



S U M M E R 2 0 2 2

# SENIOR Living

- 3 | HOW TO AVOID  
HEAT STRESS
- 4 | NUTRITION TIPS  
FOR SENIORS
- 5 | WHAT YOU NEED  
TO KNOW ABOUT  
COMPRESSION  
STOCKINGS
- 6 | TEN WAYS FOR  
SENIORS TO  
KEEP BUSY
- 7 | FOUR SYMPTOMS  
YOU SHOULDN'T  
IGNORE

published by:

Republic  
MONITOR

SERVING PERRY COUNTY SINCE 1889





# Subscribe to HOME DELIVERY, and we'll deliver

The Republic-Monitor right to your MAILBOX.

**Perry and Adjacent Counties - \$54.45/yr.**

Elsewhere in U.S. - **\$86.75/yr.**  
INCLUDED E-EDITION

**Veteran or Sr. Citizen Discount - \$49.95/yr.**

Elsewhere in U.S. - **\$77.75/yr.**  
INCLUDED E-EDITION

**E-Edition** separately **only \$29.95/yr.**



**10. W Ste Marie, Perryville, MO 63775**  
**Subscriptions: 573.547.4567 ext: 230**

**[www.republicmonitor.com](http://www.republicmonitor.com)**



# HEARING LOSS FACTS

## Untreated hearing loss is associated with:

- Embarrassment
- Loneliness
- Fatigue
- Irritability
- Tension and stress
- Anger
- Avoidance and withdrawal of social activities
- Reduced general health
- Decreased environmental awareness
- Reduced overall psychological health

Hearing loss often occurs with comorbidities such as **dementia, heart disease, cancer treatment, depression, and diabetes.**

Call to schedule your **FREE** hearing evaluation.



**Perryville**

620 N Kingshighway, Suite 10  
**(573) 547-2888**

**Ste. Genevieve**

715 Ste. Genevieve Drive  
**(573) 883-2223**



**Janette L. Call**  
ACA, BC-HIS

MS076188

**1 out of 3**  
individuals age 65 and over have hearing loss

Hearing loss is the **THIRD** most common health problem in the U.S.A.

**Dementia** risk may be up to **5x higher** for those with hearing loss

Hearing loss is **2x as likely** for those with **diabetes**

Hearing loss is tied to **3-times** a greater risk of **falling**

**Cardiovascular disease** and hearing loss are **linked**

It's not just your Ears, **it's your Health.**

# How to avoid heat stress



As you age, it's more difficult for your body to regulate heat, which can result in health complications. Here are some tips to help you survive the hot summer days ahead.

## KEEP YOUR SPACE COOL

If you don't have an air conditioner, use fans to circulate the air in your home. Close curtains and windows during the day to block out the hot sun and open them on cooler nights to lower the temperature inside.

## HYDRATE REGULARLY

Seniors are less likely to feel thirsty than younger people. Therefore, it's important to prevent dehydration by drinking frequently, even before you feel thirsty. Drink cool water, eat juicy fruits and vegetables and avoid drinks that can dehydrate you, like alcohol and coffee.

## REFRESH YOURSELF

Try to keep your body at a healthy temperature. You can do this by taking refreshing showers or baths, swimming or covering your skin with wet towels.

## LIMIT YOUR ACTIVITIES

Avoid strenuous activities that raise your body temperature and create discomfort. On hot days, do outdoor activities in the shade and wear appropriate clothing and accessories like a hat and sunglasses.

Heat stress shouldn't be taken lightly. If you or a loved one are affected by it, contact a health professional immediately.



# Nutrition tips for seniors

Eating healthy, nutritious foods gives you the energy you need to go about your daily life and stay in good shape. For seniors, it's essential to have a varied diet to help maintain independence and quality of life. Here are some healthy eating tips to follow as you age.

## 50 TO 59 YEARS OLD

At this age, women should focus on eating foods that help reduce the unpleasant symptoms associated with menopause. For example, they should reduce their sugar intake and consume foods like soy and flaxseed, which are good sources of phytoestrogens.

On the other hand, men should reduce their consumption of red meat and saturated fats to help prevent prostate cancer. They should also include plenty of vegetables, lean proteins and fish in their diet.

Both aging men and women can benefit from eating more protein to help prevent their muscle mass from deteriorating.

## 60 TO 69 YEARS OLD

As you age, your metabolism gradually slows down. Therefore, you don't need to consume as many calories as you used to. However, you must ensure you're still getting enough calcium, vitamins and nutrients by eating the appropriate foods. If you lack the necessary appetite, you may need to supplement your diet with quality meal-replacement bars or drinks.



Consult a health care professional for advice.

## 70 YEARS AND OLDER

Hunger is less of an issue at this age. Therefore, the goal is to consume enough protein to meet your nutritional needs while still eating plenty of healthy fruits, vegetables and starches. You may also need to take vitamin and mineral supplements to strengthen your immune system.

On top of maintaining a healthy weight, fuelling your body with healthy foods can help prevent muscle and bone loss and the onset of disease. Consult your doctor or a dietitian-nutritionist to help you adopt healthy eating habits.





# What you need to know about compression stockings



Have you heard about the benefits of using compression stockings? These therapeutic devices exert pressure on the veins in your legs to improve circulation and reduce discomfort and swelling. They're tightest at the ankle and gradually loosen towards the top of the leg.

Compression stockings are suitable for various individuals, including people who spend hours on their feet, frequent flyers and pregnant women. Compression stockings are also often recommended for seniors with venous insufficiency. This condition is often caused by a lack of physical activity or a poor cardiorespiratory system.

Compression stockings are available in several lengths and can help with swollen legs, varicose veins and calf pain.

## CARE AND USE

Compression stockings aren't like ordinary socks. For example, they must be washed by hand and air dried. Additionally, you must follow specific instructions to put them on without damaging them. Fortunately, you can purchase accessories to help make this task easier.

Visit your local pharmacy to find a pair of compression stockings that meet your needs.



## PERRY PARK CENTER

- 250 ACRE PARK SYSTEM
- RECREATION CENTER
- INDOOR AQUATICS CENTER
- FITNESS CENTER
- SENIOR AQUATIC & AEROBIC CLASSES
- INDOOR TRACK
- MOVIE THEATER/AUDITORIUM
- SOCCER COMPLEX WITH 10 FIELDS
- OVER FIVE MILES OF PAVED TRAILS
- SPLASH PAD

**Renew Active**  
by UnitedHealthcare

**SilverSneakers**



800 City Park Drive  
Perryville, MO 63775  
www.cityofperryville.com





# Ten ways for seniors to keep busy

Regardless of your interests, there's no shortage of activities to fill your days this summer. Here are 10 suggestions to get you started.

## 1. GET BACK TO NATURE

The thing about the outdoors is that there are many ways to enjoy it. Birdwatch in your backyard, stroll through the woods or bike around the countryside. Alternatively, enjoy a picnic in the park or pack your fishing rod and spend a weekend camping by the lake.

## 2. HOST A GAME NIGHT

Your options are as numerous as they are varied. Keep your mind sharp as you roll the dice, shuffle the cards or test your trivia knowledge. You can teach your grandchildren a game that's new to them or organize a regular board game night with friends.

## 3. MOVE YOUR BODY

From golfing to gardening, opportunities to engage in physical activity during the summer are plentiful. You can also join a walking club or sign up for a yoga, tai chi or water aerobics class. Often, these group courses are offered outside when the weather's nice and can be adapted if you have reduced mobility.

## 4. PLAN A CULTURAL OUTING

Treat yourself to a night out at the theater or take in a concert. If you want to spend an afternoon with your grandkids, head to the movies or visit a museum. Remember, summer is a prime time for all sorts of festivals and local events.

## 5. EXPLORE YOUR ARTISTIC SIDE

Whether you prefer painting, photography, knitting or playing a musical instru-

ment, there are numerous ways to get creative. Activities like scrapbooking and sculpting sandcastles allow you to combine creativity and spending time with your family.

## 6. PLAY OUTDOOR GAMES

If you enjoy activities that allow you to socialize and take advantage of a sunny day, there are many backyard games to choose from including horseshoes, bocce ball, ladder toss and croquet.

## 7. ENJOY YOUR OWN COMPANY

Spending quiet time alone can be the perfect way to recharge. Curl up on the couch with a crossword puzzle, retreat to the porch swing with a good book or simply relax while listening to music. On a rainy day, try your hand at a jigsaw puzzle or catch up on your favorite TV shows.

## 8. INDULGE IN LOCAL FARE

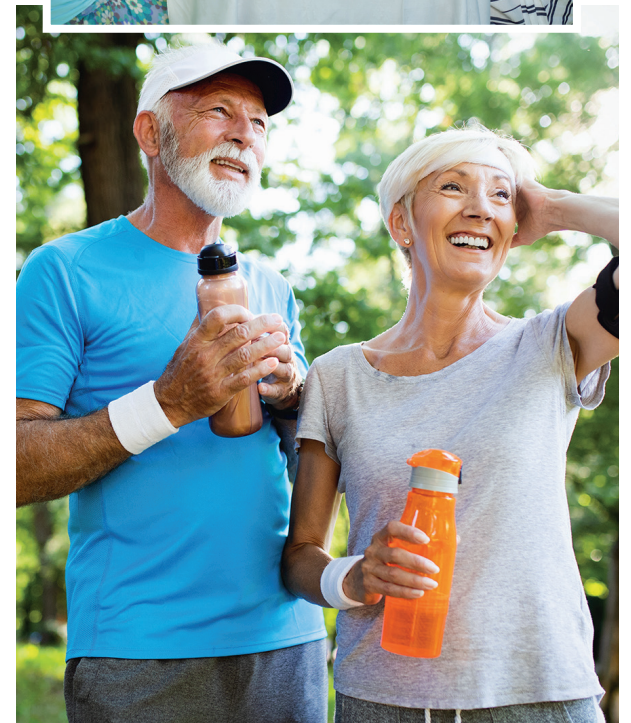
Take advantage of the summer weather to discover new flavors in your region. Sample the menu at a local bistro, savor a cone at the ice cream parlor or enjoy a wine tasting at a nearby vineyard. If you don't feel like going out, you can teach your grandchildren a family recipe or host a potluck with loved ones.

## 9. TEST YOUR LUCK

There's no harm in playing games of chance on occasion, so try your luck at bingo or head to the casino for an evening of fun and excitement.

## 10. GO SHOPPING

Support independent retailers and local artisans, or check out a few garage sales in your area. If you just want to window shop at the mall, this activity is suitable in all types of weather.





# Four symptoms you **shouldn't ignore**



As you age, you may notice minor changes in your overall health. While some symptoms are a normal part of aging, others require immediate attention. Here are four changes in your health you should never ignore.

## 1. A WOUND THAT WON'T HEAL

Do you have a wound that's slow to heal? If so, it may be a good idea to see your doctor. If you have a low-grade fever or the injury becomes red and increasingly painful, seek immediate help.

## 2. AN ABNORMAL PRESENCE OF BLOOD

Unless you have a known medical condition, you must alert your doctor if you notice blood in your stool, urine or spit. If the bleeding is new or recurring and accompanied by other symptoms, go to the emergency room right away.

## 3. UNUSUAL STOMACH PAIN

Abdominal pain that increases gradually, lasts a long time or appears suddenly should be taken seriously. If this is happening to you, visit your doctor. They may refer you to a gastroenterologist for further testing.

## 4. INCREASING SHORTNESS OF BREATH

Shortness of breath that prevents you from doing everyday activities like climbing stairs and going on walks should be investigated. This could be a sign of a serious health problem, especially if accompanied by a fever or chest pain.

If you have any doubts, don't hesitate to consult a health care professional.

*New Friends. New Beginnings*

*- Gwin Senior Complex -*

WHERE INDEPENDENT SENIORS LIVE IN AN AFFORDABLE, CARING COMMUNITY

*Now leasing one bedroom units, most utilities included,  
income based rent with only a \$100 security deposit!*

**RCHA** **LOCATED IN CHESTER, IL**

*For more information, please call 618-826-4314*



*Come Join Us and  
Experience a Place  
You Can Call Home!*

**An Affordable Senior Community  
Now Renting!**

## **RHF Perryville Senior Apartments**

**21 E. St. Joseph St., Perryville, MO**  
**Call Today for More Information**

# **573-547-4330**

**perryvilleapartments@rhf.org**

*A Retirement Housing Foundation Community*

RHF Perryville Senior Apartments is located in close proximity to restaurants, stores, banks, and a post office. Community amenities include an elevator, ample parking, on-site laundry, and heating and air conditioning. RHF Perryville Senior Apartments is a non-smoking community.

Applicants **must be at least 62 years of age** with an annual income below \$22,900 for one person or \$26,000 for two people.



Section 504 Coordinator: Stuart Hartman,  
VP - Operations, FPM, Inc.  
911 N. Studebaker Road, Long Beach, CA 90815  
562-275-5100 TDD 800-545-1833 x 359

