Living 50 Plus

JUNE 2015
A SPECIAL SUPPLEMENT TO GIANT NICKEL

It’s Never Too Late
How to rebound from a late start to saving for retirement

Living Well
Snacks that promote better sleep

Revisiting Your Regimen
Trendy exercises to rev up your workouts

Never-Ending Fun Starts Here!

Fifth Wheels Travel Trailers Toy Haulers Truck Campers
Motorhomes A Motorhomes C

NEW & USED

WWW.BLUEDOGRV.COM • SALES, SERVICE & PARTS
412 S. ELY • HWY 395 • KENNEWICK, WA • 509-581-0001
Hair Rejuvenation. Safe Treatment that Grows Hair & is 93% Effective!
- Scientifically Proven
- Easy & Painless
- This Treatment is for Everyone

New Payment Options!

www.hairlossturnedaround.com

The Payne Center
Velma Payne Johnson, CPE
404 Bradley Blvd, Suite 204 Richland, WA 509-947-9442

Permanent Hair Removal with Electrolysis!
- Proven Results for over 30 Years
- Safe & Effective for ALL Skin & Hair Types
- Member of WSEA and AEA

www.paynecenterhair.com

Living 50 Plus

4 Pointers for adults returning to school
4 Did You Know?
5 Dating after 50
6 Steps involved with estate planning
7 Vision changes as you age
8 Caring for an elderly relative at home
9 Snack foods that promote better sleep
10 Cholesterol and its relation to heart disease
10 Rebounding from a late start to retirement savings
11 Trendy exercises to rev up workouts

SALES & SERVICE

NOW AVAILABLE!

Handicap-Accessible Vans!

Sunwest Mobility Vans

NOW AVAILABLE!

2011 Honda Odyssey - White
2010 Honda Odyssey - Silver
2010 Honda Odyssey - White
2014 Toyota Sienna - White
2014 Toyota Sienna - Burgundy

Call for pictures & prices

Sunwest Yakima www.SunwestRebuilt.com 509-969-9850
COMING SOON TO KENNEWICK!

Now pre-leasing select apartments – Call 844-294-7943

Fieldstone Grandridge – Opening in Fall 2015

A beautiful, new independent and assisted living community that includes a café, spa, yoga/fitness center, library, theatre and more

Featuring studio, one bedroom and two bedroom apartments

Fieldstone Memory Care – Opening in July 2015

The Tri Cities’ newest and most innovative memory care community serving residents with Alzheimer’s, dementia, and Parkinson’s disease

Featuring studio, one bedroom, and companion living

*Please contact us for details
Pointers for adults returning to school

Today’s seniors, particularly those who already have passed retirement age, may find themselves with many free hours to fill now that a job no longer accounts for most of their time. Returning to school may help seniors realize lifelong dreams of finishing a degree, exploring a hobby, getting educated to gain work in a new field, or just to fill some time in a productive way.

Information from the United States Department of Education’s National Center for Education Statistics finds the demand for continuing education is still growing. For those aged 35 and older, the center says adult enrollment should grow by at least another 7 percent through 2016.

It’s possible to return to school at any age. Adults looking at continuing education possibilities can heed these easy tips to make stepping into a classroom again successful.

• Get some help. Some time may have passed since you last toted textbooks or entered a classroom setting. Things have changed since you last were in school. Sit down with a guidance counselor or a career advisor and go over your schooling goals to plot out a degree map. This will help you determine which courses to take or what schools will best fit your needs.

• Research schooling options. According to the National Survey of Students in Continuing Education, adult learners prefer post-secondary education that is affordable and close to home. Recognize that many schools now offer online learning, which may be ideal for you if you prefer to learn from the comfort of home. Decide what is important to you in a school, then narrow down your prospects.

• Schedule a campus visit. Tour the campus to get a feel for the school environment. Visit with someone in student services or attend an event for adult learners so you will know what the admissions process entails.

• Get financial assistance. Scholarships, grants and other financial aid are not just for young students. You may be eligible for financial help. Speak with a financial aid advisor to determine your eligibility for programs.

• Decide enrollment status. Do you want to go to school full time or part time or do you want to take classes here and there? Knowing in advance will help you develop the right schedule.

• Take a few refresher courses. Rather than delve into the tough stuff right away, enroll in a few basic classes to ease yourself back into the academic environment. Then next semester you can increase the difficulty level and workload.

• Be prepared for homework and study. You may have grown accustomed to being only accountable to yourself as of late. Once in school you will have assignments and tests. Plan for study time and develop a schedule to allow for school commitments.

• Take it slow. There’s no race to the finish line. Going back to school is your decision, and you can go at your own pace.

Adult students return to the classroom for many reasons. Involve family in the decision to continue education and embrace the positive changes that are in store.

Did You Know?

Baby Boomers make up the largest generation of Americans born in United States history. Boomers include anyone born between the years 1946 and 1964, as the number of births began to rise as World War II veterans returned home from battle. The greatest number of Baby Boomers were born in 1957, when numbers peaked at 4,300,000. That equates to roughly 8 children born per minute throughout the year. By 2019, the last of the Baby Boomers, or those born in 1964, will be eligible for many senior benefits offered to people age 55 and up. Ten years later, most will be eligible for retirement.

Will I Be Able To Read?

This is the question someone diagnosed with macular degeneration, glaucoma, diabetic retinopathy or other eye diseases always asks.

If you or someone you know would like to learn more, the Lighthouse provides information, help and hope.

lighthouse.org/learnmore
(800) 829-0500

Dedicated to helping people of all ages overcome the challenges of vision loss.

111 East 59th Street, New York, NY 10022-1202
Sweaty palms, heart palpitations and nervousness are common first date symptoms. Many people can remember the feelings of excitement and fear they felt the first time they went out on a date as a teenager. But those who find themselves back in the dating pool as mature adults quickly learn that dating jitters still may be present even after all this time.

Recent data from the U.S. Census Bureau finds that those over the age of 50 are now divorcing at double the rate of younger people. Loss of a spouse is another reason the over 50 crowd may once again be dabbling in dating. Recent reports say that 40 percent of online daters today are over the age of 50. Successfully navigating the waters of matchmaking sites or old-fashioned meet-and-greets means reacquainting oneself with a few handy tips.

- **Take it slow.** There’s no need to rush anything along. Biological clocks or perceived societal notions no longer may be causing pressing relationship deadlines. Take the first date and any other subsequent dates at a pace that’s mutually agreed upon. It may take several months to years before all of your truths come out, but for now focus on having fun until you’re both ready to share more.
- **Look for the positives.** Before you decide a person is not for you, make a note of all of his or her positive attributes. What do you like most about him or her? Initial negativity or doubts may stem from your fear of rejection. Be open to others who may not fit your type.
- **Don’t get discouraged.** The person you first meet may not be the right fit. Don’t let this turn you off of dating. The right person may be the next one around the corner.
- **Meet in public places.** Many dates begin with online conversations with the intention to meet for a physical date later on. Always keep safety in mind when setting a rendezvous with someone you don’t know well. Choose a public meeting spot, such as a busy restaurant. Ask a friend to check in on you via phone call. Consider a double-date if you’re weary. Take your own car and meet at the date location rather than being picked up at home.
- **Wait for intimacy.** It may take awhile before you feel comfortable getting intimate with someone new. This person should respect your feelings and not pressure you into a physical relationship until you are both ready. Also, give the other person time to grow comfortable with intimacy.

Dating after 50 means taking chances, going slow and exploring new relationship possibilities that make you feel comfortable.

---

**Ask Us How To Advertise!**

Consumers continue to rank newspapers as having the most trusted ads among all media sources. Let our expert ad consultants show you how to effectively market your business with strategic promotions and ad placement in our widely distributed special sections like Spring on the Road, Summer Fun, Home & Garden, Living 50+ and more.

**HOW**

To show over 72,000 readers how your business can help them, contact your sales rep or call 509-783-5455 in the Tri-Cities or 509-452-5551 in Yakima today!
Although inevitable, death is an emotional subject that’s difficult to discuss. While estate planning can make people uncomfortable, it is an essential part of securing assets for future generations and can make a death in the family easier for loved ones to handle.

Estate planning is an umbrella term that refers to a host of things that must be done prior to a person’s death, including writing a will and even making funeral arrangements. Estate planning attempts to eliminate financial uncertainties and maximize the value of an estate, and allows men and women to state their wishes with regard to long-term healthcare and guardianship for their children.

When done right, estate planning can prevent family feuds and ensure that the deceased’s estate stays in the hands of family rather than being relegated to the government. Estate planning can be a complex process, so men and women should seek help to ensure the process goes smoothly.

Getting started
Estate planning should begin early in a person’s life, especially for young parents. It’s easy to talk about saving for a home or retirement, but it’s not so simple to discuss who will care for your children should you die while they are still minors.

Those who are not able to sort through these answers on their own should enlist the help of an attorney or a financial adviser, both of whom can take some of the emotion out of the discussion and put it in more practical terms.

The will
A will is an important component of estate planning. Without clearly and legally spelling out your wishes, there is no guarantee that those wishes will be honored. It will be up to a state or province to make potentially life-altering decisions that can impact your surviving family members, and the only way to ensure your wishes will be carried out is to put them into a will.

Although men and women can write their own wills, many people prefer to seek the assistance of an attorney, who can make sure all necessary details are included in the will.

Medical directives
In addition to a will, estate planning includes your wishes if you become incapacitated or suffer from a serious medical condition that precludes you from making decisions about your care and finances. Spouses can be named to make important health decisions, but you may want to indicate other information, such as life support measures or organ donation, as well. If you have strong opinions on treatment, medical directives and living wills are a necessity.

Funeral arrangements
Another aspect of estate planning concerns funeral arrangements. Many people prefer to make their own funeral and burial plans so that these heart-wrenching decisions do not fall on the shoulders of grieving family members. Funeral planning may include choosing a burial plot, selecting a casket, indicating cremation, and paying for everything in advance so there is no financial burden on surviving family members. According to the funeral planning website Efuneral.com, the average cost of a funeral in the United States in 2012 was more than $8,500 for a burial service and $3,700 for a cremation. That’s a considerable expense that you may not want surviving family members to pay.

Estate planning is a process that is difficult to discuss, but one that is essential to maximize your assets and ensure your end-of-life wishes are honored.
Vision changes as you age

Not all vision problems are directly correlated to aging. Adults should speak with their eye doctors about any problems they may be having.

As a person gets older certain bodily changes are to be expected. For example, muscle tone may diminish and bones can become more fragile as we age. Exercise and healthy eating may be able to stave off some of the effects of aging, but avoiding vision problems may require some additional effort.

Vision naturally diminishes as we age, but not all vision changes are related to aging. Many natural changes are not severe and may only require a minor adjustment in prescription glasses or contact lenses. Improved lighting or bigger print may help remedy other issues, including blurry text.

However, certain conditions that people blame on getting older really may be hereditary or a byproduct of an illness. There’s a difference between changes that are the result of aging and those that are not. Recognizing the differences can help individuals get the treatment necessary to prevent permanent eye damage.

Age-related changes

Difficulty seeing clearly for reading and close work is one of the most common age-related vision issues. This condition can begin as early as age 40 and worsen as a person gets older. Variation in the eyes’ ability to focus properly is called presbyopia, and it will worsen over time.

Other normal signs of aging include problems with glare from headlights or the sun. Lens changes in the eye can cause light to be scattered rather than focused on the retina. This leads to more glare. In dim conditions, a person may find he or she needs more light to see well. That’s because muscles that control pupil size and reaction to light lose some strength.

Changes in color perception also may begin. The normally clear lens of the eye can discolor, making it difficult to distinguish between certain hues.

Conditions not directly tied to aging

Certain eye disorders may become more prevalent as a person gets older, but that does not mean they are a byproduct of aging. Macular degeneration, which causes spotty loss of detail or sudden and severe loss of central vision, may occur. This condition is a result of damage to the macula, the central part of the retina responsible for detail, color and daylight vision.

Risk factors for macular degeneration include high cholesterol, diabetes, smoking, and untreated high blood pressure. Poor circulation to the retina is the most common cause of macular degeneration.

Glaucoma is another condition linked to aging. Glaucoma is caused by damage to the optic nerve by fluid pressure inside the eye. Patients with glaucoma typically do not exhibit early symptoms. Glaucoma is only detectable through routine vision examinations.

According to the Mayo Clinic, about half of all 65-year-old Americans have some degree of cataract formation in their eyes. People who have cataracts may think they’re an unavoidable part of getting older. While aging may increase the risk of getting cataracts, according to Lighthouse International its true cause is unknown. Other risks include long-term exposure to the sun’s rays, high cholesterol, diabetes, smoking, and eye injury.

Illnesses like diabetes can affect eyesight in many different ways. Proper treatment for diabetes and management of the condition can prevent a number of eye disorders.

Adults should not assume all vision changes are a direct result of getting older. Annual vision examinations by qualified eye doctors can pinpoint the cause of problems and find treatment options that are successful.

Glaucoma often has no warning signs but can cause vision loss and blindness if left untreated.

So those at higher risk—everyone over age 60, especially Mexican Americans, and those with a family history—should get a comprehensive dilated eye exam every one to two years.

Keep vision in your future, because there are so many more family occasions ahead to enjoy.

Keep sight of every precious family moment.

Visit www.nei.nih.gov/glaucoma or call 301-496-5248.
Decisions about providing care for an aging loved one are seldom easy. Various options exist in terms of elder care, including assisted living facilities and nursing homes. Seniors who are self-sufficient may be able to stay in a retirement community or active living building. In other instances, the best course of action is to have an elderly relative move in with family members.

MetLife estimates that nearly 10 million adult children over age 50 now care for an aging parent. Care is defined as helping with feeding, bathing, dressing, and other personal care needs, going beyond driving a parent to appointments or helping them with financial matters.

Taking care of a senior requires a profound commitment and can completely disrupt a person’s life, both at home and at work. Men and women faced with caring for an aging parent at home may want to employ several strategies to make that transition go as smoothly as possible.

• **Talk to the senior about your options.** Making decisions together will be best for everyone involved. It can be challenging to discuss mortality and whether or not elderly parents or relatives can properly care for themselves. Broach the subject well in advance of making any plans so you will have some understanding of how the senior feels about the situation and what would make him or her most comfortable. Your parents may already have a plan in place.

• **Establish a caregiving budget.** Caring for the elderly is expensive. MetLife says working Americans lose an estimated $3 trillion in lifetime wages, with average losses of $324,044 for women and $283,716 for men, taking time to provide care. Before a senior can be welcomed into your home, you must first determine which financial changes must be made to accommodate this person. Will a parent be contributing to a portion of the expenses or paying rent? Is it feasible for you to reduce hours at work to care for this individual? Once you have the numbers in black and white, you can better assess your situation.

• **Make physical modifications.** Your home may not be equipped and safe for an elderly resident. You may need to add a private space for your parent or relative, and install night lights, secured railings, grab bars, ramps, a shower chair, and anti-slip surfaces. You may need to build an extension on the home or completely renovate what you have to make the space safe.

• **Aim for stability.** Moving and changing routines can be especially stressful for seniors who are used to their own schedules and habits. Transfer furniture and mementos from their home into yours. Encourage seniors to maintain a social schedule and invite friends over. Try to help your loved one keep his or her doctors and, if possible, take them to shop where they have shopped in the past. These opportunities will make the transition to a new home easier.

• **Discuss finances.** It’s essential to understand your loved one’s financial situation. Make lists of his or her assets and any insurance policies in his or her name. Understand which health procedures are covered and discuss ways to finance any procedures or medications that are not covered by your loved one’s policy. Ask if your loved one wants you to manage his or her finances or when he or she may feel this is necessary. Professional help, such as an attorney, financial planner or a geriatric care manager, can make it easier to understand the legalities and subtleties of these arrangements.

• **Make time for yourself.** Caring for the elderly can seem like a full-time job, and it’s easy to forget yourself in the process. Make time for yourself so your own health is not sacrificed while you tend to your loved one.
According to the National Sleep Foundation, changes in sleep patterns are a part of the aging process. Many people experience difficulty falling asleep and then staying asleep as they age, and that difficulty can make men and women over 50 feel more tired during the day.

But even though difficulty sleeping may be a part of aging, that does not mean men and women over 50 cannot take steps to improve their sleeping patterns. For example, certain snack foods may help to improve quality of sleep, especially when these foods replace less healthy snacking options. While men and women over 50 should always consult with their physicians before making any changes to their diets, the AARP notes that the following are a handful of snack foods that promote better sleep.

• Almonds: Magnesium is a mineral with muscle-relaxing properties, and almonds contain enough magnesium to help men and women get a better night’s sleep. A small amount of almonds before bed might be enough to make falling and staying asleep easier.

• Bananas: Much like almonds, bananas provide a substantial amount of magnesium. Bananas also contain the amino acid tryptophan, which many people associate with Thanksgiving turkey. While tryptophan might be most often associated with the sleepiness people feel after eating a holiday meal, it also has been linked to better sleep quality, so a banana shortly before bed might be just what you need to fall and stay asleep.

• Cheese and crackers: One more traditional snack may just help you get a better night’s sleep. Cheese and crackers contain tryptophan and carbohydrates, which can induce a better night’s sleep and help you fall asleep sooner.

• Cherries: Cherries contain the sleep hormone melatonin, and the AARP notes that recent studies indicated that participants who drank tart cherry juice on a daily basis fell asleep more quickly and slept longer and better than participants who did not.

• Hummus: The primary ingredient in hummus is chickpeas, which are loaded with tryptophan, folate and vitamin B6. Folate has proven especially beneficial to older men and women who need help regulating their sleep patterns, while vitamin B6 helps the body regulate its clock.

• Peanut butter: Peanut butter is another snacking item loaded with tryptophan. Spread some peanut butter on a carbohydrate, whether it’s a slice of toast or some crackers, before going to bed, and you may enjoy a better, longer sleep.

• Walnuts: Like cherries, walnuts contain melatonin, which can contribute to a longer, more restful night’s sleep. Walnuts also can help regulate stress, which is a leading cause of sleeping difficulty. Many men and women experience difficulty sleeping as they age. But the right foods may just help combat such problems and help men and women get a more adequate night’s sleep.
Cholesterol and its relation to heart disease

High cholesterol levels have long been directly linked to heart disease. But as more research into cholesterol and its relation to heart disease is conducted, some doctors are shifting their views on the relationship between the two.

Statistics from the American Heart Association indicate that 75 million Americans currently suffer from heart disease. And even though one-quarter of the population takes cholesterol-lowering medication and have reduced the fat content of their diets, the AHA estimates that more Americans will die of heart disease than ever before.

More revelations are coming to the forefront regarding cholesterol and heart disease. New research has shown that statin drugs are ineffective at reducing mortality rates in most populations. Furthermore, according to the Framingham Heart Study, which is the longest-running and most comprehensive study on heart disease to date, it was demonstrated that cholesterol intake in the diet had no correlation with heart disease. The study found that men and women with above average cholesterol levels had nearly identical rates of heart disease compared to those with below average cholesterol rates.

Another potential eye opener is that, in addition to cholesterol not affecting heart disease risk, eating high-cholesterol foods does not elevate blood-cholesterol levels as doctors once thought. Ancel Keys, who is considered the "father" of the theory that cholesterol contributes to heart disease, now says that there’s no connection between cholesterol in food and cholesterol in the blood. If not cholesterol levels and the foods one eats, what, then is responsible for heart disease? Many medical professionals and researchers now believe the primary causes of heart disease are inflammation and oxidative stress.

According to Dr. Dwight Lundell, a heart surgeon and author of the book, "The Great Cholesterol Lie," foods like refined sugars and vegetable oils used to preserve processed foods may lead to the inflammation that ultimately causes heart disease. Inflammation is the body’s immune response to a foreign invader. Foods high in sugar and saturated fat can exacerbate inflammation. Bacteria and other unwanted substances in the body also contribute to inflammation.

To combat inflammation, people can adopt a healthy eating style. Fatty fish, whole grains, leafy greens, fiber, and nuts can help reduce inflammation.

Exercising also can reduce inflammation. Research from Mark Hamer, PhD, an epidemiologist at University College London, found that, regardless of BMI or weight, study participants who completed 2.5 hours of moderate exercise each week — about 20 minutes a day — lowered their markers of inflammation by at least 12 percent.

When a person exercises, muscle tissue releases a protein molecule called cytokine, which likely prompts an inflammation drop. Just about any type of workout that raises heart rate is effective in helping with inflammation.

The public may have been misinformed about just how vital it is to reduce cholesterol levels. Contrary to popular belief, high cholesterol may not have the same connection to heart disease as doctors once thought. In fact, inflammation may be the bigger component in heart disease risk.

Fit For Life

The YMCA offers everything you need to stay healthy and fit, at every age.

The YMCA is a participant of the Healthways SilverSneakers® Program.

Junction Family YMCA
5 N. Naches Ave
Yakima, WA 98901
509.248.1203

Rebounding from a late start to retirement savings

Some people do not have the ability to begin saving for retirement early on. Others may have brushed retirement savings aside for so long that they are now worried that it’s too late to begin socking away money for retirement.

While it’s best to start saving for retirement as early as possible, the good news is that it’s never too late to start planning for retirement. If your 40th birthday has long passed and you’re finally thinking about retirement, consider these catch-up strategies.

• Research tax-advantageous retirement savings plans. A financial planner can point you in the right direction, or consult with your employer about employee programs. Deposit money into a 401(k) or 403(b) plan or another retirement vehicle. Jump on any opportunities when your employer matches invested funds. Investigate an IRA and find out if there are any government incentives. Depending on your age, you may be able to deposit more money into such accounts than other investors.

• Cut back on expenses. Cutting back on unnecessary expenses is a great way to save more money for retirement. Figure out where you can save some money you can then allocate to retirement savings. Maybe you can reduce insurance coverage on an older car or raise your deductible? Downsize cable packages or skip that costly cup of coffee on the way to work. Perhaps it’s time to look for a smaller, less expensive home or a compact car instead of an SUV. Any money saved now will benefit you when the time comes to bid farewell to the workforce.

• Delay your retirement. Many people who retire find themselves bored and looking for ways to fill their time, and as a result more and more people are delaying their retirement, which also gives them more time to save for that day when they do call it quits. If you want to work less, discuss and negotiate a phased retirement with your bosses that allows you to stick with your employer but gradually work fewer hours until you retire completely. You may be able to work part-time for several years and retire when you’re most comfortable.

• Consider more aggressive funds. Even if you are 50 you still have a few decades before retirement, which leaves lots of time to grow your retirement savings. But you may want to consider more aggressive funds that can help you catch up more quickly than less aggressive investments. Just know that aggressive funds may also leave you susceptible to substantial losses.

• Don’t amass debt. If you’re saving for retirement but only paying minimum balances on your credit cards, then you’re not really saving. Pay down credit card debt before you begin to set aside money for retirement.

Delaying retirement planning may mean you have to work a little harder to build up a solid reserve. But by following some financial tips and persevering, you can still enjoy retirement with security.
Exercising consistently is a great way to get healthy. For those who find their workout routines monotonous, switching up exercises and embracing some of the newer, trendier fitness regimens may be a way to maintain your momentum at the gym.

High-intensity workouts
High-intensity interval training, or HIIT, is a concept behind some of today’s most popular exercise programs. HIIT combines cardiovascular and strength-training movements into a concentrated workout designed to keep your heart rate elevated. HIIT workouts blend bouts of intense exercise with either rest or low-intensity activity. These workouts seem to promote faster weight loss than prolonged workouts at moderate paces.
While HIIT is functional, it is not best for those who have preexisting orthopedic injuries or serious cardiovascular conditions. But many people enjoy a stronger heart and improved muscle tone from HIIT workouts.

Kettlebells
These weighted cast-iron workout tools can be an interesting addition to strength-training workouts. But their utility does not stop there. Using kettlebells during any physical activity will increase the amount of fat burned and can provide a full-body workout. Kettlebells come in different weights, and newcomers are urged to start out gradually and build up in weight as they become more familiar and toned.

Water aerobics
Swimming isn’t the only thing you can do in a pool. Water workouts are ideal for those with muscle and joint pain because the buoyancy of the water reduces stress on these areas, while providing enough resistance for a deep workout. Workouts may begin in chest-deep water and progress to deeper water for added resistance. Some gyms now offer aqua cycling classes that combine water aerobics with spinning.

Trampoline cardio
For those who want to both shake up their workouts and lift their moods, jumping on a trampoline can do just that. It’s difficult to be in a bad mood when bouncing around like a kid on a trampoline. Trampoline classes are turning up in some upscale gyms, where each participant has his own individual trampoline. Routines mix in different choreography and small hand weights to promote a fun and effective cardio experience.

Dance and hip-hop classes
ZUMBA® classes have been popular for quite some time. But many health clubs offer additional classes that employ dance to burn calories and tone muscles. Some gyms have developed their own cardio-based dance classes that get people moving to music in a fun way. Routines are fun and fast-moving, which may make them feel less like a workout and more like a social event.

Recess classes
Adults who want to feel like kids again need only to enroll in a fitness class that borrows activities from the playgrounds of our youth. From walking like a crab to running drills to balance beams, these workouts take school recess and bring it to the health club.

Trendy exercises to rev up workouts
A dry mouth caused by antihistamines, diuretics and pain killers will cause your denture to loosen. Try placing dry mouth gel (i.e. Oral Balance) inside your denture.

Homemade denture cleanser: 1/3 cup water, 1/3 cup bleach, 1/3 cup chlorinated automatic dishwasher detergent. Soak for 2 hours. Rinse and soak in water 2+ hours.

To remove tartar from your denture, soak your denture in 1/2 white vinegar and 1/2 water for 1 hour, brush, and repeat if necessary.

**Testimonials**

“Such a warm and positive experience. I left smiling!”  Carolyn A.

“Was a great experience-friendly, professional staff.”  Kristine H.

“Great people. Great service. Totally affordable. Not like other dentists!”  Edwin G

“I do not have to use SeaBond.”  Mary Ann F

“Getting dentures can be embarrassing. Dentures 4 U made me feel quite comfortable with the process.”  Nancy S.