

SENIOR LIVING

The link between sleep and healthy aging



A good night’s rest can be just what the body needs to feel revitalized and ready to tackle a new day. Indeed, rest is important for people of all ages, including seniors.

The National Council on Aging notes the brain needs sleep to regulate the body, restore energy and repair damage. Recognition of that is vital for aging men and women, some of whom may be more vulnerable to sleeping problems than they realize. In addition to being more vulnerable to age-related health problems that can interrupt their sleep, thus affecting its quality, aging men and women may find their sleep routines change over time. For example, a 2019 study published in the journal BMC Geriatrics found that active elderly people reported it took them longer to fall asleep as they got older.

The NCOA says it’s a misconception that older adults need more sleep than younger people, noting adults of all ages require the same amount of nightly rest. However, things may change for seniors in regard to how much time they need to spend in bed. The NCOA notes this is because adults may be more likely to experience poor sleep quality and continuity. When that occurs, adults still need the recommended minimum of seven hours of nightly sleep, but they may need to spend more time in bed since it’s taking them longer to fall asleep.

It’s important that aging adults recognize that they can spend too much time sleeping as well. A 2019 study published in the Journal of the American Geriatrics Society found that too much sleep is linked to the same health problems

as too little sleep, issues that include an elevated risk for heart disease and falls.

Sleep issues affecting older adults also may be a byproduct of various contributing factors. The NCOA notes that frequent contributors to sleep concerns include:

- Pain that affects the back, neck, or joints
- Mental health issues, including anxiety and depression
- Neurodegenerative disorders that are more frequent among aging populations, such as dementia and Alzheimer’s
- Sleep apnea or disordered breathing at night

Restless leg syndrome, a condition that tends to worsen with age and is characterized by an urge to move limbs often

- Nocturia, a condition marked by a need to urinate at night
- Stimulating medications or medication interactions
- Decreased exposure to sunlight
- Sedentary lifestyle

Aging men and women who are experiencing difficulty sleeping should know that such issues are treatable and not something that needs to be accepted as a normal part of growing older. For example, individuals whose sleep is routinely interrupted by a need to urinate can avoid certain beverages, including alcohol and caffeinated drinks.

Sleep and healthy aging go hand in hand. Aging adults experiencing difficulty sleeping can consult their physicians and visit ncoa.org to learn more about overcoming sleep-related issues.

Vintage Voices

Kitchen tales

Any of us ‘old gals’ have had lot of experiences in the kitchen. Some went according to plan, while others somehow flopped, fell or exploded. I have been cooking ever since I was 9 yrs old and have tried my hand at several things that are not your everyday dish.

It has happened more than once and will likely happen again that I forgot the oil in a recipe. This usually happens when I make banana bread or something that uses that ingredient. More than once have I placed the batter in the pan and put it in the oven, turned and realized that the oil was sitting right there on the counter. So, at full speed the pan is yanked from the oven, the contents dumped back into the mixing bowl where the measured oil is added. Then back to the oven. The results were never noticed by the discerning husband or the hungry child. Whew!

Turkeys are turkeys. What an adventure these birds can be. They are either not thawed enough or too big for the pan or have a lot of missed pin feathers. It is really fun when you have to put it in the oven when it is not thawed out enough to get the giblets out of the cavity and have to practically put your foot on it to yank out the darn neck!

Years ago I found it fun to try new recipes, even though my husband was a meat and potato man. A few were not acceptable and were never prepared again. Some I could make once in a while, such as Shrimp Creole or Chicken Cacciatore. I ventured into making some stuffed meatloaf, Chicken Kiev, Swedish Meatballs, Sour Cream Chicken enchiladas and many more that were not often repeated.

Our oldest daughter was awarded a trip to New Zealand back in 1984. She talked about the dessert she had experienced. So we made a Pavlova which is basically egg whites and sugar. Then you put Kiwi fruit on top and whipped cream and it looks di-

vine.

My husband traveled a lot for his job and came home from France and was exclaiming about Creme Brulee which was pretty easy to do. Now days you can buy a small butane torch to brown the top, but I did it in the oven. It was delicious for sure.

It seemed to make sense that a lot of money could be saved if one made and decorated cakes. I tried my skills and found that painting with icing was usually pretty successful. I painted a horse head on a birthday cake as Jim trained horses. In a more traditional manner three layers was the maximum that I would try doing. Using my few tips it was easy to make roses using homemade decorator frosting for adding to the top and piping edging and so forth took time, but was quite fun.

Pie. Now that’s another whole ballgame for which I became very practiced. My first was likely either a cherry pie or a blackberry cobbler. Making pie crust that is edible is not easy if you have a heavy hand and little patience. Nowadays I make few pies as I seem to have lost the knack for getting the dough right, plus they seem to disappear faster than I can make them!

Meal planning is one of my least favorite things these days as my imagination is limited when thinking about what ‘sounds good’ for dinner. Always aware that meals should be ‘balanced’ makes this task a bit harder. But the protein, vegetable and bread or pasta make the meal complete.

We older cooks need to at least try to make meals that are appealing both to the eye and the palate. I am aware that those we oldsters likely find it challenging to make meals that are healthy. It still is vital that we all try to eat well for our health.

Bon Appetite!

Virginia Huffman
Independence, KS

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CLASSIFICATION INDEX

Topic Number

ANNOUNCEMENTS (100)

Food Specials 101
Business Opportunities.....102
Coming Attractions103
Notices104
Lost & Found105
Lodge Notices106
EMPLOYMENT (120)
Help Wanted.....121
Jobs Wanted.....122
MERCHANDISE (130)

Auctions.....131
Rummage Sales132
Farm Equip. & Supplies.....133
Livestock & Equip.....134
Pets & Supplies135
Indoor Goods136
Outdoor Goods137
Merchandise for Rent.....138
Free139
Merchandise Wanted.....140
SERVICE (150)

Services.....151
Auctioneers.....152
VEHICLES, ACCESSORIES (160)

Autos 161
Trucks162
Motorcycles163
Recreational Vehicles164
Vehicle Accessories165
Vehicles Wanted166

PROPERTY (180)

Real Estate for Sale 181
Property for Rent182
Mobile Homes183
Property Wanted184
Auctions.....185
PUBLIC NOTICES200

104 Notices

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132 Rummage Sale

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182 Property For Rent

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Helpful Tips

Stock the car for roadside emergencies

Disasters can happen in a flash, and having a plan in place for common emergency situations can make it easier to handle adverse conditions, particularly when away from home.

According to MFASCO Health and Safety, a supplier of first aid supplies and kits, 90 percent of people do not carry first aid supplies or other emergency gear in their vehicles. Among those who may carry supplies, 30 percent never check to determine if they're in good working order. The National Safety Council says that drivers should always keep emergency supply kits in the trunks or cargo areas of their vehicles. Kits should be inspected every six months, and worn out items should be replaced.

Roadside emergency kits can make the difference between getting back on the road safely or being stranded for hours. Such kits also may help prevent or treat injuries, potentially saving lives. Weather should be considered when preparing vehicle emergency kits, which should include the following.

- A properly inflated spare tire and tire-changing equipment
- Jumper cables
- A multipurpose utility tool and/or tool kit
- Flashlight and batteries
- Flares or triangle reflectors
- An extra quart of motor oil
- A first-aid kit containing at the least, gauze, tape, bandages, antibiotic ointment, aspirin, nonlatex gloves, scissors, hydrocortisone, thermometer, tweezers, and instant cold compress

- A blanket
- A tire pressure gauge
- A portable tire inflator
- Paper towels
- Nonperishable, high-energy foods
- Drinking water
- A reflective vest
- Duct tape
- A fire extinguisher
- An ice scraper
- A folding shovel
- Coolant and washer fluid
- A phone charger
- Baby/child supplies, if pertinent
- Rope

Keep roadside emergency kits organized at all times. Store items securely in a milk crate, box or backpack so they are always readily available. People should familiarize themselves with the items in the kit so they know how to use them correctly and quickly.

Helpful Tips

With some planning and organization, drivers can have the supplies they will need to make it through roadside emergencies safely.

Council says that drivers should always keep emergency supply kits in the trunks or cargo areas of their vehicles. Kits should be inspected every six months, and worn out items should be replaced.

Host a successful yard sale

Instead of giving away unwanted items that have gathered dust around the house, many people turn to garage and yard sales to transform their clutter into some extra money. Yard sales may not be a “get rich quick” scheme, but they present an environmentally friendly way to clean up a home. What's more, they can be an ideal way to connect with neighbors and meet new people. Any money earned is an added bonus.

Statistics collecting resource Statistics Brain says that roughly 165,000 yard/garage sales take place in the United States each week. Nearly 700,000 people purchase something at those sales, leading to millions of dollars exchanging hands.

Yard sales may seem straightforward, but there are a few strategies to ensure such sales go boom rather than bust.

- Choose the right date and time

Plan when to hold the sale by looking at the calendar and choosing an open weekend. Many people host their yard sales on Friday, Saturday or Sunday mornings, theorizing that this is when the most people will be free to browse their wares.

Begin early in the morning so that shoppers will not need to disrupt their schedules much to visit neighborhood sales. A 7 a.m. start time will attract the early birds and free up most of the day.

- Advertise the sale

To reach the maximum number of shoppers, advertise your sale in various ways. Signage around the neighborhood announcing the sale is one method. Signs should be bold, simple and easily readable for passing motorists.

Place ads in local newspapers, online and on grocery store bulletin boards, and use social media to spread the word of the sale even further. Be sure to give ample notice of the sale so that shoppers can mark their calendars.

- Make for easy browsing

Arrange goods for sale into categories and pay attention to presentation. You may generate more sales if items are easy to see and browsing is made easy. Put items you expect to draw the most attention popular near the end of the driveway to entice passers-by.

A neat and inviting appearance also may convey that you've taken care of your home and your belongings. Play some music and offer light refreshments to create a convivial atmosphere.

- Price things reasonably

It's tempting to overprice items, but a good rule of thumb is to mark things for one-half to one-third of the original value. Be open to negotiation, but try to haggle with a “buy one get one” approach, rather than marking down the price considerably. After all, the goal is to get rid of as many items as possible, with financial gain a distant second.

Yard sales are popular ways to make money and clear homes of unwanted items. Hosts can make their sales even more successful by employing a few simple strategies.

BUS DRIVERS NEEDED

Chautauqua County U.S.D. #286 is now accepting applications for regular route bus drivers. Applicants must be able to obtain a CDL and pass a health physical. CDL training and assistance is available through U.S.D. #286. Starting pay is \$13 per hour, with a two-hour guarantee for each route.

Applications can be picked up at the District Office, 416 E. Elm Street in Sedan. For more information, please contact Lindsey Carter, Transportation Supervisor, at (620) 725-3187.

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