

SENIOR SCENE

Information & Events for Tucson's Senior Community

Quarter 4 2018

Fall Festivals & Events

- **Marana Pumpkin Patch & Farm Festival (think grandkids)** - October 6th - 30th, 14901 N. Wentz Rd, Marana.
- **Tucson Reptile & Amphibian Show & Sale** - October 6th & 7th, Tucson Expo Center, 7350 E. Irvington Rd, Tucson.
- **Octoberfest at Trail Dust Town** - October 6th, 6541 E. Tanque Verde Rd, Tucson.
- **Tucson Meet Yourself** - October 12th - 14th, 101 N. Stone Ave, Tucson.
- **Gelato Festival** - October 27th - 28th, 2905 E. Skyline Dr, Tucson.
- **Tucson Celtic Festival** - November 2nd - 4th, 4502 N. First Ave, Tucson.
- **All Souls Procession** - November 4th, Downtown Tucson.
- **Veterans Day Parade** - November 12th, 330 W. Franklin St, Tucson.
- **El Tour de Tucson** - November 17th, 221 S. Sixth St, Tucson.
- **Dusk Music Festival** - November 10th - 11th, 222 S. 5th Ave, Tucson.
- **Tucson Museum of Art Holiday Artisans Market** - November 16th - 18th, 140 N. Main Ave, Tucson.
- **Fourth Avenue Street Fair** - December 7th - 9th, Fourth Ave, Tucson.
- **Winterhaven Festival of Lights** - mid December to December 26th, Fort Lowell Rd/County Club Dr.
- **Downtown Parade of Light** - December 15th, Downtown Tucson.

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Famous Quotes

"Yesterday is not ours to recover, but tomorrow is ours to win or lose". LBJ

"Keep your face to the sunshine and you cannot see a shadow". Helen Keller



"Your One-Stop Resource For Senior Services"

Potentially Eliminate a Traditional Mortgage Payment?

With the proper equity (based on the youngest borrower's age) a "Senior" age 62 or older, can replace a traditional mortgage with a HOME EQUITY CONVERSION MORTGAGE which requires no monthly payments. The new replacement loan which will accrue monthly interest and FHA mortgage insurance is paid off when the last borrower no longer occupies the property through death or sale of the property.

Payment of real estate taxes, homeowner's insurance, and HOA fees remain the borrower's obligation.

Times have changed and so have the new Reverse Mortgages.

Steve Wolf "Arizona's Senior Loan Officer" 520-975-9000 swolf@vipmtginc.com.

Alternative to Medications

As we age our bodies change and subsequently more medicines are most often prescribed to cure and or alleviate conditions. A recent study concluded that up to 70% of older Americans are utilizing alternatives to prescription medicines to treat their health issues. Here are a few of the more popular sources:

1. Nutritional supplements & herbs, e.g. omega-3 capsules for strengthening cardiovascular systems. Research your condition and you will be amazed at the natural alternatives that are available.
2. Acupuncture - Eastern medicine's gift to the West. Combined with chiropractic treatments, this helps restore the body's skeletal and nervous systems.
3. Massage therapy - reduced stress and circulation has been proven to improve overall health.
4. Naturopathy - this process employs the use of natural forces, such as air, water, and sunshine.
5. Holistic diets - obviously a healthy diet consisting of more fruits, vegetables, fish, nuts, etc will go a long way to proactively and reactively improving overall health.
6. Yoga - don't worry about not being able to twist like a pretzel. In addition to increased flexibility and muscle tone, improved respiration, energy, vitality, and balanced metabolism are all benefits. Seek out a beginner level class for seniors.
7. Aromatherapy - the use of essential oils can help to relieve anxiety and depression, improve sleep, and ameliorate some chronic health conditions.
8. Cannabinoids - scientists are rapidly discovering more and more amazing abilities of cannabinoids, such as pain control, reduced seizures, reduced inflammations, nausea control, stress relief, just to name a few.

Senior Centers in Tucson

Armory Park, 220 S. 5th Avenue (520) 791-4865.

El Pueblo Activity Center & Senior Center, 101 W. Irvington Rd (520) 791-3250.

Carol West Senior Addition at the Morris K. Udall Center, 7200 E. Tanque Verde Rd, (520) 791-4121.

www.tucsonaz.gov/parks/senior-programs.

Senior Sillies

John: "My wife thinks I'm too nosy."

Ralph: "How do you know?"

John: "She wrote that in her diary."

Phyllis: "How does your father like his new stair lift?"

Barb: He says it drives him up the wall."

Hard work pays off tomorrow - procrastination pays off today.



Senior Support Alliance
SeniorSupportAlliance.org

"Your One-Stop Resource For Senior Services"

What to plant this Fall

FLOWERS:

- Seeds & transplants in September & October.
- Fall blooms - petunias, pansy, geranium, snap-dragon, zinnia, and marigolds.
- Bulbs & rhizomes - amaryllis, daffodil, canna lily, iris, paperwhite, and tulip.

VEGETABLES:

- Cabbage, carrot, cauliflower, chard, cucumber, kale, lettuce, onion, and radish.

Flu Season

Flu season is upon us, and the CDC recommends that most people over the age of 6 months of age and older be vaccinated by the end of October.

“Unretiring”

Money is the apparent motivator cited by 39% of the over 65 age working population, who have returned to work. Boredom is the second ranked reason. A recent study concluded that the median retirement savings is \$71k, far short of what is needed to retire comfortably. Also noted is the 500% increase in older Americans bankruptcy cases filed since 1991.

Meaningful work, flexible schedules, autonomy, and having a purpose are also strongly correlated to older workers remaining employed. The trend in increasing the age to fully access Social Security benefits is also a factor.

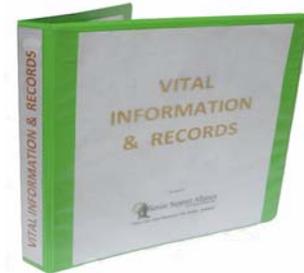
The silver lining with seniors continuing to work longer than expected or returning to work is the offset this is providing with regard to the declining labor force participation rate.

Home Design for Aging in Place

Simple design and update choices will go a long way toward safely living independently at home. When considering updating your house to better accommodate living at home for as long as possible, here are a few guidelines for key areas inside the home.

1. Lighting and electrical - choose lower glare fixtures which will reduce shadowing, improve depth perception and decrease trip hazards. Install electrical outlets 18” - 24” from ground level. LED bulbs greatly increase change-out cycles. Rocker-type light switches enable smooth lighting operations.
2. Flooring - choose smooth surfaces like cork, rubber, and linoleum, which have less impact on the body joints and won't create a trip hazard.
3. Kitchen - opt for drawers instead of cabinets under the countertops, consider an island on wheels, and configure cooking areas to accommodate sitting.
4. Bathroom - choose an adjustable-height showerhead and a handheld wand. A no-threshold shower or walk-in tub, thermostatic shower controls and anti-scald devices, grab bars to replace towel bars, and shower curtains instead of sliding shower doors.
5. Other - lever door handles and D-type pulls.

John Jay Brosky is a Seniors Real Estate Professional at Realty Executives Tucson Elite. (520) 400-8020 .



Organize your personal records and emergency contact information in one place with the Vital Information Binder. Order yours today for only \$20! (520) 314-1011 or www.seniorsupportalliance.org.



TUCSON SOCIAL SENIORS 60+

UPCOMING EVENTS – LET ANN MARIE KNOW IF YOU WOULD LIKE TO JOIN IN THE FUN!! **520.314.1011**



Regularly Scheduled

Here are some of the regularly scheduled events

First Wednesday	9:00am – 11:00am	Coffee Talk - Central (Grant and Swan) - First Watch - Crossroads, 4775 E Grant Rd, Tucson, AZ 85712, USA
Second Monday	2:00pm – 4:00pm	Late Lunch at Sweet Tomatoes - Northwest - Sweet Tomatoes- Tucson Mall, 4420 N Stone Ave, Tucson, AZ 85705, USA
Second Wednesday	6:30pm – 7:30pm	Hand Drumming with Solange! Change Your Rhythm - Change Your Life - 4202 Calle El Centro, Tucson, AZ
Third Thursday	9:00am – 10:30am	Coffee Talk - Northwest (River and Oracle) - First Watch - Fiesta, 5055 N Oracle Rd, Tucson, AZ 85704, USA
Fourth Wednesday	2:00pm – 4:00pm	Late Lunch at Sweet Tomatoes - East - Sweet Tomatoes- Tucson II, 6202 E Broadway Blvd, Tucson, AZ 85711, USA

Not so Regularly Scheduled

Watch for the not so regularly scheduled events that are fun and interesting!

Educational Events	Lunch hour or Mid Day	Many Educational Events are posted, check the calendar of events for dates and details
Fairs and Festivals	weekends	Tucson has so many fun fairs and festivals for all seasons and reasons! And it's more fun to go with friends!
Happy Hour	4:00pm- 6:00pm	Social Happy Hour Events, some specific to couples or singles, others are specific to food choices or days of the week! You just never know!
Live Music & Dancing	7:00pm- 10:00pm	Popular local music venues, check the calendar of events for dates and details

FOR MORE DETAILS, GO TO OUR MEETUP.COM PAGE – OR – WWW.SENIORSUPPORTALLIANCE.ORG



Senior Support Alliance

SeniorSupportAlliance.org

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