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EVERYTHING IS BETTER IN THE RVA

We are so lucky in Richmond! As the summer heat starts to dissipate and fall approaches, RVA residents and visitors get out and celebrate with festivals and gatherings of all kinds: Stone Brewing’s Stone’s Throw Down on September 9th, Church Hill’s Hogtober Festival on October 7th, and the Annual Folk Festival October 13th-15th. We are ready to take advantage of our historically mild autumn weather and enjoy music and friends.

For all the ‘foodies’ out there, we have Style’s annual Nacho Taco Week from October 30th-November 5th, when you can visit participating restaurants and get $5 Nacho and/or Taco Dishes! Keep picking up Style Weekly for more details.

Since the recent closure of Martin’s stores throughout our area, many of Style’s loyal print readership have been concerned as to where they might pick up their weekly issues. We have created a map at styleweekly.com/pickup where you can locate your closest distribution point. We have added many Kroger, Food Lion and Wawa locations, as well as local businesses like Outpost Richmond on Forest Hill Avenue.

In this issue of Healthy Aging Guide, you will find information on smart spending, cultivating friendships, the benefits of hiking, and a new ‘Digital Literacy’ class being offered at Hermitage Richmond, in the north side of our city, on September 29th. We also welcome new advertisers to Healthy Aging Guide: Bon Secours Women’s Imaging Centers and Catalyst Fit, and thank returning advertisers Lifestyle & Wellness Medical Center and Virginia Urology Women’s Health. Be sure to think of these businesses first, should the need arise.

Healthy Aging Guide is available online at styleweekly.com/HealthyAgingGuide
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One Giant Leap for Mankind: The Space Race

December 18th | 10:30am | RSVP by Dec. 15th
Ronald Reagan

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Hiking Is a Great Form of Exercise

By Terry Jordan

Walking is a very low impact sport which means that while you reap the benefits of exercise you also have a minimum of stress and strain on the joints of your body.

There are several ways that hiking can reduce the risk of many health issues.

Studies by the CDC have shown that exercise has reduced the chance of heart problems while those who do not exercise are twice as likely to have heart issues.

Nearly 33 percent of Americans have high blood pressure. This is often referred to as the silent killer as symptoms are often not detected and can lead to heart attack, stroke, and other serious issues. Exercise such as hiking can lower blood pressure significantly and lowering body weight to a normal level can reduce it even further.

The number of people with diabetes is up almost 50% in the last 35 years. According to the Diabetes Institute, this is caused by increased rates of obesity and a lack of exercise. People with type 1 (insulin-dependent) diabetes, hiking can reduce the amount of insulin required. People with type 2 (non-insulin dependent) diabetes can reverse the disease through hiking and losing weight.

Like all forms of exercise, hiking is one of the best ways to lose weight and is a method of stabilizing cholesterol levels. On average, you burn 100 calories for every mile you walk. Another way to look at it is in terms of how quickly you are walking. You burn about 200 to 250 calories per hour if you’re walking at a rate of 2.5 miles an hour (that’s a 24-minute mile—about the pace you’d walk getting from one place to another). You burn about 500 calories per hour if you’re walking at a rate of 4.5 miles per hour (that’s just over a 13-minute mile—a pace that many novice runners maintain).

How much activity do you need to reap these incredible health benefits? Experts say getting active for just 150 minutes a week — doing “moderate-intensity” aerobic exercise such as moderate hiking or brisk walking — leads to most of these benefits (reducing risks of colon and breast cancer requires another hour a week). That’s only 2.5 hours a week. And you don’t have to do it all at once. Sneaking in a lunchtime hike up the hill near your office counts toward your total, as long as you’re active for at least ten minutes.

People who lose weight through hiking or walking maintain the loss and continue to lose while those who lose through dieting tend to gain weight again quickly.

Walking is a weight-bearing exercise. Just by walking with good posture, muscles and bones are strengthened. Endorphins released by your body during a walking workout can lift your spirits and keep them there throughout the day or night — keeping your brain as healthy as your body.

Article Source: http://EzineArticles.com/9696174
TEACHING SENIORS FOR TODAY'S DIGITAL WORLD

Friday, Sept. 29th
10am-12pm

Hosted by HERMITAGE RICHMOND

1600 Westwood Avenue | Richmond, VA 23227
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HERMITAGE RICHMOND

Limited seating. Must register by calling (804) 474-1850.
For seniors, there’s one main obstacle to using smartphones and tablets. It’s not the complexity of the technology, says Chuck Renfro, chief executive officer of Thinking CAP Technologies: “It’s fear. The fear is that they’re going to break it.”

When computers were first introduced in the workplace, many people learned that if they typed in the wrong command, they’d break the machine. Renfro, who teaches technology to seniors, reassures them that they can’t really hurt their device. If you want to know what an icon does, touch it and find out. If you’re stuck, he says, you can always press the button and go home.

“Most of them, once they learn they can’t break it, they start exploring,” Renfro says.

Thinking CAP Technologies is offering a free digital literacy class at Hermitage Richmond on Friday, September 29, from 10 a.m. to noon. Residents and members of the community are invited to join us, free of charge. To register, call 804-474-1850.

Renfro believes every senior should have a smartphone, both for safety and security and for ease of communication with family and friends. In his classes, he covers how to use services like Skype and FaceTime; how Wi-Fi works (he likens it to a walkie-talkie); and how to take, back up and move photos. (One lady said, “Chuck, I know what a dragon is. What’s a dragon drop?”)

As his senior students grow more confident, Renfro says, “You can see them start to smile. Then they start to help each other.”

This digital literacy class is only one of the activities offered at Hermitage Richmond, where community involvement and daily fellowship are part of daily life. “We have something going on in the building all the time, for all levels of care,” says Matt Dameron, Director of Resident Services: clubs, art classes, volunteer work, cultural outings, exercise classes, shopping excursions, fellowship and Bible study, musical performances and more.

On any given day, you may find residents making sandwiches for a local shelter, heading out to a Richmond Flying Squirrels baseball game, or applauding a performance by the students at nearby Veritas School.

In addition to independent living, Hermitage Richmond offers three additional levels of care. Residents who need medical supervision, or assistance with daily tasks like bathing and taking medication, can continue to live in their apartments with the help of assisted living services. Those who need more care will find a welcoming home at The Grove, which has a full-time support staff of nurses and a dietitian.

Hermitage Richmond’s memory care centers, for people with Alzheimer’s or dementia, are distinguished by thoughtfully structured schedules, household-style layouts and attentive, compassionate staff. Residents’ rooms are carefully furnished with family heirlooms and cherished possessions. Staff turnover is low and staffing levels are high; nurses are on duty 24 hours a day.

Because Hermitage Richmond is a nonprofit, its primary focus is residents’ quality of life. There’s no entrance fee, and a benevolent care program helps ensure residents can stay in their homes, should they outlive their own personal assets.

Want to experience Hermitage Richmond for yourself? Make an appointment anytime, or join us for the technology class on September 29.
I have made plenty of mistakes in my life regarding debt. I only wish I could go back in time and redo some of my spending decisions I made when I was younger. Obviously that is impossible, but maybe this post will help younger individuals who are about to go out and do something they might regret later in life.

I remember when I was 26, living in a nice area of San Francisco with three roommates. It was a good fun time in my life and I have several great memories from this period. I was very good with my money overall, but every once in a while something would come over me and I would do something that I would later regret.

When I was younger, I saw this new television at Circuit City (remember them?); I still remember the exact TV model. It was the Hitachi 61SWX10B and the price was $3,500. It was a rear projection television and was quite large, a 61 unit that had a built in stand.

Of course, I was not going to go out and drop that much money on a television at that point in my life, but when I heard I could go out and get a new credit card with 6 months no interest financing I thought okay I can make this happen. My plan was to just put $500 down and then pay off $500 a month and I would get that TV without paying any interest.

I executed my plan flawlessly and I was the big man in the house; all my roommates loving that TV for all it was worth. Guest would come over and tell me it was the best TV they had ever seen and I ate it up. We watched movies, played video games, sporting events, we all enjoyed it.

About a year later, all of our lives changed and we went separate ways. Then it hit me, I was now stuck moving this massive television and the burden of moving it to my new place was quite a hassle. All my former roommates got to enjoy my big awesome television for free and they simply moved on. I was stuck with a $3,500 bill and now moving into a place that I could barely accommodate a television that size.

As it turned out, over the next couple of years plasma televisions started coming out and my once super mac-daddy televisions seemed ancient. Within 4 years of my purchase rear projection TVs were no longer desired at all. I couldn’t even sell it due to its large size, so when I moved I simply posted a free ad on Craigslist. Obviously, I gave it to the first interested party instead of trying deal with something that big and heavy with little to no value.

It would have been totally reasonable for me to just buy a $500 television, which also would have been a nice television, or to look into Craigslist and buy something there for an even better deal. But unfortunately, like most people can probably relate to, I had to get the biggest and best product on the market. Looking back I realize it was a very poor decision on my part.

It was clearly not the end of the world, but being 41 now, if I would have not have bought that $500 television and invested the other $3,000, today the money I spent would be worth more than $20,000 and in another 20 years, it would be close to $200,000.

These are the typical decisions that everyone makes, especially the younger society, not necessarily bad decisions, but definitely irresponsible ones. We all make them, as we don’t actually think about the long term effects of what we buy.

The key is to cut back, save and invest. It might look like you’re not building much over a few months or even a year, but continued savings over a decade or 2 can have dramatic jaw dropping effects. Do you want to give your 20 something self the latest electronics or do you want to give your 40 something self a better, easier life?
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FREE CONSULTATION
Can Friendships Create a Healthier Lifestyle?

By Les Gelfand

Friendships are the elixir of life. Is there a connection between your health and your circle of friends? How do you find friends and keep them for life?

Friendships are not always easy to build and keep; however, we must understand how they impact your health and what you can do to promote and nurture friendships.

How can you benefit from friendships?
Devoted friends play an important role in your health; they laugh with you, celebrate good times with you, and support you during bad times.

What a lonely life it would be without the companionship of good friends — someone who is always there for you!

**Good friends**
- will increase your feeling of purpose and belonging,
- increase your feeling of well being,
- decrease stress,
- improve your self esteem,
- will encourage you to change or avoid habits that are unhealthy such as excessive drinking, smoking, or lack of exercise,
- will support you when faced with life-shattering traumas such as having a serious illness, losing your job, getting a divorce, death of a loved one.

Why do we find it hard at times to make friends — or worse yet — are unable to keep them?

It is tragic that as we get older and become adults that we find it hard to develop new friends or hold on to the existing friendships. With so many things going on in our lives such as work, caring for children or aging parents, we run the risk of drifting apart due to changes in our lives or interests. Moving to another part of the country is an especially difficult period since we will miss having our closest friends nearby and would not have had the time to cultivate new ones.

Go for the quality in your relationships with friends, not the numbers. There are friends with whom you feel comfortable discussing your innermost thoughts and other friends with whom you would enjoy doing various activities.

**How do you go about meeting new people in order to develop friendships?**
• Circulate, go for walks, take your dog with you if you have one, head for the park, and start a conversation. You would be surprised at the welcoming reception you will get! Due to modern technology (which seems to be the new way to communicate, lacking the human touch), we do not often talk with each other face-to-face like we used to;
• Try signing up for activities at your local spa, gym, or senior community center;
• Ask an acquaintance to be your guest for coffee or lunch;
• Say “Yes” when invited to a social gathering and return the favor to the individual who invited you;
• Volunteer your time or talents to various organizations — you can form strong relationships when you interact with people of similar interests;
• Attend community events — get involved — find a group that shares your passion for sports, gardening, crafts, reading, film societies, theatre, cycling....;
• Upgrade your schooling in an area of interest to you — this gives you the opportunity to meet other people with the same interest;
• Join your religious community — this will open doors for you since most communities have an active range of activities.

Stay positive; keep a friendly attitude so that people will want to meet you and get to know you.

Friendship is affected by social media. Joining a chat or online community can help you make or keep connections and offset loneliness; however, this does not necessarily result in a network of offline relationships with online members. Be sure to be cautious when giving out or sharing personal information when engaging in a activity with someone you only met online.

Here are some good guides for making friends:
• do not overwhelm friends — go easy — keep the phone calls, text messages,..., to a comfortable limit — respect their boundaries;
• do not compete or outdo each other;
• have a realistic self image — adapt a healthy outlook on life and adopt a healthy lifestyle including diet and exercise;
• avoid the two biggest turnoffs to potential friends: vanity and self criticism;
• be positive — look for the lighter side of life — laughter is infectious and appealing — it sets the stage for a more relaxing interaction between both parties.
• avoid constant complaining — discuss your issues with your confidants — they may be willing to help you;
• be a good listener — you may hear what your friends are saying about what is going on in their lives, however, do you truly listen to their concerns? Give advice only when your friends ask for it;
• do not be judgmental;
• guard their privacy — keep that personal information that your friends share with you confidential — do not question your friends in those areas that may make them uncomfortable.

Keep in mind that age is no barrier in looking for new friends or reconnecting with old friends. Take the time to meet new friends and strengthen the bond with the ones you presently have — it is an investment in better health and happiness in the years to come.

Promoting and nurturing friendships is a give-and-take situation. In some cases you need the support of a good friend and other times you will be there to offer your support. Let your friends know that you truly care about them and appreciate them; this will strengthen the bond of friendship. Friendships are a two-way relationship — you have to give as well as take.

Remember — strangers are friends you have not met yet.

Article Source: http://EzineArticles.com/7251842
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