun setting earlier each day.

For many, these cooler, darker days may cause occasional feelings of gloominess or fatigue and a lack of desire to do outdoor activities, especially in cold weather. This is commonly referred to as the “winter blues.”

While experiencing some winter blues is normal, if your mood starts to impact your daily activities, work life or relationships, it may represent something more serious.

Seasonal affective disorder (SAD) is a type of depression that occurs (or reoccurs) at a specific time each year: Typically, it begins in the fall, persists through the winter and ends in the spring.

People with SAD often report common symptoms such as sadness or anxiety, lack of energy, loss of interest in usual activities, weight gain and/or withdrawal from friends and family or other social activities. While the exact cause of SAD is unknown, it is thought that the symptoms of SAD (and to some extent the winter blues) stem from a lack of sunlight during fall and winter.

Sunlight is an important factor in how your body keeps its regular schedule, also known as your circadian rhythm. Shifts in this schedule can result in changes to mood, sleep, hormones and brain chemicals.

Here are some habits you can build into your daily schedule to help alleviate the symptoms of winter blues and SAD:

**Spend time outside during daylight hours**
- Exposure to sunlight can help improve your mood. Consider taking a walk every day, or trying a cooler weather outdoor hobby such as hiking or snowshoeing. Being active in general, research has shown, can help improve your overall mood.

**Keep a consistent sleep schedule**
- Going to bed and waking up at the same time every day can help maintain your body’s natural rhythm and improve your mood and energy. Fight the urge to sleep in, and instead use the morning hours to get outside.

**Check in with friends and family**
- Social interaction can impact your mood positively. Regular phone (or virtual) contact with family and friends can help combat some of the negative aspects of the winter season.
- While COVID-19 may limit the number of in-person activities you can have with friends or families, you can try socially distanced options — such as outdoor walks — to stay in touch.

If you notice yourself sleeping more or consistently feeling sad during the upcoming season, check in with your healthcare provider. They can determine if you are experiencing SAD and recommend treatment options.
- And remember to set your clocks back an hour on Nov. 1!

Abigale “Abby” Matulewicz, Pharm.D., is an assistant professor in VCU School of Pharmacy’s Department of Pharmacotherapy and Outcomes Science. She practices as an ambulatory care pharmacist on an interprofessional primary care team at two free clinics in the Richmond area.

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**MARK YOUR CALENDAR**

**Ongoing**

**FITNESS VIDEOS**

**Weekly**

**MEDITATION**
- Three days a week, the Smithsonian Institution offers free 30-minute online meditation sessions from 12:15 to 12:45 p.m.
- Appropriate for all levels and includes a variety of practices. Friday sessions include inspiration from art in the collection. To register, go to http://bit.ly/MeditationSmithsonian.

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**MARK YOUR CALENDAR**

**Tuesdays**

**SENIOR BALANCE AND CORE**
- Join the Henrico Department of Parks and Rec for a weekly free outdoor event focused on improving balance and strengthening core muscles.
- This event takes place Tuesdays in October from 9:30 to 10:30 a.m. at the EHRC fields. To register and learn more, visit http://bit.ly/seniorbalance.

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A one-hour, one-pot recipe welcomes fall

By America’s Test Kitchen

With many of us still staying close to home, it’s a perfect time to add a great-tasting, quick-cooking meal to your recipe rotation. In this one-pot recipe, lively lemon zest, bright peas and summery basil combine with pasta, meat and vegetables for a satisfying, light and lively fall dish.

In the Test Kitchen, we’ve found that the best way to pull off a one-pot pasta dinner is to forgo the standard approach of boiling, draining and saucing the pasta.

Instead, we cook the pasta in a carefully controlled amount of liquid that reduces into a flavorful sauce. (Not only does it make for a more cohesive dish, it also dirty fewer dishes.) For this recipe, that optimal amount of liquid was 4 cups for 12 ounces of pasta.

Before we cooked the pasta, we made a flavorful base by taking a few links of sweet Italian sausage out of their casings and browning the crumbs in a Dutch oven with sliced cremini mushrooms. We then deglazed the pot with dry white wine and added the pasta and water. Once the pasta was al dente, we turned off the heat and stirred in frozen peas (no need to thaw), basil, Parmesan, and some lemon zest for brightness.

One final step remained: stirring it all vigorously for a minute. Agitating the components this way knocked starch from the pasta into the small amount of cooking liquid, transforming it into a sauce that lightly cloaked each shell.

In just about an hour, we had a substantial, tasty meal that would please the whole family after a busy day.

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One-Pot Pasta with Sausage, Mushrooms and Peas

Serves 4

**Ingredients:**
- 1 pound cremini mushrooms, trimmed and sliced thin
- 1 pound sweet Italian (or vegetarian) sausage, casings removed
- 2 shallots, chopped
- 1¼ teaspoons table salt
- 1 teaspoon pepper
- ¼ teaspoon red pepper flakes
- ½ cup dry white wine
- 12 ounces (4 ½ cups) medium pasta shells
- 4 cups water
- 2 cups frozen peas
- 1 cup fresh basil leaves, chopped
- 1 ounce Parmesan cheese, grated (½ cup), plus extra for serving
- 2 teaspoons grated lemon zest, plus lemon wedges for serving

**Directions:**
1. In a large Dutch oven set over high heat, cook the mushrooms, sausage, shallots, salt, pepper and pepper flakes, stirring mixture frequently and breaking up meat with wooden spoon, until liquid has evaporated and browned bits have formed on bottom of pot, about 15 minutes.
2. Add wine and cook, scraping up any browned bits, until liquid has evaporated, about 2 minutes.
3. Stir in pasta and water and bring to a boil. Reduce heat to medium-low, cover and simmer, stirring occasionally, until pasta is al dente, about 10 minutes (some liquid will remain in the bottom of the pot).
4. Off heat, add the peas, basil, Parmesan and lemon zest. Stir vigorously for 1 minute, until sauce has thickened. Serve, passing lemon wedges and extra Parmesan separately.

**Recipe notes:** You can substitute white mushrooms for the cremini mushrooms, and 12 ounces of orecchiette for the medium pasta shells, if desired.

The pasta will not absorb all the cooking liquid in Step 2; stirring vigorously in Step 3 helps thicken the sauce so it will coat the pasta.

For a nonalcoholic version, substitute ½ cup of water for the wine in Step 2 and stir in 1 tablespoon of lemon juice with the lemon zest in Step 3.

There is no need to thaw the peas.

For 25 years, confident cooks in the know have relied on America’s Test Kitchen for rigorously tested recipes developed by professional test cooks and vetted by 60,000 at-home recipe testers. See more at americastestkitchen.com/TCA.

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Virtual 50+Expo offers something for all

In recent years, while nearby communities served by the Beacon Newspapers have been treated to an annual 50+Expo event that features speakers, entertainment and information geared to boomers and seniors, the Richmond area has lacked such a program.

But the COVID pandemic has forced those in-person events to become virtual ones, which means Richmond area residents can now fully participate and enjoy a 50+Expo from the comfort of their home. In addition, this fall’s Virtual 50+Expo will offer many times the content of the typical in-person event.

Guests to the event’s custom-designed website will obtain immediate, free access to dozens of classes, speakers and entertainers chosen especially for them.

The event’s keynote speaker will be Dr. Ken Dychtwald, whom you may have read about in this month’s cover story. Dychtwald will discuss his most recent book, *What Retirees Want*, followed by a question-and-answer session with Fifty Plus publisher Stuart Rosenthal.

In addition, the online expo will include demonstrations or classes on tai chi, yoga, Zumba, cooking, meditation and more. Expert speakers will address health and wellness, legal matters and estate planning, money and investments, retirement housing options and more.

Entertainment will range from stand-up comedy and Broadway show tunes, to dance lessons, classical music and jazz piano.

The Virtual 50+Expo will also include more than 100 informative exhibitors, including government agencies, nonprofits and businesses offering products and services to older adults and their families.

To enable area residents to enjoy this wealth of material, the Virtual 50+Expo will remain free and accessible 24/7 for three months — from noon on Sunday, November 1, 2020 through Sunday, January 31, 2021.

And to reward repeat visitors, there will be new door prize drawings every week.

To register to receive updates and reminders, visit hit.by/beacon50expo. And starting this November, be sure to visit www.beacon50expo.com to enjoy all there is to see.

Businesses and organizations interested in exhibiting or sponsoring may call Alan at (443) 285-9336.

Dychtwald

*From page 3*

that’s wonderful. But are you volunteering for somebody else’s community; are you helping people in need?

“A lot of our retired population don’t know what their purpose is,” he said. “The world is waiting for more of an activation of our elders, and I think we’d all be better off if we had old and young doing more things together.”

Dychtwald also hopes retirees will muster the courage to try new activities — volunteer as a tutor, learn a new language, take up guitar, study the stars. Retirement is freedom from obligations like child rearing and work, he said, but it’s also freedom to pursue your heart’s desire.

At the same time, Dychtwald encourages older adults to stay current. “A lot of people push themselves to the sidelines when they get older. They don’t keep track of modern ideas; they don’t stay current with technology; they don’t pay attention to new culture, new music, new fashion.”

**Next act: memoir this spring**

Dychtwald’s 18th book, a memoir titled *Radical Curiosity*, will be published in March. He wrote it to honor Erikson’s generativity stage of life, to pass on his knowledge and leave a legacy to his two children, now in their 30s.

“I turned 70 this year, and I decided I was going to collect my stories so that they can be passed from generation to generation,” he said. His friends told him, “You have to publish this; you’ve had one bizarre life!”

One of his life’s more placid moments was when Dychtwald, 27, recorded a video of his grandmother Clara, one he likes to share with his audiences today. Clara, an orphan, recounts her memories of growing up without shoes or indoor plumbing.

“What do you want us to learn from you?” he asks his grandmother, who in the video is wearing a modest housedress. She replies, “To be good, honest, respectable, and live happy with your family, like I lived happy with my husband.”

Moments later, she tells her grandson, “From the minute you were born, I loved you. Find a nice girl and get married, and I’ll love you double.”

Clara may have been reassured to know that her grandson has been happily married since 1983.

Ken Dychtwald is the keynote speaker at this year’s 50+Expo, an all-virtual event accessible from Nov. 1, 2020 until Jan. 31, 2021. To watch his keynote address, followed by a brief interview by Fifty Plus publisher Stuart Rosenthal, visit the Expo website — beacon50expo.com — any time after Nov. 1.

His new book, *What Retirees Want*, is available in print, digitally and as an audio book. All proceeds from the book are being donated to the American Society on Aging.
Hand sanitizers to use, others to avoid

As the country has opened up these past few months, I find myself carrying hand sanitizer with me wherever I go. Hand sanitizers are a must if you travel because they quickly eliminate 99.9% of germs (at least the ones tested!), and you can carry them in your purse or pocket and keep them in the car.

With the pandemic this year, hand sanitizers became instantly essential. A lot of them are capable of destroying certain pneumonia and influenza strains, E. coli and MRSA in seconds. A lot of them hand sanitizers became instant killers.

There’s a reason that sanitizers sell like hotcakes, but please be careful because some opportunistic business folks are now making a killing at your expense. They’re formulating toxic garbage at home and then selling it online to people. You cannot trust everything available right now.

On August 27, 2020, the Food and Drug Administration issued a new warning to consumers to make sure that we do not buy or use any hand sanitizers that contain “methanol” or “1-propanol.”

Today, I’ll list some of the safest commercial hand sanitizers on the market. Some of them are sprays, and others are wipes. I have based my list below on the organization called EWG Skin Deep (ewg.org/skindeep).

As to where you can purchase any of these, I’d suggest looking online or asking your local health food store manager.

**Hero Wipes**
These have alcohol and aloe in them, plus more. Each wipe is individually wrapped in a pouch to keep it sterile. They are pretty resilient even if you are vigorous with them.

**Elyptol Antimicrobial Hand Sanitizer**
These come in wipes, gel and spray, so you can pick the best type for your needs. As you may have guessed from its name, the product boasts the use of natural eucalyptus, which reduces risk of contact dermatitis and provides a broad range of “kill” properties.

**Everyone Peppermint Citrus Hand Sanitizer**
There are other scents aside from peppermint citrus, but this brand offers another option utilizing alcohol (derived from non-GMO sugar cane) with aloe and glycerin so it won’t feel as drying.

**Organic to Green Lavender Lemon**
This contains some alcohol along with glycerin, organic coconut, lavender and lemon peel oil. When I read the natural but powerful ingredient list, I was jealous I hadn’t thought of the formula myself.

**Dr. Bronner’s Lavender Hand Sanitizer**
Another awesome product sold widely in health food stores, this brand utilizes the strength of Fair Trade ethanol along with organic peppermint oil and glycerin.

**EO Hand Sanitizer spray or wipes**
This is an easy-to-find brand that is great because it uses alcohol (sourced from non-GMO sugar cane), plus lavender essential oil, Echinacea herb (an antibacterial), and some glycerin.

**Grove Collaborative Blood Orange Sanitizer**
This product utilizes ethanol plus aloe, orange oil, coconut and sunflower seed oil, plus jojoba. This is an excellent combination that will leave your hands feeling nourished. It also comes in lavender and is sold at grove.co. See SuzyCohen.com for more options.

**eo Hand Sanitizer spray or wipes**
This information is opinion only. It is not intended to treat, cure or diagnose your condition. Consult with your doctor before using any new drug or supplement.

Suzy Cohen is a registered pharmacist and the author of Real Solutions from Head to Toe. To contact her, visit SuzyCohen.com.
Executive Director’s Message

Dr. Thelma Bland Watson
Executive Director,
Senior Connections,
The Capital Area Agency on Aging

Successful 2020 Empty Plate Campaign: Thanks to Sponsors and Supporters

On October 7, 2020, we will celebrate the 17th Annual Empty Plate Campaign, Awards Presentation and a Special 50th Anniversary Video. A Campaign that has taken place in the midst of COVID-19 has shown the challenges, opportunities and needs that continue to exist in the Richmond Region.

This successful Campaign is made possible through the generosity of our sponsors, supporters and the 2020 Steering Committee, led by Mrs. Eva Hardy. We recognize and thank all of our sponsors, supporters and advisors. Joining Mrs. Hardy, Mr. G. Gilmer Minor, III has been one of this year’s generous supporters, and we are most grateful.

The Phoebe and Frank Hall Award for Humanitarian Service to Older Virginians will be presented to Mrs. Lynne Seward, Retired CEO of A Grace Place Adult Services; Mrs. Marilyn Branch-Mitchell, Human Resources Director with Senior Connections; and Dr. Ellen Netting, retired professor with the School of Social Work at Virginia Commonwealth University.

These awards will be presented by Mrs. Hardy and Mrs. Nancy Nagle Bolio, spokeswoman for the Hall Awards.

In 2023, Senior Connections will reach our 50th year of service. To commemorate this milestone, we are presenting a 50th Anniversary Video produced by Mr. Kevin Frigden. Thanks to all who have made this video possible.

We have many new sponsors joining this year, and we are very grateful. With anticipated proceeds from this year’s Campaign, we will be able to fill more “empty plates” for deserving older adults and caregivers who often have no other sources of assistance. We will be able to assist them with meals, rides, home care, financial support and other critical needs. The generosity of our contributors continues to give us inspiration and hope for the future.

Therefore, as we prepare for this year’s Virtual Celebration, we extend special thanks to those who have already contributed to the Empty Plate Campaign. We also extend a special invitation to others who may wish to contribute to this important effort before the end of 2020. Your contributions will enable us to reach this year’s goal of $160,000 that is needed to fill the “empty plates” of older adults and caregivers in communities throughout the Richmond Region. Your contributions will also enable us to address COVID-19 related needs.

This year, we give special recognition to Ms. Thelma Brooks, one of the many volunteers who support Senior Connections in so many wonderful ways. Ms. Brooks made it possible for Senior Connections to receive a special contribution from Alfred Street Baptist Church as part of their spirit of giving ministry. We also extend special thanks to Mrs. Yinestra and Mr. Floyd Robinson (retired Senior Connections staff and past volunteer, respectively) for their ongoing and generous contributions to Annual Empty Plate Campaigns.

If you still wish to contribute, you may do so on our website at www.senior-connections-va.org, or send your contribution to Senior Connections, CAAA, 24 East Cary Street, Richmond, VA 23219. Thanks for helping us fill “empty plates” again this year and into the future!

The Phoebe and Frank Hall Humanitarian Award for Service to Older Virginians

Each year during the Empty Plate Campaign, Senior Connections recognizes the contributions of individuals who have had a positive impact on the welfare of older adults, caregivers and their families. The Phoebe and Frank Hall Humanitarian Award for Service to Older Adults was established in 2013 to recognize those whose contributions have benefited the well-being of older adults, caregivers and families.

Mrs. Phoebe Hall was a distinguished Virginia attorney and Rector of Virginia Commonwealth University. Delegate Franklin Hall was a longtime leader of the Virginia House of Delegates. They understood the importance of developing policies to support older adults, raising awareness of others about the issues and concerns impacting older adults and families, leading by example and recognizing the diversity of the older population.

Past award winners have contributed to improving the lives of old adults in many ways. Some have raised awareness among policymakers and the philanthropic community about issues and concerns that impact older adults and their families, or contributed to the development of policies that support older adults. Others have served as lifelong caregivers or have supported programs and services to help meet the needs of older Virginians and their caregivers.

All Phoebe and Frank Hall Humanitarian Award winners have led by example — serving as role models and mentors rather than merely directing others. They have devoted their time and talent to address the critical needs of older Virginians. Their contributions have had lasting effects on the lives of older adults in our community.

The Phoebe and Frank Hall Humanitarian Award for Service to Older Virginians has been presented to the following individuals:

2023: Dr. Thelma Bland Watson, Executive Director, Senior Connections
2014: Mrs. Sherry Peterson, retired Executive Director, Alzheimer’s Association
2013: Mrs. Nancy Nagle Bolio, retired Assistant to Mr. Hall
2016: Mr. Felix Sarfo-Kantanka, Dominion Energy
2017: Ms. Okpil Kim, Korean American Community
2018: Dr. Ayn Welteford, Department of Gerontology, VCU
2019: Mrs. Rita Randolph, Dominion Energy and Ms. Wilda Ferguson, Retired Commissioner of Aging for Commonwealth of Virginia

We support Senior Connections!

A group of committed professionals working together, building relationships & energizing one another, to make a positive difference in the community
Senior Connections is pleased to recognize three individuals for the 2020 Phoebe and Frank Hall Humanitarian Award for Service to Older Adults. On October 7, 2020, during the Empty Plate Campaign Virtual Celebration, the Phoebe and Frank Hall Humanitarian Award for Service to Older Adults was awarded to Mrs. Marilyn Branch-Mitchell, Dr. F. Ellen Netting, and Ms. Lynne Seward. We are celebrating individuals who may not receive a lot of recognition but whose contributions have made a positive impact on the lives of older adults, caregivers and their families.

Mrs. Marilyn Branch-Mitchell

As Human Resources Director, Mrs. Branch-Mitchell is a member of the Society for Human Resource Management (SHRM), is the Lead for the Senior Connections Walk to End Alzheimer’s Team, the United Way Campaign, serves on the AARP-Virginia Central Volunteer Leadership Team, and is Treasurer for the Regional Caucus on Aging (RCoA).

Mrs. Branch-Mitchell graduated from Westhampton College at the University of Richmond with a bachelor's degree in sociology. She has been an active alumna and has served on the Presidential Commission for University History and Identity. Mrs. Branch-Mitchell is currently serving on the University of Richmond Alumni Association Board and is their liaison to the University of Richmond Board of Trustees.

Mrs. Branch-Mitchell has a long history of volunteering in the community. She volunteered with several Parent-Teacher Associations, served as a troop committee member with the Boy Scouts of America, and was a troop leader and committee member with the Girl Scouts of the Commonwealth of Virginia. She is still a lifetime Girl Scout.

Mrs. Branch-Mitchell was also a member of the Virginia Association of Family and Community Education and has volunteered with the Chesterfield County Fair Association. She has been married to Gregory Mitchell since 1982, and they are the proud parents of Travis and Sarah.

Mrs. Branch-Mitchell’s Perspective About the Award, the Future and Senior Connections:

Senior Connections forward-thinking leaders, like Dr. Thelma Watson and Ms. Mary Payne, have kept the agency in the forefront of meeting the challenges faced by older adults in our community. I know we will continue to be flexible in respond-

2020 Phoebe and Frank Hall Humanitarian Award for Service to Older Adults Awards

ing to the changing needs of older adults. I have been impressed by the way Senior Connections has pivoted and adapted in order to continue services for older adults during the COVID-19 pandemic. We have successfully met this unique challenge and found creative ways to address the issues it has presented to our community and our employees.

Dr. F. Ellen Netting

F. Ellen Netting, PhD is professor emerita in social work and the former Samuel R. Wetzel Endowed Chair at Virginia Commonwealth University (VCU). Dr. Netting taught for 29 years, 19 years at VCU and 10 years at Arizona State University.

Her practice includes experience directing a county office on aging, leading a foster grandparent program, serving as the trainer for an area agency on aging that served 16 counties, and consulting with numerous local and state health and human service organizations.

Dr. Netting received her bachelor’s degree from Duke University, her master’s in social work from the University of Tennessee, and her PhD from the University of Chicago.

Dr. Netting is a co-author of eight books and co-editor of four books. She has published more than 180 chapters in various publications and has served as a referee for articles published in professional journals. Dr. Netting continues to collaborate on the textbook, Social Work Macro Practice, a leading textbook in the social work field, now in its sixth edition (2017). She received the VCU Distinguished Scholar Award in 1997, and received the Recent Contributions to Scholarship Award at the Council on Social Work Education’s Annual Program Meeting in 2005.

She is a fellow in the Gerontological Society of America, and provides community service and program evaluation expertise to the Greater Richmond Chapter of the Alzheimer’s Association, the Virginia State Long-Term Care Ombudsman Program, and Senior Connections’ FosterGrandparent Program. Her scholarship has focused on health and human service delivery issues for frail elders, as well as nonprofit management and voluntarism, primarily in religiously affiliated agencies.

Dr. Netting’s Perspective About the Award, the Future and Senior Connections:

As I look back, I am so grateful to the strong women from Gate City, Virginia who gave me a foundation on which to build my life. My grandmother would say “we have to rise to the occasion” when it would have been more comfortable not to rise.

My aunt used to act like all she needed to do was to call me and I’d figure out what to do, when she must have known deep down inside that I didn’t have a clue about how to fix the problem or make things better. But she believed in me. And when someone believes in you, you muster the courage to act like you know what to do and then start wherever you can.

That is why I am so honored to receive the Phoebe and Frank Hall Humanitarian Award because it means you believed in me, and there is no greater gift. To receive a humanitarian award is beyond all my expectations because it means you believed that I might have made some small difference in the lives of others. And isn’t that what it’s all about?

I am so grateful to Senior Connections for bestowing such an honor on me and for reminding me of how important it is for us to continue “rising to the occasion” in these uncertain times. Thank you from the bottom of my heart.

Whenever I think of quality of life, I always return to the importance of having meaningful, empathic relationships. During this pandemic, in order to keep people safe, we have isolated ourselves from others. We have long known that social isolation can do harm. My vision of the future is finding new approaches to keeping people of all ages connected in ways that promote good health, provide comfort and enhance happiness.

It is a vision in which disparities are recognized and there are earnest efforts to address these injustices and inequities. I envision a future in which we find new ways to sustain meaningful relationships and in which we recognize that every person is needed — that no matter what age, their contributions matter.

Many years ago, I was assigned to an Area Agency on Aging as a student intern. I was immediately smitten with the idea of there being an aging network that traversed the entire country, that I would always know who to call if I needed to locate resources for an older client, relative or friend. No matter where I lived, I connected with the local aging network.

Over the last 30 years that I’ve lived in Virginia, if anyone asked me where to go for advice or help, I always knew that referring them to Senior Connections will give them a place to start in navigating the health and human service system. One of the many successes of Senior Connections stems from its dedicated leadership that has embedded a culture of inclusion, advocacy, service and outreach into the community.

Ms. Lynne Seward

Ms. Lynne Seward is a Certified Therapeutic Recreation Specialist (CTRS) with over 46 years of experience in human services and rehabilitation. 27 years of those years in top-level management. She served as Chief Executive Officer for A Grace Place Adult Care Center, formerly Adult Care Services, for more than 30 years. She is known for her energy, enthusiasm, focused advocacy, and for her commitment to the needs and rights of persons with disabilities.

Ms. Seward has experience in program development and supervision of therapeutic programs serving a variety of ages and disabilities, including pediatrics, geriatrics, psychiatry, acute care, oncology, physical rehabilitation and community care. She has served various populations including individuals with intellectual disabilities, physical disabilities, mental illness, chronic illness and dementia.

Ms. Seward’s Perspective About the Award, the Future and Senior Connections:

I had the privilege of knowing both Frank and Phoebe Hall. Both of them embodied true humility and extraordinary civic engagement. I met Frank through my advocacy work, and Phoebe and I served on the Alzheimer’s Board.

I clearly recall the day when I first visited Delegate Hall’s office. I was a young professional full of passion determined to advocate for services for adults with disabilities and age-related conditions. But I was green and, yes, a bit scared.

Then, I met Nancy Bolio, Frank’s chief of staff, who welcomed me and, like countless others, took me under her wing. She introduced me to Delegate Hall and he became a champion for adult day services and the individuals and caregivers who needed this care.

Frank made an enormous impact through significant legislation, but to me, what was more important was not what he did, but how he did it. He was truly a man of and for the people and he had a unique gift of being able to listen so attentively that you thought you were the only person in the room.

He was able to successfully negotiate compromises because he showed respect to everyone and was a man of the highest integrity. Everyone trusted and respected him.

I am deeply honored by this award given in Frank’s and Phoebe’s name, and
Contributions to Senior Connections’ Annual Empty Plate Campaign help fund programs that support older adults with meals, home and community services, emergency services, transportation and social engagement programs.

This year, COVID-19 created additional needs in our community, and funds raised through the Empty Plate Campaign this year will also be used to support older adults during the pandemic.

These programs are possible because of the generous contributions made by individuals, businesses and other community partners. We are grateful for every dollar we receive, and we thank everyone who has financially supported our programs. Since we are unable to thank our sponsors in person this year, we want to acknowledge their support in the Empty Plate Campaign edition of our Engage at Any Age Newsletter.

Thank You, Program Sponsors!

Alfred Street Baptist Church is located in Alexandria, Virginia, and with a congregation size of over 10,000, the church has been a leader among churches and has made significant contributions in education, missions, children ministries and advancement of women.

In April 2020, Pastor Wesley announced Alfred Street’s Tith the Tithe initiative to donate to organizations making a difference in the fight against COVID-19. Senior Connections was fortunate to receive a generous donation from the initiative and we are sincerely grateful for their support during the COVID-19 pandemic.

Ms. Mary Devine and her family have generously contributed to the Empty Plate Campaign and provided other supports to assist older adults and caregivers for many years.

Ms. Devine, an attorney and former staff with the Virginia Division of Legislative Services, is a member of the Board of Directors for Senior Connections. As a community volunteer, Ms. Devine shares her expertise and interest in governance with Senior Connections and other human service organizations in the Richmond Region.

The Barrington Family Foundation is a 501(c)(3) charitable organization headquartered in Albany, New York and is devoted to helping meet unmet needs while filling gaps in services.

As a long-time community partner, Bon Secours Mercy Health encourages collaborative partnerships between community organizations. For example, with the support of Bon Secours Mercy Health, Senior Connections is joining Family Life Line and Project Homes to expand the Hospital to Home Care Transitions Project under the name Senior Home Services.

Older adults and family members are coached to successfully transition from hospital to home, and are connected to community resources that will help them recuperate and address their health concerns. Program participants are assisted with tasks such as enrolling in programs and applying for benefits that will support their overall wellbeing.

The mission of Bon Secours Mercy Health is to “extend compassionate ministry by improving the health and wellbeing of communities and by granting help to those in need, especially the low income, those at end of life and the underserved.”

Founded in 1983, Bon Secours Mercy Health “brings good help to those in need,” as evidenced by their long-time support of the Empty Plate Campaign.

The Colonial Downs Group leads by example in supporting the communities in which we operate. Our aim is to meaningfully improve the quality of life in the communities where our team members live and work.

It is our goal to partner with community organizations to help meet their mission and improve quality of life in our community. In that spirit we support Senior Connections and salute their service. Thank you, Senior Connections, for empowering older adults and adults with disabilities to live with dignity and choice.

Dominion Energy, often referred to as Dominion, is a power and energy company headquartered in Richmond, Virginia. Dominion Energy has been a sponsor of the Empty Plate Campaign since the initia-
Senior Connections Empty Plate Campaign – Supporting Older Adults in our Community

Each year, Senior Connections celebrates the Empty Plate Campaign and recognizes community partners, leaders and friends who help enhance the quality of life for older adults, individuals with disabilities and caregivers.

The Empty Plate Campaign emphasizes contributions to fill “empty plates” for older adults in need. This year, COVID-19 has created an additional need, and contributions are needed now more than ever.

Contributions to the 2019 Empty Plate Campaign provided more than 700 older adults in need with:

- Meals (Friendship Cafés and Home Delivered Meals)
- Transportation for medical appointments
- Personal Care and Homemaker Services to help caregivers
- Critical Assistance to Seniors (help with rent, mortgage and utility payments)
- Minor Home Repairs
- Socialization, educational and health/wellness activities and volunteer support
- Volunteer Engagement
- Care Transitions Services (Hospital to Home)
- Community Guardian Program

Sponsors

From page B-3

“Dominion values older adults and their families. Older adults serve as role models to younger generations. Dominion Energy supports older adults through many programs and services, including Energy Share, outreach at community events, and Dominion’s extensive energy-related resources.”

Ms. Vera Thoms, a member of the Senior Connections Board of Directors, states, “Dominion values older adults and their families. Older adults serve as role models to younger generations. Dominion Energy is a proud sponsor of the Annual Empty Plate Campaign. We are pleased to help with this important effort.”

With origins that date back to 1871, Genworth Financial, Inc. is a Fortune 500 Company headquartered in Richmond, VA. Genworth is “committed to helping families achieve the dream of home ownership.”

Genworth has long supported the Empty Plate Campaign, as well as other initiatives established to assist older adults and their caregivers. Their support of the Age Wave Coalition (now the Longevity Project), and of other services addressing other needs such as housing, transportation, home care and caregiver needs, has benefited many older adults and their families in our community.

Genworth is an advocate for programs related to long-term care planning, retirement and overall wellbeing. Genworth also assists Senior Connections with capacity building and board governance through Mr. Debarjyra (Deb) Mitra with Genworth, who is a member of Senior Connections Board of Directors.

Acknowledgements

Empty Plate Campaign Donations

Made In Honor of/In Memory Of

Ms. Jean Adams and Mr. Patrick Hickey
In Honor of Mrs. Frances Hickey

Dr. Barbara B. Chapman
In Honor of Mrs. Geneva A. Redd
Ms. Ellen Gersten
In Memory of Saltanat Jahromi
Sherry L. Herndon, Esquire
In Honor of Pamela B. Williams
Ms. Juanita B. Leatherrybery
In Honor of Warren and Gretchen Brown
Mr. Ralph Lyons
In Memory of Mrs. Alice Lyons
Ms. Lory L.Phillippo
In Memory of Harold and Dorothy Phillippo
Mrs. Sarah Snead
In Honor of Dr. Thelma Bland Watson
Virginia Navigator
In Honor of Dr. Thelma Bland Watson

Awards

From page B-2

accept it on behalf of all the advocates who have come before me and who will do so in the future.

I envision a vibrant and diverse community where every individual can contribute, is respected and embraced for their experiences and their unique gifts regardless of their age, abilities, sexual orientation, creed, culture or race. I see an inclusive community of compassion and empathy where all strive for the ideals of justice, equality, caring and a bit of fun. And most importantly, a community that works hard to challenge itself whenever it fails and, as John Lewis said, to cause “Good Trouble” when it is needed.

Congratulations on 50 years of service! This agency has accomplished so many milestones throughout these years and continues to grow and expand as the needs of older adults and those with disabilities grow as well.

I have enjoyed working with so many of the staff that have a firm commitment to this population and to the greater Richmond area. I particularly value their extra-ordinary dedication to caregivers and the ongoing support for adult day services.

None of the programs would be possible, however, without the strong and exemplary leadership of Executive Director Dr. Thelma Bland Watson. She models servant leadership that focuses on service and empowerment of others. Through her guidance, Senior Connections has grown into a major driver of service delivery and system change. Dr. Watson has developed multiple partnerships within the community, including government and the corporate sector, that are propelling the agency to meet the future head on.

Sponsors

From page B-3

due’s inception in 2003.

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Mr. and Mrs. G. Gil Minor, III
Mr. and Mrs. G. Gil Minor, III

Mr. and Mrs. G. Gil Minor have been ardent and dedicated supporters of the Empty Plate Campaign, and they attended past luncheons to mingle with other guests and supporters.

Mr. Minor, a past keynote speaker for the Empty Plate Luncheon, encourages the Richmond Community to continue to help older adults and caregivers in need of critical services such as meals, rides, home care and social connections.

Mr. and Mrs. Minor are generous supporters and have ensured the success of the Campaign for the past five years. During this time, they have contributed and provided significant encouragement.

Mr. Minor is the retired chairman and chief executive officer of Owens & Minor as well as Chairman Emeritus. Mr. Minor and Mrs. Charlotte Minor are dedicated volunteers and committed to the betterment of the Richmond community and beyond. In retirement, Mr. Minor formed Minor and Major, LLC, a company dedicated to coaching and mentoring.

Publix Super Markets has been recognized as the No. 1 company that cares by “People” magazine. The fourth annual list was featured in the Sept. 14, 2020, issue of the magazine. The list highlights the top U.S. companies that have succeeded in business while demonstrating outstanding respect, care and concern for their employees, their communities and the environment, especially during the COVID-19 pandemic.

Publix Super Markets Charities is dedicated to the dignity and value of the human spirit by supporting efforts to improve our communities in the areas of youth, education and the plight of the homeless and hungry.

We proudly support the work of Senior Connections as they approach their 50th year of service. We are most grateful to them for their efforts to ensure the nutritional needs of seniors are met during this challenging time.
A simple guide to help your money last

Steve Vernon has a great deal of expertise in retirement planning, having written six books on the subject. His latest, Don’t Go Broke in Retirement: A Simple Plan to Build Lifetime Retirement Income (Rest-of-Life Communications), is an excellent resource for middle-income people who want a straightforward plan to build a lifetime of retirement income.

I believe the book will be very helpful to those close to retirement who want to make sure they make the right decisions about Social Security, investments and establishing withdrawal plans from savings/retirement accounts to ensure that their assets/income will last their lifetime.

The book is organized in several concise chapters that cover all the basics of security-minded financial planning. In chapter one, Vernon establishes a baseline Spend Safely Strategy consisting of three key steps.

In step one, you establish reliable monthly paychecks that will last the rest of your life, regardless of stock market fluctuations. Elements of this “paycheck” would be Social Security and recurring income from employer retirement plans.

In step two, you establish a retirement savings source that will deliver a stream of lifetime income to supplement your reliable monthly paychecks if you need additional funds. This stream would be used for discretionary purchases such as traveling, hobbies and gifts.

This income could be from retirement accounts such as IRAs and/or 401(k)s. Vernon recommends a systematic withdrawal from these accounts so that you will have money coming on a regular basis.

The third step is to establish an emergency fund at your bank or credit union to be used for predictable future expenses, such as home and car maintenance, updated appliances and furniture, as well as unforeseen emergencies.

Postpone Social Security

In an early chapter, Vernon discusses the importance of maximizing Social Security benefits. As I have indicated in many of my columns, there are significant advantages to postponing applying for benefits as long as possible.

Vernon believes that starting Social Security benefits as soon as possible “is a big mistake for most people.” He believes it is smart to maximize your lifetime Social Security benefits because they are the best source of risk-protected retirement income for most workers.

He provides examples of strategies to maximize these benefits by delaying the start of benefits. One approach is to continue working; a second is to establish a bridge payment fund with a portion of your existing retirement savings.

Many resources for further reading on Social Security are identified, including the excellent book by Andy Landis, Social Security: The Inside Story (www.andylandis.biz).

In another chapter of Don’t Go Broke, Vernon discusses using your savings to generate lifetime retirement income. He recommends using the IRS required minimum distribution (RMD) tables to calculate the amount to withdraw each year as a simple, effective way to make your savings last for the rest of your life.

He includes a chapter on investing for growth, in which he recommends that, after you have covered most of your basic living expenses, you can take calculated risks by investing some of your savings in low-cost, conservative equity alternatives. He recommends target-date funds, balanced funds and stock index funds. I agree, as I have indicated in my columns.

He also addresses issues such as minimizing taxes, health considerations and part-time work. Also useful are his checklists that summarizes the action steps you should be taking to meet your objectives and his bibliography of useful books and websites.

Don’t Go Broke in Retirement is easy to read, and it covers all the important decisions to develop a plan that will allow you to retire safely and never run out of income and assets in retirement.

Elliot Raphaelson welcomes your questions and comments at raphelliot@gmail.com. © 2020 Elliot Raphaelson. Distributed by Tribune Content Agency, LLC.
How to recognize and stop elder abuse

By Jim Miller

Dear Savvy Senior,

Can you write a column on how to recognize elder abuse and what to do if you suspect it?

—Concerned Relative

Dear Concerned,

Elder abuse is a big problem in the United States that has escalated during the COVID-19 pandemic. According to the National Council on Aging, as many as 5 million seniors are victims of abuse each year, but studies suggest this crime is significantly under-reported.

Only 1 in 4 cases of elder abuse ever get reported to the authorities because victims are usually too afraid, too embarrassed, too helpless or too trusting to call for help.

The term “elder abuse” is defined as intentional or negligent acts by a caregiver or trusted individual that causes or can cause harm to a vulnerable senior.

Elder abuse comes in many different forms: emotional, psychological, physical or sexual abuse, abandonment, neglect and self-neglect, and financial exploitation.

Those most vulnerable to such abuse are seniors who are ill, frail, disabled, socially isolated or mentally impaired due to dementia or Alzheimer’s disease.

It’s also important to note that while elder abuse does happen in nursing homes and other long-term care facilities, the vast majority of incidents take place among seniors who live at home. And tragically, the abusers are most often their own family members (usually the victim’s adult child or spouse) or caregiver.

How to recognize abuse

So, how can you tell if an elderly relative or friend is being abused, and what can you do to help?

A change in general behavior is a universal warning sign that a problem exists. If you notice your relative or friend has become very depressed, withdrawn or gets upset or agitated easily, you need to start asking questions.

Here are some additional warning signs of the different types of elder abuse:

**Physical or sexual abuse:** Suggestive bruises or other injuries that can’t be explained. Sudden changes in behavior (upset, withdrawn, fearful). Broken eyeglasses.

**Neglect or self-neglect:** Weight loss, poor hygiene, unattended medical needs, and unsanitary, unsafe living conditions.

**Emotional or psychological abuse:** The senior is extremely upset, agitated, withdrawn, unresponsive, fearful or depressed, or demonstrates some other unusual behavior.

**Financial exploitation:** Missing money or valuables. Unexplained withdrawals from bank accounts, or transfers between accounts. Unauthorized use of credit, debit or ATM card. Unpaid bills despite available funds. Checks written as a loan or gift. Abrupt changes in a will or other documents.

For more tips on how to recognize the warning signs of abuse during the pandemic, see the National Center on Elder Abuse website at NCEA.Aging.gov/Resources/COVID-19.aspx.

**What to do**

The best ways to help stop elder abuse are to stay in touch and keep lines of communication open. If you suspect any type of abuse or neglect in your relative’s or friend’s home, report it to your local protective services agency.

Adult Protective Services is the government agency responsible for investigating elder abuse cases and providing help and guidance. The agency will ask what you observed, who was involved, and who they can contact to learn more. You don’t need to prove that abuse is occurring; that is up to the professional.

To report suspected abuse in a nursing home or assisted living facility, call the local Long-Term Care Ombudsman — see LT-Combsudsman.org for contact information.

If, however, you feel the person is in immediate danger, call 911 or the local police for immediate help. To report the abuse, neglect, self-neglect or financial exploitation of a vulnerable adult in Montgomery County, Maryland, call (240) 777-3000, 24 hours a day. In the District of Columbia, call (202) 541-3560. In Arlington, Virginia, call (703) 228-1700; in Alexandria, call (703) 746-5778.

To make a report after-hours, call the Virginia state hotline at 1-888-832-3858.

Send your senior questions to: Savvy Senior, PO. Box 5443, Norman, OK 73070, or visit SavvySenior.org. Jim Miller is a contributor to the NBC Today show and author of The Savvy Senior book.

**Medicare plans**

From page 13

A provider organization (PPO).

You may need preapproval for certain types of care, or referrals to see specialists. If you go out of network, your costs may not be covered or may not apply to your out-of-pocket limits. Even if your doctor is “in network” now, that could change, and you might not get much notice.

Also, Medicare Advantage plans are typically regional. If you move out of the area or travel to other states, you may not be covered.

**Many choices, maybe too many**

The devil’s in the details, and Medicare Advantage plans have many, many details. The average Medicare beneficiary has access to 28 Medicare Advantage options, with varying networks, coverage, deductibles, copays and co-insurance, according to the Kaiser Family Foundation.

In general, though, Medicare Advantage costs less upfront and potentially more overall if you need lots of medical care. Many Medigap plans have higher up-front costs, but cover most if not all of your expenses when you need care.

If you want to switch from one Medicare Advantage plan to another, you can do so during annual enrollment periods. But if you want to switch from Medicare Advantage to traditional Medicare, you often won’t have guaranteed access to a Medigap policy. That means the insurer may charge you more, exclude preexisting conditions for a time or not issue you a policy at all.

That doesn’t mean Medicare Advantage plans are a poor choice — just a complicated one, said Tatiana Fassieux, a training specialist with California Health Advocates, a Medicare advocacy nonprofit.

She recommends people contact their state health insurance assistance program (SHIP), which can provide free, unbiased one-on-one counseling. Links to these programs can be found by visiting the SHIP National Technical Assistance Center.

“People should not rely exclusively on television commercials,” Fassieux warned. “That’s when people get stuck and sometimes make the wrong decision.”

To contact Virginia’s SHIP program, also known as the Virginia Insurance Counseling and Assistance Program (VICAP), call 1-800-552-3402 or visit vda.virginia.gov/vicap.htm.

—AP/NerdWallet
How to choose a trustee for your estate

By Kiplinger Consumer News Service

You know how hard you have worked and the sacrifices you have made to achieve your goals. To protect what you have worked for and provide for the most important people in your life, you may be counseled to put some or all of your assets into a trust.

Once you have decided to fund a trust as part of your succession planning, you must determine who can best carry out your plans.

Considering a spouse or child

Only you know the strengths and weaknesses of your family members, so you’re in the best position to decide if your spouse or your child can appreciate a trustee’s responsibilities.

Being a trustee creates many duties under state law. These include, but are not limited to, impartiality between the interests of the current and future beneficiaries, properly accounting to all beneficiaries, and prudently investing trust funds. Trustees also face a prohibition against self-dealing.

Questions to consider:
—Can your trustee separate his or her personal feelings and interests from those of the beneficiaries and exercise good judgment at all times?
—Will all parties be treated impartially if your children are not your spouse’s children?
—Does your trustee have an ability to analyze investments?
—Will there be temptation for your trustee to take risks, hoping for a hefty return at the expense of the other beneficiaries?
—What if your spouse re-marries?
—Will a child who is trustee be able to exercise good judgment when a sibling is a beneficiary, or will tension develop?
—Does your professional adviser understand the responsibilities of managing fiduciary duties?

Considering a professional

Attorneys, accountants and financial advisors often have a special and trusted relationship with their clients. When looking for a person who understands a client’s financial and personal goals and the person most capable of carrying out that client’s desire, many look no further than these trusted professionals.

However, just because an attorney, accountant or other adviser may understand the nature of your business or your financial goals, he or she may not fully appreciate the scope of fiduciary duty or inherent risks and responsibilities of being a trustee.

Questions to consider:
—Does your professional adviser understand the dynamics of your family?
—What experience does he or she have as a trustee?
—Can he or she separate his or her personal financial interests from those of other clients?
—If there is a breach of duty that results in a significant financial loss to the trust, will your beneficiaries be willing to rely upon the trustee’s ability to personally satisfy a judgment if professional malpractice coverage will not make the trust whole?

Choosing a corporate trustee

Banks and trust companies provide professional fiduciary services and can act independently. Corporate trustees have procedures in place to manage property and invest funds in a fair and consistent manner.

Choosing a professional fiduciary may reduce conflicts among family members while providing experienced and professional investment and administrative management. All fiduciaries are held to a very high standard, and this is truer for corporate fiduciaries because they are in the business of providing fiduciary services.

Questions to consider:
—How much of the trust assets will be spent on fees and be unavailable to my beneficiaries?
—Why is it important that you choose an individual trustee over a corporate trustee?

Choosing more than one trustee

You may find it best to answer some of these questions by choosing one or multiple individuals to serve as trustee alongside a corporate trustee. It can be helpful to have more than one trustee to balance recordkeeping, investments and other trustee duties.

A properly drafted trust agreement can expressly outline the duties of the various trustees, such as the retention of specific investments, delegation of particular duties or removal of a trustee.

An individual co-trustee may have a particular understanding of a beneficiary’s needs and assist the other trustees and/or corporate trustee in making decisions.

Choosing a trustee is a decision that should be well reasoned, but it doesn’t have to be difficult. You are in the best position to understand the responsibilities of managing the wealth that you have worked hard to attain and preserve over your lifetime.

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Stand Up Straight and Feel Better

Discover the Perfect Walker™, the better way to walk safely and more naturally

It’s a cruel fact of life, as we age, gravity takes over. Our muscles droop, our bodies sag and the weight of the world seems to be planted squarely on our shoulders. We dread taking a fall, so we find ourselves walking less and less and that only makes matters worse.

Well, cheer up! There’s finally a product designed to enable us all to walk properly and stay on the go. It’s called the Perfect Walker, and it can truly change your life.

Traditional rollators and walkers simply aren’t designed well. They require you to hunch over and shuffle your feet when you walk. This puts pressure on your back, neck, wrists and wrists. Helps reduce back, neck and wrist pain and discomfort. Its unique frame gives you plenty of room to step, and the oversized wheels help you glide across the floor. The height can be easily adjusted with the push of a button to fit anyone from 5’ to over 6’. Once you’ve reached your destination you can use the hand brakes to gently slow down, and there’s even a handy seat with a storage compartment. Its sleek, lightweight design makes it easy to use indoors and out and it folds up for portability and storage.

Why spend another day hunched over and shuffling along. Call now, and find out how you can try out a Perfect Walker for yourself... in your own home. You’ll be glad you did.

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Texas Hill Country offers a unique blend

By Glenda C. Booth

In south-central Texas' Hill Country, junipers and live oak trees punctuate the lush landscape. Streams run clear, and ranches sprawl across the horizon.

In the spring, a multi-hued mosaic of wildflowers brightens fields and highways. “One could travel hundreds of miles on a bed of flowers,” Texas ranger James Gillett wrote in the late 1800s.

Famous for its German heritage and dubbed the Polka Capital of Texas, Fredericksburg, in the heart of the 10,000-square-mile Hill Country, attracts around 1.2 million tourists a year. The press corps covering President Lyndon B. Johnson stayed in Fredericksburg; 20 miles from his ranch, and put it on the map.

Today, locals and visitors commemorate Johnson and other hometown heroes and celebrate all things German: polka music and dance, weiner schnitzel, wursts, and, of course, beer.

Town leaders had to make this year’s famous Oktoberfest, their 40th, virtual on October 3 but are already planning a big one for October 1-3, 2021: three festive days of German food, beer, music and dancing.

German roots

In the mid-1800s, the Society for the Protection of German Immigrants sent 5,000 German settlers to Texas. They formed a peace treaty with the Comanches and laid out a town similar to a traditional Rhine River village, naming it after Prince Frederick of Prussia, a society member.

German settlers had farmsteads in the country as well as town cottages, called their “Sunday houses.” They would come to town on Saturday to sell their wares, go to church on Sunday, and then return to the farm. Many Sunday houses are still intact and available for tourist rentals.

Other town buildings retain the original Fachwerk — a timber-framing construction method using clay, grass, woven willow and limestone between the timbers.

Today, Texans tout the town’s German “flavor,” its 150 Hauptstrasse (Main Street) shops, biergartens, bakeries, galleries and, during normal times, frequent events celebrating German traditions.

Many restaurants specialize in German cuisine — sauerkraut, sweet rice, purple cabbage and German potato salad, served warm with bacon.

The historic district’s shops and galleries sell art, jewelry, home décor, antiques, quilts, knickknacks and lace tops, a Texas way to “fancy up” your table. Phil Jackson’s Granite and Iron Store offers custom-made beds and tables.

You can nab a Stetson at Headquarters Hats along with Texas-size belt buckles and bolo ties. Dogologie is crammed with treats for canines, including Bowser Beer, dog “wine” and dog-themed socks.

For Texas-style treats, Rustlin Rob’s offers grits, jalapeno hushpuppy mix, sweet cornbread mix, chipotle beef jerky and, at the tasting bar, dips, butters, relishes, preserves and salsas. Its motto: “We don’t skinny dip. We chunk dunk.”

World War II history

The hometown boy who “made good,” World War II Fleet Admiral Chester W. Nimitz, is honored at the National Museum of the Pacific War. On display are a captured Nazi flag, a two-man midget submarine, and two torpedoes from Pearl Harbor.

Museum guides boast about the door to the USS Arizona, the Navy battleship that sank during the Japanese Pearl Harbor attack on December 7, 1941. “The New Orleans World War II museum only has a hinge,” one said.

Visitors also can examine a boat similar to the PT-109 that Lt. John F. Kennedy commanded. Kennedy is credited with saving 11 crew members when it sank in battle.

Videos relate the rescue of Lt. George H.W. Bush, who was forced to bail out of his bomber airplane and was the sole survivor from his squadron, a feat poignantly represented by a fragment of his yellow rescue raft on display.

Nature preserves

Spring brings an explosion of bright blue, purple, yellow and orange wildflowers across the Hill Country, a region defined by rare plants found nowhere else on Earth.

The Hill Country has at least 400 species of wildflowers, almost half of the state’s wildflowers. Pre-ranching settlers reported a sea of Texas bluebonnets, orange Indian paintbrush and yellow Texas stars.

Lady Bird Johnson, wanting to create a nature preserve in Hill Country to “look like God put it here,” founded the Lady Bird Johnson Wildflower Center on 35 acres of former, grazed-over Austin ranchland in 1982.

Expanded to 284 acres, the site, now part of the University of Texas at Austin, is also an education and resource center. It’s home to 1,800 insect species, 148 bird species, 15 mammal species and almost 900 species of native Texas plants.

“You can almost always find something
Bird lovers will love Papua New Guinea

By Don Mankin

As the early morning clouds lifted, I aimed my binoculars at a branch about 30 yards away. Through the binoculars I spotted the iridescent aqua head and black tailfeathers of a bird-of-paradise — the Stephanie’s astrapia, according to Joseph, my birding guide.

I’m not a birder, but for a few moments at least, I understood why serious birders wake up early to hike miles for the thrill of seeing a small, beautiful creature in the wild.

It was my last day at Rondon Ridge Lodge, a luxury lodge in the Western Highlands of Papua New Guinea. The lodge, which opened in 2006, is about a 45-minute drive from the airport in Mount Hagen, the third-largest city in Papua New Guinea and the capital of the Western Highlands Province, located in the Wahgi Valley in the center of the country.

The lodge is perched on a mountain ridge overlooking the city at an elevation of about 7,100 feet, so it is cool, not hot and steamy like the rest of the country. Every low-slung building with spacious suites and apartments offers panoramic views of the lush valley, steep hillsides, mountain peaks in the distance, and Mount Hagen below.

During the day, layers of clouds undulated over the scene, changing the view from clear, save for a cotton puff here and there. At other times the view was obscured by fog and mist. At night, the lights from the town twinkled below.

It poured every day of my four-day visit, mostly in the late afternoon and evening — sudden, intense cloudbursts with the sun shining just a few feet away. The pounding rain, plus the occasional thunder and lightning, added even more drama to the scene.

The main lodge opens up on patios, a koi pond, lush gardens and is surrounded by acres of forest for hiking, birding and contemplation.

History, tradition and local life
I spent the first two days of my visit exploring the surrounding countryside and villages in the capable hands of my guides, James and John.

I did some of the usual tourist schtick, such as visiting a wigman village where two men dressed up in the elaborate wigs, decorations and face paintings of their tribe. The show was put on for my benefit, but they don’t just do this for tourists. The locals mainly do it for themselves to keep venerable practices alive.

We also visited a village where I viewed a collection of artifacts, including weapons, masks and a grim collection of skulls. James assured me that these were not heads gathered by head hunters, but heads of people who died from other causes and were displayed to honor them and remind the other villagers of who they were. As for their origin, I’ll just have to take James’ word for it.

I also met the village chief, who was dressed in a traditional outfit including his pig tally, a necklace with sticks representing all of the pigs he has owned. From the length of his necklace, it was clear that the chief was a veritable Farmer John.

What I found most interesting, however, was learning about the everyday lives of the people. James took me to his village. As we walked along the path winding among the modest houses, huts and gardens of the village, he explained that every family owns a plot of land where they grow potatoes, sweet potatoes, cabbage, broccoli, taro, corn, bananas, strawberries, oranges, onions, coffee and other crops in the fertile soil.

“We plant it, it grows,” James said. They eat what they need and sell the rest at the bustling outdoor market in Mount Hagen. Many people also have pigs and chickens. This is not a rich country, but it seems that anyone who is willing to work hard won’t starve.

Birds and forest bathing
The morning of my final day at the lodge was dedicated to birding. Since the Western Highlands are primo birding territory, I figured I should at least give it a try.

The assistant manager of the lodge asked me if I wanted to do some serious birding or something more casual. Since “serious birding” required a 5 a.m. start and the more casual option began at 9, this was not a difficult choice.

After breakfast, I started hiking with my birding guide, Joseph, on one of the several trails that wind through the property. We headed up the ridge to a clearing with a platform to sit and look for birds. The ridges pierced through the clouds when they drifted lower.

Joseph set up a scope and aimed it at a distant tree. Soon he spotted a Superbird of Paradise. I looked at it in the scope, then found it in my binoculars. I was treated to a show from two Brown Cuckoo Doves. When the mist cleared, we spotted Stephanie’s astrapia.

We hiked along the trail through the woods looking for more and caught a fleeting glance of a Bluebird of Paradise and a Common Smoky Honeyeater in flight.

We wandered a bit more through the forest in silence, following the sounds of birds chirping and calling. We didn’t see anything else, but it didn’t matter. It was so quiet and serene, like a slowly unfolding meditation.

See NEW GUINEA, page 18

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Texas
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in bloom,” said spokeswoman Amy McCullough.

LBJ Historical Park
“No president calls the White House home,” LBJ said in a 1966 NBC film tour in the visitor center of his “western White House” — an 1886 ranch house on the Pedernales River.

This ranch — located about 50 miles west of Austin, and where he recharged as president — is today the Lyndon B. Johnson National Historical Park. Here “the sun is a little brighter” and “people a little kinder...It gives me a serenity,” he said.

The eight-bedroom, nine-bathroom house is restored to how it was in Johnson’s presidential years. The always “wired” president had three televisions in the bedroom, three in the living room and telephones everywhere — so many that staffers quipped that the telephone was “an appendage.”

In the barn, tourists learn about his prize bulls, and visit descendants of LBJ’s beloved longhorns and Hereford cattle.

Visitor center exhibits detail Johnson’s childhood. He had an “angelic” disposition as a baby, walked four miles to school with his lunch bucket, and graduated from high school at age 15.

While the house is temporarily closed, today’s visitors can explore the visitor center, the 13-passenger JetStar airplane that flew the Johnsons to and from the ranch, nicknamed Air Force One-Hall, and take a guided tour of the grounds.

He and Lady Bird are buried under the live oaks they loved in the ranch’s family cemetery.

The great outdoors
Near downtown Fredericksburg are craft breweries, distilleries and more than 40 wineries. The area is an excellent grape-growing region for certain varieties that finally get it.

Unless you’re a birder, Papua New Guinea may not be on your bucket list. But travelers to the country will discover beauty in the land and its creatures and warmth and determination of its hardworking people.

If you go
Fredericksburg is 70 miles west of Austin and 65 miles northwest of San Antonio. A nonstop round-trip flight from D.C. to Austin is currently $147 on United Airlines.

Average high winter temperatures are in the low 60s; in spring, weather is in the 70s and 80s. March and April are prime wildflower watching months, but wildflowers bloom all year. Visit wildflower.org/plants-main/whats-in-season and VisitFredericksburgTX.com or call (830) 997-6523.

Start your visit at Fredericksburg’s Visitor Center, 302 E. Austin Street, watch a 10-minute video about the town, and pick up a walking tour map and other brochures.

One of the more intriguing lodging options is the Hangar Hotel at the Gillespie County Airport, designed like a World War II hangar and decorated in a 1940s aviation theme. Next door is a vintage diner.

Fredericksburg is planning old-world holiday events in December with a 26-foot German pyramid and 30-foot Christmas tree. Most shops, restaurants and attractions are currently open, based on the Texas governor’s guidelines. The “Protect PFG” campaign encourages masks and social distancing.

New Guinea
From page 17
I was, as the Japanese call it “bathing in the forest.” If that’s what birding is about, I of charm, persuasion and intimidation.

He also took gullible guests like Walter Cronkite and Gregory Peck for thrill rides “into” the Pedernales River, driving at high speeds across a submerged concrete bridge in his 1962 amphibious car, the Amphicar.

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New Guinea
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Literary awards celebrate local authors

By Catherine Brown

For the first time in its 23 years, the Library of Virginia Literary Awards ceremony will take place virtually, providing a way for people across the state and beyond to learn about Virginia authors — and to find out this year’s winners, who will join the ranks of past winners such as Tom Robbins, Barbara Kingsolver, Rita Dove, John Grisham, Tom Wolfe and David Baldacci.

“Although we would love to have people [physically] in the library, the pandemic is allowing us to reach people in a different way,” said Scott Dodson, executive director of the Library of Virginia Foundation.

New this year, the library is making the ceremony a five-day event that will take place October 13 to 17. From Tuesday through Thursday at 6 p.m., attendees can listen to panels of finalists in each category — fiction, poetry and nonfiction — led by moderators who are well known in their fields.

“We’re happy to be able to provide more content around the finalists,” Dodson said.

The finalists were chosen by judges who are all experts in their category as authors or educators. All finalists either live in Virginia or, in the case of nonfiction authors, write about Virginia. Finalists were announced in August; the winners of each category will be announced the evening of Oct. 17. Each winner will receive $2,500.

The Literary Awards also include people’s choice awards in fiction and nonfiction that are selected by readers through an online portal. The winners of those awards will also be announced on Saturday evening.

Art and literature

The scope of the Library of Virginia’s Literary Awards program is unique among libraries across the country. On Friday evening, the Art in Literature Award will be given to Philip J. Deloria for his book Becoming Mary Sully: Toward an American Indian Abstract. The award is given to a book that responds to a work or works of art, and shows high literary quality as a scholar or creative work.

Created in 2013 in partnership with the Virginia Museum of Fine Arts, this award is named in honor of Mary Lynn Kotz, who served as a contributor to ARThirds magazine and author of an award-winning biography about the artist Robert Rauschenberg.

A world-renowned historian

During the Saturday night celebration, award-winning Virginia author Adriana Trigiani will announce the winners of the fiction, poetry and nonfiction awards as well as the people’s choice awards.

The featured speaker at that event is bestselling author Douglas Brinkley, a professor who holds the Katherine Tsanoff Brown Chair in Humanities at Rice University and also serves as CNN’s presidential historian.

“We’re excited to have someone of such prominence,” Dodson said. “He is a formidable presence with expertise in presidential history.”

With Brinkley’s extensive experience writing and speaking about presidents — including his most recent book, American Moonshot: John F. Kennedy and the Great Space Race — he should be a particularly compelling speaker during this election season.

Library’s varied mission

While the week’s free panels and ceremony will introduce attendees to interesting authors, they also provide an opportunity for the public to support the library’s wide range of programs and projects.

“I don’t think people fully understand the full breadth of the work we do,” Dodson said. “We have a wide state footprint.”

That work includes preserving government records, developing exhibitions, such as the current one on women’s suffrage, and providing support to local libraries and courthouses working to preserve and maintain public records.

MARK YOUR CALENDAR

Nov. 5

PAUL MELLON LECTURE

Join the Virginia Museum of Fine Art’s curator Sylvain Cordier for a free lecture on Paul Sérusier, an artist who apprenticed with Paul Gauguin in Brittany. This event takes place via Zoom on Thurs., Nov. 5 from 6:30 to 7:30 p.m. To register, visit http://bit.ly/PaulMellonTalk.

Oct. 17

TOUR OF MIDLOTHIAN MINES PARK

Learn about the coal mining history of the area with this free tour of the Midlothian Mines Park. The event takes place Sat., Oct. 17 from 11 a.m. to 3 p.m. Walking tours will take place every hour starting near the amphitheater. No registration needed. For more info, contact Bryan Truzzie at (804) 751-4946 or visit midlomines.org.

Oct. 24+

SORROW TO THE STARS

The Thirteen Choir presents Sorrow to the Stars, a live-streamed event that takes place at 7:30 p.m. and is available on-demand from Oct. 24 to 30. The concert showcases Heinrich Schütz’s Musikalisches Exequien live-streamed from Washington, D.C., and Schoenberg’s Friede auf Erden, sung by singers from around the country. Purchase tickets at http://bit.ly/SorrowtotheStars.

Ongoing

RICHMOND REFLECTS

The Richmond Public Library wants to hear your story. Share your favorite memories or interview a family member or friend about their lives. For more information about how to submit your interview or memories, visit http://bit.ly/RichReflects.
Entertaining in your garden this autumn

By Lela Martin

It’s October. My daughter’s 200-guest wedding scheduled for later this month was a casualty of COVID-19; however, in its place will be an intimate ceremony with 20 family members in our back yard.

What this means is that I’ve become a very busy mother-of-the bride, adding to all the typical wedding preparations the task of transforming my yard into a wedding venue.

You too may be planning an al fresco event this fall. Let me share a few suggestions to enable you to enjoy the special occasion:

First, find a specific “venue” within your own yard. I envisioned guests sitting on the lawn while my daughter Kate and her fiancé stood in front of a mature redbud tree. She, however, selected a more secluded spot nestled within the garden as the place for them to recite their vows, with guests seated on our bluestone patio. A positive for Kate’s choice: None of the women will have to worry about getting their high heels stuck in soft ground.

Next, consider how you can enhance the venue. Can you add any new infrastructure, structures, hardscaping or plant material? The answer to that question for me is “yes” to all four.

Most of these changes were on my to-do list anyway; the wedding has just precipitated my doing them this summer and fall.

I enlisted the assistance of fellow Master Gardener Susan Allen, who gardens professionally. She helped with the planning, prepping, pruning and planting.

Inspirational infrastructure

Infrastructure includes permanent additions such as decks and patios or sturdier porch railings.

The infrastructure needed for my own yard is something that I’ve been hoping to add for the last 25 years — a fence tall enough to keep the deer out.

I’m glad I contacted the installer this summer to get on his schedule; many other people must be undertaking their own home-improvement projects during this stay-near-home period.

Special structures

Although there’s overlap, a structure is something that is more temporary or portable. During a preview photo session, we realized that the bride and groom needed something to frame them. In our case, the structure is a metal arch for the couple to stand beneath.

You may consider a chuppah, arbor, pergola or gazebo. You may also need a tent for shade or protection from the elements.

Who knows what the weather will be on a given day in October? (For insurance, I’ve purchased several white umbrellas!)

Heartfelt hardscaping

After observing a trial run, I realized that the patio needed to be enlarged to accommodate my daughter in a bridal gown escorted by her father and then by her new husband. This hardscaping project involved several trips to the stone yard to secure large pieces of stone that were laid and leveled. To do that required more than 1,200 pounds of soil.

For your event, you may need to build a wall, walkway or firepit.

Precious plants

The plants include four new oakleaf hydrangeas behind the arch and a variegated hydrangea in a shady spot beside the patio.

See GARDEN, page 21
Literary awards  
From page 19  
A recent project digitized a collection of private papers — including scrapbooks, postcards and diaries — as well as state records from World War I.  
The library’s project, Virginia Untold: The African American Narrative, seeks to provide access to documentation of the African American experience from before 1865.  
Other projects involve digitizing newspapers and conserving over 200 historic architectural drawings. More than a million newspaper pages from Virginia and beyond, from 1787 to 2013, are searchable on the library’s website, virginiachronicle.com.  
The library also has a State Publications Depository Program that provides free access to publications provided by state governmental agencies, boards and commissions.  
The Library of Virginia’s education initiatives help to bring primary documents into classrooms, and provide information about remarkable Virginians who have made an impact to our community, state and country.  
For the virtual Literary Awards Celebration, also a fundraiser, multiple donors have pledged over $15,000 in challenge support to match donations by event attendees. The Foundation’s goal is to meet their donors’ challenge and raise more than $30,000.  
“This funding is vital to the work we do,” Dodson said.  
For a schedule and more information about the Library of Virginia Literary Awards, visit lva.virginia.gov/public/litawards.

Garden  
From page 20  
I’m also including ‘Everillo’ carex; bur- gundy, gray-green, and chartreuse heuchera (aka coral bells); and hostas. Ornamental cabbage, pansies and white pumpkins will complete my daughter’s aesthetic.  
Depending on your color scheme, mums and asters add to beautiful autumn displays as well. Many plants may be placed in the ground or in containers.  
Following Susan’s maxim of removing anything that wouldn’t look better before the wedding, we pruned old foliage from Lenten roses, woody stalks of azaleas, crape myrtle branches that were low hanging, entire leggy abelias that were struggling in too much shade, and dead branches in the overhanging dogwood and redbud trees.  
Weeding before the wedding  
There’s also the lawn. Each September my husband and I overseed, and last fall we did an extensive lawn renovation that was successful until our hot dry July.  
This August we killed the weeds (crabgrass, nitsedge and Bermuda grass) that took advantage of our weakened grass. Then we spot-thatched with a thatching rake where the dead grass and weeds were.  
My husband aerated over Labor Day weekend, taking advantage of the gorgeous weather. We never skimp on the seed (certified blue tag), and we applied a starter fertilizer for the first application in September.  
If you don’t have time for seed germination, sod gives an immediate swath of green — although the prep work is similar.

Finally... a better mobility solution than Scooters or Power Chairs.  
The Zoomer’s versatile design and 1-touch joystick operation brings mobility and independence to those who need it most.  
If you have mobility issues, or know someone who does, then you’ve experienced the difficulties faced by millions of Americans. Once simple tasks like getting from the bedroom to the kitchen can become a time-consuming and potentially dangerous ordeal. You may have tried to solve the problem with a power chair or a scooter but neither is ideal. Power chairs are bulky and look like a medical device. Scooters are either unstable or hard to maneuver. Now, there’s a better alternative... the Zoomer.  
After just one trip around your home in the Zoomer, you’ll marvel at how easy it is to navigate. It is designed to maneuver in tight spaces like doorways, between furniture, and around corners. It can go over thresholds and works great on any kind of floor or carpet. It’s not bulky or cumbersome, so it can roll right up to a table or desk: there’s no need to transfer to a chair. Its sturdy yet lightweight aluminum frame makes it durable and comfortable. It’s dual motors power it at up to 3.7 miles per hour and its automatic electromagnetic brakes stop on a dime. The rechargeable battery powers it for up to 8 miles on a single charge. Plus, it’s exclusive foldable design enables you to transport it easily and even store it in a closet or under a bed when it’s not in use.  
Why spend another day letting mobility issues hamper your lifestyle? Call now and find out how you can have your very own Zoomer.
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Season's Greetings by Stephen Sherr

Across
1. “___ your pardon”
5. Cantankerous crustacean
9. Eve’s snack
13. Length X width
15. Part of both the NFL and NBA
16. Composer George, called “the father of American musical comedy
17. Dramatically accept responsibility
20. Broadcaster of NHL 2Night
21. Diner dessert
22. End of mob- or lob-
23. It might give you 20 20’s
25. Mach 1 breaker
27. Letters in Old Dominion University students’ e-mail addresses
28. Resume dining
30. Last part of UTEP
34. LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE virtual in-home consultation now and SAVE 15%! Call Today! 1-844-560-5837.
37. Letters in Old Dominion University students’ e-mail addresses
38. Note between fa and la
39. Fix a clock after a power outage
40. Briefly vandalizes a tree
41. Made jeans trendy
42. Put into motion
44. “___ your pardon”
45. “Well, she ___ just 17” (Beatles line)
46. “Use ___-down approach”
47. Thanksgiving side dish
50. Love, love, love!
51. ___ of Two Kitties
52. ___ your pardon
53. Activates a cigarette
54. Master of Fine Arts, on a resume
55. “I have ___ for you” (Holden Caulfield)
56. ___ of Two Kitties
57. ___ your pardon
58. ___ your pardon
59. ___ your pardon
66. ___ your pardon
67. ___ your pardon
68. ___ your pardon
69. ___ your pardon
70. ___ your pardon
71. ___ your pardon
72. ___ your pardon
73. ___ your pardon
74. ___ your pardon
75. ___ your pardon


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