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**OCTOBER 2019**

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**Froio’s an INFO ACTIVITY SOCIAL**

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**instrument for change!**
Don't Waste Money on Brain Supplements

There's no magic pill that keeps your mind healthy

Keeping our brains healthy tops the list of concerns as we age, and it is tempting to think there is a magic potion to achieve that goal. Tempting, but no such potion exists.

The latest report from the Global Council on Brain Health, created by AARP in collaboration with Age UK, finds that “there is no convincing evidence to recommend daily dietary supplements for brain health in healthy older adults” and that the supplements are “likely a waste of your money.”

This is no small matter. Memory-supplement sales reached $643 million in 2015, nearly doubling in value in a decade, according to the U.S. Government Accountability Office. Our research shows that about half of older adults incorrectly believe that the Food and Drug Administration allows on the market only dietary supplements that have been deemed safe and effective. Sadly, that is not true.

The council suggests that instead of turning to supplements, we should choose foods shown to support a healthy brain.

Other council research reports that a diet rich in fruits and vegetables, especially green leafy vegetables and berries, is associated with better brain health.

High blood pressure, high cholesterol and diabetes hurt both heart and cognitive health, so the council concludes that “a heart-healthy diet is a brain-healthy diet.”

Fortunately, there are several other evidence-based steps we can take for brain health, including:

Be social. It is good for our brains for us to interact with others, feel connected to them and take part in purposeful activities.

Stay active. Physically active people have a lower risk of cognitive decline. It is preferable to engage in more than one physical activity.

Get enough sleep. Sleeping seven to eight hours each night is related to better brain and physical health in older adults.

Be stimulated. Activities such as volunteering, continuing your education, learning a new skill and doing mentally challenging leisure pursuits all help the brain.

There is no magic potion, but there are many paths to maintaining brain health, and we may pay a steep price if we buy into dubious claims and bypass the evidence about what works. To keep our brains healthy, follow the science: For practical tips on what to do for your brain, go to globalcouncilonbrainhealth.org. And you will find evidence-based articles, brain-healthy recipes and more at stayingsharp.aarp.org.

By Catherine Alicia Georges, AARP the Magazine, Aug. 2019

7 Items to Leave at Home, Not in Your Wallet

Protecting your personal information helps stop identity theft, experts say

In times when cybercriminals are mining for personal data of all types, losing your wallet or purse can make their job easier.

So, experts say, leave at home documents and information that could make you a target for identity theft or worse. “If you don’t need it, don’t keep it in your wallet,” says Charity Lacey, vice president, communications for the Identity Theft Resource Center. Carrying unnecessary items, such as your Social Security card, “gives someone access to who you are,” Lacey says, and among the biggest risks is identity theft. Whether your wallet or purse is lost or stolen, the person who ends up with it “can create a whole identity around what is in it,” she says.

The way to stop identity fraud, according to Javelin Strategy & Research, experts in digital financial analysis, is to prevent unauthorized access to and use of private data. Leave items such as passports or Medicare cards at home, locked in a file cabinet or safe. One single item lost or stolen doesn’t necessarily lead to identity theft, but a combination of these items increases the risk.

1. Social Security Card

Avoid carrying your own, your child’s or other dependent’s card. “Don’t carry anyone’s Social Security card,” Lacey says. Social Security numbers and other pieces of personal data can be used “to create a fraudulent persona,” she says, or for an “identity takeover” by a criminal who uses it to open new lines of credit or to put money into your Social Security account, aiming to later collect your retirement benefits. If you’re carrying your child’s Social Security card, new accounts can be opened with that number as well, or it could be used to create a “synthetic identity” using the child’s Social Security number and personal data from others. If you suspect your Social Security number is being used, report it to the Social Security Administration Fraud Hotline, 800-269-0271.

2. Birth Certificate

It’s a critical piece of personal data that can be used to obtain a replacement Social Security card, a passport, or a driver’s license. In short, you don’t want to lose it, misplace it or have it stolen. Once it gets into a thief’s hands, there is little you can do, according to the Identity Theft Resource Center. In the U.S. state governments issue birth certificates, which include date and place of birth. They serve as proof of age, citizenship and identity, according to the American Bar Association.

3. Medicare and Health Insurance Cards

Criminals can use your cards to access your account numbers, and obtain medical care that will be charged to

Continued on insert page
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The Gift of Liberty

On October 28, 1886, France gave the United States a gift to commemorate the nation’s first 100 years as a democracy and the alliance between France and the United States that had won America its independence during the Revolutionary War. That gift was a massive statue entitled Liberty Enlightening the World, but it is better known worldwide as the Statue of Liberty.

Such a gift was the idea of Edouard de Laboulaye, a French intellectual and political theorist. It was 1865, U.S. President Abraham Lincoln had just been assassinated, and France itself was politically divided between those who supported the monarchy and those who craved liberty. Laboulaye hoped that such a gift would not only honor the late President Lincoln, but also spark a desire for freedom and democracy in France. Laboulaye sought the help of the French artist and sculptor Frederic Bartholdi, who shared the same political visions.

Inspiration for Lady Liberty first struck Bartholdi while traveling in Egypt to see the construction of the Suez Canal. At the canal’s entrance, he envisioned an enormous lighthouse in the shape of a robed peasant carrying a torch. He even suggested this idea to Egypt’s leaders, but they did not have the money for such a statue. Bartholdi re-envisioned such a beacon of light and hope for the United States. On the day of its commemoration, a million people lined the streets of New York City for a parade, where traders first threw ticker tape from the windows of the New York Stock Exchange.

The Statue of Liberty originally acted as a lighthouse for New York Harbor until 1902, and it even housed a lighthouse keeper. But it is best known as a beacon of freedom for the millions of immigrants entering America after their trans-Atlantic crossing. Her inscription boasts a monumental welcome: “Give me your tired, your poor, your huddled masses yearning to be free.”

Activity Connection, October, 2019

Wide-Awake at 3 A.M.?
Don’t Just Look at Your Phone

Try these six simple tactics to help you fall back to sleep and stay there.

The only thing worse than feeling completely wired at 11 p.m. when you’re ready for sleep is being stark awake at 3 a.m. Blissfully passing out at an appropriate bedtime is cold comfort when the brain wakes up too soon and refuses to take advantage of those eight full hours. I toss and turn and scrunch up my pillow every which way, exasperated and fixated on the impending doom of the alarm clock set to go off at 6 a.m.

About half of all insomnia sufferers experience this middle-of-the-night “sleep-maintenance” insomnia, either by itself or along with the “sleep-onset” sort, trouble falling asleep in the first place, said Jennifer Martin, Ph.D., a professor of medicine at UCLA.

If, after 20 minutes, you’re still up, the American Academy of Sleep Medicine recommends stepping out of the bedroom and doing some reading or other quiet activity. But I didn’t realize that it’s actually a last-resort tactic. “Get up only when you’re so upset you can’t fall asleep anyway,” said Dr. Martin, an insomnia specialist. In fact, some of the best first-line strategies are pursued (more or less) lying down. The next time you find yourself staring at the ceiling at 3 a.m., try these six things:

Remain in bed

For you to fall asleep, your heart rate needs to slow down, said Michael Breus, Ph.D., a Los Angeles area clinical sleep psychologist. But when you get up, you elevate it. So my impulse to use the bathroom just because I’m awake only makes matters worse. “Do that only if you need to,” said Breus, who is also the author of “The Power of When.”

And skip the middle-of-the-night snack, unless you have diabetes or low blood sugar. To prevent untimely internal wake-up calls, keep hydrated during the day so that you don’t drink and fill your bladder before bed. Don’t eat too little or too much for dinner, and keep it balanced, complete with protein and fiber, both of which help sustain blood sugar levels until morning. Most important, avoid alcohol in the evening — although it may make you fall asleep faster, it also disrupts your sleep later in the night.

Stay in the dark

When you can’t sleep, LED indicator lights on, say, printers and cable boxes can feel intrusive. The same goes for light streaming in through cracks in the curtain.

“They’re point sources of light that your eyes are drawn to, and that can keep you up,” said John Hanifin, Ph.D., an assistant professor at Thomas Jefferson University in

Continued on insert page

A Howling Good Time

Falling just a few days before Halloween, October 26 is Howl at the Moon Night.

To hear a pack of wolves howling at the moon might make your hair stand on end, but there is really no scientific evidence to show that wolves do howl specifically at the moon. The truth is that wolves howl for a variety of reasons, none of which have to do with the moon. Some howl when they are lonesome. Some howl in confrontation. Others howl to share their location or to warn of danger. The howling of a pack is done to exaggerate their numbers to rivals. Interestingly, wolves have been associated with the moon since ancient times. So, too, have werewolves, that gruesome transformation of people into wolves. Luckily, werewolves are also just a myth.

Activity Connection, October, 2019
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(Serving Health Insurance Needs of Everyone)

Call for appt. 499-9346

Tuesdays @ 12:00

Foot Clinic
By Appointment 499-9346

Thur Oct. 5th 9:00

October Breakfast Club
Elder Services nutritionist Bruce Homstead gives you the skinny about dietary supplements. Good? Bad? What think ye?

Thur Oct. 10th 8:00 a.m. $3.00

Pittsfield Tree Watch
Nurture the roots of your tree interest!

Thur Oct. 10th

Coffee Shop

New Member Day
Find your way! Let us know you're coming 499-9346

Wed Oct. 16th 10:00 a.m.

October Card Party
Get lost in the shuffle!

Thur Oct. 17th 4:00 p.m.

Four-somes are best. $2.00

Legal Education
Have legal questions evaluated.

Thur Oct. 17th

1:00 p.m. By Appt 499-9346

Comedy Dungeon Pop-Up!
At meal site!

Fri Oct. 18th 11:45

Blood Pressure Clinic

By Appt. 499-9346

Tue Oct. 22nd 9:00

Brown Bag Day

10:30 a.m.

Fri Oct. 25th

Halloween Party
Call day ahead to reserve.

Thur Oct. 31st 11:30
7 Items to Leave at Home, Not in Your Wallet

Continued from page 2

your account or to send fake bills to your health insurer on your record.

"There's no need to bring your card to every appointment," Lacey says, once your physicians and other medical practitioners have you Medicare or other insurance information. In an emergency, the hospital staff can confirm your coverage with the insurance company or the Medicare provider line.

4. Passports

It's best not to carry your passport with you, but to make a copy of it and leave it in a hotel safe while traveling.

A passport gives criminals access to your personal data, information that can be used to steal your identity. To report your passport lost or stolen as quickly as possible, contact the U.S. Department of State at 877-487-2778. Once it's reported by phone, the passport becomes immediately invalid, and cannot be used for travel.

5. Checkbook or Blank Checks

Stop carrying a blank check in your wallet or your checkbook in your purse. One blank check with your account number and bank routing number printed on it gives criminals access to every cent in that account. "The checkbook or blank check has the information to get (a thief) into the entirety of your account," Lacey says. Once you lose your wallet containing a check, you'll likely have to close the account and open a new one. Unless you're checking your balance on a regular basis, you may not even be aware that money has been taken out of your account.

6. Password Cheat Sheet

While this might seem innocent enough, it actually presents a major risk. It "might just be the worst thing to lose," says Drew Palk, business development director for Authentic8, an internet software company focused on security in Mountain View, California. "Passwords can be used to access your accounts, which can result in immediate losses and long-term damage to your reputation and credit report." For example, he says, someone could log into your social media accounts and post as you, then tweet or post something that could make you look bad.

Some passwords may seem unimportant, he says, like the one for your Gmail account. That email and password can be used to reset passwords on other sites, including your bank accounts. If you're using the same password on multiple sites, it can give a criminal access to every site you have that uses that same password, including your Facebook account. Alternates are to use a password manager or a mnemonic — a pattern of letters, ideas or associations that helps you remember something — with a different code for each website. You'll have a unique password for each site.

7. Work Identification Badge

An employee identification badge can include encoded information about an individual by using barcodes, magnetic stripes, radio-frequency identification (RFID) tags, and smart chips. Some companies use first name only to protect the employee. However, thieves use the badge to obtain more information from individuals, says cybersecurity expert John Sileo. Once they have information such as an employee identification number, they are able to obtain other data from that individual. Report a lost or stolen identification badge to your employer as soon as possible.

AARP's Fraud Watch Network can help you spot and avoid scams. Sign up for free "watchdog alerts," review our scam-tracking map, or call our toll-free fraud hotline at 877-908-3360 if you or a loved one suspect you've been a victim.

By Harriet Edelson, AARP, August 13, 2019

Small Wonders

October 9 is Nanotechnology Day, a day to appreciate how small things can deliver big results.

Nanotechnology is when chemistry, biology, engineering, and technology takes place on a nanoscale, which is one to 100 nanometers. What is a nanometer? It is one billionth of a meter! Why is it so exciting to work on such a small scale? It means that biologists can work inside of microscopic cells. Engineers can work on surface films that coat eyeglasses, computer screens, and cameras. Scientists can manipulate or infuse building materials in ways that make them lightweight, durable, resilient, and durable. Nanotech has been integral in the evolution of computer technology, allowing smaller devices to carry more power and run faster and more complicated programs. Medicine has been revolutionized thanks to nanotech that can deliver cures directly to cancer cells, bones, or diseases, without damaging surrounding tissues. Everything is made up of atomic particles, so there is really no end to the possible application of nanotechnology.

Activity Connection, October, 2019

Flex Feet & Core Stability

Wed @ 11:30
Fri @ 11:45

Chair Caning
Thur @ 12:30
October Senior Center Events

Everyday! 11:30 a.m. Meal Site
Indian composer and musician A. R. Rahman has observed, “When you do something with a lot of honesty, appetite and commitment, the input reflects in the output.” The reciprocal yen of Froio patrons to dine and Elder Services staff to serve is reflected everyday in a rewarding Meal Site experience. Reap those rewards! Reserve a day ahead. 1-800-981-5201.

Tuesdays! 12:00 p.m. SHINE (by appt.)
S.H.I.N.E. (Serving Health Insurance Needs of Everyone) counselors help you navigate the oft treacherous maze of health insurance programs. Call Froio at 499-9346, or Elder Services directly at 499-0524.

Thursday, October 3 9:00 a.m. Foot Clinic ...kickin' it!
Step by step, the Foot Clinic is alive and kickin’! In the capable hands of Lisa Christman, R.N., you’ll find that all of your foot care needs are thoroughly managed. Her attentive ministrations are good for the sole, and the soul! Please call for appointment, 499-9346.

Thursday, October 10 8:00 a.m. Breakfast Club
Elder Services nutritionist Bruce Homestead discusses the risks and/or benefits of the current swell of dietary supplements. Just as his previous probiotics presentation showed, he unfailingly has the gut and heart to get to the gut and heart of every issue. Breakfast Club: always informative, always delectable.

Thursday, October 10 4:00 p.m. Pittsfield Tree Watch
Tree Watch explores your deep-rooted tree interests. Keep counsel with a cabal of committed tree enthusiasts. 4:00 p.m. in the Coffee Shop

Wednesday, October 16 10:00 a.m. New Member Day Tour (Tour du Jour!)
Unearth the basic facts, and the nuances, of the Senior Center. There’s more than meets the eye and we relish the opportunity to convey the full essence de Froio. Let us know you’re coming. 499-9346.

Monday, October 14  Senior Center CLOSED Columbus Day

Thursday, October 17 1:00 p.m. October Card Party
Singer and songwriter Sam Hunt relates that, “I try to stay as naive as possible so I’m not as aware as much of the risks.” With an attitude like that, a lot of crafty card players might very well welcome him into their gaming clutches! At Card Party you’ll find bottomless coffee, prizes and snacks! Unless otherwise arranged, foursomes are best.

Thursday, October 17 1:00 p.m. Legal Education
Attorneys from Pittsfield Family and Probate Court evaluate your legal issues and offer helpful direction. By appointment, 499-9346.

Friday, October 18 11:45 a.m. Comedy Dungeon Pop-Up!
Froio’s creative comedy mavens are up and at ‘em once again! They’ll hit and run during Meal Site, leaving you filled with laughter as your just desserts!

Tuesday, October 22 8:45 a.m. Blood Pressure Clinic (by apt.)
MOLARI Health Care monitors your blood pressure. Call 49-9346 for an appointment.

Friday, October 25 10:30 a.m. Brown Bag
Be a part of this monthly nutritional grocery program. Inquire about Brown Bag and SNAP benefits.

Monday, October 28 10:00 a.m. The Councilman is In!
The Froio Center hosts councilman Kevin Monandi’s invaluable “open office” sessions. His informal Q & As take place a day before City Council meetings, maximizing the potential for a responsive “public-to-council” conduit.

Thursday, October 31 11:30 a.m. Halloween Party at Meal Site!
A ghost? A goblin? A levitating, glowing pumpkin head? That’s a pretty tall order. What we can guarantee, however, is a rollicking good time replete with god food, good cheer and good atmosphere!
Stubborn Aging Parents?
Continued from page 5

Social scientists have learned that older adults who provide support have increased well-being and better health. Receiving help, on the other hand, is associated with negative mood.

After decades of helping their children, older people understandably balk at becoming dependent on them. “Even if intellectually they accept it, actually receiving help is difficult,” Dr. Gleason said. “It can signal that you’re not needed, and people want to feel needed.”

She suggests trying to equalize power in the relationship, allowing the parent to also provide support, even by just listening empathetically to a child’s account of her tough week. “It could be beneficial for the relationship to not have it all be one-sided,” Dr. Gleason said.

She’s also a fan of incremental progress, a negotiation that leads to a more reciprocal exchange.

As proof of concept, meet the Abrams family.

Carl Abrams, a 90-year-old retired Air Force colonel, lives in Williamstown, N.J., with his wife Joan, 88. He cheerfully agrees that yes, he’s plenty stubborn. “He gets very angry and oppositional,” said his older daughter Tamar Abrams, 63, who visits twice monthly from Falls Church, Va.

In 2016, the family was worried about his driving. Mr. Abrams had knocked several side mirrors off his Buick, sometimes wandered out of his lane, once fell asleep at the wheel and sideswiped a truck. It was time to relinquish the keys, the family said.

After extended wrangling, Mr. Abrams agreed to a retest by the state motor vehicle agency, a gambit that backfired. “We were convinced he would fail, but he aced it,” said his daughter.

Months passed; his wife began refusing to ride with him. The family negotiated a series of escalating restrictions: First, Mr. Abrams agreed not to drive at night. Then, to drive only to familiar places. Finally, to stay within five miles of home.

“Sometimes he would blow up,” Tamar Abrams said. “But if you gave him some time and then returned to the discussion, he’d be O.K.”

Now, Mr. Abrams relies on a bright red, battery-powered scooter. “An excellent compromise,” he said. “If it wasn’t for the scooter, I’d go crazy in the house.”

Twice weekly, he cruises two miles to have lunch at Applebee’s, where the servers all know his name, and picks up a few groceries on his way home.

“If he didn’t have to cross a major intersection, it would be a lovely ritual,” Tamar Abrams said. Nobody (except Mr. Abrams) feels good about his navigating across six lanes on his scooter, even at a traffic light.

But she understands. “You’re holding on for dear life to who you think you are,” she said. So, “we hold our breath and let him do it.”

By Paula Span, New York Times, “The New Old Age” column, August 30, 2019

WIDE AWAKE at 3:00 A.M.?
Continued from page 4

Philadelphia who studies circadian rhythms, the brain’s internal sleep/wake cycle.

Dr. Hanifin covers indicator lights with black electrical tape and wears a sleep mask. (Our top pick has deep eye cups so your eyes can open and shut while you wear it.) Of course, avoid scrolling through your smartphone and turning on the lights. If light outside your window consistently keeps you up, it may be worthwhile to install blackout shades. Wirecutter’s recommendations for the best options:

Black out noise
For you to fall asleep, your soundscape doesn’t have to be completely silent, but it does need to be monotonous, which signals the brain that it’s safe to sleep. That’s why rattling radiators and dripping faucets keep you up even if you hardly notice them during the day.

Some people like to sleep with a fan running. If you have a white noise machine (or an app) for bedtime, turn it on. We recommend the LectroFan or the myNoise white noise app, if you need options.

Adjust the temperature
If the room feels warm, lower the thermostat — around 65 degrees fosters sleep, said Dr. Breus. Another part of the sleep equation is skin temperature. “A cool core and comfortably warm skin is best for sleep,” said Roy Raymann, Ph.D., vice president of sleep science at SleepScore Labs (maker of Wirecutter’s favorite sleep tracker). You cool your core by breathing in the cool bedroom air; you warm your skin with bedding and PJs.

Socks can also help, said Dr. Raymann, who has published research on the phenomenon in the journal Physiology & Behavior. Feet have lots of temperature sensors: When they’re warm, that information gets transmitted to the brain areas involved in both sleep and thermoregulation to help you doze off. In a small study published in the Journal of Physiological Anthropology, subjects with socks took half as long as those without socks to fall asleep. If temperature control is a recurring problem, a smart thermostat, like our favorite, the Nest Thermostat E, lets you dial it up or down from bed via voice command (or smartphone, if you must), or you can preset it to do so at certain times of the night.

Quiet your mind
Ruminating about past events or worrying excessively can cause a surge in stress-related chemicals, which in turn sparks a rise in heart rate and core temperature. It also charges up the regions of the brain responsible for memory and emotion at a time when they should be calm.

Give relaxation techniques (deep breathing, meditation, mindfulness exercises) a try. “What works is personal preference,” said Dr. Raymann, who also suggests doing simple math problems in your head or imagining all the things that come in, say, green. “The point is to keep your brain busy with something that doesn’t require effort or trigger emotional responses.”

Think positive
If your wake-up time is 6:30 a.m. and the clock reads 3 a.m., don’t think, Oh no! I have only three hours left! Negativity only sets off a stress response that keeps you up. Instead, say, Oh great! I have three more hours to sleep!

“It sounds hokey, but it works,” said Dr. Breus. Also remind yourself that even if you’ve slept less than you’d like, plenty of people do just fine with less sleep on any given day, and you will too. But if insomnia strikes more than three times a week for more than three months, and it affects your quality of life, find a sleep specialist who can help identify the root cause and customize a plan for you.

Think Your Aging Parents Are Stubborn? Blame ‘Mismatched Goals’

Researchers are learning more about the causes of what many seem intransigent behavior. There’s no easy fix.

To what extent, the researchers asked middle-aged adults, do your parents ignore suggestions or advice that would make their lives easier or safer?

Ignore instructions from their doctors?

Insist on doing things their own way, even if that makes their own or others’ lives more difficult, inconvenient or unsafe?

That’s how several studies directed by Allison Heid, a gerontologist consulting at Penn State and Rowan University, measured adult children’s perceptions of stubbornness among their aging parents.

It proved a widespread complaint.

In an initial study of 189 adult children and their parents, Dr. Heid and her colleagues found that 77 percent of children (average age: 55) reported stubborn behavior by their parents, at least sometimes.

But two-thirds of the parents (average age: 80) described themselves as stubborn, too.

In a later study, the researchers asked 192 middle-aged children to keep a seven-day diary of parental interactions. Of those who had contact with their parents that week, 31 percent reported “insistent” behaviors and 17 percent reported “risky” behaviors; 11 percent said they encountered both.

“The stories are endless,” said Dr. Heid, whose interest in the subject was sparked by a grandmother determined to shovel snow, despite her children’s protests, into her 80s.

Lori Kayne, a geriatric social worker in Bridgewater, N.J., can tell such stories. Her late father, whose poor balance had caused multiple falls but no serious injuries, resisted her pleas to use his walker. “We had a lot of screaming matches,” she recalled — but she never prevailed.

Then last year, her father fell and fractured several vertebrae. “He was in terrible agony for months,” Ms. Kayne said — but at least he was finally relying on the walker. She figured that at 87, he’d grown more reasonable.

Nope. “As soon as he started to feel better, he refused the walker, even though he knew what could happen,” Ms. Kayne said, sighing.

Laura Perry has seen similar battles. Her father-in-law, 87, worried about skin cancer. When he needed a ride to a dermatologist’s office, Ms. Perry, who lives nearby in Glastonbury, Conn., obliged.

During the appointment, she recalled, her father-in-law indicated which skin lesion he wanted biopsied. The doctor replied that after examining all his patient’s lesions, he would decide which, if any, warranted testing.


The more polite social science term for such skirmishes: mismatched goals. “If the goal is not shared — the older adult wants to walk to the grocery store himself and the child says, ‘I don’t think it’s a good idea’ — that’s when conflict can arise,” Dr. Heid explained.

Such clashes, and related reports of stubbornness, increase when the parent and child live together, she found. Perceived stubbornness also rises as a parent’s disability increases.

“When a child steps in, most commonly there’s a safety issue,” Dr. Heid said. “The parent may not share those feelings about their capabilities.”

These familiar, probably universal, safety-versus-autonomy debates have led some critics to object that adult children overemphasize the former, when what matters more to their parents is maintaining independence and pursuing what they find meaningful.

When parents feel thwarted, does resistance really constitute stubbornness? Perhaps their children, who in these studies were not serving as hands-on caregivers, were domineering or intrusive.

Stubbornness might actually be a positive trait, Dr. Heid suggested. It shows tenacity, persistence, a sense of control.

But stubbornness, it turns out, can also have hurtful consequences. In Dr. Heid’s largest study, involving nearly 400 middle-aged children, the most common response was avoidance: Children back off and let the contested issue go.

“But when they do, they report more depressive symptoms and less positive relationships,” Dr. Heid said. “They may be internalizing their distress.”

Arguing with one’s parents has similarly unhappy outcomes. What helps, the study shows, is reasoning. “It allows for a more open exchange of views and more discussion,” Dr. Heid said.

Reasoning with someone who seems impervious to it sounds, well, challenging. “It’s a really hard thing, this mismatch between what we need and what we want and what’s good for us,” said Marci Gleason, a social psychologist at the University of Texas at Austin.

Continued on insert page
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Joan Lunden, journalist, best-selling author, former host of Good Morning America and senior living advocate.

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By Victoria Passier
Senior Center Poetry Group

Norman Not the Doorman

The new cat at the Red Lion Inn
is not Norman the doorman
and he's not a poor man.

He's Norman the cat
who curls up on furniture
of the very best
and catches admiring
glances from the rich
and all the rest.

He can bathe by the harpist
as she plays
and steal her show
without delays.

I first saw him sitting
near a pot of daisies.
He let me talk to him,
lifting an ear
to hear my praises.

He allowed me to stroke the
smooth velvet of his ebony fur.
His engine kicked in,
he began to purr.

Then, gave a yawn, stretched
and arched his back,
and jumped done
without a single glance,
curled into a ball and fell asleep
near a window open
to a cooling breeze.

A few more diners arrived
and expressed admiration,
he could have cared less and
slept on without hesitation.

But later I saw him use a small
cellar door to escape,
he'd apparently had enough
of the human race.

I'm sure he's fed the very best
as befits a cat so supremely blessed.
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<tbody>
<tr>
<td>9:00</td>
<td>Advanced Osteo</td>
<td>9:00</td>
<td>Foot Clinic</td>
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<tr>
<td>10:00</td>
<td>Brand New Line Dancing</td>
<td>9:00</td>
<td>Beginner Osteo</td>
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<tr>
<td>10:00</td>
<td>Poetry</td>
<td>10:30</td>
<td>Beginner Osteo</td>
<td>9:00</td>
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<tr>
<td>10:00</td>
<td>&quot;Shake Your Soul&quot;</td>
<td>10:30</td>
<td>Ceramics</td>
<td>9:00</td>
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<tr>
<td>11:00</td>
<td>Ladies Pool</td>
<td>11:00</td>
<td>Flexible Feet &amp; Core Stability</td>
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<tr>
<td>12:00</td>
<td>Scrabble 12:00 Pinochle</td>
<td>11:30</td>
<td>Chair Caning</td>
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<tr>
<td>12:45</td>
<td>Hand &amp; Foot! (New Time!)</td>
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<tr>
<td>1:00</td>
<td>Mah Jong</td>
<td>1:30</td>
<td>Tai Chi w/weights</td>
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<tr>
<td>1:00</td>
<td>Art Studio!</td>
<td>1:35 Yoga</td>
<td>1:00</td>
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**Senior Center CLOSED Columbus Day**

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<td>8:00</td>
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<tr>
<td>9:00</td>
<td>Woodworking 10:00 Beginner Chess</td>
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**Meals Site Daily @ 11:30 Call a Day Ahead! 1-800-981-5201**