



*** E-zine June 2007 ***

This Month Highlights:

- [Where to Retire?](#)
- [Disaster Preparedness](#)
- [Are Talking Books for You?](#)

Remember Dad on June 17th



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A. WHERE DO YOU WANT TO LIVE IN RETIREMENT?

Think long and hard, because studies show you may be changing your mind once you reach your mid-60s. The trend over the last ten years or more is to move back home. Certainly people still move to the southern states in droves - but more seniors are moving out each year than are arriving. The ratios vary depending on age, and family demographics, but the trend is undeniable. Recent and past surveys of Census Bureau data confirm the trend.

<http://www.census.gov/>

While Americans used to travel south to enjoy the golden years - and many still do, studies have shown an ever-increasing number of retirees are moving back home. Northward. Others, referred to as "half-backs" are returning in the general direction whence they came - but stop short in the middle. The University of Florida has offered the term "temporary migration" to describe this trend in a 2004 report on the matter. It turns out that 89% of those who returned home from Florida within six months had originally gone there for lifestyle reasons. Younger families in their 40's tended to stay longer.

http://www.bebr.ufl.edu/system/files/SDA2006_TempMigr.pdf

The reasons vary; declining health is one. The northern states tend to have better services for seniors - and older seniors are more likely to need them, and also tend to have less of a support network. They often desire a simpler way of life as well as proximity to younger relatives. Death of a spouse plays a role, as well. Fear of hurricanes and general needs for assistance in life activities or emergencies figures into the thought processes for some, as well. Companionship and care giving factors are playing a role in the decision to move northward, while good weather and lifestyle choices figure into the decision to move south. Many people decide to make the move back home in their 70s.

Not all seniors are moving back, of course. Younger "yuppie" seniors have more income, are healthier, and these factors may contribute to their decision to stay. In any case moving state-to-

state isn't a low-stress or an inexpensive proposition, especially for senior citizens who may not have the ability to rent, load, drive hundreds of miles, and unload the truck themselves as a younger family might do to save on the considerable expense of professional moving services. Some retirees seek the services of a "senior move manager," or a "moving coordinator." You can look into these services at the National Association of Senior Move Managers.

<http://www.nasmm.org/about.htm>

Traditionally there are five major areas of concern when choosing a retirement location.

READ MORE - Click to finish reading article:

<http://www.seniorresource.com/ezinecurrent.htm#A2>

Additional housing related information for seniors can be found at:

<http://www.seniorresource.com/house.htm>

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B. DISASTER PREPAREDNESS MEANS BEING READY

Picture this: You're a retired senior citizen in your own home with a log on the fire. Fido is curled up on the rug at your feet and the family cat is in your lap. You flip on the television to catch the late news and in your face is a hurricane with a 500-mile radius coming right at you....

It is a scary proposition and one that is very real. In California it might be an earthquake that jolts your senses without warning, or a wildfire. In the Midwest it might be an ice storm. Regardless where we live disasters happen and we need to be prepared, especially if we are senior citizens.

Working aged people often have greater resources in an emergency. There may be someone at the office trying to contact the staff and able to send help if they are unable to get a response. Insurance, emergency financial relief, and a built-in network of people for mutual support are often all present in the working person's life.

The retired person must often consider care giving, prescriptions and medical services, mobility, shelter, and emergency response in a much different light. As well, the caregiver to an older person needs to consider these factors and more. What is Mom's retirement community able to deal with? What if she is infirm at the time an emergency strikes? Again, what about the facility's provisions for medications, shelter, and mobility?

Reporter David Rohde of the New York Times looked into the question of what happened to nursing homes in New Orleans at the time of Hurricane Katrina.

READ MORE - Click to finish reading article:
<http://www.seniorresource.com/ezinecurrent.htm#B2>

Find preparedness items at:
<http://www.seniorresource.com/SRBaz.htm>

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C. TALKING-BOOK PROGRAM AIDS SENIORS

The National Library Service for the Blind and Physically Handicapped (NLS), Library of Congress, provides blind and physically handicapped readers with free reading materials. Through its talking-book program, books on tape and special playback equipment are mailed directly to patrons at no cost to them. The program is a lifeline for many, enabling them to read independently. The National Library Service and its network of local and regional libraries play a special role in ensuring that all people can access and be inspired by the written word.

The program does more than facilitate reading--it also brings people together. Talking-book clubs, offered through NLS regional and sub-regional libraries, provide patrons with the opportunity to discuss the books they have read and to share their love of reading with others. "My interest in books has developed," says talking-book club member Michael Conrad, a patron of the Los Angeles regional library. "The meetings also get me out to socialize. I have great discussions and meet new people."

Talking-book clubs also expose patrons to new materials, broadening their appetites for literature, expanding their imaginations, and encouraging them to pursue new pastimes. With a collection of more than 400,000 titles including the latest bestsellers, classics, biographies, romances, mysteries, and westerns, NLS offers no shortage of inspiration. Recent book-club discussions have focused on top-sellers such as *The Kite Runner*, *Marley and Me*, *Wicked*, *The Secret Life of Bees*, and *The Black Dahlia*. "I've been introduced to things I wouldn't have thought of reading," says talking-book club participant Bea Thaxter, of Los Angeles. "Now I am even writing-and I never knew I could."

Book club discussions often inspire NLS patrons to explore new ways to connect with the world around them. A number have taken on leadership roles in their local communities, starting their own book-discussion groups. Others have used talking-book resources to participate in other book clubs not affiliated with their local libraries.

About NLS Talking-Book Clubs

NLS regional and sub-regional libraries offer book groups to readers of all ages. Many of the 132 cooperating libraries host summer reading clubs for young patrons and participate in NLS's

national 102 Talking-Book Club, which honors centenarian patrons for their lifelong devotion to reading. Those unable to attend NLS book-club meetings can often participate by telephone or computer. Online-only clubs are also available, allowing NLS patrons nationwide to connect with other sighted and visually impaired book-lovers without leaving home.

About the National Library Service

The National Library Service for the Blind and Physically Handicapped (NLS), Library of Congress, administers the talking-book program, a free library service available to U.S. residents or American citizens living abroad whose low vision, blindness, or physical handicap makes reading a standard printed page difficult.

Through its national network of regional libraries, NLS mails books and magazines in Braille and on cassette and audio playback equipment directly to enrollees at no cost. Further information on talking-book clubs and eligibility requirements and enrollment procedures for the talking-book program are available through <http://www.loc.gov/nls> or 1-888-NLS-READ (1-888-657-7323).

Additional health information for seniors can be found at: <http://www.seniorresource.com/health.htm>

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D. DID YOU KNOW...?

Hanoi Taxi on Display

The first aircraft to return Vietnam prisoners of war to the United States is on display at the National Museum of the United States Air Force.

The C-141 "Hanoi Taxi" was the first aircraft to arrive in Hanoi in February 1973 to pick up the POWs returning to the United States. The "Hanoi Taxi" was one of several aircraft involved in repatriating more than 500 American POWs held by the North Vietnamese.

The National Museum of the United States Air Force is located northeast of Dayton, Ohio. Its galleries present military aviation history, boasting more than 300 aircraft and missiles. <http://www.nationalmuseum.af.mil/>

Help for the Tough Jobs (thanks to BK, San Diego)

- A sealed envelope - Put in the freezer for a few hours, then slide a knife under the flap. Envelope can then be resealed.

- Use empty toilet paper rolls to store appliance cords. It keeps them neat and you can write on the roll what appliance it belongs to.
- For icy door steps in freezing temperatures, pour warm water with Dawn dishwashing liquid in it all over the steps. They won't freeze.
- To remove old wax from a glass candleholder, put it in the freezer for a few hours. Then take the candleholder out and turn it upside down. The wax will fall out.
- Crayon marks on walls? This worked wonderfully! A damp rag, dipped in baking soda. Marks come off with little effort (elbow grease, that is!).
- For permanent marker on appliances/counter tops (like store receipt BLUE!) rubbing alcohol on a paper towel will remove them.

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E. THOUGHTS FOR THE MONTH

We present here some words from those with a birthday this month.

Dennis Weaver - To get what you want, STOP doing what isn't working."

Josephine Baker - "A violinist had a violin, a painter his palette. All I had was myself. I was the instrument that I must care for."

Allen Ginsberg - "Whoever controls the media, the images, controls the culture."

Hedda Hopper - "I can wear a hat or take it off, but either way it's a conversation piece."

Morgan Freeman - "I always tell my kids if you lay down, people will step over you. But if you keep scrambling, someone will always give you a hand."

More "Thoughts" at <http://www.seniorresource.com/thought.htm>

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F. FREE THINGS

Check for Benefits

Many older people need help paying for prescription drugs, health care, utilities and other basic needs. Ironically, millions of older Americans, especially those with limited incomes, are eligible for but not receiving benefits from existing federal, state, and local programs. Ranging from

heating and energy assistance to prescription savings programs to income supplements, there are many public programs available to seniors in need--if they only knew about them and how to apply for them.

Developed and maintained by The National Council on Aging (NCOA), Benefits Check Up is the nation's most comprehensive web-based service to screen for benefits programs for seniors with limited income and resources.

<http://www.benefitscheckup.org>

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G.SPECIAL SURFING SITES

Big Band/Swing on the Internet

KCEA is a non-profit, non-commercial, educational radio station. Their musical format is Big Band/Swing. The musical concept is "Music and Memories." Senior's music is still alive and swinging! KCEA is keeping alive the music of the '20's, '30's and '40's twenty-four hours a day, seven days a week. Listen at

<http://www.kcea.org/>

Get your own music at

<http://www.seniorresource.com/SRBaz.htm#music>

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H. OH MY AGING FUNNY BONE

While Moseying Down the Mississippi

Way down upon the Mississippi, two tugboat captains who had been friends for years would always cry "Aye!" and blow their whistles whenever they passed each other.

A new crewman asked his boat's mate, "What do they do that for?"

The mate looked surprised and replied, "You mean that you've never heard of... an aye for an aye and a toot for a toot?"

Retirement, a Wife's View

Two confirmed bachelors sat talking. Their conversation drifted from politics to cooking.

"I got a cookbook once," said the first, "but I could never do anything with it."

"Too much fancy cooking in it, eh?" asked the second.

"You said it. Every one of the recipes began the same way -"Take a clean dish and..."

Visit 1000's of jokes of interest to people who have lived a long and rich life.

"Oh My Aging Funny Bone" is at <http://www.seniorresource.com/jokes.htm>

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This issue has been edited by Betsy Day (Betsyjday@aol.com).

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