

SENIOR LIVING



Hit Better Serves

Tennis is one of the most popular sports in the world because of its accessibility to athletes of all ages. There are many aspects of tennis to learn, which makes it a sport to master over a lifetime.

Perfecting your serve can help separate you from your competition.

A good serve keeps your opponent back on his heels and helps you take back momentum in a sport that depends on it.

Remember that a great serve is about consistency. Once you find an approach that works, it is important to stick with it and perfect it with substantial practice.

Here now are a few tips on developing a difference-making serve.

POSITION IS KEY

When it comes to the perfect serve, speed and power should be the last things on your mind. In fact, position is everything.

With the right foot placement and body positioning, your serve will naturally evolve into one of your game's strong points.

Depending on which hand you serve

with, your stance should be balanced and slanted toward your front foot. As you place your racquet behind you in a horizontal position, simply allow it to drop and pull it up again.

Turn your shoulders as you're starting to feel the racquet drop and accelerate through the ball. Remember that practice makes perfect, so work on your aim over the course of 20 to 30

straight serves during a practice session.

AFTER THE SERVE

Even the hardest, most accurate serves can go to waste if you're not ready for your opponent's return. Make sure your body is facing forward and your knees are bent after you follow through with your serve.

Transition your racquet into both hands to prepare yourself for a possible backhand return. Also sidle over to the middle of the court to put yourself into a strong return position.

Follow these serve and after-serve tips to bring your game to the next level. Don't forget to practice by yourself so you can surprise your competition with your new serve.



Senior Nutrition

Nutrition is important to all age groups, especially to the elderly. Seniors need specific nutritional regimens to stay in optimal health.

As people age, their diets generally need to change. Physicians recommend balance in the diet of seniors that include a variety of fruits, vegetables, proteins and whole grains to maintain and improve overall health.

According to the American Dietetic Association, in addition to eating a healthful variety of foods, there are specific things a caregiver can incorporate into their loved one's diet to boost health.

ADD THE RIGHT NUTRIENTS

Some of the most important nutrients to incorporate into your diet are Omega 3 fatty acids. These inflammation-reducing nutrients have been proven to help prevent heart disease, cancer and arthritis.

So where do you find them? They are in flaxseed and flaxseed oil, walnuts, canola oil and different types of fish. Physicians recommend eating foods rich in Omega 3 fatty acids at least twice a week. There also are supplements on the market that may be beneficial.

As always, check with your physician for the best plan of action.

BOOST CALCIUM

It's no secret that as people age, calcium becomes a critical necessity of their diets. Calcium helps preserve bone health and lower blood pressure — two health benefits specifically important to senior citizens.

The World Health Organization recommends that adults over the age of 50 get at least 1,200 milligrams per day of calcium. This amount is equal to about 4 cups of fortified orange juice, dairy milk, or fortified non-dairy milks such as almond or soy, says the WHO.

LIMIT SODIUM

Many seniors suffer from hypertension, also known as high blood pressure. Overcoming this condition requires a reduction of sodium in the diet.

This can't be achieved solely by reducing the amount of table salt added to food.

Processed and restaurant foods are typically extremely high in sodium, and should be only a small part of a senior's diet. Instead, opt for fresh fruits and vegetables, unsalted nuts and grains to help meet dietary needs without the risks of added salt.



Fight Age Discrimination

You're a professional with more than 25 years of successful work experience. So why will no one hire you? This is an issue that senior job-seekers are facing across the country.

Age discrimination in the employment world is real. Companies may think that senior-level employees will be too costly to on-board or may be too stuck in their ways to integrate into a workplace. It's up to you to prove them wrong.

Fortunately there are ways to get around the age discrimination challenge during your job search.

BE HONEST

Many job-seekers may consider hiding their age on their resumes by omitting the dates of employment for past employers. Although this will hide your age from hiring managers and recruiters, it also can serve as a red flag.

Reviewers want to know if you've held steady employment over the years or if your resume contains many job gaps. Try listing start and end dates for the past 15 years of employment and create an "Early Career History" section for previous employment without any dates.

This gives hiring managers a detailed look of your most recent experience and provides good interview material should you make it past the initial hiring process.

RELY ON CONNECTIONS

When it's time to dust off the resume and find a new career opportunity, it's also time to rely on previous connections. Many job-seekers will update their resume, post it on a highly visible job board and wait for results to come to them.

This is not an effective job search strategy. Candidates of all ages must be proactive in their search, and this starts with reaching out to previous employers and peers to let them know you're back on the employment market.

Even if you're not interested in rejoining a previous company, you never know what kinds of connections your colleagues may have fostered along the way.



Benefits of Reading

How do you like to pass the time? Recent research shows that reading may be your best bet for improving your cognition, memory and overall health.

Take a seat and flip open your favorite book, magazine or newspaper. Your body and mind will thank you.

MEMORY BENEFITS

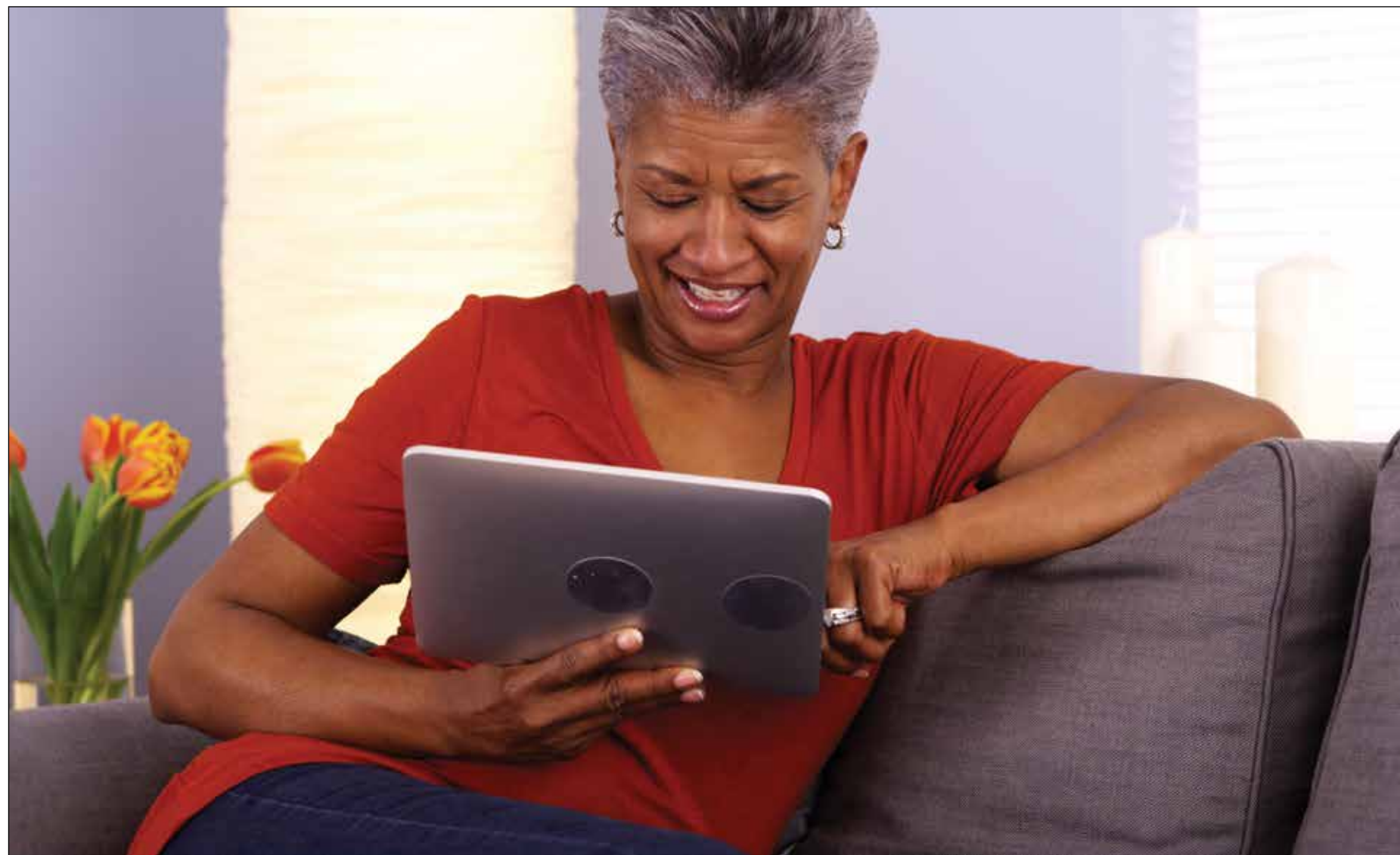
A recent study of 294 seniors published in *Neurology* magazine uncovered slower rates of memory decline for people who engaged in mentally stimulating activities such as reading.

The study found that later-in-life reading can reduce the rate of memory loss by about 32 percent. Why the connection between reading and memory health? Experts say that reading exercises your memory, which helps boost your short-term recall of everyday events.

BETTER DECISION-MAKING

Reading also can improve the analytical abilities in seniors, which can lead to better decision-making processes in stressful situations.

The last thing you want to happen when facing a problem is to be unable to come up with an effective solution. Regular reading can strengthen the cognitive functioning that goes into identifying, analyzing and translating situational needs



© FOTOLIA

into solutions.

ALZHEIMER'S AND DEMENTIA

In an article published by USA Today, the Alzheimer's Association reported that brain-challenging activities

build a reserve of neuronal connections. This can lengthen the time it takes for Alzheimer's to emerge.

A recent study from the Rush University Aging and Memory Project found that more frequent mental activities, including reading, help preserve brain structures important to

cognition in late life.

BETTER SLEEP

The Mayo Clinic states that creating a bedtime ritual, such as reading, signals the body that sleep is near. Sleep experts recommend reading a book before bed instead of

watching TV or looking at electronic devices.

These activities have been proven to either keep people awake longer or disrupt sleep patterns. So the next time you lay your head down to rest, opt for a new book instead of the remote control or your mobile device.

Stay Hydrated

Everyone knows the importance of staying hydrated. For seniors, it is vitally important. Water helps keep your temperature normal, lubricates your joints and helps you get rid of waste through perspiration and urination.

Not drinking enough water can lead to dehydration, a major issue that can lead to falls or even more serious issues for seniors.

We have a harder time retaining water as we age. In fact, seniors have 10 percent less fluid in their bodies compared to younger adults, according to the Centers for Disease Control and Prevention.

That's why staying ahead of dehydration can be so important. According to the Centers for Disease Control and Prevention, here are the most common symptoms of dehydration:

- Confusion;
- Rapid heart rate;
- Decreased urine output;
- Irritability;
- Dry skin;
- Constipation; and
- Dizziness.

DEHYDRATION-RELATED ISSUES

Dehydration is a major issue because it can be brought on more commonly in people already suffering from other health issues. Influenza, digestive problems and high blood sugar can all cause dehydration.

Senior populations are more susceptible to these



© FOTOLIA

issues, underscoring the importance of practicing regular hydration.

GET MORE WATER

Especially during the hot summer months, it is vital to

keep water nearby at all times. Even if you're not outside for the majority of the day, be sure to include as much water as possible in your diet, even if you're not thirsty.

Here are some ideas from

the CDC on how to incorporate more water into your daily intake:

- Freeze some freezer-safe water bottles and take one with you for ice-cold water all day long;
- Choose water instead of

sugar-sweetened beverages;

- Choose water when eating out to help you save money and calories; and
- Identify and incorporate water-rich foods into your diet, such as broth soups, celery, tomatoes or melons.

Volunteer as a Tax Aide

Have you been looking for ways to get more involved with your community? The AARP offers the nation's largest volunteer-run tax preparation and assistance service for people just like you.



AARP Foundation Tax-Aide is looking for volunteers to help community members file their 2015 taxes.

AARP FOUNDATION BACKGROUND

The Tax-Aide foundation started in 1968 with just four volunteers, according to the AARP. The organization now involves more than 35,000 volunteers and serves 2.6 million taxpayers annually at more than 5,000 sites nationwide.

Tax aide is available free to taxpayers with low to moderate income, with special attention given to those 60 and older. Through a base of trained volunteers, the foundation has helped individuals in every state and the District of Columbia.

WHAT WILL YOU DO?

Volunteers work with taxpayers in a variety of functions. If you're good with numbers, you may actually be preparing taxpayer returns. Other volunteers can serve in greeting or administrative support roles.

Volunteers also need managers. You can take an active role in recruiting, on-boarding, coordinating and leading volunteer efforts to help grow the foundation.

The AARP also has a large demand for bilingual speakers. Dedicated translators who can assist volunteers and tax clients are welcome.

No matter your skill set, you can make a difference with the AARP Foundation Tax-Aide.

THE BENEFITS

If you decide to join the AARP tax initiative, you'll be helping people in your own community with a free tax service.

AARP reports that four out of five people who turn to the foundation are 60 and older with low household incomes. By helping these community members with free tax preparation services, you can help free up more money for simple, essential items such as groceries and medicines.

Join today by visiting the AARP website at aarp.org and meet your volunteering goals.

Technology Devices

If you've ever been in a potentially dangerous situation with no friends or family members around, you understand the importance of being able to signal or call for help.

A number of medical alert products on the market today make that necessity a reality, giving you the flexibility of calling for help both inside and outside the home.

If you're looking into different personal emergency response systems, opt for one that includes a wearable SOS pendent button — usually a necklace or wristband — and a base station that connects to the home phone line.

The convenience of simply pushing a button instead of dialing a phone number is vital, especially in life-and-death situations.

HOW THEY WORK

Personal emergency response systems work as a 911-like process that involves calling for help and having the necessary professionals dispatched to your home. At the press of a button, you can talk to a trained operator about the situation, your health status and strategies for staying safe until help arrives.

One question to ask the manufacturer of your new device is how far away from home it will be functional. Some are limited only in and around the home. But many are equipped to function many miles away from your home.



© FOTOLIA

Check with your salesperson to discuss various options that may be right for you.

OPTIONS

Maybe you're interested in a simple system that works

both in and outside the home.

Some options include necklace pendants that allow you to speak and listen directly through them. Tracking capabilities look to become even more advanced in the coming years, relying on GPS technol-

ogy to enable companies' response systems to keep accurate tabs on your location.

Other options include fall-safe features that automatically summon help if a fall is detected.

Shop around for options that make the most sense for your daily lifestyle and comfort with wearable pieces. Finding one that works for you can make a big difference in your feeling of overall safety and security.