MILLIONS OF LIGHTS — This display has four million lights over covered bridges, a 19th century mill, riverbanks, gorge and trees and a miniature village with 3,000 Santa Claus collection. It was voted one of the top 10 holiday displays in the country by a USA readers’ poll.

FOUR MILLION ‘LEGENDARY LIGHTS OF CLIFTON MILL’ ARE...

c pure magic

TOP OFFICIALS — Anthony Satariano, owner, and Jessica Nokes, general manager, took time out from their busy duties to pose for this photo.
They created a Fiona book to touch and feel

By ROZ FRIEDMAN
Feature Writer

A book without tactile illustrations for a student who is visually impaired, is like a book without pictures for a sighted student. “We think outside the box so our kids can see what other kids see,” said Karen Jacobs Costello, 58, and Missy Jones, 48, paraeducators of the visually impaired for the Northern Kentucky Cooperative for Educational Services, who created “Fiona! The Baby Hippo.” The Cincinnati Zoo and Botanical Gardens’ hippo who overcame seemingly unsurvivable odds due to her low birth rate, is the star of the book that enables children to feel what they cannot see and to read with their fingers.

Written in large print, as well as in Braille, the paraeducators brought Cincinnati Zoo’s world famous premature hippo to life with textured images. They created the book’s graphs, by putting drawn, printed or handprinted pictures onto special paper and passing them through a tactile image maker machine whose heat produces raised line drawings that can be read with the fingers.

Examples of the textures they used include leather covering for Fiona’s body. “We colored the original tan leather with a silver Sharpie,” explained Jacobs Costello. The children’s favorite page, reported the authors, is Fiona in a pool made of bright yellow corrugated paper and blue netting and blue duct tape for the water and splashes. Hawaiian lei flowers on another page represent the zoo’s botanical gardens and a piece of fleece gives a soft furry feel to Fiona’s blanket.

Other tactile illustrations in the book are raised silhouettes representing the record breaking crowds coming to see Fiona, a stethoscope used to examine her, a baby bottle, white wall paper to suggest milk and hay to represent Fiona’s feedings, burlap for Fiona’s body. “We colored the original tan leather with a silver Sharpie,” explained Jacobs Costello. The children’s favorite page, reported the authors, is Fiona in a pool made of bright yellow corrugated paper and blue netting and blue duct tape for the water and splashes. Hawaiian lei flowers on another page represent the zoo’s botanical gardens and a piece of fleece gives a soft furry feel to Fiona’s blanket.

“We thought the hippo’s story would be inspiring for our kids who can relate to how Fiona overcame the obstacles she’s faced!” explained the paraeducators. Zookeepers weren’t sure she’d make it but Fiona received round-the-clock care and pulled through while gaining millions of fans on social media. The book follows the story of Fiona’s early birth at 29 pounds, (normal birth weight is 55 to 125 pounds) her struggle and survival against all odds and her continuing victory. Within seven months Fiona gained weight and captured the heart of the nation, amassing 125 million views last year on social media.

The two paraeducators work under the direction of Joan Etter, 62, teacher of the visually impaired in 10 Northern Kentucky districts. “They bring my ideas to life,” Etter said. “For example, I recently asked them to make a textured model of an eyeball so children could understand their eye condition.” Jones called it their most unusual project to date as they assembled buttons, gauges, beads, pom poms, part of a baby bottle, and plastic from a freezer bag to make the textures of the eye.

“Fiona’s and Jacobs Costello’s other duties include teaching Braille, translating worksheets, books, games and tests into Braille, preparing or obtaining accessible versions of instructional materials and enlarging charts, graphs and maps.

“We love our job,” agree Etter, Jones and Jacobs Costello. “It’s so rewarding and we look forward to doing our job because it’s nice to help students learn and grow and make their lives more enriched.”

PARENTS — Fiona’s parents are Bibi and Henry. They love seeing her every day. Fiona then to swim in the pool. It helps her get stronger. She likes to go under wa- ter and hold her breath like all hip- pos do. She makes a lot of splash- es; she loves the water.

SPECIAL HIPPO — Fiona really is a very special hippo. Someday soon she will be big enough for visitors, and then Fiona will be able to see all the people who love her and have wished her will.

BOOK’S CREATORS — These two ladies are the ones who cre- ated the Fiona hippo book for visually impaired children. On the left is Karen Jacobs Costello with Missy Jones holding tactile graphic files they created for visually impaired students. The book includes Braille and large print; it also incorporates textures into its colorful pictures.
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Flairty enjoys making Christmas cookies

By BRUCE RELLER JR
Feature Writer

Theresa Flairty of Northern Kentucky really enjoys the Christmas season. She especially likes making Christmas cookies during this time of the year.

“I like to make Christmas cookies, because they are very festive and portable,” Flairty said. “People can gather around and carry their cookies with them as you visit and talk. The colors and shapes are inviting and just put me into the holiday mood.”

Flairty went on to say that it is also very fun to participate in a cookie exchange. She said you get to see what everyone else has made and bring home cookies you can taste and try.

Flairty said she really looks forward to the Christmas Eve candlelight service at her church. “It just draws my perspective inward and sets the tone for the following days,” she said.

As for other Christmas traditions, her family would always gather at the grandparents house on Christmas Eve after the candlelight service and share there.

“Then the kids could be at their own house for Christmas morning without leaving,” Flairty explained. “Which ever family had the smallest children got to stay home. We would come to their house on Christmas day.”

Flairty continued by saying that she thinks that the entire Christmas holiday time is a whirl of activity and effort.

“Many times, my husband has encouraged me to just have everyone meet at a restaurant for the holiday meal,” she said. “He doesn’t want me to be overloaded with the work and preparation.” But to Flairty, that is just the reason for all the effort. She loves to show her family and loved ones how much they mean to her.

“They are worth all the work and effort that goes into the celebration,” Flairty said.

Meditation helps senior health

By RACHEL KOHL

More and more doctors believe meditation to be the very best tool for mental, physical and emotional senior health. Here are five ways meditation can be the “fountain of youth” for seniors.

1. Meditation helps with memory. Both the hippocampus and the frontal lobe become well-stimulated during meditation. These areas of the brain are the hubs for short- and long-term memory.

2. Meditation makes the digestive system work better. The deep breathing exercises central to meditation improve circulation and blood oxygen levels, sending extra help to the stomach and the intestines. Incorporating meditation often provides immediate relief to seniors with digestive issues.

3. Meditation activates the “feel good” prefrontal cortex brain region, stimulating the “happy parts” of the brain. By increasing positive tone for the following days, one individual may rediscover their zest for life.

4. Meditation sharpens and focuses the mind. Meditation can help seniors with memory loss.

5. Meditation melts away stress. For seniors, long-term stress can come from many sources: chronic illness, disability or loss of loved ones. Two significant aging and quality of life factors occur: stress and anxiety.

There are numerous resources related to meditation techniques. Simply dedicating 10 minutes a day to meditation can have a dramatic impact on overall health and wellness.
Four million ‘Legendary Lights of Clifton Mill’ are pure magic

By ROZ FRIEDMAN
Feature Writer

Jaws drop and visitors gasp when officials flip the switch on the Four million ‘Legendary Lights of Clifton Mill’ to the music of the Hallelujah Chorus, during the annual illumination of Clifton, Ohio, into a magical place.

Lights are draped over America’s largest working water-powered grist mill built in 1802 that stands seven stories high with a 20-foot water wheel and is perched on the side of a gorge on the Little Miami River. The Clifton mill, covered bridge, pseudo swirling trees and river banks are also illuminated as is a 100-foot moving waterfall constructed of more than 35,000 lights that staircases down into the gorge and shines on the water far below.

The light show is the brain-
Questions to ask when touring assisted living

Making the decision to move yourself or a loved one into an assisted living home is a big step. Then, there is the process of going through them all to see what is the best fit. Everyone has specific things they are looking for and things they will ask to be sure it’s where they want to be.

However, there are some things that can be overlooked or simply not things you might think to ask. Here are some questions to be sure to have answered.

• What is the caregiver to resident ratio? You want to be sure the care is adequate to meet the needs of all the residents and to have a personalized level of care.

• What is a typical day look like for a resident? This is important to know and to think about how it fits in with how you and your family routine. For example, are meal times limited and if you don’t make it to breakfast hours, are there options for food until the lunch hour?

• How can family commu-
nicate with the caregivers and check in on their loved one? In some facilities it may be difficult to get a hold of someone who knows and actually cares for the resident on a daily basis, while other facilities offer family portals and direct numbers to the nurses/aid’s providing the care.

• What types of activities are offered? Every facility offers ac-
tivities. Find out what kind of ac-
tivities are available and if they are in line with what you enjoy doing. You could also ask if you are able to suggest new activities to add to the schedule.

Every assisted living home/fac-
ility has something unique and different about them. Be sure to take a tour, meet staff, ask questions and see what feels the best to you and your family.

Child of the Anthony Satariano family, which has houses the private collection of the Satariano family, which has in line with what you enjoy about how it fits in with how you like your daily routine. For important to know and to think
adequate to meet the care is adequate to meet the needs of all the residents and to have a personalized level of care.

There are over 3,000 examples of Santa Claus on display dating from as far back as 1850. Under the Christmas trees are gifts typical of several eras. Every night except Christmas and New Year’s Eve visitors can purchase hot dogs, BBQ pork sandwich, soup, cornbread, hot chocolate, cookies, pies, pop, and soft drinks.

Gates open every day at 5 p.m. and the lights come on at 6 p.m. Gates close at 9 p.m. and lights turn off 15 minutes after gates close. On Christmas Eve, Christmas and New Year’s Eve they close at 8 p.m. They are not open in severe weather or heavy rain. Call (937)767-5501 for information.

Parking is free, but admission costs $10 per person, every-
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tivities are available and if they are in line with what you enjoy doing. You could also ask if you are able to suggest new activities to add to the schedule.

New research shows you can stop a cold in its tracks if you take one simple step with a new device when you first feel a cold coming on.

Colds start when cold viruses get in your nose. Viruses multiply fast. If you don’t stop them from early, they spread and cause misery.

But scientists have found a quick way to kill a virus — touch it with copper. Research-

ers at labs and universities worldwide agree — copper is “antimicrobial.” It kills microbes, such as viruses and bacteria, just by touch. That’s why ancient Greeks and Egyptians used copper to purify water and heal wounds. That’s why Hippocrates, the “father of modern medicine,” used copper to heal skin ul-
cers, and why Civil War doctors used it to prevent infection in battle field wounds. They didn’t know about virus-
es and bacteria, but now we do.

Researchers say microphone cells have a tiny internal electric charge across the membrane surrounding the cell. The high conductance of copper short-cir-
cuits this charge and blocks holes in the membrane. This immediately stops the microphone from reproducing and destroys it in seconds.

Tests by the Environmental Protec-
tion Agency (EPA) show copper surfaces kill germs that are left on them. That way the next person to touch that surface does not spread the germ. As a result of this new knowledge, some hospitals switch to copper for various “touch surfaces”, like faucets, bedrails, and doorknobs. This cut the spread of MRSA and other illnesses in those hos-
pitals by half, and saved lives.

The strong scientific evidence gave inventor Doug Cornell an idea. When he felt a cold coming on he fashioned a smooth copper ring and rubbed it gen-
tly in his nose for 60 seconds.

“It worked!” he exclaimed. “The cold went away completely.” It worked every time he felt a cold coming on. He reports he has never had a cold since.

He asked relatives and friends to try it. They said it worked for them, too, ev-

time. So he patented CopperZap™.

New research: Copper stops colds if used early.

A Pew Research Center report.

Among adults 50 and older who had been wed for less than 10 years, the 2015 rate was 21 per 1,000.

Mature Life Features, copyright 2017

Science finds new way to stop a cold

and put it on the market.

Soon hundreds of people had tried it and given feedback. Nearly 100 percent said the copper stops their colds if used within 3 hours after the first sign. Even up to 2 days, if they still get the cold it is milder than usual and they feel better.

Users wrote things like, “It stopped my cold right away,” and “Is it sup-
possed to work that fast?”

“Really a wonderful thing,” wrote Physician’s Assistant Julie. “Now I have this little magic wand, no more colds for me!”

Pat McAllister, age 70, received one for Christmas and called it “one of the best presents ever. This little jewel re-
ally works.” Many users say they have completely stopped getting colds.

People often use CopperZap for pre-
vention, before cold signs appear. Kar-

en Gaucci, who flies often for her job, bought colds after cross flying. Though skeptical, she tried it several times a day on travel days for 2 months. “Sixteen flights and not a sniffle!” Business owner Rosaline bought it and used it on people who are sick around her when she uses CopperZap morning and night. “It saved me last holidays,” she said. “The kids had colds going round and round, but not me.”

Some users say it also helps with sinus.

Attorney Donna Blight had a 2-day sinus headache. When her CopperZap arrived, she tried it. “I am shocked!” she said. “My head cleared, no more headache, no more congestion.”

One man had suffered seca-

The comparable 2015 figure for married folks 65 and over was six.

Among adults 50 and older who had been wed for less than 10 years, the 2015 rate was 21 per 1,000.

Mature Life Features, copyright 2017

Seniors splitting

The divorce rate for the 50-and-

older phalanx has doubled during the past 2½ decades, according to a Pew Research Center report. A study revealed in 2015, 10 out of every 1,000 married persons, age 50 or older, divorced.

By CECIL SCAGLIONE
Mature Life Features

In 1990, that figure was five per 1,000.

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Cincinnati Reds and Bengals left Cincinnati

By GARY CROUCH  Feature Writer

Cincinnati was home to several previous professional football teams before the present Cincinnati Bengals team. The Cincinnati Celts was the first professional football team to play in Cincinnati. The Celts were established in 1910 as a semi-pro team to play in Cincinnati University in nearby Oxford. They played well in the professional Ohio League from 1910–1919, which was the direct predecessor to the American Professional Football Association that was renamed the National Football League in 1922. The Celts weren’t initially invited to join the new APFA when the league was formed in 1920 but the team accepted an invitation in 1921. It was a traveling team that played all of its games in other cities’ stadiums. In its only season in the APFA, the Celts shown they were unable to compete against league foes. In 1921, they had a record of 1–3–0, finished 13th and were out scored 117 to 14 in their only four league games. The team’s only two touchdowns, and sole victory, came during a 14-0 shutout of the Muncie Flyers. The Celts lost to the 1920 APFA champion Akron Pros 41-0, the Cleveland Tigers 21-0 and the Evansville Crimson Giants 48-0. They withdrew from the league in 1922, just prior to it being renamed the National Football League.

The team’s finances were also troubling. Game attendance never reached above 2,500 spectators. As a result of this and other financial issues, the team was unable to pay the nominal league fees. The Celts continued as an independent amateur team in 1922 and 1923.

For the team’s entire existence, the Celts were coached by John L. (Mel) Doherty, who was also the team’s center. Doherty later served as an assistant coach at Xavier University, was a popular bandleader in the Cincinnati area during the 1920s and a salesman for Hudepohl Brewing. His son, Jerry, later formed a dance duo with fellow Cincinnati Doris Day in the mid ’30s.

A football team, named the Cincinnati Reds, joined the NFL in 1933, the 14th regular season of the National Football League. Like the baseball team of the same name, the football team played most of its home games in Redland Field, which was renamed Crosley Field in 1934.

In 1933, the team started 0–4 and ended the season 3–6–1, finishing out of five teams. In its second year, the team lost the first eight games of the 1934 NFL season. The team was eventually suspended for failure to pay league dues. Since 1932, the first year in which official statistical records were kept, the Reds had one of the most anemic offenses in the history of the National Football League, setting records in futility for fewest yards, passing touchdowns and passing touchdowns in a season. In 1934, it surrendered 243 points while scoring only 10. The team was shut out in 12 of its 18 games. The final game was a 64-0 loss to Philadelphia.

A team named the Cincinnati Bengals joined the second formation of an American Football League in 1937. After the AFL folded in 1937, the Bengals became a charter member of the third inception an AFL in 1940. The present Bengals started in the AFL in 1968 and moved to the NFL in the 1970 merger.

Don’t text and walk

By JOHN GRIMALDI  Association of Mature American Citizens

A woman on her cellphone fell through a sidewalk in New Jersey recently.

Not long before, a young woman texting was caught on surveillance video tripping into a fountain in an Arizona mall.

Texting and driving is illegal in most places. The incidence of distracted cell-phone usage outside the car, meanwhile, has grown at an alarming rate — so much so the Honolulu City Council has passed a law that prohibits its looking at your cellphone while walking.

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Sports

1911 PHOTO — This photo was taken at a game at Miami University in 1911. The Cincinnati Celts drew most of their players from the Miami team of this era.
Happy holidays with those who have dementia, conservation starters

By JERRY CRAFT

The holidays are here and it can be difficult on what to say when visiting a loved one with dementia. Here are a few tips.

Cognitive Stimulation is Key
Exploring the past with a person with dementia can benefit both of you. Research indicates that cognitive stimulation – keeping a person thinking in a focused manner – is important when leading to a person with Alzheimer’s disease or other forms of dementia. One of the best ways to achieve cognitive stimulation is by helping the person to stretch and exercise his or her memory.

As a caregiver, family member or friend, you can help this process along by asking helpful questions. In this case, helpful questions are those which are open ended and give the potential to lead the person into areas that might contain memories that he or she has not accessed in some time or may wish to share again. Finding the right questions or the right topic areas may take some trial and error, but that’s okay.

Here are a few sample questions that you might consider:
• What can you tell me about the house that you grew up in?
• What did you do that made your parents proud?
• Was the traffic on Main Street always this bad?
• When you were a kid, what did you want to be when you grew up?
• Can you tell me anything about your grandparents?
• What sports did you like to play?

Of course, there are dozens of other questions you could try. You may need to ask quite a few before the person responds. The important thing is to make the effort and to be patient. If your loved one engages, make sure you pay close attention. Let him or her speak and, at an appropriate time, ask questions that will encourage elaboration: “What did you do after that?” “Did you ever see her again?” “Was that the only time your father did something like that?”

The more that you can engage your loved one with dementia, the better off he or she will be and you may find that you can learn a few things yourself.

Artis Senior Living of Mason is a place where people living with a cognitive disorder can feel respected, heard, engaged and hopeful. We create a positive partnership with the resident, families and our staff. Our team is highly experienced with dementia and is totally focused on helping each resident find meaning and joy everyday. Artis’ focus is on respecting the individual. Senior care professionals and a licensed nurse are on site 24 hours a day and each resident receives support for their individualized needs, from activities of daily living to medication management. Artis neighborhood living residences are designed to emphasize community and familiarity for individuals with dementia. Resident suites are grouped into “neighborhoods” centered around a common neighborhood square, which features an arts and crafts studio, dedicated entertainment area and beauty and barber shop. The four distinct neighborhoods has a homelike entry, dining room, open kitchen and easy access to a beautiful, spacious and secure outdoor area.

To learn about Artis Senior Living of Mason, visit our website at artis.com/mason or call Jerry Craft at (513) 229-7450 or stop by 6200 Snider Road, Mason, Ohio, for a visit.

By ELLIOT M. KIRSTEIN, OD, FAAO

Director
Harper’s Point Eye Associates

A new eye test called Ocular Coherence Tomography Angiography is now available to eye doctors in the United States. OCTA allows doctors to visualize the vascular systems, which supply the optic nerve and macula in less than 15 seconds per scan.

OCTA produces ultra-high resolution, three-dimensional images that are displayed as individual layers of retinal vasculature, allowing eye doctors to isolate specific areas of interest and see microvascular structures that, until now, has been difficult or impossible to see. The images are captured without the use of any systemic injection or contrast media and doctors will be able to see the results of these tests immediately.

These amazing images will give our eye doctors a better understanding of glaucoma, diabetic retinopathy and diseases of the macula such as the sight threatening condition known as “wet macular degeneration.” Given this new science, we hope that patients with wet degeneration who have been receiving ongoing “fluorescein angiography” with systemic injections, will less often require these more time consuming, less comfortable and more expensive tests. The cost of OCTA is only a fraction of the cost of angiography.

Where OCTA is available, patients suspected of having or those who suffer from glaucoma, macular degeneration or diabetes will be receiving Angio OCT as part of their testing regimen. This November, Harper’s Point Eye Associates will be the first in greater Cincinnati to offer OCTA. For additional information, contact Harper’s Point Eye Associates at (513) 530-0440.

www.seniornewspapers.com
December 2017 • SENIOR LIFE • 7
The children are the last to know when Grammy can’t remember

By DAN PERKINS

Right now in America, 15 percent of the senior population has dementia, a number which is growing, but which we prefer to call memory loss. Many times parents are so focused on taking care of mom or dad, they forget their children and how mom or dad’s memory loss affects the rest of the family.

I have only recently become a writer of children’s books; my background has been more in the mystery and thriller genre. I wanted to write a book for children, but on a subject where the world falters and learns.

Some people who have read the book have told me how special the relationships are between the two fathers and the two daughters. The image of strong and caring fathers in a positive relationship with their daughters is a rarity in books today. A researcher in the field of mental health told me that it has been several decades since a good children’s book has been written on the subject of dementia. At the beginning of the story, I do not present reviews; rather, I wanted to start the reader thinking about the issue of dementia.

The first perspective is from a medical doctor who has a mother and a brother suffering from dementia. The second is a Ph.D. in neuropsychology who has spent most of his life doing research on and treating dementia patients. The final perspective is from a 9-year-old girl who knew nothing about dementia until she read the book.

Another factor that sets this book apart is the epilogue. This is where I make 12 suggestions of activities that families can do right now to help save the memories of their grandparents for future generations. “Why Can’t Grammy Remember Me?” has been a great adventure and I hope the families who read this book begin to preserve their own family histories.

Dan Perkins is an author and radio and TV talk show host. More information about him, his writings and other works are on his website: danperkins.guru

Judy in Disguise (with Glasses)

John Fred and His Playboy Band
December 1967

When John Fred mistook the Ser-
great Pepper album track of “Lucy in the Sky with Di-
monds” — he thought Paul Mc-
Cartney was singing “Lucy in disguise with diamonds” — he de-
cided to create a send-up of the Fab Four’s work. Before long he and fellow musician pal Andrew Bernard were filling notebooks with such pseudo-psychedelic lyrics as “Cantaloupe eyes come to me tonight” and “Lemonade pins with a brand new car” and “Cross your heart with your living bra.” (Thank you, Play-
tex, for that last inspiration.) John Fred Gourrier was born in 1941 in Baton Rouge, La. The son of one-time Detriot Tigers third base-
man Fred Gourrier, young Fred was a standout athlete at Catholic High School. He also loved southern R & B — rhythm and blues — music and, at age 15, formed a blue-
eyed soul group with several classmates. They called them-
selves John Fred and the Playboys, named after Hugh Hefner’s popular magazine. Late in 1958, they cut a bouncy single called “Shirley” with Fats Domino’s hand in New Orleans. Issued on Ba-
ton Rouge’s Montel Records label, “Shirley” began receiv-
ing airplay throughout the South, and the teenage Play-
boys toured wherever their school schedule permitted. But when Dick Clark invited the lads onto American Band-
stand, leader Fred declined the offer. Why turn down such a golden opportunity?

Fred had a basketball game scheduled at school that day. After “Shirley” failed to break nationally, the Playboys disbanded to concentrate on their schoolwork. Fred eventually earned an education degree from Louisiana State College but soon found that the music world held more interest for him than did the classroom. He returned John Fred and the Playboys and signed onto the Paula Records label in Shreveport. However, when California’s Gary Lewis and the Playboys burst onto the music scene, a similar opportunity came for John Fred and His Playboy Band. Eventually Fred brought “Judy in Disguise (with Glasses)” to his band, only to find that most of the members hated it. After all, they groused, there was a respectable R & B outfit and above such nonsense. But Fred prevailed, assuring his skeptical pals that they were sitting on a potential smash, that “Judy” offered a ticket to the Big Time.

Despite the Playboys’ objections, “Judy in Disguise (with Glasses)” was record-
ed. It featured a cacophony of brass, strings, piano, sitar, bass, drums and guitar. And gags and moans. And ascending strings that matched the Beatles’ “A Day in the Life.” Coincidentally, it was John Fred and His Playboy Band’s goofy nov-
elty that knocked the Fab Four’s “Helps Goodbye” out of first place on the Bill-
board chart.

When “Judy in Disguise (with Glasses)” hit world-
wide, John Fred and His Playboy Band toured both America and the UK. In En-
glan, they met Paul Mc-
Cartney and John Lennon, who both loved the parody. Wordplay-loving Lennon even asked that, when he went home that day, he was going to sit down and write a similar fun song.

He said he would call it “Froggy in a Pond with Spectacles.”
Send listings hosted by non-profit organizations and Senior Life Advertising for Senior Life, P.O. Box 188, 206 S. Main St., Milford, IN 46542 by Dec. 11 for January events. With listing, include contact number with listing.

Strength and Balance — 8:30-9:45 a.m. Tuesday and Thursday at Union Township Civic Center, 3830 Asholtz Road, Cincinnati. Participants use tension bands, light weights and small balls to improve mobility, strength and balance.

Free for Silver Sneaker members, $6 per class for non Silver Sneaker members. For more information, call (513) 5799 Bridgetown Road, Cincinnati. Join in as participants exchange practical information on caregiving problems and possible solutions; talk through challenges and ways of coping; share feelings, needs and concerns; and learn about resources available.

Support Group — Informal support group for those caring for someone with a memory disorder from 6-7 p.m. the third Wednesday of every month at Atria Senior Living of Bridgetown, 5799 Bridgetown Road, Cincinnati. Join in as participants exchange practical information on caregiving problems and possible solutions; talk through challenges and ways of coping; share feelings, needs and concerns. For more information call (513) 478-0887.

Meet the Author: Dan Perkins — 4 p.m. Saturday, Dec. 2, at The Arlington Memorial Gardens, 2145 Compton Road, Cincinnati, Ohio. “Why Can’t Grammy Remember Me?” will be available for purchase and signing. This is a breakthrough book written in an important subject to children, parents and grandparents. The subject is dementia or what is commonly referred to as memory loss. RSVP to (513) 521-7003.

HELP! My parent won’t shower or change clothes

By CATHY UTTER

Why would a once reasonably clean adult refuse to take a shower or wear fresh clothes? It’s a far more common problem than you might think. What issues may be contributing to this:

• It’s wise to look at depression first. A checkup with a doctor is a good idea.
• A stranger comes into the house, and they simply do not notice.
• The days go by, they simply lose their desire to do it. A hand-held shower head helps with the fear factor if they develop with your parent, one of your good friends may be able to persuade her to shower and put on a pretty outfit.
• A fourth cause is memory. As the days go by, they simply lose track of time and don’t realize how long it has been since they last showered.
• Another big issue can be fear or discomfort. They suffer a very real fear of slipping in the tub. Also, they may feel consider-

Coping with diabetes during the holidays

By DEBBIE KEHRT RN
Certified Diabetes Educator

The holidays can be joyful but they can also be very stressful, especially when you have diabetes. Here are some tips to better handle the holiday season:

• Avoid the three Os. Over-scheduling, overdoing and over-spending. Stress can cause you to release hormones that can cause your liver to overproduce glucose. Stress can also cause you to not take care of yourself properly. Schedule time for your self-care.
• Don’t skip meals prior to going out.

Continued on page 11

White Water Shaker Meeting House 190th anniversary

Friends of White Water Shaker Village will be celebrating the 190th anniversary of the first service in the White Water Shaker Meeting House 5 to 7 p.m. Sunday, Dec. 3. White Water Shaker Meeting House is located at 11791 Oxford Road, Continued on page 16

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Southern Gateway Chorus

Saturday, December 9th
7:30 p.m.
Princeton HS Matthews Auditorium
100 Viking Way, Cincinnati, OH 45246
Tickets: $15 & $25 Discounts for Children

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The day Santa came to visit

By PJ MARTIN
Feature Writer

This article is the last of the year to ask, “Who is God to you?” I asked Jayne Thomas of Maineville, a suburb of Cincinnati and she smiled and said matter-of-factly, “To me God has to be just like my daddy – perfect!”

Jayne was born in the 1960s to older parents who had lived full lives before having a child in their 40’s. “As an adult, I see lessons my parents taught me through example that has strengthened my faith in God.”

I asked Jayne to tell me of such a time. “There are so many. For example, every Christmas, Dad would read the story about Santa bringing presents to the children. I do believe that is a truth. For me, seeing lessons my parents taught to older parents who had lived fast was about over one year in particular, we heard something up on the roof. Then, a hard knock at the back door. And then, a bang on the roof again. Mom and dad seemed to be concerned, which made me a bit scared as a child… because they are all knowing and all powerful for a young child. Dad said, ‘It must be Santa! That must have been his reindeers up on the roof! Go see what he left!’ I remember I got excited for a moment, then stopped… Dad had always said Santa wasn’t real… Mom tried to aid me in believing in Santa – but not Dad, who was now trying to get me to answer the door – then I got scared again. I moved closer to the safety of dad’s side, and looked up at him and said, ‘But you said there’s no Santa. I think it’s a bad guy at the back door!’

Mom just about choked on her last bite of food. “I remember dad urging me on saying something like, ‘No, no… just go see. Maybe I was wrong. Go see if Santa left something at the door’. He gave me a little physical nudge on the elbow, because by now I was about to pop up on his lap for safety! ‘It took all my courage… only because I had the backing of my mom and dad behind me if something went wrong…’ I remember I opened the backdoor so slow… And there on the top step was a box with a bow on top and it was making a squeaking noise! I snatched up the box and ran to the table… but then I heard something! ‘Open it! Open it!’ my parents said… It was a puppy!”

Tears came to Jayne’s eyes as she shared the story. “As much as I love the story for what it was then… it means more now. Mom and Dad loved me so much that they wanted to surprise me with something special that I wanted. God likely to do that too. Mom and Dad made me courageous in times of fear… just like God does. Mom and Dad worked hard and sacrificed for me—just like Jesus did. So, yeah, God is just like my Daddy… perfect!”

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By Randal C. Hill

The best song ever written?

The sun is shining/
the grass is green/The orange and palm trees sway/Trees never seen such a day! In Beverly Hills, L.A./But it’s December 24th/And I’m longing to be up north/I’m dreaming of a white Christmas… Recognize that? When Irving Berlin created “White Christmas,” he did so from the point of view of someone in southern California at Christmas time who was missing the New England holiday weather. Fans of the iconic Bing Crosby tune know the familiar chorus but usually not the rarely heard set-up verses that introduce the Christmas classic. Born Israel Beilin in Russia in 1888, Berlin became America’s pop-song poet laureate. Over the course of his 101 years he wrote an estimated 1,500 tunes, including the classics “God Bless America,” “Blue Skies,” “Cheek to Cheek” and “Easter Parade.” He could neither read nor write music, and he composed primarily on the black keys of his piano. When finished with a piece, Berlin would turn to his musical secretary, Helmy Kresa, to transcribe whatever he had created. Christmas wasn’t something that the Jewish artist grew up celebrating, having been born the son of a cantor whose first language was Yiddish. Once in America, his family viewed Christmas as more of a cultural holiday than a religious one. The seed of “White Christmas” may have been planted over the holiday season in 1937, when Berlin was separated from his family and living in Beverly Hills while working on the movie “Alexander’s Ragtime Band,” a film based on his 1911 composition. Fuelied by his usual all-night regimen of cigarettes and chewing gum, the lifelong insomnia’s “White Christmas” came to fruition on Jan. 8, 1940. That Monday morning he hurried to his Manhattan office and immediately summoned Helmy, enthusiastically commanding, “I want you to take down a song I wrote over the weekend… Not only is it the best song I ever wrote, it’s the best song anybody ever wrote!” In the 14 years that he had worked for Berlin, Helmy had heard similar boasts many times and smiled but kept silent as his boss seated himself at his office piano and began to play and sing. Helmy later remembered thinking that, by the time the tune was finished, he was, for the first time, in complete agreement with Berlin. Bing Crosby debuted “White Christmas” on Christmas Day of Continued on page 11

FATHER AND DAUGHTER – Jayne Thomas of Maineville, a suburb of Cincinnati, is shown as a young child on the lap of her father, Ebert Thomas. She said that every Christmas her dad would read the story about baby Jesus first thing. Afterwards the family would open presents and then have breakfast.
Scientists rediscover ancient way to prevent illness

Old ways sometimes get new life.

Ancient peoples discovered a natural element that often prevents illness. Nobody knew how it worked until recently.

Now scientists have discovered it actually kills germs, such as bacteria and viruses, on contact. Researchers are busy turning it into a new way to stop infections, stop illnesses from spreading in hospitals, fight back against super bugs and even stop colds, sore throats, sinus trouble and flu.

More than 4,000 years ago ancient Egyptians discovered copper could prevent infections, help wounds heal faster and purify water. More than 2,000 years ago, Hippocrates, often called the father of modern medicine, recommended copper to fight infections.

More than 1,000 years ago the Aztecs used copper gargle for sore throat. More than 100 years ago Europeans used copper to prevent infections and Civil War doctors in the U.S. used it to combat infections in battlefields wounds.

Coping with

Continued from page 9

...ing to a holiday party. This may cause you to overeat and cause an imbalance in your blood sugar.

• Try not to hang out near the food table to avoid grazing.
• Prioritize your plate. Enjoy your favorites without loading your plate with food you can eat any old time of the year.
• Eat slowly. Put down your fork between bites. Wait at least 20 minutes before going back for a second helping to allow your body to tell you that you are full.
• If you drink alcohol, remember to eat something beforehand to prevent low blood sugar. Avoid drinks with high calorie mixers like regular soda and fruit juice.
• Keep active. Make shopping a fitness activity. Take extra laps around the shopping mall.
• Finally, if you overindulge, don’t beat yourself up and feel you have failed, just make a plan to get yourself back on track.

The Kettering Health Network Diabetes and Nutrition Center in Hamilton offers a variety of programs for people living with diabetes. For more information, call (513) 273-9220.

The best

Continued from page 10

1941 on his NBC radio show The Kraft Music Hall. He recorded it on May 29, 1941, feeling unen-...
The Law Practice of Dennison Keller LLC welcomes Attorney Michael Riley

Michael Riley

The Law Practice of Dennison Keller LLC is pleased to welcome Michael Riley as its newest attorney. Riley received his law degree from the University of Dayton School of Law with an emphasis in tax law, estate and trust law and corporate law. He also holds a master of science degree and a bachelor of arts degree from the Ohio State University. He is licensed to practice law in Ohio and has practiced in the Cincinnati area for over 30 years. He is a member of the Cincinnati Bar Association, the Clermont County Bar Association and the Ohio Bar Association. He is a founder member of the Ohio Forum of Estate Planning Attorneys, a non-profit organization for attorney collaboration in the estate planning field. Riley also holds a member of the Cincinnati Estate Planning Council and Wealth Council, a national association for estate planning attorneys.

Riley frequently lectures on the subjects of estate planning, business succession planning and family wealth transfer. He is recognized for his ability to translate complex legal principles into understandable concepts.

After several decades of practicing estate planning law, Riley realized that as people age, they need more than just expert legal advice. Having great legal documents and financial advice is necessary, but is not enough. People also need the committed support of family and friends and, often, the committed support of professional people knowledgeable about the challenges of elder law and elder care.

Riley comments, “Some of my early clients were now having problems with their activities of daily living and being able to continue to live in the environment that had been so comfortable for them for many years. After exploring ways to accomplish expanding the scope of my practice to meet my client’s new challenges, I was very fortunate to make a connection with Dennison Keller. His firm focuses on practicing elder law and life care planning in a holistic manner. I look forward to working with the firm’s entire team to meet the changing needs of our community’s elders.”

For more information, contact The Law Practice of Dennison Keller LLC at (513) 818-1111 or www.elderlawcincinnati.com.

Understanding Social Security — Social Security benefits to increase

Monthly Social Security and Supplemental Security Income benefits for more than 66 million Americans will increase 2 percent in 2018, the Social Security Administration announced in October. Increased payments to more than 8 million SSI beneficiaries will begin on Dec. 29.

The 2 percent cost-of-living adjustment will begin with benefits payable to more than 61 million Social Security beneficiaries in January 2018. (Note: some people receive both SSI and Social Security benefits)

The Social Security Act ties the annual cost-of-living adjustment to the increase in the Consumer Price Index, as determined by the Department of Labor’s Bureau of Labor Statistics. Some other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase next year from $127,200 to $128,700.

Of the estimated 175 million Social Security taxpayers in 2018, about 12 million will pay more because of the increase in the taxable maximum.

Information about Medicare changes for 2018, when announced, will be available at medicare.gov. The Social Security Act provides for how the COLA is calculated. To read more, please visit socialsecurity.gov/oact.

Connectivity

In an age of ever-changing technology, we have come to expect great things from our electronic devices. We depend upon our cell phones for appointment reminders, directions to dinner and even to monitor our health. However, what most people do not realize is that the hearing aid world has also made incredible technologic advances in the past few years, especially in regards to connectivity.

The majority of today’s hearing aids are now considered to be wireless devices. This connectivity allows the hearing aids to link to wireless accessories, thus enhancing the user’s listening experience. One such accessory enables the hearing aid user to stream sound directly from their television, regardless of the current volume level of the TV.

This device is especially helpful for those individuals who might wish to set the volume of the TV higher than their preference requires. Another accessory known as a mini microphone can be worn by a spouse or friend and streams their voice directly to the hearing aid user. This allows for tremendously better hearing in the presence of even intense background noise.

Further, some hearing aids connect directly to cell phones and tablets, allowing stereo streaming of phone calls, music and any other audio from the electronic device. These hearing aids may even be controlled by an app on the user’s smart phone, allowing for instant adjustments of sound.

These wireless features are revolutionizing the world of hearing aids and greatly enhancing the quality of life for hearing aid users and their families. If you have a friend or love one who exhibits signs of hearing loss or if you yourself are experiencing difficulty hearing, the professionals at Cincinnati Hearing Center can help. Call (513) 588-9444 to schedule your hearing evaluation today and begin your path towards better hearing.

Dr. Elliot M. Kerstein

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The Law Practice of Dennison Keller, LLC

A Focus in Elder Law
Santa Claus is comin’ to town and Haven Gillespie

By GREG LAWSON
M.Min., MSW
Guest Writer

(EDITOR’S NOTE: This is the second part of a two-part series.)

Covington, Ky. — The birthplace of James Haven Lamont Gillespie back on Feb. 6, 1888. During his early years, he built a reputation for writing lyrics of many famous songs. To this day, perhaps his most well-known song is “Santa Claus is Comin’ to Town.” It was Gillespie who made the song famous. Back in 1934, he teamed up with a James Frederick Coots. It was Coots who wrote the music and Gillespie who is given credit for the words to the song.

Somewhere the song had to be presented to the public. Records tell that it was none other than Eddy Cantor who first sang the song on his radio show in November 1934. And the rest is history. “Santa Claus is Comin’ to Town” is one of the most widely recognized Christmas songs of all times.

In fact, “It remains one of the biggest earning songs in history.”

Copyright law entitled the owner to royalties each time the song is recorded, sung or played by someone. Copyrights run for a certain period of years, and if not renewed, become public domain. It appears that the copyright did expire and was not immediately renewed by Coots or Gillespie. Not so with J. Frederick Coots whose heirs still live today.

Considering the song was and is a huge earning potential, is it no wonder that “It has been recorded by everyone from Frank Sinatra and Springsteen and the E Street Band.” Copyright laws provide “for a series of extensions, and for the past several years, the daughter and grandchildren’s of Coots have fought for the right to reclaim and own the copyright and the song.

Coots’ family has, indeed, won their case as internet records reveal. A “three-judge panel in a circuit court ruled in the family’s favor.” Coots’ daughter revealed that the family always did receive royalties, but now it appears they will gain control of the publishing rights.

As far as the origin of “Santa Claus is Comin’ to Town,” Coots’ daughter said “Father wrote the music while Gillespie wrote the lyrics on the back of an envelope after a publisher told the pair: Write me something for Christmas. You didn’t hear it in June or July.” And finally, “Now the decisions about the songs use are made by the granddaughters of Coots living in Connecticut and California.” Each Christmas we, and the children, hear one of the most famous songs in history. Would it not be a Christmas treat to tell the children about the two men who gave us such a delightful song; two men who may have been forgotten in the pages of history.

Letter to the editor

Be courteous to truck drivers

Dear Editor:

This group of people are very much mistreated. Everyone blows their horn at them. They yell, curse and drive 70 mph to get in front of their rig. True, trucks will keep us from arriving at our destination hours on end. But is this fair to the truck drivers? No. These nice people must deliver their goods on time or they will be penalized. Who benefits from their delivery? We do. Truck drivers are excellent drivers. Very few receive police citations.

Alan Leshner

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Contact Kathy Myers to take advantage of editorial opportunities.

513.602.6896/kmyers3030@yahoo.com
Bucket trip to Alaska

By PJ MARTIN
Feature Writer

Bonnie Peavy, from the west side of Cincinnati, has always been an avid reader. At 10, she read a book called, “Ice Palace” by Edna Ferber. The book was about Alaska before it was statehood... in wilder days – if that is imaginable.

“That book made me just fall in love with the idea of going to Alaska,” said Peavy. “My travels took me to Europe, so I never even got close to Alaska.

“While living in California, I had a job working as a budget analyst for the federal government and I tried to get a job in Adak, Alaska working with the Naval Air Facility. In fact, I put in for that job six years in a row. So Alaska went on my bucket list of three places I wanted to visit before I died; they were Key West, Nova Scotia and Alaska. I had already traveled most of Europe, Philippines, Bangkok and the United States.

“Now being retired, it made it so I could go and stay several weeks and not be in a big hurry.

“I went with a long-time friend, Murey, who is an artist in California. She and I met and studied at the same art studio in Florence, Italy, in the mid 80’s. We maintained our friendship over the years.”

About a year ago, they started talking about the places they had traveled, as both women were world travelers. As they discussed their journeys, they discovered they both held a passion to explore Alaska.

Weather is a factor to consider when traveling to Alaska and so are mosquitoes, continued on page 15

Music, memory and Alzheimer’s

By MARGARET UNGAR
Director of Marketing
Arts Senior Living of Bridgetown

Music is universal. Everyone loves music and it can mean different things to different people. Whether you’re looking to relax or want to put on your dancing shoes for an upbeat time, finding the right music can change your mood.

Music has been known to have a positive effect on people with dementia and Alzheimer’s disease; it helps them recall memories and emotions. People sometimes link songs to a certain memory and this allows individuals with Alzheimer’s to reminisce without stress. Researchers have found that music even boosts brain activity for people with dementia.

Familiar music will trigger the strongest response from individuals with dementia. Try listening to music from their youth and see if it brings up thoughts from their past. But pay attention to their response, you do not want to provoke any unwanted or negative feelings the music might be associated with. While playing music, make sure to eliminate any stimuli that might take away from the experience — close windows, turn off television and limit conversation.

Music class is a great way for people with memory loss to enjoy live music and belt out their favorite tunes. Stimulating music with percussive beats and quick tempos will get them moving which is so important for people with Alzheimer’s or dementia. Singing along to your favorite tune creates a sense of community with others and boosts self-esteem.

Music therapy taps the list of our programming for our residents and for a good reason. Residents can sit back, relax and sing along with their favorite artist. Other opportunities to enjoy music are to sing at religious services, sing-a-longs, choir practice, concerts and visiting performers. One of the music favorites of our residents is to play Name That Tune.

To learn more about Arts Senior Living of Bridgetown, please visit our website at artis.com/Bridgetown or call Margaret Ungar at (513) 882-1587 to schedule a tour. Even better; I would love for you to stop by 5799 Bridgetown Road (Green Township) for a visit.

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Showboat was fun and entertaining

By JERI SEELY
Editor in Chief

Showboat was fun and entertaining.

Travel Talk

Showboat

Showboat was fun and entertaining.

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Christmas is popular year round to collectors

By GARY CROUCH
Feature Writer

One of the highlights of past Christmas seasons was mailing Christmas cards. A box of Christmas cards would be purchased from Woolworth or Shillito’s and mailed out according to the proverbial “Christmas card list.” You may have helped your mother by putting on the Christmas stamps and Christmas seals.

Today, many collectors seek those Christmas stamps and the Christmas seals also. In philately, the collection and study of postage stamps, Christmas stamps fall into the very broad area of topical collecting, the collecting of stamps, and related items, relating to a particular subject. Because of the quantities printed, almost all Christmas stamps are easy to find and affordable.

The first stamp issued expressly to mark Christmas is arguably believed to have been issued in 1853, for British Forces troops stationed in Egypt to use for their mail to home. However, some say it were the first stamps to depict the Nativity; a Hungary issue of 1943, which was a one-time issue, more like commemorative stamps than regular issues. Australia’s 1957 issue marked the first of what became an annual tradition any more nations took up the practice during the 1960s, including the United States in 1962. By the 1990s, approximately 160 postal administrations were issuing Christmas stamps, mostly on an annual basis.

The choice of Christmas designs is broad, ranging from religious images to secular images of Santa Claus, Christmas trees, wreaths and so forth. In the United States, annual discord over the two types was resolved when the U.S. Postal Service issued some of both each year; typically a group of 4-6 related secular designs, plus a religious design usually depicting the Madonna and Child. Recently, the 1965 TV special “A Charlie Brown Christmas” was depicted on a set.

In the age of email, Christmas stamps may represent some individuals’ largest remaining use of stamps in a year. Walter Haag, a stamp dealer in Loveland, says the collecting of Christmas stamps is very popular and not just at Christmas-time.

Christmas seals are labels, or stickers, placed on mail during the Christmas season to raise funds and awareness for charitable programs. They were first associated with tuberculosis. They fall into an area known as cinderellas, in contrast with Christmas stamps used for postage. In philately, a cinderella stamp is “virtually anything resembling a postage stamp, but not issued for postal purposes by a government postal administration.

The first Christmas seals were used in 1894, when Danish postal clerk developed the idea of adding an extra charitable stamp on mailed Christmas greetings. During the Christmas season, they were used in 1894, when Denmark issued some of both. For other countries, this idea eventually spread to the United States by Emily Bissell in 1907, after she had read about the 1904 Danish Christmas seal in an article. Bissell hoped to raise money for a tuberculosis sanitarium.

Since then, Christmas seals have been issued by hundreds of different societies, nationally, and locally around the world. They were introduced to the United States by Emily Bissell in 1907, after she had read about the 1904 Danish Christmas seal in an article. Bissell hoped to raise money for a tuberculosis sanitarium.

White Water

Continued from page 9

Harrison, Ohio. Light refreshments will be served at 5 p.m. while the program will begin at 5:30 p.m. by candle light. The friends are a nonprofit organization who continues to expand their collection and seek White Water Shaker manuscripts, letters, historic photographs, artifacts and furnishing to help define and interpret White Water Shaker history. They also use grants and donations to keep the historical buildings in good condition for the public to tour and visit as well as to improve their educational programs about the Shakers.

Croswell Tours and WMKV Radio presents

A Boone Tavern Christmas

December 13, 2017

Join Us for an Exciting One-Day Adventure!

December 13 Itinerary - One Meal Included

Reservations Required Contact WMKV 513-782-2427

8:45 a.m. Depart Maple Knoll Village, 11100 Springfield Pike, Cincinnati, OH.
11:30 a.m. Enjoy a buffet lunch at the Historic Boone Tavern. Holiday entertainment is included following your meal.
2:00 p.m. Browse the shops located near Boone Tavern, Berea, Kentucky.
3:00 p.m. Visit the Kentucky Artisan Center, decorated for Christmas. Everything in the Artisan Center is made in Kentucky.
4:00 p.m. Depart for home.
6:30 p.m. Approximate return to Maple Knoll Village.

Note: Business Casual Attire Please-No Blue Jeans in the Boone Tavern

$99 per person ($50 is tax deductible) Tour Package Includes:

Roundtrip transportation via Crosswell’s Deluxe VIP Motorcoach
Buffet Luncheon, Tax, and Tip at Boone Tavern

Limited Seating! Reserve Your Tickets Today!

513-782-2427

First Day Covers – Cincinnati-area stamp dealer Walter Haag is shown holding some Christmas first day covers.