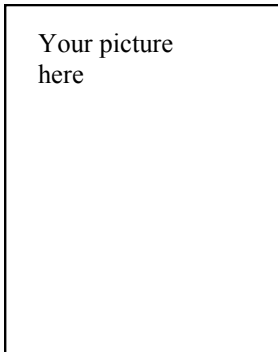


# Good News

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Your picture here

*Your Name*

## Boomers are retiring in affordable, fun college towns

Cities with reasonably-priced housing and plenty of college-related activities are attracting soon-to-be retirees.

Athens, home of the University of Georgia, is one popular target, especially for those who have kids in school there. Retirees can monitor classes at the University, play tennis, go to the theater and walk about downtown.

One couple who moved to Athens says property taxes were half what they were in their previous city and homeowners insurance dropped 40 percent.

Sports lovers can buy season tickets to football

games for very little, baseball, track and other sports have similar prices or even lower.

Other affordable college towns include Ann Arbor, Mich. (University of Michigan, South Bend, Ind. (Notre Dame), Gainesville, Fla. (University of Florida, and State College, Pa. (Penn State). They offer exactly what Boomers are looking for: less expensive homes, a reasonable cost of living, livability and lots of culture and sports.

Builders are developing retirement communities affiliated with universities, often giving the residents full access to university facilities.

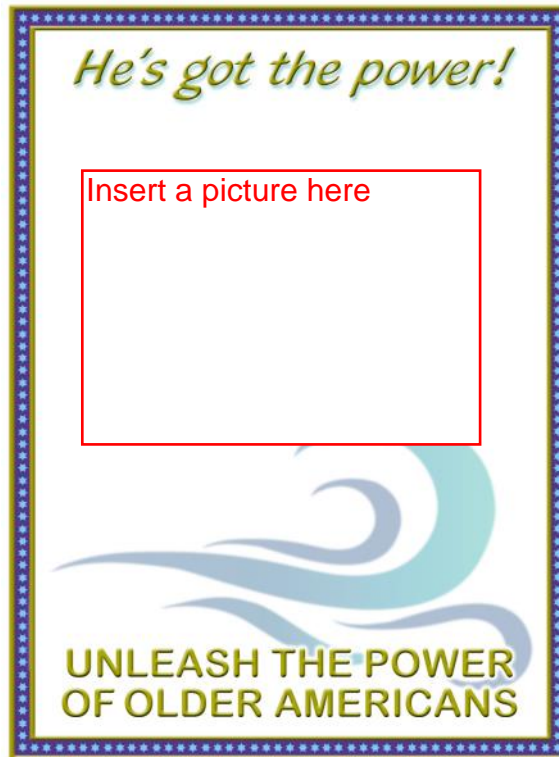
*Theme of Older Americans Month 2013:*

## 'Unleash the Power of Age'

May is Older Americans Month, a proud tradition that shows our commitment to honoring the value elders contribute to our communities. You can show your support by helping to "unleash the power of age" in your community. Unleashing that power has never been more appropriate than it is now.

At age 65, Americans usually don't consider themselves 'elderly.' In many cases, they are not only still employed but are leaders of organizations and communities. Many are far wiser than people of their age were decades ago.

Instead of sitting on grandpa's lap and listening to his philosophies, children are more likely to be socializing with their grandpas, who have a lifetime of knowledge to impart. People of all ages can benefit from their wisdom. Note



that many of today's grandpas are still in their 50s.

The history of Older Americans Month is still impressive. A meeting with the National Council of Senior Citizens resulted in President John F. Kennedy designating May 1963 as Senior Citizens Month, encouraging the nation to pay tribute to older people across the country.

In 1980, President Jimmy Carter's proclamation changed the name to Older Americans Month, a time to celebrate those 65 and older through events and public recognition.

At left— Our Older Person of the Year picture frame  
See Page 4 for "She's got the power"

## Health in the News New elbow treatment

The first ways to deal with tendon pain in the elbow are with rest and physical therapy. But if scar tissue has developed in the tendon, these treatments aren't enough.

Until now, surgery has been required for tendon injuries that occur through work or games, such as tennis. The tennis connection gives the condition its popular name, tennis elbow.

Elbow surgeries have also required an operating room, the use of anesthesia, and a large incision or several smaller ones.

Doctors at the Mayo Clinic have come up with a surgical procedure for removing scar tissue. It is removed quickly and without an incision or anesthesia other than a numbing agent used on the elbow.

The new technique uses ultra sound to locate scar tissue within a tendon. A surgical instrument resembling a hollow-point needle about the size of a tooth pick is inserted. When activated, it breaks up scar tissue with ultrasonic energy. The treated tissue is suctioned away.

The technique, called FAST, became widely available over a year ago and response has been promising. Some doctors are using the technique to treat pain in the ankle, heel, and kneecap.

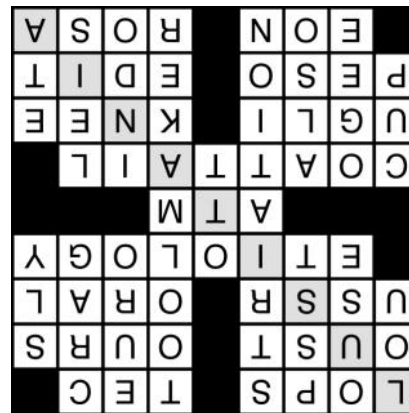
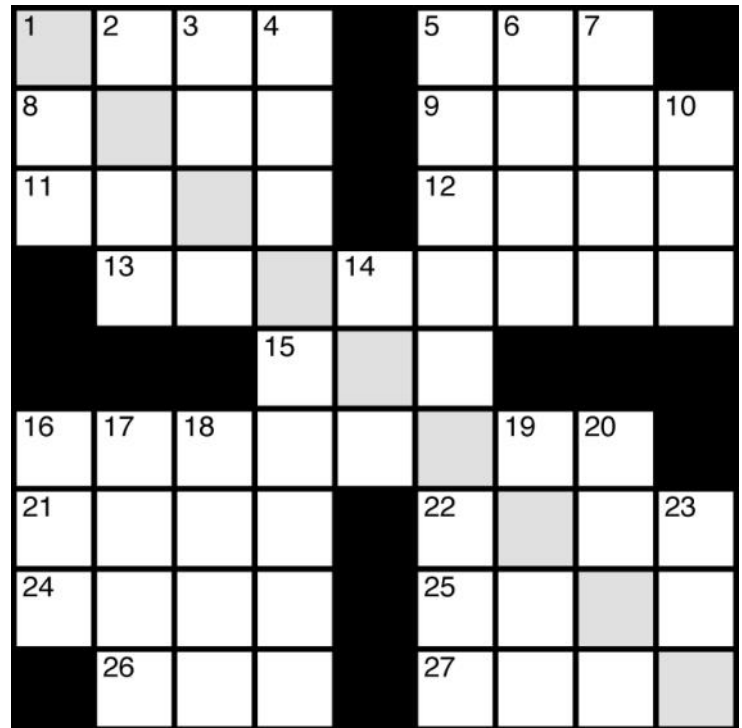
## Name this famous World War I ship

Across

1. Cuts off
5. P.I., e.g.
8. Evict
9. Willa Cather's "One of \_\_\_"
11. "Back in the \_\_\_"
12. Like the Sabin vaccine
13. Cause of a disease
15. Kind of card
16. On the \_\_\_ of, in politics
21. Wrinkly fruit
22. Patella's place
24. 100 centavos
25. Cut and paste
26. Long, long time
27. Santa \_\_\_, Calif.

Down

1. Baseball's Brock
2. Yorkshire river
3. "Check this out!"
4. Number of parallel grooves in rocks
5. Skilled machinist
6. Continental currency
7. Mountain goat's perch
10. Furtive
14. Polo Grounds legend
16. Dixie or Davis \_\_\_
17. S-shaped molding
18. Furthermore
19. \_\_\_-European
20. Luau souvenirs
23. O'Hare info



The headline is a clue to the answer in the shaded diagonal!

## Lava Lamps. Remember them? They are 50 years old.

The lava lamp, which turns 50 this year, has been shape shifting with the culture for decades, reports the Smithsonian Institution.

It was invented by Edward Craven Walker, a British accountant and salty film maker. He got the idea in a pub from a cocktail shaker filled with gloppy liquids and bubbles.

Walker perfected the recipe for glowing globs, added a light and the lava lamp was born. The finished recipe is still a secret, but it is a combination

of a water-based substance with a wax-based substance. The light melts the wax. The globs move and change shape.

Walker wanted to sell the lamps to lawyers, but hippies loved them instead — until the hippies grew up and went to work. Then sales dropped. Austin Powers reintroduced lava in the 1990s. Today the successor to Walker's company sells millions per year.



## Watchdog bureau gives seniors advice on scams

Skip Humphrey, head of the Office for Older Americans at the Consumer Financial Protection Bureau (CFPB) is part of team whose job is to protect consumers, particularly those 70 and older, from scammers, and to police banks and lenders.

The combined value of seniors' nest eggs will reach \$22 billion by 2016. Of the agencies policing the nation's financial markets, the CFPB is the only one designed specifically to target elder abuse, according to AARP.

Humphrey says scams hurt a 50-year-old, but those 70 and older have fewer chances to recover. They are vulnerable to financial advisers who sell bogus investments and even family members who are clueless about their duties as money-managing guardians. Many victims don't report financial crimes.

Humphrey, 70, is the son of former vice-president Hubert H. Humphrey.

These are Skip's Tips:

- \* Ask about financial advisors' licenses and commissions, or anything else related to money.

- \* Consider granting power of attorney to someone you trust and has a good financial record. Know how your pension and Social Security work.

- \* Don't be fooled by seals and logos implying government affiliation or worlds like guaranteed or preapproved on reverse mortgage offers.

- \* Learn to say no. Refuse to be pressured even by family or friends.

- \* Don't be fooled by home improvement scammers. Use a reputable company. If you don't, your money could be gone and no service was performed. Never pay in advance for a job.

May: National REACT Month...highlighting the safety radio efforts of volunteer REACT Teams worldwide. REACT communications specialists receive emergency radio calls and relay them to authorities. REACTers also teach correct emergency radio use to the public.

*For mature videogamers only*

## Older gamers love senior gaming sites

You can chase the enemy through exotic locales on Xbox or go bowling with the Wii (and without a heavy ball).

Video games offer adventure and even exercise for seniors and, studies say, more seniors than ever are up for the challenge.

Adventure-minded seniors love the Xbox 360 and its wild suite of best sellers like Call of Duty: Modern Warfare 2, with hyper realistic fighting scenes.

The Xbox console lets players form teams with others on the internet, where they battle foes in realms both modern and fantastic.

It's just fun, until you find out who your team members are. Senior gamers might wind up playing a couple 12-year-olds who can't keep their inane comments to themselves.

Of course, there are those precious moments when a senior gamer destroys the snotty gamer at the other end and can announce: Kid, you just had a beat down by a retiree!

But maybe those chance don't come

quite often enough.

Enter a new field of internet sites geared to seniors: geezergames.com, 2old2play.com and others are a refuge from the storm of gaming youths.

On sites like these older gamers can learn the ropes, or find other seniors to play the high action games

Lots of new studies are also being done to test the impact of gaming on the mental alertness of seniors.

There is no doubt that the Wii games are useful health tools and fun.

Nintendo's Wii bowling increases heart rate, improved mood and

leave participants feeling invigorated.

Another study by the University of Florida, reports this action gaming and interaction helps to improve mental alertness and hand-eye coordination, especially when a bad guy is on every corner.

So pass the Aleve. The enemy must die and you're just the one to do it.



## How to fight heartburn and acid reflux

Acid reflux occurs when stomach acids move back up the esophagus. It can cause heartburn and a sour taste. Here's how to avoid it.

- \* Fats are hard for the body to digest. The University of Illinois McKinley Health Center says high-fat foods and fried foods hinder the ability of the lower esophageal sphincter to close, making you vulnerable to acid reflux.

- \* Oatmeal's a good choice. Drop that doughnut, unless you want heartburn for breakfast. Instead choose oatmeal. It's a low-fat, high-fiber meal that can soothe your stomach.

- \* Fresh ginger acts as an anti-inflammatory and is a remedy for many

stomach problems. You can get your daily dose of 2 to 4 grams by steeping ginger in hot water to make tea or chewing a piece of ginger.

- \* Skip the red sauce on pasta. Tomatoes and heavy sauces are not for people with stomach acid problems. For those with a craving for pasta, the National Heartburn Alliance recommends thinner, broth-like sauces.

- \* Eat beans. Certain fatty meats can trigger heartburn. Beans are an excellent source of protein and fiber and a great alternative to meat.

- \* Applesauce. To avoid butter and oil, substitute applesauce in recipes. Use the same amount of applesauce (in cups) as the recipe calls for in oil.



Your name and address, etc.

# May 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Older Americans Month</i>			1	2	3	4 Kentucky Derby
5 <i>Be Kind to Animals Week</i>	6	7	8	9	10	11
12 Mother's Day	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27 Memorial Day	28	29	30	31	

*She's got the power!*

Insert a picture here



**UNLEASH THE POWER OF OLDER AMERICANS**

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Sun      Mon      Tue      Wed      Thu      Fri      Sat

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	Memorial Day						