



JUNE 2022
Volume 7, Issue 6

VILLAGE TIMES

Tip Sheet: Good Health In Later Life For Older Men

Americans are living longer than ever, but American men still aren't living as long as American women. The average life expectancy for men in the US is now roughly 75 years. For women, it's more than 80. Exactly why men are shorter-lived than women isn't entirely clear. Even in infancy boys run a higher risk of dying than girls, and researchers aren't sure why. However, research suggests that a leading reason for the "longevity gap" between men and women is that men don't take care of themselves as well as women do. For example, surveys have found that women are much more likely to have a regular healthcare provider, and to see their provider within the course of the year, than men are. Men are also more likely to engage in "risky" behaviors – like smoking and drinking heavily – than women.

Experts agree that by taking better care of themselves, men can increase their odds of living healthier, longer lives.

Tips for Older Men

See your healthcare provider regularly. Even if you feel perfectly healthy, you should see your provider at least once a year for a checkup.

1. Call or see your healthcare provider when you're feeling sick. Surveys find that men are less likely than women to see a healthcare provider when they're not feeling well. In one survey, 40% of men said that, if they were sick, they would delay seeking medical care for a few days. Seventeen percent said they would wait "at least a week." Prompt medical care can make a big difference - sometimes, the difference between life and death. Don't wait.

2. Take medications, vitamins, and supplements only as directed. When you visit your provider, bring either all of the pills you take, or a complete list of these that notes the doses you take, and how often you take them. Include medicines, vitamins, herbs and supplements (even those you buy in the store without a prescription). Why? Because the longer you live, and the more medicines you take, the more likely you are to experience some side effects, even from medicines bought over-the-counter at the pharmacy. Your provider should check all of your pills to make sure they're safe for you to take, and that they don't interact in harmful ways. Always check with your provider, or your pharmacist, before taking any new medicines of any kind. Take all medicines as directed, and tell your provider right away if a medication or other pill seems to be causing any problems or side effects.

3. Get your shots! Check with your healthcare provider to make sure you're getting:

A **flu shot**—every year in September or October before the flu season starts. The **shingles** (herpes zoster) vaccine—once when 60 or older. A combination **tetanus/diphtheria** booster shot— every 10 years.

Pneumonia vaccination—once after age 65. **Use sunscreen.** Aging skin is more susceptible to sun damage, which increases risks of skin cancer. Use sunscreen year round and, for added protection, wear a wide-brimmed hat.

4. Lower your risk of falls and fractures. Be sure to get plenty of bone-healthy calcium and vitamin D daily. Aim for 1500 mg of calcium daily. Talk to your healthcare provider about how much vitamin D you need. Research suggests that many older adults aren't getting enough of this nutrient, which plays many key roles in keeping you healthy. Do weight-bearing, bone-building exercises such as walking and jogging. Weightlifting and other strength training exercises are also good for your bones. If you've fallen in the past, ask your healthcare provider about local exercise programs that include strength training as well as balance, flexibility, and stretching exercises.

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5. Don't smoke; quit if you do. Tell your healthcare provider if you smoke; he or she can help you stop. For additional help, call 1-800-QUIT-NOW. It's never too late to quit. **6. Eat right.** In later life, you still need to eat healthy foods, though you need fewer calories. **7. Exercise your brain.** Join a book or discussion club. Sign up for a class at the local library, senior center, or community college. Do word puzzles, number puzzles, jigsaw puzzles – whatever interests you. **8. Exercise your body.** Regular exercise is important for good health, no matter how old you are. Along with a healthy diet, exercise helps you reach and maintain a healthy weight. It tones up your heart, circulation, and muscles; strengthens bones; boosts brain function; lifts your mood; and can help prevent and ease depression. **9. Drink only in moderation.** Check with your healthcare provider to make sure that drinking alcohol—in light to moderate amounts—is alright for you. For older men, moderate drinking means no more than 3 drinks on a given day or 7 drinks total in a week. If you have a health problem or take certain medications, you may need to drink less or not at all. **10. Spend time with others.** Spending time and doing things with other people, of all ages, can help keep you mentally, physically and emotionally fit. It can also give your brain a boost and lift your mood. **11. Get checked out!** Screening, or checking, for early signs of certain health problems can help diagnose them early. The following screening approaches are generally recommended for older men; ask your healthcare provider if they're right for you. **Bone health** evaluation: Periodically. Your healthcare provider should evaluate your risk of osteoporosis, or “thinning of the bones.” (It's not just a woman's disease. **Blood pressure check:** At least once a year. **Cholesterol** test for high blood cholesterol levels: Cholesterol screening should be done after consulting with your healthcare provider. **Diabetes check:** At least once; if you have high blood pressure or high blood cholesterol levels, or diabetes runs in your family, get checked every three years. Screenings for **prostate cancer and colorectal cancer:** Geriatrics experts now do not recommend screening for either colorectal or prostate cancer without first considering life expectancy. Studies have shown that the short-term risks may not be worth the benefits if life expectancy is under 10 years. **Hearing and vision** screening: every year. **Depression** screening: every year. If you feel down, sad, or hopeless for two or more weeks, or have little interest in or get little pleasure from things you once enjoyed, you may be depressed. Don't try to “tough it out.” Untreated depression is bad for your mental and physical health. Talk to your healthcare provider and get the treatment you need. **Abdominal aortic aneurysm** screening: once between the ages of 65 and 75 if you've ever smoked. An abdominal aortic aneurysm is an enlarged or swollen blood vessel in your abdomen that can be dangerous. **Dental** check-up: As often as your dentist recommends, and at least once a year. Your dentist should clean your teeth and check for cavities. If you wear dentures, they should be checked to make sure they still fit properly. Your dentist should also check for signs of diseases of the mouth, including cancer. **Sexually transmitted disease screening:** If you are sexually active but not in a monogamous relationship, these screenings are important at any age. Talk with your healthcare provider about this and how to practice safe sex. **Discussion about sexual concerns:** erectile dysfunction (ED), or difficulty getting or maintaining an erection, is relatively common among older men. You should let your healthcare provider know if you have ED both because it can be treated and because it can be an early warning sign of heart and artery disease. **Other screening tests:** As recommended by your healthcare provider.



Desk of Service Coordinator

Mrs. Beverly Jefferson

EXERCISE in Community Room
Wednesday's 1:00

Meals on Wheel Workshop
June 7, 22, TUE

Watermelon workshop:
June 21, 22, TUE - At 1:30

Informational workshop:
June 28, 22, TUE - BINGO 1:30

Remember to pickup your Meals on Wheel lunches from 9:30 – 10:30 each week day.

APARTMENT INSPECTION MONTH:
please clean and remove clutter from apartments.

The Social Security Office is now open.

HAPPY FATHER DAY



Dad

Nutrition Facts	
Serving Size : 1 Amazing Man	
	%Daily Value*
Strength	150%
Leadership	100%
Dad Jokes	98%
Funny Dad Jokes	5%
Hard Work	110%
Wrong Answers	NA
Unconditional Love	∞

[see also : *good looking*, *remarkable*

Desk of Management

Mrs. Agatha Muse-Lamb

"Success is not final; failure is not fatal: It is the courage to continue that counts." - Winston S. Churchill

The month of June is the gateway to summer. The summer season is usually incorporated in literature to symbolize joy, adventure, fullness, self-acceptance, and the search for love.

As you know, the policy allowing visitors became effective Tuesday, February 15, 2022. Please continue to stay safe and continue to follow the new visitor's policy. We are asking that you refer to the policy that you signed and please follow the rules. As a reminder, we are **highlighting rules numbers 8-14** in this newsletter: **8.**Due to opening up Miracle Village for visitors, the request for appointments with the Service Coordinator have changed. For all request needing the assistance of the Service Coordinator, Mrs. Jefferson, please call 850-222-0277 prior to visitation. **9.**Some of our vendors have decided that they will not be making visits to units at Miracle Village. Therefore, please keep your appliances and plumbing in good working order. **10.** Always make it a practice to wash your hands. **11.**The lobby area for sitting purposes will be off limits to those who reside at Miracle Village during regular business hours and after closing. **12.**If you have not purchased cleaning and sanitation supplies, please make it a priority. They are becoming scarce and limited in some stores. **13.**We will continue to practice social distancing at Miracle Village which means to have a least 6 feet of distance between you and another person. **14.** Prior to using the laundry room, please make sure you thoroughly wipe washers, dryers, chairs, sink, and table tops.

Please Note: For your convenience, the bathroom outside of the Laundry Room was reopened in May. Upon leaving the restroom, please remember to check the door to make sure it has not been locked. If it is locked, take the lock off or it will have to remain locked until Staff arrives the next day.

**NON - MAINTENANCE RELATED - PLEASE CALL
(850) 933-6009 (Ms. Davis - On-Site Monitor)
ALL MAINTENANCE EMERGENCIES - PLEASE CALL
(850) 933-3019**

**FACE MASKS ARE TO BE WORN PROPERLY
ANYTIME
OUTSIDE OF YOUR APARTMENT**



REMEMBER TO LOCK YOUR CAR DOORS

**BUSINESS OFFICE HOURS
MONDAY - FRIDAY
8:30 AM - 3:30 PM
LUNCH BREAK: 1:30 - 2:00 DAILY
OFFICE CLOSSES DAILY AT 4:00 PM
(850) 222-0561**

**SERVICE COORDINATOR HOURS
MONDAY-TUESDAY-WEDNESDAY
9:00 AM - 3:00 PM**

STAFF AND MANAGEMENT

**Ms. Katrina Harvey, Residential Manager (850) 933-2483
Mrs. Patrece Broadnax, Asst. Residential Manager
Maintenance Mechanic
Mrs. Beverly Jefferson, Service Coordinator (850) 222-0277
Ms. Patricia Davis, On-Site Monitor
Management Agent, Mrs. Agatha Muse-Lamb (850) 933-4156**

Key to Independent Living

