

An Anthology of
Timely Tidbits and Fascinating Factoids for
Savvy Jersey Seniors



Advice, Humor, and Miscellaneous Words of "Wisdom"
For & About Seniors

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Welcome to Our 11th issue!

In this edition, we take a look at everything from ageism to advice from centenarians on aging successfully. Plus, we get a first-hand report from contributor Phyllis Weber on what it's like to find yourself the victim of a fall.

We welcome your ideas for topics that you'd like to see us tackle. Just drop us a note at savvyjerseyseniors@gmail.com.



SJS Poll: Auctions

We're always interested in what our friends and neighbors across the region are thinking. So, as you know if you're a regular *SJS* reader, we've recruited 100 seniors who respond to a question or two for every issue (and who will remain anonymous).

This time, we're asking the members of our Anonymous 100 about their experience with auctions, both online and in-person. If you have some experience in this area, let us know and we'll include your comments in our next report.

Centenarians Offer Longevity Advice

More people than ever are living to be 100 years old. Each year, more than 93,000 Americans celebrate their 100th birthday. Some well-known people who have lived to 100 include Beverly Cleary (103), Olivia DeHavilland (102), Kirk Douglas (102), Irving Berlin (101), Bob Hope (100) and George Burns (100). Centenarians accumulate a great deal of wisdom. A group of triple-digit agers recently offered some reasons for their longevity.

Here are a dozen of their top tips:

- Do what you have to do. Don't analyze it. Just do it.
- Take one day at a time, and go along with the tide.
- It is very important to have a widespread curiosity about life.
- Mind your own business and don't eat junk food.
- Sleep well, try not to worry and enjoy good dreams.
- Take naps every day.
- Pain is mysterious, and having fun is the best way to forget it.
- Just keep going.
- Learn to adapt.
- Find your passion and live it.
- Don't be a cheapskate.
- Do one thing just for yourself every day.



Ageism Is Everywhere

Ageism is the practice of discriminating against someone because of their age. It is unfair in all of its forms, but when it enters the workplace, it can be illegal.

Those over 40 are legally protected from age discrimination in the workplace under the Age Discrimination in Employment Act (ADEA). Under the law, employees can't be terminated or denied a promotion or raise, and no one can harass or make jokes about someone because of their age. Employers can't make policies that discriminate against employees over the age of 40.



Although it's illegal, age discrimination occurs in the workplace regularly. A recent AARP study showed that two-thirds of workers between 45 and 74 said they have seen or

experienced ageism. Age-discriminatory layoffs happen more often than you think. In 2019, workers laid off from IBM filed charges against their former employer for failing to comply with federal law that requires companies to disclose the ages of laid off workers who are over 40. Amazon, T-Mobile, Capital One and Enterprise Rent-a-Car have been accused of deliberately targeting their Facebook ads to exclude older workers. IBM has been accused of pushing out upwards of 20,000 aging workers over the past five years.

Stereotypes associated with ageism include: older people can't learn a new skill, trade or technology; older people are frail, often sick and will retire or die soon; older people are depressed, have low energy and are forgetful.

Ageism doesn't exist solely in the workplace. It is all around us. Negative attitudes, beliefs and behaviors toward older people have no bounds. Consider how you may have been treated at a grocery store, auto dealership or in a social gathering. Ageism is often an attitude that has been passed down for generations.

As the aging population grows, more people are fighting ageism. According to the U.S. Census Bureau, by 2030, more than 20% of U.S. residents are projected to be age 65 and older, compared to 13% in 2010.

What can older adults do to combat ageism?

- *Speak up:* Don't allow someone to talk down to you—calling you honey or sweetie. Don't allow yourself or others to be pushed around or discounted because of your age. If you hear something ageist, consider pointing it out.
- *Acknowledge it in a positive way:* Sure, you're older, but try not to refer to yourself or friends as "old people" or "golden oldies." Take pride in your age. Remember your age doesn't define you.
- *Stay active:* Keep doing the things you love. Stay up-to-date on the news and trends that interest you.
- *Embrace diversity:* Try not to lump all people of a certain age together. A 65-year-old is vastly different from an 85-year-old. They have different wants, needs and abilities. Encourage intergenerational experiences.
- *Be a role model:* You know age doesn't define you. Show the world what aging looks like by living your best life.



Poll: Ageism Is Apparently Not A Big Issue With Our Readers

Interestingly, most of our readers who responded to our most recent poll reported that ageism was not a significant issue for them. We heard about the seemingly ubiquitous use of "sir" and "ma'am," which most readers did not find to be a big deal. "When it first started to happen, I admit that I thought it was just the respect I was due," a reader told us. "But then I noticed that there was sometimes a little bit of condescension and that actually amused me more than it bothered me." In that same vein, one of SJS's dear friends, "Arlene" reported that she was recently questioned by her doctor-son when she told him that she and her husband would be driving to Boston for a visit. "I know he was only concerned for our welfare and safety...but I was a little surprised at the implication," she told us.

How Do You Know If You're Old? Old Is When...

OLD IS WHEN...Your sweetie says, "Let's go upstairs and make love," and you answer, "Honey, I can't do both!"

OLD IS WHEN...Your friends compliment you on your new alligator shoes and you're barefoot.

OLD IS WHEN...A sexy babe catches your fancy and your pacemaker opens the garage door.

OLD IS WHEN...Going bra-less pulls all the wrinkles out of your face.

OLD IS WHEN...You don't care where your spouse goes, just as long as you don't have to go along.

OLD IS WHEN...You are cautioned to slow down by the doctor instead of the police.

OLD IS WHEN..."Getting a little action" means I don't need to take any fiber today.

OLD IS WHEN..."Getting lucky" means you find your car in the car park.

OLD IS WHEN...An "all nighter" means not getting up to pee!



Cancer Diagnoses Increase at Age 65

A recent study revealed that a sudden jump in cancer cases among Americans at age 65 may be due to the fact that many older adults delay care until they have Medicare coverage. Researchers found that there was a greater increase in diagnoses of those cancers at the transition from age 64 to 65 than at all other age transitions. "Essentially we showed there is a big jump in cancer diagnoses as people turn 65 and are thus Medicare-eligible," said the study's senior author. "This suggests that many people are delaying their care for financial reasons until they get health insurance through Medicare."

When (and Why) You Should Get the Shingles Vaccine

If you're a healthy adult age 50 or older, you should get vaccinated against shingles, medical experts say.

The vaccine is Shingrix, which is highly effective at preventing shingles and its serious and painful complications. Nearly one in three people in the U.S. develops shingles at some point, according to the Centers for Disease Control and Prevention. Severe rash, itching, and pain are hallmark shingles symptoms. Some people become hypersensitive to touch or light, and experience headaches and fevers.



To prevent shingles, healthy adults ages 50 and older should get two doses of Shingrix, spaced two to six months apart, according to the CDC. Your private health insurance may cover Shingrix. Check, however, for individual coverage details.

Women Can Multi-task Better Than Men

Most women will tell you they don't need a study to know they are better multi-taskers than men. But, just in case there was any doubt, a recent study, published in *The Royal Society*, finds women's brains are capable of multitasking, but men...not so much. It's no secret that men and women use their brains differently. There's a lot of research out there that backs up these claims. Certainly, multitasking is one of those differences.

Resilient People Tap Into Their Strengths

Resilience is typically defined as the capacity to recover from difficult life events. "It's your ability to withstand adversity and bounce back and grow despite life's downturns," says Amit Sood, MD, the executive director of the Global Center for Resiliency and Well-Being. Resilience is what gives people the emotional strength to cope with trauma, adversity, and hardship. Resilient people utilize their resources, strengths, and skills to overcome challenges and work through setbacks.



Resilient people do experience stress, setbacks, and difficult emotions, but they tap into their strengths and seek help from support systems to overcome challenges and work through problems. Resilience empowers them to accept and adapt to a situation and move forward.



35% of Adults Taking Vitamin C Supplements

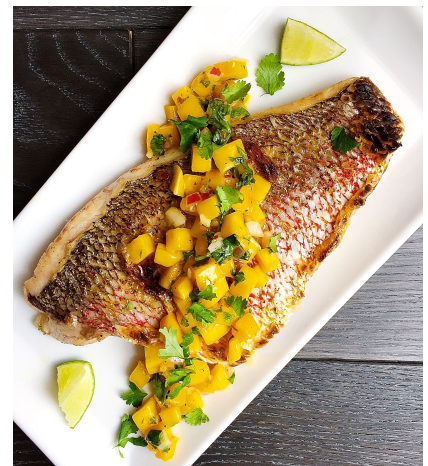
Taking vitamin C supplements is common in the United States. About 35% of adults take multivitamins that contain vitamin C and 12% take a separate vitamin C supplement, according to the National Institutes of Health. "Vitamin C is an essential nutrient, which means that we need to get it from food or supplements in order for us to meet our needs," says Tamar Samuels, RDN, co-founder of Culina Health based in New York City. The NIH recommends that adults get 75 mg of vitamin C per day for women and 90 mg daily for men; smokers should get an additional 35 mg per day

Best Fish for Your Health?

Although fish may be able to keep your heart strong, brain healthy and eyesight sharp, most Americans don't eat enough fish. Americans eat about 3.5 ounces of fish per week on average. That's about the size of a deck of cards and a far cry from the 8 ounces per week (spread over two 4-ounce servings) recommended by *The Dietary Guidelines for Americans*. In fact, only 20% of Americans meet this goal. Nearly all fish options are good for you, but some are better than others. These six fish are healthy options:

- Herring (canned)
- Salmon (not farmed)
- Mackerel (not King Mackerel)
- Tuna (wild bluefin-canned)
- Sardines
- Trout

In fact, many experts advise avoiding farmed fish period.



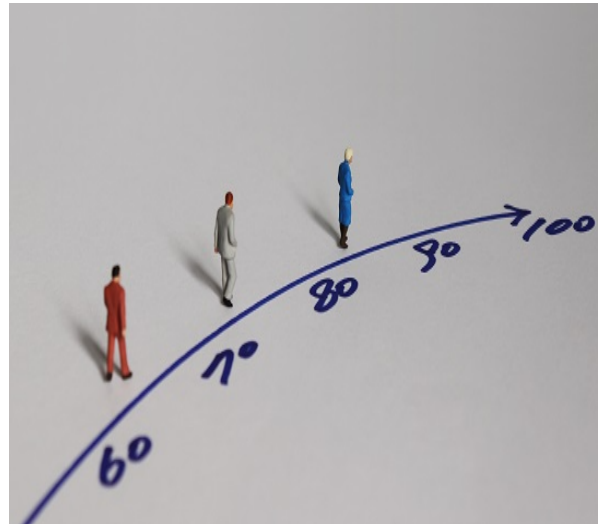


Marijuana Use On Rise Among Boomers

Marijuana use is on the rise among baby boomers in the United States, especially men, according to a study in the *Annals of Internal Medicine*. Use of the drug increased in older adults in both the states where marijuana has been legalized for recreational use and in the states where it has not. Men ages 60 to 64 reported the highest rates of marijuana use, with 12.6% of those surveyed saying they used the drug in the past 30 days in 2018, up from 8.9 percent in 2016. Over the same time period, use also nearly doubled among men ages 65 to 69 and ages 70 to 74. There was less change in the use among women.

Life Expectancy Rising

Life expectancy in the United States went up for the first time in four years in 2018. The change was due largely to a decrease in death rates from cancer and drug overdoses, according to the Centers for Disease Control and Prevention. The report means that babies born in 2018 are expected to live slightly longer (78.7 years vs 78.6) than babies born in 2017. Rates of death for six of the country's 10 leading causes of death dropped for the first time since 2014. The decline in cancer death rates and unintentional injury rates — a category that involves drug overdoses — accounted for nearly half of the decline. Drug overdose deaths, in particular, went down for the first time in nearly three decades.



Falling: "A Third of All Seniors Will Fall This Year...and I Was One of Them"

Another in our series of first-hand reports on what seniors are doing and thinking, by SJS contributor Phyllis Weber.



The world health organization states in its global report that approximately 28-35% of people over 65 fall each year and it increases to 32-42% of adults over 70 years of age.

The CDC Home and Recreational and Safety Group stated in 2015 that the medical cost for falls totaled \$50 billion plus. Medicare and Medicaid paid for 75% of these costs. A definition of "a fall" is moving downward, typically rapidly and freely without control from a higher to a lower level.

I can attest to this having had two incidences in the past three years. First falling outside while carrying a bag of trash to the dumpster and somehow tripping. I broke my thumb.

Then in September of last year I was in my own home and slipped and took a fall onto my back and broke my L1 lumbar spine (a compression fracture).

Enough is enough!! I was a statistic now...with one in five falls causing a serious injury like broken bones or a head injury. Thank goodness I did not have any head injuries.

Statistically every year 3 million seniors are treated in emergency departments for fall injuries. Experts say that a fall risk can be decreased in the elderly with exercise, endurance, flexibility, dynamic balance and resistance training.

I have been doing quite a bit of walking since the pandemic and rather enjoying walking and talking with friends. This has been a highlight of the past year.

Recently I went back to my gym and started to use the stationary bike—an exercise that I truly missed over the past 14 months.

So get moving and start an exercise regime. You won't be sorry!!

Study Says First-born Children Are Smarter

First-born children often think they're smarter than their siblings – and now science seems to back them up. A recent study conducted jointly by researchers at the University of Edinburgh in Scotland and the University of Sydney in Australia finds that eldest children tended to have higher IQs than their younger brothers and sisters, performed better in school, and even earned more income.

The reason isn't because first-born children receive greater emotional support at home, the researchers found. Rather it's because their parents pay special attention to developing their thinking skills, while latter-born children receive comparatively less encouragement in this area.



The People Who Help Make SJS Happen

We readily admit that we don't have a real "staff," but our contributors now include (in alphabetical order) Daryl Alumbly, Karen Berg, Lou Ciavolella, Courtney Colletti, Antoinette Maciolek, "Mark from Moorestown," Barry Sparks, and Phyllis Weber.

Contact Us

If you have story ideas, comment, kudos, or criticisms, you can e-mail us at savvyjerseyseniors.com.

