



Senior expedition
Headed to the
airport?



Transportation
How to help a
senior driver

**MEDIA
PLANET**

July 2010

GROWING UP AGAIN



MARTHA STEWART

A fun
and easy
project from
Martha
Stewart



KEEP YOUR MIND SHARP AND YOUR BRAIN IN SHAPE

With **Shriverian persistence** Maria advances our ability to
confront America's second most feared disease

CHALLENGES

AARP has done quite a bit of research on what, in these changing times, we are going to have to do to ensure a decent chance to be **healthy, happy, and financially secure** as we age in the 21st century.

Achieve successful aging

Among the conclusions we've drawn—some surprising—others not so surprising: 1. Health, financial security, and lifestyle are related factors that bear closely upon each other, and are critical to successful aging. 2. We, as consumers, are going to have to take greater responsibility for making our own decisions regarding our health, financial security, and lifestyle. 3. Ability and willingness to take that responsibility means nothing without understandable, reliable, and readily available information upon which to base our decisions.

I believe this "Growing Up Again" report helps fulfill the need for understandable, reliable information on these issues and I applaud Mediaplanet and the Los Angeles Times for presenting an

excellent service and opportunity to you, their readers. Please take the time to read it all.

AARP is currently stepping up, in a major way, our own role as a trusted source of accurate information on financial, health, and lifestyle issues to enable you to make informed decisions. For example, as a result of the economic downturn, many middle-age and older Americans find themselves having trouble paying for essential items such as food, medicine, heating, cooling and phone service. They're being forced to make some difficult decisions they haven't had to make before about work, retirement and financial planning.

They're asking, "Should we change our investment strategy?" "Should we withdraw money from our 401(k)s or curtail contributions to our retirement accounts?" "Should we postpone major purchases and travel?" "Should we



W. Lee Hammond
President of American Association of Retired Persons (AARP)

"Only by understanding what's in the new law, and when the different provisions take effect, can you take maximum advantage of the changes for the benefit of yourself and your family."

postpone retirement?" "Should we begin drawing Social Security earlier?" AARP understands how the slow economy is affecting your lives and plans, and we stand ready to help you answer these questions.

They are also asking, "How will the new health care law affect me and my family?" Well, whether you supported the law or opposed it, whether you are in Medicare, buy insurance on your own or through your employer, or can't afford health insurance, the changes to the health care system will affect you and your family. Only by understanding what's in the new law, and when the different provisions take effect, can you take maximum advantage of the changes for the benefit of yourself and your family. You can find out what it means for you by clicking the "Health Care Reform User's Guide" at www.aarp.org/getthefacts.

Time to rethink retirement planning

As a group, no one was hit harder by the economic meltdown than older Americans.

Overnight, home values—most Americans' biggest asset—plummeted. The only thing falling faster was the stock market. Even with the recent stabilization and beginnings of recovery, the financial devastation remains deep and widespread. And no one is predicting a quick rebound.

What to do?

Unfortunately, the one solution everyone points to is the one many retirees, or those on the verge of their golden years, may find the most frustrating—time. It will take years, economists say, for asset values to reach pre-crash levels.

As a result, many older Americans are pursuing a second certain strategy—staying in their jobs or going back to work. A 2009 University of Michigan study found

57 percent of older Americans expect to be working after 65, compared with 47 percent a year earlier.

Some people have other options. Many can still tap the value of their homes—through new mortgages or home equity loans. Interest rates remain at historic lows. Reverse mortgages—another means of accessing home equity—are gaining popularity, although the transaction costs can be prohibitive.

Rebalancing liquid assets toward a more conservative mix may cap the upside in a rebound but also limit further losses. A financial adviser—one who works for you on a fee basis—can help.

The golden years may not be turning out as planned, but there's no time like the present to start working on keeping them as bright as possible.

DAVID DUFFY

editorial@mediaplanet.com



WE RECOMMEND



Elinor Ginzler,
AARP Director of Livable Communities, discusses senior driving ability

PAGE 5

Preventing falls **p. 8**

Most falls happen in or near one's home. The good news is—they can be prevented.

Healthy hearing today and tomorrow **p. 10**

Exciting changes in hearing aid technology to dramatically improve your life.

MEDIA PLANET

GROWING UP AGAIN
2ND EDITION, JULY 2010

Country Manager: Allan Chiu
allan.chiu@mediaplanet.com
Editorial Manager: Jackie McDermott
jackie.mcdermott@mediaplanet.com

Responsible for this issue

Publisher: Rebecca Ramgren
rebecca.ramgren@mediaplanet.com
Designer: Missy Kayko
missy.kayko@mediaplanet.com
Contributors: Andrea Boldman, David Duffy, Elinor Ginzler, Jake Nelson, Jodi Olshevski, Dr. Jon Pynoos, Julie E. Lee, Maria Shriver, Martha Stewart, Peter Greenberg, W. Lee Hammond

Distributed within:

Los Angeles Times, July 2010
This section was written by Mediaplanet and did not involve Los Angeles Times News or Editorial Departments.

Photo credits: istockphoto.com unless otherwise noted

“THE LAST THING I NEEDED WAS
TO BE IN A CAR ACCIDENT.”



Alan Werner
Policyholder since 2008

“Thankfully, The Hartford made it a lot easier with a *fast response time.*”

“My problems were resolved not in hours, days or weeks ... *but in minutes!*”

That’s because The Hartford’s claims representatives are real professionals. They asked the right questions. They provided me with all the right information. And they even remembered my name.

With The Hartford, you don’t have to worry. Because of its honesty, integrity and genuine concern for your needs.

I have a positive attitude. To me, attitude counts the most. And The Hartford has a great attitude. They do what they’re supposed to do – *they take care of their customers!*”

Find out more about the AARP Auto Insurance Program from The Hartford.

Call or Click for your **FREE Quote.**

1-877-732-7790

aarp.thehartford.com/times

Going the Extra Mile for You ...

AARP[®]

Auto Insurance
Program from



The AARP Automobile Insurance Program from The Hartford is underwritten by Hartford Fire Insurance Company and its affiliates, One Hartford Plaza, Hartford, CT 06155. CA License #5152. In Washington, the Program is underwritten by Hartford Casualty Insurance Company.

This Program is provided by The Hartford, not AARP or its affiliates. The Hartford pays a royalty fee to AARP for the use of AARP’s intellectual property. These fees are used for the general purposes of AARP. AARP membership is required for Program eligibility in most states. Applicants are individually underwritten and some may not qualify. Specific features, credits, and discounts may vary and may not be available in all states in accordance with state filings and applicable law. The program is currently unavailable in Massachusetts, Canada and U.S. Territories or possessions.

NEWS



DON'T MISS!

Keeping seniors safely mobile and independent

■ We've all heard that seniors—particularly adults over 65—are the fastest growing segment of the U.S. population. But it may surprise most to learn that by 2030 about 90 percent of people ages 65 and over will be licensed to drive.

Despite conventional wisdom, AAA is quick to point out that older drivers are among the nation's safest drivers. Compared to other age groups, they are less likely to speed, drink and drive, or drive at night. And they're more likely to buckle-up. However, older drivers face greater risks due to age-related fragility and are more likely to be injured or killed in a crash. In fact, with the exception of teenagers, seniors have the highest crash death rate per mile driven.

So what can boomers do to help protect the senior drivers in their lives? "Plan early," according to Jake Nelson, AAA's Director of Traffic Safety Advocacy and Research. "Much like preparing for retirement, families can keep seniors both safe and mobile by planning ahead before safety is a concern."

Take advantage of the many resources available to assist families in meeting these challenges head on. As a long time

traffic safety leader, AAA has developed evidence-based tools designed to assess and improve driving skills, reduce crash risk and foster dialogue between adult children and their aging parents.

AAA's resources include programs like:

■ **Roadwise Review**—a computer-based driver self-screening tool for home use that allows drivers to measure the functional abilities scientifically linked to crash risk among older drivers.

■ **CarFit**—a community outreach program designed to improve the "fit" between mature drivers and their vehicles for maximum comfort and safety.

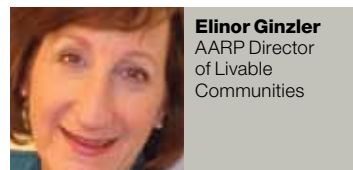
■ **DriveSharp**—a computer-based brain training program clinically proven to increase reaction time and reduce crash risk.

■ **Safe Driving for Mature Operators Course**—a classroom course teaching techniques to help seniors extend their safe-driving years.

For more information about AAA's senior driver and mobility tools, please visit www.AAASeniors.com or www.calif.aaa.com.

Top 10 signs that it's time for older drivers to hand over the keys

How do you approach a family member when age related changes impact driving ability?



Elinor Ginzler
AARP Director
of Livable
Communities

How long should someone stay on the road? Families nationwide are struggling with these sensitive issues. Elinor Ginzler, AARP's Director of Livable Communities and a leading authority on older driver safety, encourages families to talk openly with loved ones about safe driving practices. According to Ginzler, these are top ten signs that it's time to talk about limiting driving

or handing over the keys:

- **Frequent "close calls"** (i.e. near accidents).
- **Dents, scrapes**, on the car or on fences, mailboxes, garage doors, curbs etc.
- **Trouble judging** gaps in traffic at intersections and on highway entrance/exit ramps.
- **Other drivers** honking at you.
- **Getting lost.**

■ **Difficulty seeing** the sides of the road when looking straight ahead.

■ **Slower response time**; trouble moving foot from gas to brake pedal or confusing the two pedals.

■ **Getting distracted** easily or having trouble concentrating.

■ **Difficulty turning** your head to check over shoulder while backing up or changing lanes.

■ **Traffic tickets** or "warnings" by traffic or law enforcement officers in the last year or two.

ELINOR GINZLER

editorial@mediaplanet.com

Safe driving for a lifetime

For most Americans, the ability to drive is essential to who we are and is deeply connected to our independence and our identity as productive, responsible members of society.

But as we age, the talk often turns to taking away the keys. However, increasing age doesn't necessarily mean you have to stop driving. The Hartford and MIT AgeLab have conducted research for over a decade to better understand how to empower older drivers to stay on the road safely and assist families with the difficult decision should a driver need to transition from driver to passenger.

As a group, older drivers are relatively safe and tend to voluntarily limit their driving. Recent survey results indicate that as age increases so does the rate of self regulation—making smart choices based on experience to limit the amount and type of driving. In addition to making these smart choices, a driving wellness plan is recommended and should include:

1. **Your health:** Get regular check-ups, consider the side-effects of medications, have eye exams, and exercise.
2. **Your learning:** Consider a safe driving course to keep your knowledge of the road updated.
3. **Your driving skills:** Be aware of age-related changes and make

appropriate adjustments.

If you are concerned about your driving skills, a comprehensive driving evaluation should be sought. This is a complete assessment performed by a specially trained Occupational Therapist and includes a clinical evaluation, an on-the-road test, and a report. Our research has shown that although a majority of people aren't aware of this option, it is proven to be a valuable tool.

For more related information on comprehensive driving evaluations, family conversations about driving, dementia and driving, and to join our blog "In The Driver's Seat," go to www.safedrivingforalifetime.com.

Source: *The Hartford*

TIP

1

CHAT OPENLY WITH LOVED ONES ABOUT SAFE DRIVING PRACTICES



PHOTO: GETTY IMAGES



TIPS



Tire pressure

- 1 Check your tire pressure. Be sure to set your tire pressures to the manufacturer's recommended specifications at least once per month.

Visibility

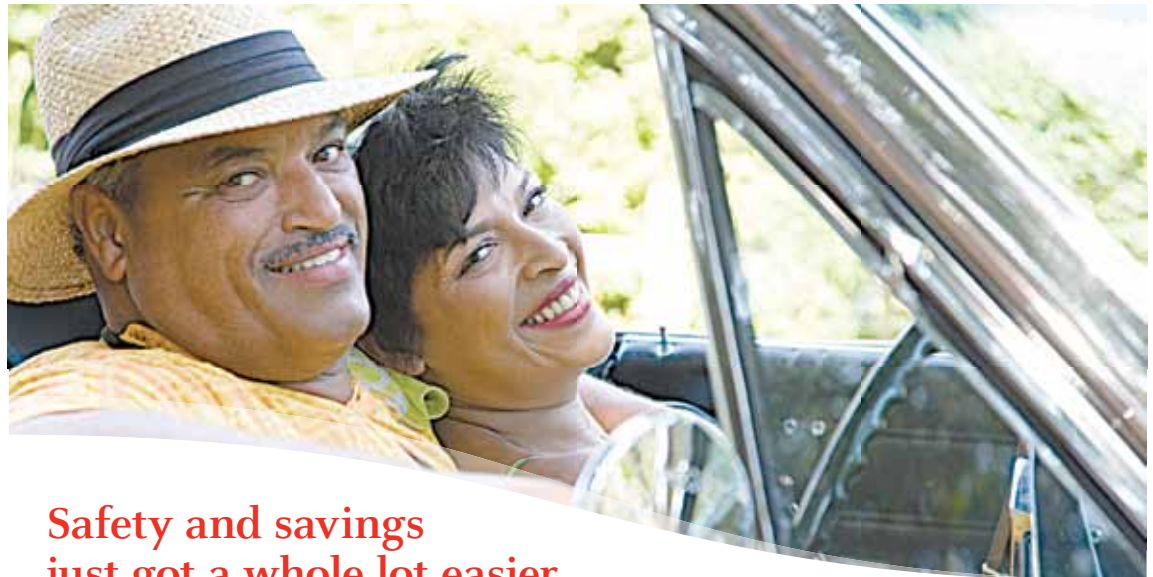
- 2 Maintain good visibility. For optimum visibility, keep your windows clean, have your headlights properly

adjusted, and repair any damaged areas in your windshield.

Inspection

- 3 Have your vehicle checked out. At least once each year, have your vehicle serviced and inspected by a professional, regardless of how many miles you drive.

Source: AAA



Safety and savings just got a whole lot easier.

The AARP Driver Safety Online Course is designed to teach you the latest driving techniques, new traffic laws and rules of the road from the convenience of your home computer. This self-paced course could help you reduce traffic violations and accidents and possibly qualify you for a discount on your car insurance (check with your insurance agent for more information).

To register for the AARP Driver Safety Online Course, visit www.aarp.org/drivesafe27, or for a local classroom course call 1-888-683-7992.



HEALTH / FINANCES / CONNECTING / GIVING / ENJOYING

NEWS

In recent decades, scientists have begun to uncover **exciting new secrets** about the aging brain.

Build a better brain for driving

As the science has evolved, so has our understanding of everything from stroke rehabilitation to decision-making and even driving.

Perhaps the most important idea that has emerged is that the human brain can continue to develop over a lifetime.

Because the science is both new and evolving, there is some controversy about how to build and maintain a fit brain. Neuroscientists do typically agree, however, that in order to build brain function, activities must be both stimulating and challenging. While crossword puzzles are often cited as brain building tools, brain fitness is built through challenging your current skill level rather than specific activities.

One area of brain development that is supported by decades of research has implications for driving as we age. This body of research, led by Dr. Karlene Ball and Dr. Daniel Roenker, focuses on UFOV (Useful Field of View).

What is UFOV?

UFOV is the visual area over



which information can be extracted at a brief glance without eye or head movements, and is critical to driving. While the size of a person's UFOV tends to decline with age, research has demonstrated that most people can achieve improvement with training.

One training program has been clinically-proven to

improve brain fitness and driving safety: the DriveSharp software program offered by Posit Science Corporation. The program is built on UFOV research, funded in part, by the National Institutes of Health and promotes the ability for drivers to think faster, focus better, and react more quickly.

As part of The Hartford's Safe

Driving for a Lifetime public awareness campaign, The Hartford recently announced a partnership with Posit Science to offer discounts on DriveSharp to consumers. For more information, go to www.hartfordbrainfitness.com and www.safedrivingforalifetime.com.

Source: The Hartford

TIP

2

EXERCISING THE BRAIN CAN BE ENJOYABLE!

5

BRAIN FITNESS TIPS

Eat dark chocolate

1 Dark chocolate causes your brain to release dopamine, a chemical that improves overall brain function.

Make your hobbies harder

2 Take on something more difficult than you're used to; this will require additional concentration and will re-engage your brain's learning ability.

Walk on a rocky road

3 Scientists believe that walking on uneven surfaces like cobblestones improves the vestibular system of the inner ear, which plays a central role in balance and equilibrium.

Visit a museum

4 Visit a museum—Go on a guided tour of a museum. When you get home, reconstruct the tour by writing an outline that includes everything you remember.

Use your other hand

5 Practicing an activity such as brushing your teeth with your subordinate hand can drive your brain to make positive changes.

Source: Based on information from Posit Science and The Hartford

INSPIRATION

Interjecting Alzheimer's Disease into the national conversation

Question: Can a diagnosis of Alzheimer's disease ever have a silver lining?

Answer: By shining a multi-media light on her father's illness, Maria Shriver has advanced our ability and willingness to confront America's second most feared disease.

CHANGE

When Maria Shriver's father was diagnosed with Alzheimer's Disease in 2003, she and her family faced a dual challenge. She also had

few places to turn for help, despite the fact that the illness strikes more than five million Americans, a number that is expected to double—perhaps even triple—by 2050.

The first challenge was private—dealing with the ravages of a disease few of us even want to contemplate.

“Fortunately, I have four brothers who were very involved as caregivers,” says California's current First Lady.

The second challenge was public—determining how to “maintain the dignity” of a highly promi-

nent figure. Sargent Shriver was the first director of the Peace Corps, husband of Eunice Kennedy and Democratic vice presidential candidate in 1972. He was still an active lawyer and activist.

Help for herself and her children

“I didn't know a whole lot about what it would be like,” Maria Shriver says, but she decided early on that part of her own therapy would be to write about it—in a book for children, “What's Happening to Grandpa?,” as she had done in earlier books about mental disabilities and dealing with death.

“I wrote the book in hopes of helping myself and providing an explanation to my own children. As with my other books, the goal is for parents to read it with their children and talk about difficult issues.”

Today, “What's Happening to Grandpa?” is a well known work, but in 2004, it didn't sell well.

“Back then, very few people spoke to me about Alzheimer's Disease, and fear is still a big part of the disease. But now, hardly an hour goes by that someone doesn't ask me about it.”

Shriver has her own efforts in large part to thank. It took a few years—and some Shriverian persistence—but in 2009 her book led to The Alzheimer's Project, a four part documentary on HBO that anchors a multi-media examination of the illness, including a dedicated web site,



Maria Shriver
First Lady of California and leader of the Women's Conference
PHOTO CREDIT: WOMEN'S CONFERENCE

DVDs and printed materials.

“It was hugely successful,” Shriver says. “It ignited a national conversation that we have kept igniting.”

A focus on Alzheimer's and women

Shriver continues to do her part. In addition to her work on Alzheimer's, she is a founder of the Women's Conference, the biggest, and some say, most influential, forum for women in the world. The 2010 conference in October is expected to draw 30,000-40,000 people to Long Beach. This year, Shriver will lead a “March on Alzheimer's” and candlelight vigil, commencing at the Women's Conference, on Sunday, October 24 (www.mariasmarch.kintera.org). Proceeds benefit the Alzheimer's Association.

Shriver was also the driving force behind “The Shriver Report:

A Women's Nation Changes Everything,” a 2009 study that examines the impact of the fact that for the first time half of U.S. workers are women. She plans to release a follow-up report—“The Shriver Report: A Women's Nation Takes on Alzheimer's”—to coincide with the 2010 Women's Conference. The report promises to break new ground in the examination of the disease and especially its impact on women. It will feature a comprehensive national survey, original photography and personal essays.

“Women are disproportionately affected,” Shriver says, “as victims [70 percent are female], as care-givers, as breadwinners, as advocates. Seventy million baby-boomers are aging. As a nation, we need to look at the impact of that.”

DAVID DUFFY
editorial@mediaplanet.com

Introducing the only clinically proven, early-warning screen for Alzheimer's available online directly to the public...

Take charge of your brain health!

DID YOU KNOW?

- Sixty percent of people with Alzheimer's go undiagnosed in a primary care setting.
- Treatments are most effective only when diagnosed in early stages.

ALZselftest facts:

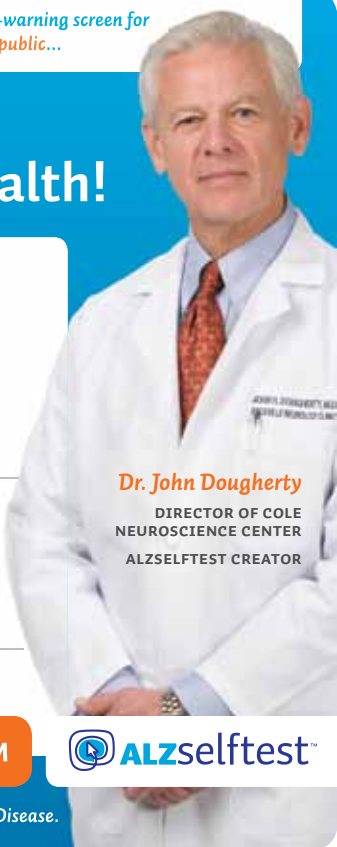
- Aids in early detection
- Can be taken online, 24/7, from home
- Provides immediate results

Get started now, visit:

WWW.ALZSELFTEST.COM



See our April article in Journal of Alzheimer's Disease.



Dr. John Dougherty
DIRECTOR OF COLE NEUROSCIENCE CENTER
ALZSELFTEST CREATOR

NEWS

Older adults often think that falls just happen and are an inevitable part of aging. We all know someone who has fallen. The reality is that **1/3 of older adults fall each year**; almost 20 percent of falls result in injuries serious enough to require medical attention.

Take steps to prevent falls

Most falls occur in or near one's own home. The good news is that evidence from scientific studies indicates that as much as 30-40 percent of falls can be prevented.

Falls are caused by such factors as low vision, poor balance, certain medications, and environmental hazards. While no one solution prevents falls, three steps, taken together, can help reduce falls.

Talk to your doctor

Talk to your doctor about falls and

have your vision checked annually. This is especially important if you have had one or more falls in the last six months, experience dizziness, take medications that make you light headed, feel unsteady on your feet, or have trouble seeing objects in your pathway such as electrical cords or uneven pavements. At your next visit, bring a list of your prescribed and over-the-counter medications.

Exercise regularly

Improve your balance and strength through regular physical activity. Certain types of progres-

sive balance and strength exercises have been proven especially beneficial. Doing Tai Chi can improve your balance. Consider enrolling in an exercise program focused on improving your balance and strength at a local community or senior center and doing specific exercises at home (brochures and DVDs available at www.stopfalls.org/resources/FPCE_resources.shtml).

Create a safe and healthy home

Most homes can be characterized as 'Peter Pan' housing—not



Dr. Jon Pynoos
Professor at USC's Andrus Gerontology Center and Co-director of the Fall Prevention Center of Excellence, funded by The Archstone Foundation

designed for persons who are aging. Make sure that you have bathroom grab bars, handrails on both sides of stairs, and pathways clear of clutter. Because we need increased lighting as we age, ensure there is sufficient illumination throughout the house including the entrance

and stairways. Put in nightlights in places such as bathrooms and hallways. Eliminate throw rugs or secure them using non-slip backing or Velcro. Your doctor can arrange for an occupational therapist to conduct a home assessment.

Preventing falls is a key to staying independent in your home. For additional information on the Fall Prevention Center of Excellence (funded by the Archstone Foundation) visit, www.stopfalls.org and www.archstone.org.

DR. JON PYNOOS

editorial@mediaplanet.com

TIP

3

MAINTAIN
REGULAR
PHYSICAL
ACTIVITY

Don't let a fall bring an end to the life you enjoy!

Did you know?

1 in 3 seniors fall each year – and its the number one cause of injury and hospitalization for people over 65. Getting help quickly is the key to recovery and survival.

Don't risk losing your independence.

For more than 20 years, Alert1 has been helping seniors remain active and independent - safely.

Call today and learn how an Alert1 Medical Alert System can put the help you need right at your fingertips.

Limited Time Offer

\$19.95/month

for the first 3 months, then \$27.95 paid quarterly

- FREE DELIVERY
- Free coverage of spouse
- No Contract or Activation Fees

Alert1

Medical Alert Systems

Call Toll Free Today for your
FREE Fall Prevention Brochure!

www.Alert1.com

866-596-4207

Peace of Mind for Less Than a Dollar a Day

INSPIRATION

The causes of **Alzheimer's disease** (and other forms of dementia) are unknown. While age clearly plays the biggest role, genetics have long been believed important as well, and there is increasing focus on the impact of lifestyle factors.

Staying active and healthy

"A nutritious diet, physical activity, social engagement, and mentally stimulating pursuits can all help people stay healthy," the National Institute on Aging advises on its web site.

"New research suggests the possibility that these factors also might help to reduce the risk of cognitive decline and Alzheimer's disease."

Beneficial activities and lifestyle choices include:

Games and puzzles

Crossword puzzles are often cited as a great way to keep the brain active. Many older Americans find the golden years a great time to learn a second language. Games such as contract bridge, which presents a continually changing set of mental challenges, are an enjoyable way to maintain mental acuity.

Stay social

There is a growing belief that interacting with friends and engaging in group activities helps slow

cognitive decline. (Another reason to play games!)

Exercise

Physical exercise can help too. Doctors and other experts recommend regular physical activity and exercise as we age—for all kinds of reasons. Simple activities such as walking have multiple benefits. A regular program of exercise, developed with your doctor, helps fend off obesity and maintain muscles and bones. These factors can have an impact on mental health as well.

Eat well

Exercise and diet go hand in hand, of course. According to the NIA "a number of studies suggest that how we eat may be linked to our risk of developing—or not developing—AD." It suggests a diet rich in fruits, vegetables and whole grains—and low in fat and added sugar, which can also help avoid other chronic diseases such as type 2 diabetes, and heart disease.

DAVID DUFFY

editorial@mediaplanet.com



FROM MARTHA'S CRAFT DEPARTMENT

Napkin pillow cover

Brighten any setting—indoors or out—with decorative pillows made from eye-catching cloth napkins. Use spares when their matches have been tossed or lost, or buy single napkins specifically for this purpose. The covers, which are a breeze to make, are fastened with a button, so they can be easily removed to wash. Make several using various hues and designs, and swap them whenever you want a quick change.

Materials: basic sewing supplies, 20-inch (51cm) square cloth napkin, 12- to 14-inch (30.5-35.5cm) pillow insert, button, decorative cord

How-to: Lay the napkin facedown, positioning it to resemble a diamond. Center the pillow insert on the napkin. Fold in 2 side points of the napkin to the middle, then fold up the bottom point. Tack the three triangles together at the center, and then sew about 2 inches (5cm) down on each side of the bottom flap. Stitch a button to the bottom flap near the point. Fold down the top flap; sew a loop of cord to the underside of the fabric to hold the button, ensuring that it fits snugly when closed.

PHOTO CREDITS: REPRINTED FROM THE BOOK MARTHA STEWART'S ENCYCLOPEDIA OF SEWING AND FABRIC CRAFTS BY MARTHA STEWART LIVING OMNIMEDIA, INC. COPYRIGHT © 2010 BY MARTHA STEWART LIVING OMNIMEDIA, INC. PHOTOGRAPHS COPYRIGHT © 2010 BY ELLIE MILLER. PUBLISHED BY POTTER CRAFT, A DIVISION OF RANDOM HOUSE, INC. REPRINTED FROM THE BOOK MARTHA STEWART'S ENCYCLOPEDIA OF SEWING AND FABRIC CRAFTS BY MARTHA STEWART LIVING OMNIMEDIA, INC. COPYRIGHT © 2010 BY MARTHA STEWART LIVING OMNIMEDIA, INC. PHOTOGRAPHS COPYRIGHT © 2010 BY JOHNNY MILLER. PUBLISHED BY POTTER CRAFT, A DIVISION OF RANDOM HOUSE, INC.



Play Bridge — Join the American Contract Bridge League

BENEFITS OF PLAYING BRIDGE:

Keeps your mind sharp—May help lower the risk of developing Alzheimer's or other forms of dementia. Make new friends!

Visit www.acbl.org to find a bridge teacher or club near you. Download free "Learn to Play Bridge" software at <https://web.acbl.org/LearnToPlayBridge/>

Follow us on facebook and twitter: <http://www.facebook.com/pages/American-Contract-Bridge-League/175353597157>
Our Twitter account is: @ACBLbridge • Join by going to our web site: www.acbl.org or by phone 800-264-2743

ALREADY PLAYING BRIDGE?

Join as a first-time, new member of the American Contract Bridge League between now and September 1, 2010 and mention offer code "BridgeFun" and we'll send you a free tournament quality deck of cards. There are two ways to join— visit our web site at www.acbl.org and click "Join" or call us at 800-264-2743.



PROFESSIONAL INSIGHT

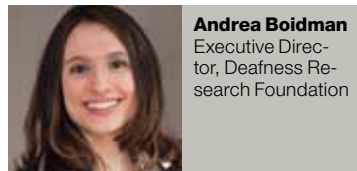
There are **36 million Americans** with hearing loss—that's nearly one in ten people in this country. And while 30 percent of adults 65-74 years old, and 47 percent of adults 75 years old or older have a hearing impairment, there IS something that can be done about hearing loss.

Healthy hearing today and tomorrow

If you haven't seen a hearing healthcare professional recently, make an appointment today.

Studies have shown that untreated hearing loss in seniors contributes to isolation and depression, and is linked to cognitive decline. The technology for hearing aids has changed dramati-

cally even in just the past few years, and while it does take time to get used to a hearing aid, it can dramatically improve your life. Only one in five Americans who can benefit from a hearing aid actually uses one! Another option—which is a real option for older Americans—is a cochlear implant. A cochlear implant is a small electronic device that can help to provide a sense of sound to a person who is



Andrea Boidman
Executive Director,
Deafness Research Foundation

severely hard-of-hearing. The implant consists of an external portion that sits behind the ear and a second portion that is surgically placed in the inner ear. Most hearing loss is caused by damage

to the hair cells, which are inside your ear and allow you to sense sound and send those messages to your brain. Once hair cells die, hearing loss is permanent. The most exciting and promising treatment for hearing loss is hair cell regeneration, or re-growing hair cells, which would in effect restore hearing. It was discovered that some animals—like chickens—can regenerate hair

cells. Scientists are still working on how to regenerate human hair cells. Hopefully, with adequate research funding, clinical trials in hair cell regeneration will be available in the next decade. In the meantime, don't let hearing loss stop you from enjoying the beautiful sounds of life.

ANDREA BOIDMAN
editorial@mediaplanet.com

If you can't see, you get your eyes checked.
“Ears are no different.”

Life's much more enjoyable when you can hear it happening around you.
Let us help you discover a solution that's perfect for your lifestyle.



- ▶ Wide Selection of Hearing Aids
- ▶ State-of-the-Art Technology
- ▶ Hearing Education Classes
- ▶ Licensed Professionals
- ▶ Warranty on All Hearing Aids
- ▶ Attractive Financing Options
- ▶ Accredited by URAC

☎ Call today to schedule a precision hearing screening:

800-698-6767

Over 37 California locations

HEAR West
LLC
A HearUSA, Inc. Company
www.hearusa.com



Live life to its fullest...
and hear it all again

Having a severe hearing loss that cannot be helped with even the most powerful hearing aids can certainly affect the chances for a full, productive lifestyle. More and more adults are discovering how cochlear implant technology can restore what they have lost – and how MED-EL can help them in their journey.

Begin your journey today with us.



Contact us at 888-633-3524
or more information or visit medel.com.



happiest
thinnest
smallest
easiest
simplest
best.

PROFESSIONAL INSIGHT

When it comes to making smart, value-driven vacation/travel choices, I take the contrarian approach.

Traveling like an expert means taking chances

First, let's start with a word I despise: staycation. This fabricated term is misleading at best. I'm convinced that history will soon show that anyone who claims they are practicing staycationer has actually been a shut-in for the past 20 years! We love to travel. It's part of our cultural DNA. We can't and shouldn't deny ourselves. The issue for most of us isn't whether

we're going to travel, or when... but how.

Get better deals

That brings me to my second point: the off season is a myth. You absolutely want to travel when no one else is: Caribbean in the summer, Paris in the winter. Why? Better service, no crowds, you get to see a place the way it was meant to be seen...and oh yes, better deals.

Second, be politically incorrect, but culturally sensitive. Pick a destination recently affected by a natural disaster, a political crisis, civil unrest. Why? Travel is the largest industry in the world. It employs the most number of people. It creates the most number of jobs. And when trouble hits, countries that depend on travel are devastated. And that's where you come in. Your visit will be most welcome—and you will be welcomed as a savvy traveler who knows when to travel—and where. Chile after an earthquake. Iceland after the volcano. Thailand after political protests. And many other destinations, including the Gulf coasts of Florida, Alabama, Mississippi, and Louisiana. Not on-

“And if you really want bragging rights when it comes to your next trip, then just remember to be that contrarian traveler.”

ly will you see great discounts, but your mere presence is a vote of confidence in these regions to recover. And the locals will be thrilled to see you, host you, embrace you.

Think outside the box

There are the perennial experiences that I recommend for active, engaged travelers. But again, you need to think outside the box. I love ski resorts in shoulder seasons, or the Grand Canyon in winter. Of course, national parks are a personal favorite, but don't necessarily follow the crowds to the most popular ones. Think lesser-known and less-traveled parks like Dry Tortugas National Park north of Key West, or North Cascades National Park, the fourth least-visited park in the nation last year. Or look for lesser known state parks that in many cases border the national parks.

When it comes to travel, we live in a world of experiential oneness. And if you really want bragging rights when it comes to your next trip, then just remember to be that contrarian traveler. For more information, go to PeterGreenberg.com.



Peter Greenberg
CBS News travel editor



Over 50? Looking for exhilarating, challenging, non-conventional small group travel with contemporaries?

Elder Expeditions

Multi-Sport Adventures for the 50 plus Traveler

info@elderexpeditions.com • www.elderexpeditions.com
1-877-92-ELDER (Toll Free Number)

PANEL OF EXPERTS



Jake Nelson
AAA Director, Traffic
Safety Advocacy and
Research



Julie E. Lee
Director, AARP Driver
Safety Program



Jodi Olshevski, M.S.
Gerontologist and Assis-
tant Vice President,
The Hartford Financial
Services Group



Question 1:

How do I screen for and assess my parent's driving abilities?

Available via CD-ROM or at no cost online at www.AAASeniors.com, AAA's Roadwise Review is a self-assessment tool that measures functional abilities shown to be the strongest predictors of crash risk among senior drivers and suggests ways to correct any potential problems. Some drivers may benefit from a formal driving assessment given by an occupational therapist or driver rehabilitation specialist.

The best way to screen an older parent's driving abilities is to drive with them and observe their driving over time. It is helpful to also keep notes to help you understand changes in their driving ability.

Observe your parent's driving directly, as a first step to determine if his or her driving is really unsafe. It is valuable to do this several times, and use a list of warning signs.

If you notice that your parent is demonstrating several of the warning signs, and that there is a pattern or an increase in the frequency of occurrence, it's time to have a family conversation.

Seek out a comprehensive driving evaluation by a specially trained Occupational Therapist in order to get a professional and credible assessment of your parent's driving abilities. If it is determined that it is time for your parent to transition from driver to passenger, the Occupational Therapist will broach this subject with your parent as part of the evaluation.

Question 2:

How can I go about looking for alternative transportation resources in my parent's community?

Supplemental transportation programs (STPs) are community-based programs designed to complement public transit so seniors may get where they need to go. Find STPs in your community at www.AAASeniors.com.

Prior to talking to your parents about limiting or stopping driving, you should give thought to identifying ways that your parent(s) can remain engaged and independent with their daily activities. There are many places to look for transportation alternatives, such as local public transportation (buses and trains), and van services for which your parent may be eligible. Additionally, your local area agency on aging can provide information on transportation services through the Eldercare Locator or programs like the Elderly and Disabled Transportation Service. Lastly, many faith-based and non-profit organizations may also offer free ride services to older drivers in the community.

Explore all options including

1. Family and friends.
2. Local programs that offer rides such as faith-based or non-profit organizations.
3. Demand-responsive services or paratransit such as Dial-a-Ride or Elderly and Disabled Transportation Services.
4. Private program services such as adult day care centers, housing programs, stores, or malls.
5. Taxi/car services.
6. Mass transit. No single method of transportation is likely to meet all needs, so identifying all available resources is important.

Question 3:

What are some signs I should look for that my parent's driving skill may be weakening?

A few signs that may indicate diminished driving skills may include decreased reaction time, getting lost on familiar roads, difficulty working the pedals and trouble merging or changing lanes, to name just a few.

Look for a pattern of warning signs and any increase in the frequency of occurrences, such as near misses, a decrease in confidence while driving, incorrect signaling or trouble navigating turns and difficult driving situations.

Fairly minor signs include dents or scrapes that weren't present in the past; a more serious sign is difficulty making left hand turns, and an extremely serious sign that requires immediate intervention is confusing the gas pedal for the brake.