

# *Celebrating* Seniors

*Valentine  
King &  
Queen  
photos*

*Gasconade Terrace  
& StoneBridge*



WEDNESDAY, FEB. 28, 2024  
PAGES 1B-12B

GASCONADE  
COUNTY **Republican**

## Birthdays celebrated at senior center

The Owensville Senior Center recently recognized birthdays for the months of January, February and March. Those on hand for the picture were (seated from left) Shirley Hubbard, Harvey Rodrick, Sharon Bacon and Patsy Nelson. Brooke Goggin (standing) was on hand as a representative for Maries County Bank who sponsors the meals for the birthday clients.



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- Exchange practical information about challenges or solutions
- Talk through issues and ways of coping
- Share feelings, needs and concerns
- Learn about community resources

Support groups are safe places for caregivers and those in need of care.

## What seniors should know about prediabetes

Most seniors recognize that routine visits to their physicians are an important component of preventive health care. Annual physicals are important for everyone, but they're especially important for individuals 65 and older who may be more vulnerable to disease and various other health conditions than younger adults.

The National Institute on Aging reports that millions of individuals 65 and older have visited their physicians and learned they have a condition known as prediabetes. For some, the day they receive a prediabetes diagnosis also marks the first time they've heard of the condition. Since so many seniors are affected by prediabetes, it can behoove anyone to learn more about it.

### What is prediabetes?

The Centers for Disease Control and Prevention notes that prediabetes is a serious health condition characterized by higher than normal blood sugar levels. When a person has prediabetes, his or her blood sugar levels are not yet high enough to indicate type 2 diabetes, but that could change if prediabetes patients do not make changes to prevent such a progression.

### How common is prediabetes?

A 2023 study published in the journal

Diabetes Care indicates that 464 million individuals across the globe had impaired glucose tolerance (IGT) and 298 million had impaired fasting glucose (IFG) in 2021. Each of those conditions are hallmarks of prediabetes, cases of which the study indicates are expected to rise significantly by 2045.

### What causes prediabetes?

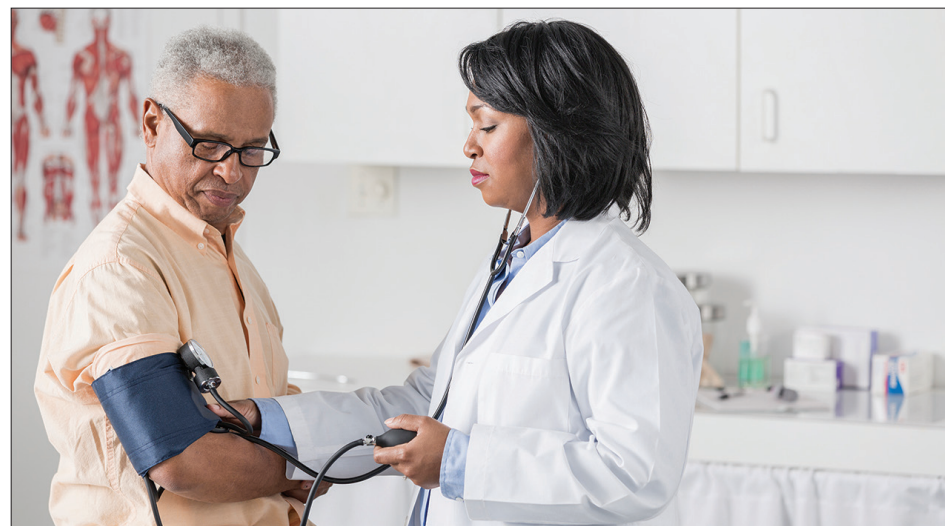
The CDC notes that when a person has prediabetes, the cells in his or her body do not respond normally to insulin, which is a hormone produced by the pancreas that enables blood sugar to enter cells, which then use it for energy. The pancreas then makes more insulin to get cells to respond, but eventually the pancreas cannot keep up, resulting in a rise in blood sugar.

### Does prediabetes produce symptoms?

Many people have prediabetes for years and do not know it. In fact, the CDC reports that more than 80 percent of the 98 million American adults who have prediabetes are unaware that they do.

### How can I determine if I have prediabetes?

The sheer volume of people who have prediabetes but are unaware that they do begs the question of what individuals can do to learn if they have the condition before they



develop type 2 diabetes. Recognition of the risk factors for prediabetes is a good start.

The CDC urges anyone who has any of the following risk factors to speak with their doctor about having their blood sugar tested:

- Being overweight
- Being 45 or older
- Having a parent, brother or sister with type 2 diabetes
- Being physically active less than three times per week

- A history of diabetes during pregnancy (gestational diabetes) or giving birth to a baby who weighed more than nine pounds

- Having polycystic ovary syndrome
- Being African American, Hispanic/Latino American, American Indian, or Pacific Islander. Some Asian Americans also are at greater risk for prediabetes.

Prediabetes can be a precursor to type 2 diabetes, which only highlights how important it is that older adults recognize their risk for the condition.

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## Tips for seniors to safeguard their mental health

The wide-ranging impact and reach of mental health issues garnered considerable attention during the COVID-19 pandemic, when the virus as well as mandates designed to reduce its spread led to increased feelings of anxiety and isolation. Since then, life has returned to normal for billions of people across the globe, but many people, including seniors, continue to experience mental health issues.

The Pan American Health Organization reports that at least one in four older adults experiences a mental disorder such as depression, anxiety or dementia. And those figures will likely only grow, as population estimates indicate seniors will make up a greater percentage of the global population in the years to come. Seniors dealing with mental health issues may feel helpless, but there's much they can do to safeguard their mental health.

- **Socialize regularly.** A 2019 study published in *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences* found that older adults who socialized with people beyond their circle of family and close friends were more likely to have greater positive moods and fewer negative feelings. Unfortunately, a significant percentage of older adults report feeling isolated from others. According to the University of Michigan National Poll on Healthy Aging that was conducted in January 2023, one in three older adults reported infrequent contact (once a week or less) with people from outside their home.

- **Speak with a mental health professional.** Among the more troubling aspects of the mental health crisis affecting seniors is that the PAHO reports two-thirds of older adults with mental health problems do not get the treatment they need. Speaking with a mental health professional can help older adults in myriad ways. Such professionals can identify the issue that is prompting seniors to seek help



and offer suggestions that can improve overall health and quality of life. Roundstone Insurance notes that reliance on digital behavioral health tools, including telehealth, was turned to both during the pandemic and ever since, and seniors can utilize such services if they have limited mobility and/or no one to help them make it to in-person appointments.

- **Volunteer.** Many older adults are retired, and while ample free time may have seemed like the ultimate reward after a lifetime of working, many retirees experience a void once their life no longer has the structure that work can provide. According to the independent nonprofit HelpGuide.org, retirement depression can compel retirees to feel as though they miss the sense of identity, meaning and purpose that came with their jobs, which can make some feel depressed, aimless and isolated. Volunteering can help fill the void created by retirement, and the positive mental health effects of volunteering are well-documented. According to the Mayo Clinic, studies have shown volunteering increases positive, relaxed feelings and

gives volunteers a sense of meaning and appreciation. No one is immune to mental health issues, including seniors. But older adults can take various steps to address their mental health and improve their overall health as a result.

### Did you know?

Falls pose a significant threat to the senior population. The Centers for Disease Control and Prevention says someone age 65 or older suffers a fall every second of every day in the United States. This makes falls the leading cause of injury and injury death among this demographic. The National Council on Aging says one in four Americans fall each year. In fact, the NCOA notes that falls result in more than three million injuries treated in hospital emergency rooms each year, including more than 800,000 that lead to hospitalization. The financial toll of falls among older adults also is significant, and estimates suggest falls will cost \$101 billion annually by 2030. That cost is only expected to increase as the population ages.

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## Did you know?

Do you relish the idea of an afternoon nap? If so, you're in good company. According to the National Sleep Foundation, John F. Kennedy, Winston Churchill, Napoleon, and Albert Einstein each fancied afternoon naps. Youngsters nap, and so do many seniors. But by and large, humans are part of the minority of mammals that do not sleep for short periods of time throughout the day, instead dividing their days between sleep and wakefulness. However, there are some benefits to catching a mid-day snooze. The Mayo Clinic says napping can be a way to catch up on sleep lost during the night or if a person is feeling sleep-deprived. It also may be a way to relax, increase alertness and improve mood. Naps should take place before 3 p.m. and not exceed 20 minutes. The longer and later one naps, the greater the potential it will interfere with nighttime sleeping or backfire and cause daytime grogginess.



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## Questions to ask before beginning a new fitness regimen

Exercise is widely recognized as a vital component of a healthy lifestyle. Despite that, a recent analysis of data from the 2020 National Health Interview Survey found that more than two-thirds of individuals are not getting enough exercise. Though the survey was conducted amid the onset of the COVID-19 pandemic, which suggests the overall figures might be somewhat lower than they might have been had the data been collected in a more typical year, just 28 percent of respondents were meeting the physical activity guidelines established by the Centers for Disease Control and Prevention.

Routine exercise is beneficial for people of all ages, and seniors are no exception. Aging adults who want to be more physically active but think they are among the 72 percent of individuals who aren't meeting CDC exercise guidelines can speak with their physicians and ask these three questions to ensure the transition to a less sedentary lifestyle goes smoothly.

### 1. Should I get a heart checkup?

Doctors may already be monitoring aging individuals' hearts even if they have not exhibited symptoms of heart problems in the past. However, it's best to discuss heart

health in greater detail prior to beginning a new fitness regimen. In an interview with Penn Medicine, Neel Chokshi, MD, MBA, medical director of Penn Sports Cardiology and Fitness Program, noted the risk of heart attack or cardiac complications slightly increases when individuals begin to participate in a moderate or intense activity. So a physician might want to conduct a heart checkup in order to determine if a patient has an underlying heart condition.

### 2. Which types of activities should I look to?

A physician also can recommend certain activities depending on a person's age and medical background. Though exercise is beneficial for everyone, certain activities may not be. For example, AdventHealth notes that high-impact activities like jogging and jump rope may not be suited for individuals with arthritis. In addition, ag-



ing individuals with physical limitations that require them to use a wheelchair should not write off their ability to exercise, as physicians can recommend exercises for patients with mobility issues

as well.

### 3. Should I take extra caution while on medication?

Prescription medication use is another variable that must be taken into consideration before beginning a new exercise regimen. The CDC notes that roughly 84 percent

of adults between the ages of 60 and 79 use one or more prescription medications. Each medication produces different effects, and a 2016 study published in the Methodist DeBakey Cardiovascular Journal noted that certain medications evoke an acute drop in blood pressure, which can disturb balance and increase fall risk, while others actually facilitate greater improvements in health outcomes. That means the dynamic between medications and exercise is unique to each medication, which underscores the importance of speaking with a physician whenever a fitness regimen is started or tweaked and/or a new medication is prescribed.

These are just three of the questions seniors can ask when discussing exercise with their physicians. Seniors are urged to ask any additional questions they might have during such discussions.

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## Injury recovery tips for seniors

There is no escaping the fact that the human body changes as it ages. Some changes associated with aging are beneficial, such as increased wisdom and knowledge from past experiences. Others, particularly changes to health and wellness, can be disconcerting.

Generally speaking, recovering from any injury can be a time-consuming process. For those over the age of 60, the process of recovering from injury can be especially lengthy.

According to Restorative Strength, a fitness and personal training service for seniors, elderly adults generally heal from injuries slower than young people. Caring Senior Services says there are a few reasons why healing can be delayed:

- Having diabetes is one of the most common reasons why seniors have delayed healing. The disease can negatively impact wound healing because elevated glucose levels narrow the blood vessels and harden the arteries.

- The inflammatory response in seniors drastically slows down as people age. This response is the first phase when blood ves-

sels expand to let white blood cells and nutrients reach wounds. When delayed, the wounds heal much more slowly.

- Reduced skin elasticity and diminished collagen fibers in seniors can contribute to the body's tissues not being able to return to a normal state after injury.

- Sedentary seniors may have lost muscle mass and flexibility, which help physically active individuals regain mobility after an injury. Bones also may be more brittle, particularly if osteoporosis is present.

Although it's impossible to reverse the hands of time, there are steps seniors can take to recover from injuries more quickly, and potentially avoid them as well.

- Slow and steady physical activity: Exercise, including routine strength-training activities, helps strengthen muscles and bones. According to Pioneer Trace Healthcare & Rehabilitation, when complete bed rest is not advised after an injury, getting up and moving even just a little each day can jump-start recovery. Regular activity

See **RECOVERY** on Page 9



## Hermann Area District Hospital Skilled Care Program

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## Senior Service Award Nominations now being accepted

Jefferson City, MO – The Office of Lieutenant Governor Mike Kehoe is now accepting nominations for the 2024 Lieutenant Governor’s Senior Service Award. The Lieutenant Governor’s Senior Service Award promotes and highlights the positive accomplishments Missouri’s senior citizens provide their local communities.

Nominations are open to the public for submission through April 1, 2024. The

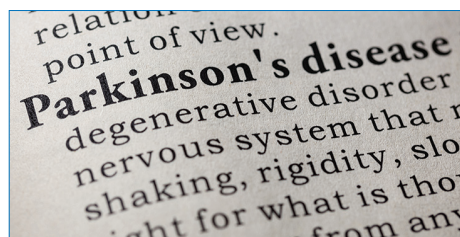
nomination form can be found at [ltgov.mo.gov/senior-service-award-nominations](http://ltgov.mo.gov/senior-service-award-nominations). Nominees should be Missourians who are at least 60 years of age and volunteer a minimum of 25 hours per year.

James Babcock 2023 Senior Service Award

“As Missouri’s official senior advocate,

it is one of my highest honors to recognize seniors who positively impact their communities through service,” said Lieutenant Governor Kehoe. “Hundreds of outstanding Missouri seniors have been honored since this award was instituted in 2005, and we are excited to give much-deserved recognition to this year’s winners.”

The Office of Lieutenant Governor Mike Kehoe will review the nominations, notify nominators if their nominees have been chosen, and coordinate award presentations for the selected award winners. Senior Service Award winners will receive an official declaration and challenge coin from Lieutenant Governor Kehoe.



### Did you know?

The Parkinson’s Foundation reports that the right foods can optimize Parkinson’s medications, helping patients ease their symptoms, maintain strong bones and preserve overall health and fitness. Constipation is a common symptom of Parkinson’s disease, but the PF notes that drinking six to eight glasses of water per day and eating fiber-rich foods like brown rice, whole grains and fruit can ease constipation and certain digestive difficulties that also can be a byproduct of the disease.

### Recovery • from page 8

prior to any injury also may make the body stronger and more flexible to help reduce the likelihood of injuries.

- Maintain a positive mindset. The mind has a role to play in injury recovery. Minimizing stress levels through meditation, and engaging in positive thinking techniques, can make healing and therapies more successful. Reducing stress can boost the immune system, which also will offer healing benefits.

- Improve diet. The body needs certain vitamins and minerals to function properly. Eating a well-rounded, healthy diet can provide fuel that facilitates healing.

- Work with a qualified professional. Seniors should not take on exercise or recovery efforts on their own. Exercising the right way and following prescribed guidelines can speed up recovery and potentially prevent future injuries.

Recovery from injury could take longer for seniors. But with exercise, positive thinking and guidance from health professionals, there are ways to speed up the injury recovery process.

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## Keep your brain sharp as you age

Cognitive decline is on the minds of many adults as they get older. Memory loss and trouble processing things can sometimes be a side effect of aging, as Everyday Health says the brain changes in size and structure as a person gets older. These changes can affect how well the brain works over time.

Furthermore, illnesses affecting the brain, such as Alzheimer's disease, may start showing their symptoms in people when they've reached their mid-60s, says the National Institute on Aging.

Cognitive decline and dementia are not a certainty of aging. But older adults interested in strengthening their brains may want to consider these strategies.

### Address high blood pressure

High blood pressure can increase the risk of heart disease and stroke. Maintaining healthy blood pressure and cholesterol levels is associated with better cognitive function, according to data published in 2021 in the Journal of Alzheimer's Disease.

### Use all your senses

Harvard Health says the more senses

used in learning something, the more of the brain that is involved in retaining the memory. Studies have shown that images paired with pleasant aromas leads to better recall later on.

### Exercise regularly

Staying physically active helps maintain blood flow to the brain, which also helps reduce the risk for hypertension.

### Eat brain-healthy foods

According to Cone Health Medical Group, studies show eating fish rich in omega-3 fatty acids, like tuna, salmon and mackerel, decreases risk for cognitive decline. People should avoid saturated fats, trans fats and hydrogenated oils.

### Read and write frequently

According to a study in the journal Neurology, regular reading and writing in one's older years reduced the rate of memory decline by 32 percent. Joining a book club or simply reading more on one's own can improve cognition. Similarly, writing improves memory and communication abilities and can help strengthen the brain as well.



### Drink healthy beverages

Tea and coffee can improve alertness and focus, as they're rich in polyphenols and antioxidants. A Place for Mom says caffeine in these beverages can help solidify new memories. Avoid drinking sugary beverages

and limit consumption of alcohol, as neither boasts brain-boosting properties.

Keeping the brain sharp is a multilayered process that involves healthy foods and beverages, exercise and brain-stimulating activities.

## How nutritional needs change with age

Healthy eating is important at any age and can set the course for a life of vitality and wellness. Sufficient nutrition can help prevent chronic illnesses and make sure that growing bodies develop properly. As one ages, various changes take place in the body, making healthy eating even more essential.

According to Healthline, nutritional deficiencies can effect aging individuals, which can decrease quality of life and lead to poor health outcomes. Individuals should pay attention to their vitamin and mineral intake at various ages so they do not miss out on important nutrients. As a person ages, here are some approaches to consider.

- **Consume fewer calories:** According to Connie Bales, PhD, RD, associate director of the Geriatric Research, Education, and Clinical Center at Durham VA Medical Center, people need fewer calories every decade. That's because individuals are moving around less and have less muscle. This causes a decline in metabolic rate.

- **Include more nutrient-dense foods:** Even though caloric needs go down with age, it's important to pack as much nutrition into the calories a person does consume. That means finding nutrient-rich foods like whole grains, fruits, nuts, beans, vegetables, fish, and lean cuts of meat.

- **Consume more lean protein:** Muscle loss and loss of strength can develop as a person ages. Healthline says the average adult loses



3 to 8 percent of their muscle mass each decade after age 30. Eating more protein could help aging bodies maintain muscle.

- **Eat fortified cereals and grains:** The ability to absorb vitamin B12 can decrease as one gets older and with the use of certain medicines. Many health professionals recommend patients get more vitamin B12 by consuming foods enriched with this vitamin. Vitamin supplements may be needed in addition to food.

- **Drink more fluids:** Health.com says sensation of thirst declines with age. Drinking water and other fluids becomes a priority to

stay hydrated. It also helps with digestion.

- **Prioritize bone health:** Osteoporosis is a concern for older adults, particularly women who have reached menopause. Osteoporosis occurs when bones become brittle and can break from only the slightest bump or fall, says the Mayo Clinic. Vitamin D and calcium help strengthen bones, and older adults may need more of these nutrients.

Individuals should speak with their health care providers and nutritionists for further insight into their changing nutritional needs. Such professionals can help customize diets to address specific health concerns.

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**King and Queen crowned at StoneBridge**

Celia Gonzalez (left) and Stanley Shockley were crowned King and Queen of Valentines earlier this month at StoneBridge Senior Living of Owensville.

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 The Spring Area Wide Garage Sale is Scheduled For April 18, 19 & 20**

**LET OUR FAMILY CARE FOR YOURS**

**StoneBridge**  
 SENIOR LIVING

Owensville



Stone Bridge of Owensville started over 50 years ago with our mother. As a family we continue her tradition with our dedication to the loving care of families like yours. Our mission is to provide quality care and enhancing lives in a comfortable, friendly, home like setting. Our Owensville community carries on our mission.

**SERVICES OFFERED INCLUDE:**

- Skilled Nursing Care • Rehabilitation
- Inpatient & Outpatient Therapy Programs
- Adult Day Care • Memory Care

**Schedule a tour today!**

We accept Medicare, Medicaid and most private- managed care plans.

Call today for more information or to schedule a tour or visit [stonebridgeseniorliving.com](http://stonebridgeseniorliving.com)  
 Stone Bridge of Owensville, 1016 W. Hwy. 28 • Owensville, MO 65066 573-437-6877

# *Gasconade* *Manor District*

*Family—like branches on a tree, we all grow  
in different directions, but our roots keep us all together.*

When you or a loved one is in need of 24 hour nursing, our Care Center is designed with small, warm, intimate neighborhoods providing customized private suites and services to meet individual personal needs.

Or if you're looking for a short stay after a recent medical procedure and/or decline, our Rehabilitation Center offers, Physical, Occupational and Speech, Therapies. We are one of the few centers that offer Respiratory and Water Therapies in addition to other comprehensive rehabilitation programs for a quicker return home.

Assisted living is a wonderful option if your in need of assistance with redefined independence that gives you more time to enjoy fun social events and make new friends. All private suites offer a bedroom, bathroom, living area and kitchenette.

Our "Healthcare Campus" offers a variety of amenities to enhance your mind, body, and spirit.

*Gasconade*   
*Manor Skilled Nursing Home*  
573-437-4101

*Gasconade*   
*Terrace Assisted Living*  
573-437-4833

*Gasconade*   
*Aquatics & Therapies*  
573-437-5510

[www.GasconadeManor.org](http://www.GasconadeManor.org)

1910 Nursing Home Road • Owensville, Missouri

*Not for profit. We accept all private insurances, Medicare & Medicaid.*