



Tips for making trips easier for seniors

(ARA) - Traveling is one of life's adventures. Seeing new and exciting destinations, visiting far-flung family members, and relaxing in the sun are all great reasons to leave home. And mature travelers often can take advantage of special fares and discounts — one of the privileges of age. To help ensure a healthy, enjoyable, stress-free vacation, consider the following tips:

- Carry all prescription medications in your carry-on bag in the event your luggage is lost or delayed. It's also a good idea to carry a couple of days' extra supplies in case you're delayed coming back. Since there are strict laws concerning narcotics throughout the world, it's wise to bring along copies of your prescriptions, which ideally mention the indication for the drug.
- Keep important medical information in your wallet, including your insurance company's name and address, emergency contact person, blood type, list of current medications with their generic names, and a list of any allergies.
- Don't ditch your diet completely. While it's O.K. to stray, be sure to get enough fruits and vegetables, choose whole-grain breads and nonfat foods when you can, and drink lots of water.
- Changes in diet and routine can aggravate gastrointestinal symptoms. Be sure to pack antacids, anti-diarrheal medicines, and a gentle stimulant laxative to treat symptoms that may cramp your style.

Courtesy of ARA Content

Love knows no limits

There's no age limit when it comes to true love. Just ask Lillian and Virgil Rosenberger. At age 93 and 100 respectively, the Boulder couple celebrated their first wedding anniversary earlier this summer.

"It's exciting that we've found each other at this time in our life and we wouldn't have it any other way," the couple said through Mary Kirk, Lillian's daughter-in-law.

Seeing love bloom for Lillian is especially sweet for Mary and Lillian's son, Douglas Thompson. Three years ago, Lillian (then Lynch) moved in with Mary and Doug after spending much of her life in Spokane, Wash. Still brimming with energy, Lillian helped remodel the couple's home but, said Mary, "she was isolating herself."

Mary and Doug, who own Dignity Care, a multi-faceted company that focuses on home care and wellness for seniors, decided to bring in a caregiver to help pull Lillian out of her shell.

"It took the caregiver six months to earn her trust, but she finally got her to go to an exercise class," said Mary.

At the class, held at an assisted living facility, Lillian noticed a gentleman who was asking for hugs from staff members. She boldly approached him, according to Mary.

"Lillian said, 'Why can't I give you a hug? You look kind of lonely.'" From that moment, Lillian and Virgil



practically had to be pried apart. Six months later the couple married on Sunday, June 1, 2003 and moved into their new place at The Atrium. Even Hollywood was impressed.

"Jay Leno called and wanted them to be on the Tonight Show," said Mary. Though exciting, the couple declined. They needed time to settle into their new life together. Lillian, a former interior decorator, and Virgil, a former orchestra conductor and schoolteacher in Westminster, now make sweet music together and share with *EasyChair* readers their words of wisdom:

- Loneliness is the worst thing to face at this time of life and marriage is the best thing for that.
- You must not live any part of your former life and complicate this part of your life by bringing up the past.
- Be willing to listen to each other's stories. — JI

Circle of Care is music to seniors' ears

Motivating others just may be Joan Raderman's most impressive trait. The former New Yorker moved to Boulder three years ago and already she is impacting the community with Circle of Care. The nonprofit organization is designed to create cultural opportunities for the elderly population and their caregivers.

Over the summer, dozens of Boulder's seniors have enjoyed performances at the Colorado Music Festival in Chautauqua Park and the Frequent Flyer Aerial Show at the Dairy Center for the Arts thanks to the generosity of a growing network of organizations that support Circle of Care. Joan wants to make more events accessible through the Adopt-A-Senior Program, but she needs volunteers.

There are two ways for people to participate. One is by providing transportation for a senior.

"Volunteers pick them up and take them to the event and both the senior and the driver get to see the program free," said Joan, whose background in marketing, public relations, nutrition, and health care administration is just what the doctor ordered for launching her nonprofit. The second way is through financial sponsorship. A \$75 donation buys tickets for cultural activities that a senior can attend throughout the year. Interested volunteers can learn more by calling Circle of Care, 303-358-4300. "It's totally a win-win situation," said Joan.

Meanwhile, Joan has created more excitement by



Joan Raderman (left) with Senior American Idol Talent Show contestant Norma White.

launching the "Senior American Idol Talent Show" at the Sunrise Assisted Living Center, bringing the popular "American Idol" concept to Boulder's elder population.

Many more "elder-enrichment" events are planned, said Joan, who credits a personal "spiritual tsunami" for motivating her to pack up and move to Boulder and then reach out to seniors. She hopes to expand the program to include educational opportunities like language and music classes.

"I want to help seniors to not feel isolated... to help re-engage them in the community. Boulder is an ideal place to support this program." — JI