

Tips for a Better Life

1. Take a 10-30 minute walk every day. And while you walk, smile.
2. Sit in silence for at least 10 minutes each day. Buy a lock if you have to.
3. Buy a DVR and tape your late night shows and get more sleep.
4. When you wake up in the morning complete the following statement, 'My purpose is to _____ today.'
5. Live with the 3 E's -- Energy, Enthusiasm, and Empathy.
6. Play more games and read more books than you did in 2007.
7. Make time to practice meditation and prayer. They provide us with daily fuel for our busy lives.
8. Spend time with people over the age of 70 and under the age of 6.
9. Dream more while you are awake.
10. Eat more foods that grow on trees and plants and eat less food that is manufactured in plants.

How to be your grandchildren's best friend and favorite playmate (cont.)

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One last word of advice, if you want to be your grandchild's best friend and playmate make sure you're best friends with their parents. Try to remember the challenges and stresses you experienced as a parent. Be sensitive to your children's issues and concerns. Support them and respect their rules and routines. Talk things over and ask what kind of help they need most. When they do something well, give them positive feedback. You may not have been the most perfect parent in the past but you can make up for that by being a first-rate grandparent today.

--Ed Pittock, President, Society of Certified Senior Advisors

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Mission: To provide collaborative faith-based services that meet the health and wellness needs of the whole person.

Spring 2008

Wellness 66: Roads to Good Mental Health

On May 8, 2008, the second complimentary educational opportunity focusing on healthy living for the whole person (spiritual, physical, intellectual, social and emotional health) will be offered in the Harpeth Hills Church of Christ Community Room. The event will be hosted by the Resource Center on Aging at Harpeth Hills Church of Christ, Parthenon Pavilion Hospital and the Center for Healthy Living at Centennial Medical Center.

"This is a unique community-based program," said Ron Haskamp, assistant administrator for Parthenon Pavilion at Centennial. "This event brings together a blend of the general public and healthcare providers looking at the mind, body and spirit and how they affect the aging process. Children with aging parents, seniors themselves, social workers, therapists, nurses - just a wide variety of people come together to explore the road to overall wellness."

You are invited to travel along

on this journey as participants explore a senior's map to healthy living. Experts in various fields will present information useful to senior adults, their caregivers, social workers and healthcare professionals regarding the road to good mental health. Dr. Catherine Stallworth, Dr. William Petrie, Hollie Potts, Dr. Karla Miller, Dr. Katie Liveoak and Rhonda Lowry are among the presenters for the day. These presenters will explore a holistic approach to healthcare with seniors, caregivers and healthcare professionals together in a learning environment. The speakers hold interactive sessions throughout the day.

"The goal of our program is to be a resource for the community. We want to offer both general and specific information about the aging process and good mental health. We offer participants a booklet of resource listings so they can walk away with tools to help them along their journey whether they are a senior, a person with

aging parents, a caregiver or a healthcare professional," said Haskamp. "This unique collaboration is an exciting resource we can offer the community."

Lipscomb University's School of Pharmacy provided a grant that made it possible for the seminar to provide CEU credits. This educational offering has been reviewed by the National Continuing Education Review Service (NCERS) of the National Association of Boards of Examiners for Nursing Home Administrators (NAB) and approved for 5 clock hours and 5 participant hours.

The program will run from 8:45 a.m. until 3:30 p.m. Lunch is included with registration, but seating is limited, so please make your reservation early. For additional information or to register for this complimentary educational activity, please contact Medline at 342-1919 or 800-242-5662. Harpeth Hills members may register by contacting Jane Travis, 373-0601 x100 or janet@harpethhills.org

Give your family the gift of writing down your wishes for medical care

Two things in life are certain: you never know what the future will bring, and it's always a very good idea to plan ahead.

April 16, 2008 was the inaugural National Healthcare Decisions Day. It's a time for adults to talk about what they would want in the event of an incapacitating illness and to write down those decisions. We urge all adults with a decision-making capacity to consider their wishes. If a person were rendered unable to make or express decisions regarding medical care, there's no end to the confusion and heartache that can result if one's wishes are not documented.

Life support. Resuscitation. Antibiotic therapy. These are just a few available options for patients. What would you choose for yourself? It is a gift you give to your family to think about what you want and to write those wishes down. The result? Clarity of your wishes. Confidence that they'll be followed. Peace of mind. It's a thoughtful process that involves weighing values and beliefs and learning about options. It all starts with asking oneself pertinent questions and having conversations with one's family and physician.

May is Old Americans Month: Working Together for Strong, Healthy, and Supportive Communities

The United States is nearing the start of a tremendous demographic shift. Beginning in 2011, the first of 78 million baby boomers (people born between 1946 and 1964) will start transitioning into retirement, kicking off an expansion in the number of elderly people that will continue for decades. According to the U.S. Census Bureau, one out of every nine baby boomers will live to be at least age 90.

Our nation will benefit in many ways from a larger population of older adults, a group that constitutes one of our greatest resources. Older adults support our society by providing millions of hours of volunteer, community, and civic service through formal organizations and a variety of informal arrangements. They

Tools called "advance directives" are used to help people document their decisions. There are two main forms of advance directives:

* Advance-care plan (living will) forms allow people to record their wishes regarding various treatment options.

* Appointment of healthcare agent (medical power of attorney forms) allows a person to choose a trusted third party, perhaps a family member or close friend, who would be empowered to make medical decisions on one's behalf, if necessary.

It's your choice of what courses of action to take in a medical crisis. You get to pick who can make medical decisions for you, if needed. All you have to do is say so. In fact, we've made it easy for you with help from the state of Tennessee. Just visit www.alivehospice.org and click on the "advance directives" link at the top of the page. You'll be directed to a state website with downloadable forms. They're also available at many doctors' offices, attorneys' offices, hospitals and healthcare organizations. (They are also available in the Harpeth Hills Resource Center on Aging.)

And remember: Just because you make a choice today doesn't mean you can't change your mind tomorrow. All it takes is completing a new form. It's one of the most important gifts you'll ever give.

—Janet L. Jones, President / CEO, Alive Hospice, Member, Resource Center on Aging Advisory Group

enhance our communities and personal lives by sharing and transferring knowledge of cultures, values, and life experiences among generations. Thankfully, the contributions of older adults will continue to flourish in the coming years, since older citizens of today and tomorrow promise to be among the most active and engaged older adult populations in our nation's history.

An expanding older adult population also spotlights our responsibility to ensure the well-being of our older citizens. As a nation, we are working diligently to address older adults' unique health and long-term care challenges.

May is Older Americans Month, a great time to bring attention to the issues that affect older adults. This year's theme is "Working Together for Strong, Healthy, and Supportive Communities," which speaks to the opportunities we have to create better care and reinforce healthier societies for all ages. Americans of all ages and backgrounds can celebrate Older Americans Month.

How to be your grandchildren's best friend and favorite playmate

Grandparents have it great. They're not bogged down in the day-to-day hassles of parenthood. They don't have to car-pool or wrestle with dinner and fussy kids after a hard day at work. With lots of love, free time and a little creativity grandparents can be their grandchildren's best friend and favorite playmate.

First-time and experienced grandparents soon learn that the best way to create strong, loving relationships with grandchildren is to share things you love with them and be available to hear about the things and ideas that turn them on.

There are different approaches and challenges grandparents face at different ages and stages in their grandchildren's lives. The following are some ideas on how to create life-long memories and earn the enduring love of your grandchildren.

Start by taking advantage of every opportunity to connect with them. Make making time and spending time with your grandchildren your mantra. Right off the bat, you'll discover that the simplest activities can provide hours of pleasure - especially when you're not on a deadline.

Understand that children hate to be rushed. They like having the time to think and express themselves at their own pace. Go slowly and listen closely. As often as possible, get together one-on-one so that your grandchild gets individual attention without the competition of a sibling.

Little ones loved to be hugged, rocked and cuddled. There's just one caveat: timing. Nothing is

more frustrating for a new mother than to have grandma show up right in the middle of an infant or toddler's nap. So plan ahead and know your grandchild's schedule.

As they get older, cozy up and share a picture book or play with their favorite toys. Kids are silly and you can be too. Get down on the floor, crawl around and be a kid again. One grandpa we've heard of gets down on all fours, pretends to be a cat and laps a saucer of milk. He may go a bit overboard but his grandkids think he's a riot.

Another fun way to bond is to adopt a special "code" word or phrase you use when you're together. Every time you say it, the two of you will giggle and smile.

Board games are a perfect way to watch kids in action and test their skills at problem-solving. You can learn a lot about a child's mental processes and find out what makes them tick just from seeing how they play the game. If they are poor losers, you can help them become good sports.

Consider sharing your hobbies with your grandchildren. You may be surprised to find that your grandchild can't wait for you to teach them how to knit, cook or collect rocks or stamps. Use your passion and know-how to engage a young mind and you could launch a life-long interest.

Invite your grandkids to let you in on their favorite activity. They may be Harry Potter fanatics or game addicts. If you know something about the subject, great, if not, ask them to tell you more or show you how to play the game. If time is limited or you live far away, you can always get up to speed by going on-line and checking out relevant websites.

Test their taste buds. Little kids tend to favor macaroni and cheese and hamburgers because that's what they're used to. Busy sched-

ules mean simple fare for most families. Why not introduce your grandchildren to different cuisines and cultures? Dining out is just one more reason to spend time together. After a couple of visits, your grandkids may be clamoring for a Chinese, Korean, Japanese, Indian or Mexican meal.

Have fun in the great outdoors. Take advantage of a child's natural curiosity to teach them about nature. Trips to the park and the beach and activities such as fishing, hiking, camping and biking are another means of experiencing new adventures together. Best of all, you can initiate these trips when your grandchildren are toddlers and expand the range of activities as they get older.

Sightseeing is thrilling for children of all ages. Remember the first time your grandparents took you to the circus? Wasn't it one of the most memorable times in your life? You can do the same for your grandchildren. Get tickets for the zoo, children's museum, concert or special event and watch the wonder grow in your grandchild's eyes. Times like this are absolutely priceless.

Vacations are special too. Years ago, grandma and grandpa fired up the Ford and toured the country with kids squirming in the backseat. Today, it's easier just to go on-line and arrange a flight or family trip. If you're planning a get-together, talk to your children and grandchildren and find out what they'd like to do. Ask about timing and other issues. You'll find it's more fun if everyone is involved and buys into the plan. When you get together or arrive at your destination, make sure everyone knows what's up and what the rules are. Finally, don't over-schedule. Allow plenty of time to rest, relax and connect with your family.

(Article continued on page 4)