

# Living Your Best Life

## SENIOR NEWS & Resource GUIDE

### Dating later in life

People are living longer, a reality that can be traced to a number of factors, including advancements in medicine and greater dissemination of information regarding preventive health care. According to data from the United Nations Population Division, the average life expectancy in the United States is 81.65 for women and 76.61 for men. Canada has even higher life expectancies, at 84.74 for women and 81.15 for men.

As people live longer, some may outlive their significant others and ultimately find themselves once again interested in sharing experiences with a special someone. Seniors ready to re-enter the dating pool may find that things are quite different from what they experienced as naïve teenagers or young adults. Dating used to be about hanging out with friends and meeting people at shared events, such as school dances or work parties or even while enjoying a night out with friends. Nowadays, dating often be-

gins in cyberspace. This can be confusing and anxiety-inducing for adults who didn't grow up with technology guiding their every move.

According to a report in The Atlantic, more than one-third of baby boomers are not currently married, and this generation has had higher rates of separation and divorce and lower rates of marriage than the generations that preceded them. Many boomers have years ahead of them to devote to new relationships. Here's what they may want to know before navigating twenty-first century dating waters.

- You're not in this alone. While online dating may be portrayed as a young person's game, plenty of older adults are now finding connections online. In fact, many different dating apps are geared toward the senior set, including SeniorMatch, eHarmony, Singles50, OKCupid, and Silver Singles, among others.

- You have more time for fun. As a senior, you may have more time to devote to recreation and

leisure. This can be a great opportunity to get out and meet someone who shares your passions and interests.

- Online dating has its advantages. While online dating apps and websites may have certain things working against them, particularly if their algorithms for pairing people are not fine-tuned, they also can be helpful. Online dating can expand social circles beyond local neighborhoods or even states, provinces or countries. You're casting your net over a much larger body of water. Furthermore, dating app profiles typically spell out exactly what another person is seeking, which can save seniors from having to revisit awkward dating moments from years past.

Seniors may have to navigate new waters in modern dating. But with a good mindset and a little persistence, it is possible for seniors to find a special someone in cyberspace. FP235937

**KONRADI INSURANCE SERVICES**  
 Karen Konradi Griffith  
 konradi2@etczone.com  
 976 SR 46 E. Batesville, IN  
 812-934-6600  
 Contact us today to get a free quote!



**Stratton-Karsteter Funeral Home**  
 Mike Stratton & Eric Karsteter, Owners

Pre-arrange your funeral.  
 Call us today!

812-689-1171  
 www.skfuneralhome.com  
 1114 South Ripley Estates Dr., Versailles

**The Quilter's Nook, Inc.**  
 Creative Quilting & Sewing Center  
 (812) 689-0980  
 Hours: Tues. - Sat. 9-5 | Sun. Noon - 4 Mon. Closed

Call us today about  
 Our quilting classes!

Chris Combs, Owner • 82 Hill Street, Versailles  
 email: info@thequiltersnook.com • website: thequiltersnook.com

**HOLLAND**  
 INSURANCE AGENCY

1321 S Adams St. Versailles  
 (812) 689-6697  
 ashley@hollandinsagency.com

Auto • Home • Farm • Business  
 Quotes Always Free - Contact Us Today  
 www.hollandinsagency.com

**Moore**  
**LAW**  
 MooreLawIndiana.com  
 (812) 932-1227  
 Attorneys You Can Trust

Estate Planning | Elder Law  
 Nursing Home Planning  
 Criminal Defense | Family Law  
 General Civil Litigation

**RIDGEWOOD**  
 HEALTH CAMPUS

**Senior Executive Club**  
 Free Lunch with informational Presentations and/or Games  
 1:30 to 2:30 p.m. Something for everyone!  
 Held the last Thursday of every month  
 Open to Public  
 Call Today - Tonda 812.221.4685

Assisted Living • Memory Care • Post-Acute Healthcare Services  
 812-537-5700 • 181 Campus Dr., Lawrenceburg, IN 47025

**Batesville Dental**  
 Bradley P. Broughton, DDS

Cynthia A. Ledermeier, DDS • Terrence B. Roberts, DDS

Family & Cosmetic Dentistry Including  
 Invisalign & Lumineers  
 No Interest Financing Available  
 NEW PATIENTS WELCOME  
 Evening & Saturday Appointments Available

(812) 934-3651 www.batesvilledental.com  
 391 Northside Dr., Batesville, IN 47006

**Caring Hands Insurance Services**  
 201 S MERIDIAN ST  
 SUNMAN IN 47041

**812-623-4066**

MEDICARE-HEALTH-LIFE-  
 MOBILE NOTARY PUBLIC  
 CaringHandsIns.com

# Living Your Best Life

# SENIOR NEWS & Resource GUIDE

## The role of a home health aide

Caregivers come from all walks of life. Doctors and nurses may be the frontline medical providers people encounter most frequently, but there are plenty of others who do their part to maintain the well-being of individuals, including home health aides.

Home health aides, sometimes called personal care aides, are brought in to assist a person with activities of daily life. An HHA typically helps a person who may need some assistance with tasks they cannot perform due to illness or disability. HHAs may work in a person's home, in a group home or in another care facility.



AARP says home health aides are considered health care paraprofessionals and must meet established training requirements, which vary by location.

HHAs may perform various duties, including:

- assistance with personal care, such as dressing, toileting, feeding, and moving from bed to chair, etc.
- checking vital signs
- monitoring a client
- light housekeeping
- meal planning and cooking
- picking up prescriptions
- companionship

HHAs typically will not provide skilled nursing care and may not be able to offer recommendations on treatment or medications.

Individuals can find the services of HHAs who may work independently or are placed through agencies. Sometimes a doctor or hospital will have connections to HHA services and can make referrals. It can be useful to interview several potential HHAs to find one who will fit with the needs and personality of the person requiring assistance. A good HHA will be compassionate, patient and flexible. As illness or injury also can affect a person's mood, HHAs must be able to adjust if a client is reluctant to receive help or is depressed or anxious from his or her limitations.

Home health aides serve vital roles in the health care community by providing care and companionship to those who can no longer live independently. TF245909

## Signs a loved one might need assisted living

Assisted living facilities provide an invaluable service. When a medical condition, developments associated with aging or another variable affects an individual's ability to live independently, assisted living facilities can ensure such men and women get the help they need to live as fully and actively as possible.

It's not always easy to identify when an individual may need to move into an assisted living facility. Some individuals choose to do so on their own, but families often make such decisions together. As families work to determine if a loved one should move into an assisted living facility, they can look for various signs that suggest the time is right to do so. According to the Elder Care Alliance, signs that an individual may benefit from assisted living include:

- Requiring routine reminders to take medication
- Noticeable changes in weight, including weight loss or gain
- Loss of mobility or increase in falls
- Signs that household maintenance is being neglected
- Difficulty with daily tasks like grooming and meal preparation
- Increased isolation
- Loss of interest in hobbies

It's important for families to recognize that some of the signs noted above might suggest the presence of a condition or disease that would not, if treated successfully, compromise an individual's ability to live independently. For example, the SilverSneakers program offered through Tivity Health notes that weight gain among seniors may be attributable to slower metabolism, a less active lifestyle or menopause for women. Each of those conditions can be addressed without requiring a relocation to an assisted living facility. Family members are urged to discuss anything that seems to be affecting a loved one's ability to live independently with that person's health care team before they consider if a person needs to move into an assisted living facility. It's equally important to ask a loved one's health care team which type of facility they think might be most beneficial if, in fact, they think it's in an individual's best interest to relocate. No two facilities are the same, and the Elder Care Alliance notes many specialize in specific types of care, such as tending to individuals with cognitive issues like dementia or physical issues like limited mobility.

Assisted living facilities help millions of individuals every day. Families can work together to decide if a loved one can benefit from moving into such a facility. TF245914

# Medicare Resource Center

---

111 EAST MAIN STREET  
GREENSBURG, IN 47240  
(Next to **STORIES RESTAURANT**)

We are here to serve all your Medicare needs.  
No appointment required and walk ins are welcome.

- We are totally independent, not a Government agency, and there is never a charge for our services.
- We can help with Medicare, Medicaid, Extra Help applications & other Drug cost mitigation strategies.
- **Note.** Medicare Advantage Plan holders can still make one more change before March 31, 2024.

Telephone 812-560-4957  
Cell 516-582-3567

Celebrating Over 40 Years in Versailles!

## BROWN & KRESS, D.D.S.



Christopher R. Brown, D.D.S.  
Daniel J. Kress, D.D.S.

New patients are  
always welcome!

823 S. Adams,  
P.O. Box 685  
Versailles, IN 47042  
(812) 689-5151  
Fax: (812) 689-6303  
[www.browndkressdds.com](http://www.browndkressdds.com)

DELTA DENTAL

