

Senior Living

Advertising Supplement to

The Anson Record

THE LAURINBURG

EXCHANGE

RICHMOND COUNTY

DAILY JOURNAL



Organize & Simplify Your Meds with PakMyMeds



Simplify your life with PakMyMeds™

- Personalized Multi-dose packets organized by the date & time your medication are to be taken
- No med time confusion
- Choose our Pickup or Delivery Option
- Easily take your medications on-the-go



A personalized Service JUST FOR YOU

Medication Management made easy

A service we offer at NO COST TO YOU!

1. Tell us about your medications & insurance.
2. We transfer your prescriptions & fill them in PakMyMeds personalized packets for pickup or delivery to you.
3. We accept most major insurance plans, including Medicaid & Medicare.

Medical Center PHARMACY

805 Long Drive • 997-4471

Come see why more customers are making the switch.

Our people make the difference!

EASY ONLINE REFILLS • DRIVE THRU • DELIVERY AVAILABLE

www.medicalcenterpharmacy.com



3

HEALTHY EATING OPTIONS FOR SENIORS

HOW TO HELP LOVED ONES HANDLE SUNDOWNING



4



5

AMAZING BENEFITS TO SENIORS HAVING PETS



IS YOUR HOUSE IN ORDER?

Sponsored by Richmond Memorial Park

Peking Wok • Thursday, March 19th, 2020
12:30pm - 2:30pm

722 E. US-74 • Rockingham, NC 28379

Learn how to pre-plan your final wishes, followed by informal questions and answers.

RSVP to reserve your seat • Seating is limited

910-405-7681

SENIOR PERKS AND DISCOUNTS



6



8

8 TIPS FOR SENIOR TRAVELERS

Healthy eating options for seniors



“Let food be thy medicine” is a quote attributed to Hippocrates, the ancient scholar considered to be the father of modern medicine. The saying relates to the notion that what people put in their bodies can heal and/or prevent certain conditions.

For seniors with medicine cabinets full of over-the-counter and prescription medications, the idea of relying predominantly on food to promote optimal health may be tempting, and various foods can be particularly useful to the 50-and-over demographic.

According to the World Health Organization, poor diet is a major contributor to many of the diseases that affect older people. Poor diet has been connected to the development of diabetes, and degenerative diseases such as osteoporosis also may be linked to the foods ones eat. The National Council for Aging Care says micronutrient deficiency is often a problem among the aging due to factors like lack of variety in diet and reduced food intake. Eating a variety of foods can provide all of the nutrients people need to stay healthy as they get older. Certain foods may be particularly helpful.

- **Brain-friendly foods:** Foods such as avocado, leafy vegetables, sunflower seeds, blueberries, and salmon are good sources of vitamin E, antioxidants, omega-3 fatty acids, and other nutrients that may help ward off dementias like Alzheimer’s disease, advises Sonas Home Health Care.
- **Anti-inflammatory foods:** Foods rich in omega-3 fatty acids may help prevent inflammation that can cause cancer and rheumatoid arthritis. Aging.com says foods that are high in omega-3 fatty acids, like salmon, should be consumed at least twice per week.
- **Fruits and vegetables:** Fresh, canned or frozen produce tend to be high in micronutrients, including a variety of important vitamins that are essential

for all components of health. The Academy of Nutrition and Dietetics advises eating dark green vegetables, such as leafy greens or broccoli, and orange vegetables, such as carrots and sweet potatoes.

- **Energy-boosters:** Choose whole grains that can provide sustained energy by way of healthy carbohydrates over processed grains.
- **Bone-friendly foods:** Calcium-rich foods, such as milk, yogurt and cheese, can prevent calcium from being leached from the bones, which contributes to conditions like osteoporosis.
- **Digestive system-friendly foods:** The digestive system slows down as the body ages, as the walls of the gastrointestinal tract thicken and digestive contractions that push waste along may slow down and become fewer. Foods rich in fiber can promote proper digestion by moving food through the digestive tract more easily. High-fiber foods also may help naturally reduce blood cholesterol levels.
- **High-iron foods:** Without enough iron in the body, a person may feel tired and lethargic from a reduced production of hemoglobin, which carries oxygen in the blood from the lungs to the rest of the body. A lack of oxygen in body tissues from anemia can be serious, says the National Council for Aging Care. Tofu, spinach, lentils, pumpkin seeds, and fortified breads and cereals are high in iron.



CASH!

For any reason!

Vacation • Car Repair • Taxes • Doctor Bills
Easy Application • Fast Approval • Simple Interest

Basic Finance Inc.

910.997.4156 519 E. Broad Avenue | Rockingham NC



How to help loved ones handle sundowning

A diagnosis of Alzheimer's disease can catch families off guard. When such a diagnosis is made, patients and their families typically have a host of questions, including how far the disease has progressed and what to expect as it advances.

One potential side effect of Alzheimer's disease that can catch families off guard is sundowning. The National Institute on Aging notes that sundowning refers to the restlessness, agitation, irritability, or confusion that can begin or worsen as daylight begins to fade. Sundowning is difficult for Alzheimer's sufferers, but also can be especially hard on their caregivers. As day turns to night, people serving as caregivers to Alzheimer's patients tend to wear down, only to suddenly realize that the people they're caring for are becoming increasingly difficult to handle. The NIA notes that sundowning can continue well into the night, compromising patients' ability to fall asleep and stay in bed.

Sundowning will not affect every Alzheimer's patient, but caregivers should prepare themselves to handle such a situation should it arise. Learning more about sundowning can be part of that preparation.

Why does sundowning occur?

The exact cause of sundowning, which is sometimes referred to as "late-day confusion," is unknown. However, the Mayo Clinic notes that certain factors may aggravate the feelings of confusion felt by Alzheimer's patients who experience sundowning. Those factors include:

- Fatigue
- Low lighting
- Increased shadows
- Disruption of the body's internal clock
- The presence of an infection, such as a urinary tract infection

The NIA notes that one theory suggests Alzheimer's-related changes in the brain can disrupt a person's internal clock, confusing their sleep-wake cycles as a result.



That can confuse Alzheimer's patients and contribute to the feelings of agitation and irritability that are common among people who experience sundowning.

What can be done to combat sundowning?

The NIA recommends looking for signs of sundowning in late afternoon and early evening and trying to determine what might be causing these behaviors. Try to avoid anything that appears to trigger these behaviors, if possible.

Reducing noise, clutter or the number of people in the room when sundowning symptoms typically appear may help reduce the confusion Alzheimer's patients feel during this time of the day. In addition, scheduling a favorite activity or providing a favorite snack at this time of day can give Alzheimer's patients something to focus on, potentially cutting off the confusion before it surfaces.

The NIA also recommends making early evening a quiet time of day reserved for playing soothing music, reading or going for a walk. Caregivers who also have children to look after can explain the importance of this quiet time to youngsters and ask for their cooperation.

Closing curtains or blinds and turning on the lights at dusk can minimize shadows in the house, potentially making this time of day less confusing for Alzheimer's sufferers.

Sundowning is a symptom of Alzheimer's disease that can be difficult for caregivers to manage. More information about sundowning is available at www.nia.nih.gov.


 Bless the LORD, O My Soul ...²Bless the LORD, O my soul, and do not forget all His kind deeds—³He who forgives all your iniquities, and heals all your diseases, ⁴who redeems your life from the Pit and crowns you with loving devotion and compassion,... **Psalm 103:2-4**

King James Bible
 But he was wounded for our transgressions, **he was bruised for our iniquities:** the chastisement of our peace was upon him; and with his stripes we are healed. **Isaiah 53:5**

R.L. Dobbins Insurance
 315 South Long Drive | PO Box 1775 | Rockingham, NC 28380 Ph: (910) 997-6231

Amazing benefits to seniors having pets

Pets bring much joy to the lives they touch. So it should come as no surprise that the 2019-2020 National Pet Owners Survey, which was conducted by the American Pet Products Association, found that about 85 million families in the United States own a pet. In Canada, 7.5 million households are home to companion animals, states the PetBacker blog.

Pets offer companionship and unconditional love. While they are fitting for any family, seniors may find that having a pet is especially beneficial. The organization A Place for Mom, which helps match families with senior living residences, says pets provide a comfort system that produces measurable health results. Caring for pets and being around them can produce a chemical chain reaction in the brain that may help to lower stress hormones while also increasing production of the feel-good hormone serotonin.

This is not the only health benefit pets may provide. A recent study from the Mayo Clinic, which looked at 1,800 people between the ages of 25 and 64 who had healthy hearts, found that almost half owned a dog. Having a dog was likely to spur heart-healthy behaviors, like exercising with the pet, eating well and having ideal blood sugar levels.

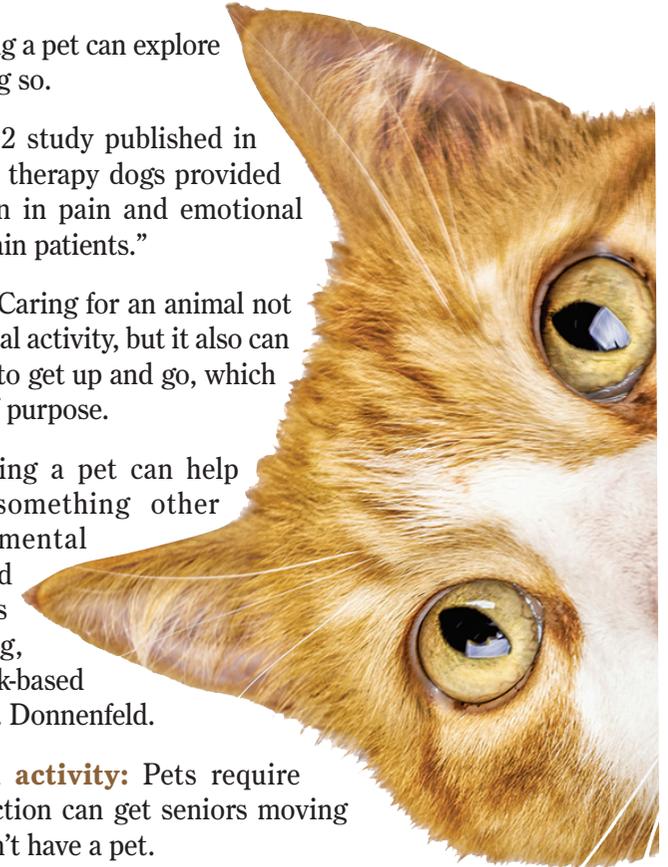
Pets also provide emotional support and companionship that can help seniors — including those who may be divorced or widowed — feel more secure and happy. The National Poll on Healthy Aging found that, among respondents who had pets, 88 percent said their pets helped them enjoy life, and 86 percent said their pets made them feel loved.



Seniors considering getting a pet can explore the many benefits to doing so.

- **Reduce pain:** A 2012 study published in Pain Magazine found therapy dogs provided “significant reduction in pain and emotional distress for chronic pain patients.”
- **Feeling of purpose:** Caring for an animal not only stimulates physical activity, but it also can give seniors a reason to get up and go, which equates to a feeling of purpose.
- **Altered focus:** Having a pet can help seniors focus on something other than physical or mental health issues and preoccupations about loss or aging, according to New York-based psychologist Penny B. Donnenfeld.
- **Increased physical activity:** Pets require care, and that interaction can get seniors moving more than if they didn't have a pet.
- **Improved health:** Ongoing research from Harvard Medical School has found dog owners have lower blood pressure, healthier cholesterol levels and lower risk of heart disease than those who don't own a dog.
- **Stick to routine:** Caring for pets helps seniors maintain a routine. Having structure after retirement can be important to ward off risk of depression. Staying on top of feeding, grooming and other pet needs also can help prevent cognitive decline.

Pets bring many benefits to their owners' lives, and they may be the perfect remedy for seniors looking for a friend and purpose.



CALL US FIRST!

Witherspoon

Heating & Cooling

• SALES • SERVICE • ELECTRICAL

FREE estimates on new installations
Residential & Commercial
We repair all makes and models | Lic # 21503 • 24946-L
100 Greensboro St., Rockingham, NC 28379
910-997-3737








witherspoonheatingandcooling.net

Senior perks and discounts

Growing older may come with some added laugh lines or a few extra aches and pains, but many will attest to the benefits and wisdom earned from a life well-lived. And if that's not enough, the discounts and other perks afforded seniors can make reaching one's golden years a bit easier to embrace.

Every day the list of companies offering special deals for people of a certain age continues to grow. Individuals willing to do the research or simply ask retailers and other businesses about their senior discount policies can be well on their way to saving serious money. Keep in mind that the starting points for age-based discounts vary, with some offering deals to those age 50 and up, and others kicking in at 55 or 60-plus.

The following is a list of some of the discounts that may be available. Confirm eligibility as companies change their policies from time to time. Also, the editors of Consumer World say that the senior discount might not always be the lowest price, so comparison shopping is a must to find out which discount or coupon is the best deal.

Amtrak: Travelers age 65 and older can enjoy a 10 percent discount on rail fares on most Amtrak trains. For those who prefer ground travel but want to leave the car at home, this can be a great way to get around.

Fast-food & sit-down restaurants: Establishments like Wendy's, Arby's, Burger King, Denny's, Applebee's, Carrabba's Italian Grill, and Friendly's offer various senior discounts. Most are 10 to 15 percent off the meal. Others offer free beverages or an extra perk with purchase.

Kohl's: This popular department store provides a 15 percent discount every Wednesday to shoppers ages 60-plus. Other stores like Modell's, Belk, Bon-Ton, and SteinMart offer similar discounts.

Marriott: Travelers age 62 and older are privy to a 15-percent discount on room rates at Marriott brand hotels, subject to availability.

Roto-Rooter: Plumbing problems can get expensive, but online sources cite a 10 to 15 percent discount depending on location for this drain cleaning service provider in North America.

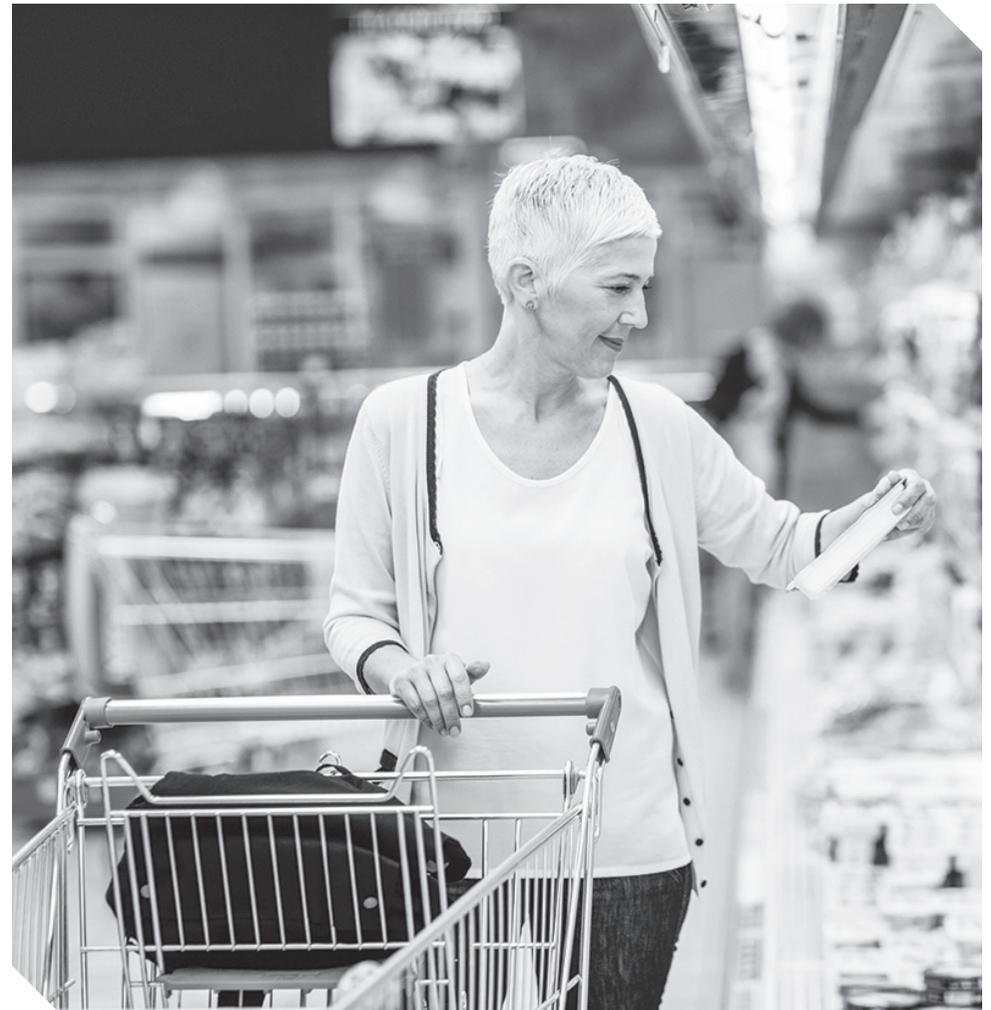


Hours

Monday	Closed
Tuesday	5:30am-2:00pm
Wednesday	5:30am-2:00pm
Thursday	5:30am-8:00pm
Friday	5:30am-8:00pm
Saturday	5:30am-8:00pm
Sunday	6:00am-2:00pm

www.HolidayRestaurantRockingham.com
910-895-2315

414 S HANCOCK ST
ROCKINGHAM, NC 28379
(910) 895-2315



National Parks: The U.S. National Parks Service offers steep discounts on the annual pass, which provides entry to more than 2,000 federal recreation sites.

Grocery store: Food shopping gets a little easier with discounts at Bi-Lo, Fred Meyer, Gristedes, Harris Teeter, Piggly-Wiggly, and Publix. Be sure to check with local supermarkets about senior discounts, as they vary, particularly as to what day of the week and for what age they kick in.

AARP membership: It is important to note that many companies require enrollment in AARP for people to get senior discounts. AARP also has its own AARP Prescription Discount Card so that members and families can save around 61 percent on FDA-approved drugs that prescription insurance or Medicare Part D plans fail to cover.

T-Mobile: This carrier offers two lines with unlimited talk, text and LTE data for \$35 with AutoPay for seniors age 55-plus. Only the primary account holder has to be 55.

With a little digging, seniors can find scores of discounts to help them save money while enjoying their golden years.

Women's Health Series

FREE EVENT

Pre-Registration Recommended
Call :
910-291-7624

2 Cancer & Screenings Thursday, March 12th

UC Annex, UNC Pembroke Campus
1 University Drive, Pembroke, NC 28372
collaboration with UNCP's Office for Reginal Initiatives

3 Stress Management

Thursday, April 30th

Marlboro Chamber of Commerce
122 S Marlboro St,
Bennettesville, SC 29512

SCOTLAND MEMORIAL
FOUNDATION

An affiliate of Scotland Health Care System



Serving Clients Throughout The Sandhills For Over 50 Years

Committed to the Health & Well-Being of Our Community



Mabry's services are designed to respond to all of your patients health care needs 24 hours a day, 7 days a week.

Our services include, but are not limited to the following:

- Oxygen Therapy • Sleep Apnea Therapy • Nebulizer Therapy and Medications • Hospital Beds • Wheelchairs and Accessories • Motorized Wheelchairs • Lift Chairs • Diabetic Care • C.P.M. Knee Rehab Machines • Bedside Commodes • Walkers and Canes • Orthotics • Bath Safety • And Much More!



41 Main St.
Hamlet, NC 28345
910-582-1776

1644 South Main St.
(beside Papa John's Pizza)
Laurinburg, NC
910-276-1222

www.mabrydrugnc.com

8 TIPS FOR SENIOR TRAVELERS

1. Seek the most direct route. Traveling may be a bit easier to endure when the route is as short and direct as possible. It may cost a little more to book nonstop flights or travel during peak hours, but that investment may be worth it.
2. Choose senior-friendly travel services. Working with a trusted travel advisor is often easier than booking your travel yourself. Travel agents often have inside information and may be privy to perks and discounts. Plus they can streamline the process, ensuring all you need to do is go along for the fun.
3. Senior discounts are waning. Most airlines have done away with senior discounts. In 2013, the price comparison resource Fare Compare looked at senior discounts of various airlines and found most of them were unreliable.
4. Inquire about accessibility. If mobility is an issue or if there are any disabilities, contact your carrier and hotel or tour company and be sure that there will be accessibility arrangements, such as wheelchair access or ground-level accommodations.
5. Pack light. Don't get bogged down by excess luggage. Pack only what you need, including medications, in a carry-on bag.
6. Consider a cruise. Cruises combine food, entertainment and comfortable rooms in one convenient package.
7. Manage medications. If prescription medications are needed, be sure to consult with the doctor and pharmacy about getting a supply that will last the course of the trip.
8. Bring along a companion. You may feel more comfortable bringing along one of your children, another young relative or a close friend, especially if you are traveling internationally. This extra person can help navigate and ensure all your needs are met.



A proven leader in hospice care since 1986

Accredited by the Accreditation Commission for Health Care (ACHC)

A recipient of the Hospice Honor award which recognizes hospices that provide the highest level of quality as measured from the caregiver's point of view.

610 LAUCHWOOD DRIVE | LAURINBURG, NC 28352 | (910) 276-7176