March 2003

Seniors Lifestyle News Digest™

Forget everything you've heard about old age.

SENIOR ON THE GO

Ruth Hurd — "Howdyyyyyy."

Can you imagine yourself at 82 traveling and speaking on behalf of deaf children? ***And*** as the Senior Florida Lion's representative responsible for interviewing and authorizing adult hearing aid recipients? ***And*** as the Lioness District Chaplain? ***And*** as the president of a woman's club? ***And*** as the coordinator of the local food bank? ***And*** as a talent act – a Bag Lady, Dumb Dora, or Minnie Pearl? How about all of that and more? If that seems incredible, so is Ruth Hurd! Ruth asks, "how can we make things better?" To her, sharing is caring.

Add to all of her accomplishments that Ruth is legally blind and must use her Seeing Eye dog, Julia, to travel outside of her home. Typical of Ruth, she doesn't see her sight loss as a disability but rather an inconvenience. She enjoys her activities, the people in her life, and she has no plans for retirement.

One of her loves for the last 34 years is her work with the Florida Lion's Club. Until 2 months ago she was the Lion's Florida State Chairman for hearing presiding over 7 districts. She travels nationally and internationally speaking and promoting the cause of children's hearing and soliciting money for hearing aids. "If we miss a child, it effects them for life." She is well known throughout the Lion's Club for her many contributions at all levels of the organization. >page 4

"if you want something done, give it to a busy person."

Join us – Tell us your story.
In sharing the stories, the issues, the wisdom, the laughter and the tears that makes us who we are, we redefine our values, the American people and this great nation.

Seniors Lifestyle Radio Digest
AM RADIO 790
2-3:00 pm, Monday-Friday

WHAT'S NEW?

Seniors Breakfast Club: Come join the fun and give your day with an energetic start. Ken Gillette is finalizing plans for Senior's Breakfast Club for all interested seniors. His Seniors Lifestyle Radio Digest will be broadcast from different restaurants and will feature coffee and snacks and live entertainment. George Skeet and the Escorts are eager to join him and provide entertainment. Watch for the announcement and details. If interested in sharing your talents or have any questions, please call Ken on his toll free number: 888-447-8310.

Volunteering really matters. Ask Dr. Jim Davis. A well-known dentist from New Symrna, Florida, Dr. Jim is making his 4th trip to Nicaragua to provide children free dental care. In doing so, he has experienced the best and worst of Nicaragua. One of the poorest countries in the hemisphere, hit hard by political upheaval, ravaged by Hurricane Mitchell in 1998, and now suffering critical food shortages resulting from severe drought, Nicaragua has limited means to provide adequate health care for its children. Dr. Jim has joined other committed health care professionals not only to provide free care but also to build a health clinic. Senior Lifestyles New Digest will share his stories, experiences and thoughts and challenge you to follow his inspiring example. >page 2

We want to hear from you.
Call us on our toll free number:
888-447-8310

WHAT'S NEW *continued from page 1*

October in the Smokies: We are making plans for live broadcasts from the Great Smoky Mountains in October. To prepare all of our Florida followers and to entice the travelers, we have a special travel section of this issue of the Seniors Lifestyle News Digest about the area. Who knows, we may have a Florida contention in the Smokies in October. We are hoping to get the bonus of the changing fall leaves.

Centurions: Reaching the 100-year mark needs special recognition and celebration! Recently we had the privilege of meeting and interviewing Anna Skula who is 103. Because she was born in 1899, she has now lived in 3 centuries and has interesting perspectives about the changes she has seen. We enjoyed our first visit with her so much that we want to do a second interview. We hope to share her story in future issues of the Newsletter. If you know of someone we need to salute, please let us know. Call us at 888-447-8310.

Red Hats Society: If you think you are imagining a new trend with women wearing red hats of all sizes and shapes, you are right. These wonderful ladies are making a statement – they are women 50+ who are "going for the gusto." They want to be recognized

as "fun-loving, creative, vital people in the MIDST of life." Ken joined one of the local chapters for lunch and in turn, invited them to join him for a radio broadcast at Atria Tuscawilla. We are excited about sharing more about the Red Hat Society in future newsletters.

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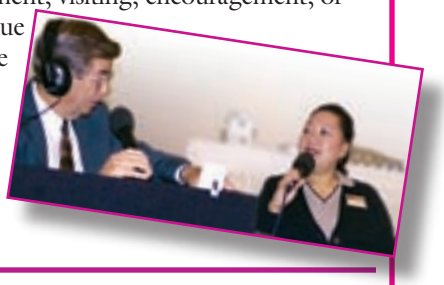
Atria Tuscawilla — Assisted Living Facilities

6965 Red Bug Lake Road
Oviedo, Florida 32765-6528
407-977-5250

Atria Tuscawilla Assisted Living believes that a sense of place, companionship, comfort, security and belonging are important to each of their residents and they strive to offer it to each resident on a customized basis. Their caring staff helps residents preserve their independence while receiving a helping hand with the day-to-day living as needed. Visitors and residents will find luxurious facilities with a sense of closeness and community, a convenient location for shopping, and a full calendar offering recreational, cultural, spiritual, educational and wellness opportunities. *For more information or to visit this beautiful facility, please call Atria Tuscawilla at* ***407-977-5250***.

Debbie Paleo *"Life Enrichment Coordinator"*

If you ask Debbie Paleo what her job title is she will tell you "Life Enrichment Coordinator" rather than Activities Director. For Debbie, her job is more than daily activities. She is committed to the life enrichment of those she serves whether it is shopping, going to lunch, providing musical entertainment, visiting, encouragement, or exercise. To her assisted living is helping Seniors continue being active and enjoying life by assisting with the more difficult situations and keeping interest in their lives. Debbie has a degree in music; she plays the piano and sings. It was sharing this talent on a volunteer basis that brought her where she is today. Her commitment, energy and caring are apparent to all that meet her.



Seniors Lifestyle News Digest™

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WATER – *Unappreciated. Underestimated. Necessary.*

Facts: Water is fundamental to all life on earth. It is the universal solvent. Bottled water is a major industry in the United States.

Despite recent national emphasis on the importance of drinking adequate water and increasing sales of bottled water, a recent study conducted by the International Bottled Water Association (IBWA) claims Americans still do not drink enough water. We take it for granted and ignore our body's imperative need for water. This seems especially true of Senior Citizens.

Making up about 60% of our body and 75% of our brain, water is the primary component of all bodily fluids – blood, digestive juices, urine, tears, and sweat. It is involved in almost every bodily function – circulation, digestion, absorption, and elimination of wastes. It regulates body temperature, removes wastes and toxins, and helps carry nutrients and oxygen to your cells. It's essential, necessary, vital to a properly functioning body.

Seniors need to be especially careful to drink enough water because dehydration is a serious problem that Seniors often incur. With age the "thirst signals" decline and significant body fluids are lost before it is realized. Prescription drugs and colds, flu, and other illnesses can all be dehydrating. Heat, exercise, and airline travel are dehydrating.

Doctors recommend that we drink 64 ounces of water (fluid) a day. Plain water is better than other beverages that may contain sugar, caffeine, or chemical additives. If you drink alcohol or coffee, remember that they are diuretics that flush out fluid faster than it is added. So if you drink coffee, drink extra water to replace lost fluids. To stay hydrated drink water continually, before you feel thirsty.

Water quality is always a concern. Because water is a universal solvent it must be continually monitored for content. For example, minerals like magnesium and calcium can be absorbed as it travels through rock formations. Pesticides can be washed into waterways from farming sources and lead can be dissolved into it from old lead pipes. Decaying leaves can react with the chlorine added to water and form toxic byproducts. The Environmental Protection Agency (EPA) requires municipal water facilities to monitor for 80 potential contaminants. The same stringent federal, state, and industry regulations are required for bottled water quality and safety.

Water is big business. According to the International Bottled Water Association (IBWA) in 2000 bottled water companies sold $5.7 billion worth of the fluid. That bottled water is readily available in many sizes, tastes good, is healthy, and must comply with stringent safety regulations only boost sales. Besides the convenience and health benefits, it has become in vogue to carry your bottled water wherever

Bottled Water Terms:

Spring water: Water from an underground formation that flows naturally to the earth's surface. About 75% of the bottled water sold in the U.S. is spring water.

Artesian water / Artesian well water: Water from a well that taps a confined aquifer (a water bearing underground layer of rock or sand) where the water level is above top of the aquifer.

Mineral water: Spring water that contains not less than 250 milligrams of dissolved minerals per liter. No additional minerals can be added to the water.

Drinking water: Water which has probably been drawn from a municipal system. If the water comes right out of the tap, the label has to disclose which municipality it came from. But if the water receives additional treatment – if it is filtered or disinfected before being bottled – no disclosure is necessary.

Sparkling water: Spring water that contains carbon dioxide gas.

Purified water: Water treated by distillation, deionization, reverse osmosis or any similar process.

Distilled water: Water which comes from the steam of boiled municipal water. The process gets rid of most contaminants, but not benzene, chlorine, and some other volatile organic chemicals. Some companies filter them out separately

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As a young child Ruth's father told her to find humor every day. Not only has she made humor a practice in her own life, but she also shares her quick-witted humor with others. We met Ruth in costume for Minnie Pearl complete with the familiar straw hat, price tag, and "Howdyyyyyy." She was Minnie Pearl in the annual Hacienda Talent Show. When Ken Gillette, Seniors Lifestyle Radio broadcaster interviewed "Minnie", the audience laughed, anticipating her down-home humor and corny jokes, before she could tell them. They also quickly shared that she makes a great "Bag Lady" whose silent antics include patting the baldheads of men in the audience.

Ruth says there were two things that she is proud of doing. The first is running for clerk / treasurer for her city government which gave her the incentive to develop the skills and self-confidence for future business ventures. Toastmasters and her speaking abilities resulted from that elected position. The second was to attend sight school so she could continue to be independent and self-sufficient when she lost her eyesight.

Ruth Hurd inspires all that meet her, whether at the Lion's Club meetings, the Women's Club, the annual talent shows or distributing groceries for the Food Source. Her caring, energy, quick humor, and business sense are her trademarks. Her bottom line, no-nonsense approach to her projects allows her to accomplish more in a day than most do in a week. She lives the adage, "if you want something done, give it to a busy person." She feels people are important and that each of us needs to reach out to others. She cares deeply. To her, people make your life rich. By those standards, she is very wealthy. And so are we. Ruth inspires us to do our part better.

AS SEEN ON THE RADIO...

WHAT'S NEW *continued from page 2*

Mailing: Several of our readers have seen their picture in our newsletter and have asked if additional issues of Seniors Lifestyle News Digest could be mailed to out of town families. You bet! If you would like us to add your families and friends to our mailing list, call our toll free number: 888-447-8310. Let's show them that the Florida Seniors know how to have a good time.

Senior Activities: While we feel like we broadcast from many of the Senior facilities in the Central Florida area, if we have missed your group and you would like to share your stories or special event with us, we would love to hear from you. Please call us at 888-447-8310. If you have a special topic to discuss or learn more about, we want to hear that too.

Thank you. Finally – from us to you. We are enjoying the opportunity to connect with all of you. There is a youth and energy that we are finding is contagious. You have been generous with your time, patient with our questions and wonderful examples of better ways of doing things.

SEGO'S TRIVIA

It's been said….

- There are 119 grooves on the edge of a quarter.
- Helen Keller (1880-1968) blind and deaf from an early age developed her sense of smell so finely that she could identify friends by their personal odors.
- ***The Adventures of Tom Sawyer***, written by Mark Twain, was the first novel ever to be written on a typewriter.
- The population of the American colonies in 1610 was 350.
- English is taught in Russian schools beginning in third or fourth grade, so that most citizens speak at least some English. Interestingly, Russia has more teachers of the English language than the U.S.A. has students of Russian.
- America's first minimum wage was 25 cents an hour back in 1938.

Trivia sponsored by Sego's Home Medical Equipment

SENIORS ON THE GO —

Do you know a Senior on the Go?

Marilyn (Lynn) Dekleva: Fun, energetic Lynn Devaka feels 64 is too young to be a senior citizen. One of her favorite sayings is "You can be old if you want; just have your right ear tell your left ear that you are old." Except for Wednesdays, her days are spent selling real estate for Orlando Watson Reality. Her Wednesdays are special to her. They are spent at St. Mary Magdalen Church with her second family – the senior citizens that attend the Wednesday Afternoon Hilltoppers. For 13 years, she has planned and organized special programs including guest speakers on senior related issues, crafts, games, music programs and potluck suppers.

George Skeet: George's plans for retirement were to play his saxophone and work crossword puzzles but so far the 75 year old retired chef has been too busy for crossword puzzles. Despite having emphysema and having to rely on oxygen, George plays the sax and leads and plays in both a 10-piece and a 6-piece band. He is active with the Shriners and their activities, attends monthly Maestro Club meetings, and plays an occasional hand of bridge. His band, the Escorts, plays for many of the Senior activities and homes. The crossword puzzles will have to wait for George.

Dorothy Foster: Dorothy just celebrated her 85th birthday with a surprise party. This wonderful lady makes keeping in touch with friends and family a priority. But that is just part of what Dorothy accomplishes with her days. She is very involved in the Women's Club, has chaired and participated in 4 of the annual Hacienda variety shows, sews for the RSVP hospital program, sings in the choir, and travels with Elderhostel. She now has a computer that she is learning to use. Her advice for staying young is to stay involved with other people, never give up, and have faith in God.

TRAVEL

October in the Smokies

It's been said that nature empties her paint bucket on the trees in the Great Smoky Mountains in October. Open year-round, October is one of the busier times of the year because of the intense fall foliage. World renown for the diversity of its plant and animal species, the beauty of its ancient mountain scenery, the interesting Southern Appalachian and Cherokee history, its distinct seasons, and resource management programs, the Smokies is one of the most visited of the US national parks.

Great Smoky Mountains National Park: The Smokies are named for the blue mist that hovers around the peaks and valleys. The Cherokee call them Sha-co-na-qe or "place of the blue smoke." Congress established the Great Smoky Mountains National Park in 1934 and dedicated it officially in 1940, 17 years after the initial idea originated. The first full year the park was opened there were 1million visitors; the numbers have gone up to nearly 10 million annually.

Where: The Great Smoky Mountains National Park is located in the Appalachian Mountains of North Carolina and Tennessee. Measuring fifty-four miles long and nineteen miles across at the widest point, the state boundary line bisects the length of the park. It consists of slightly more than half a million acres. There are 270 miles of road and 800 miles of hiking trails.

Lodging: The only lodging available in the Park are 10 campgrounds and the Mt. Le Conte Lodge. The rustic lodge is accessible only by a 6-mile trail, has no showers, and is resupplied three times a week by llama and helicopter. Breakfast and supper are provided. The view is magnificent. If you want accommodations with the creature comforts, the towns adjacent to the Park in Tennessee and North Carolina have a full variety of facilities available.

Activities: The park has excellent outdoors activities including hiking, biking, fishing, climbing, camping, horseback riding and water rafting. Steeped in the history of unique inhabitants, the Cherokee and the mountain pioneers, there are also related activities. Park programs range from recreational talks, slide shows, guided nature and history walks, seminars, and workshops, to quilt shows, story telling, music festivals and apple butter making. From spring through October Park employees wear the dress of the nineteenth-century settlers and demonstrate how mountain pioneers lived. In October "Sorghum Molasses Making" is scheduled at Cades Cove.

Christmas in November?

For the last 5 years, R2000 has enjoyed sponsoring Santa and his Christmas Program. Last year was so successful and so much fun that many of last year's participants have asked us back for Christmas 2002. So our calendar for Santa Visits for December 2002 is almost filled. If your group or facility would like to have Santa Clause and his Christmas program, please call us as soon as possible.

For information and to get on our calendar call Ken Gillette at our toll free number, 888-447-8310.

Seniors

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Prove that aging is a choice.

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RADIO BITS:

- In 1920 Frank Conrad sent the first vocal radio broadcasts out of his garage to other amateur radio hams.
- Westinghouse Electric and Manufacturing saw the potential and with Conrad's assistance generated public interest by broadcasting the Harding-Cox election results November 2, 1920 using the call letters KDKA.
- The first broadcasts continued nightly from 8:30-9:30 PM relying heavily on phonograph records, news headlines and community service bulletins.
- The radio boon did not begin until 1922, over a year after the election-night broadcast of 1920, because of the lack of production capacity for the radio receivers.
- The 1930 census asked each household whether or not they owned a radio.

Source: The Early Days Of Radio Broadcasting by George. H. Douglas