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# Volunteer Opportunities

You may be retired, but you're not done making the world a better place.

Take some of your new free time and volunteer with a worthy organization. Silver Sneakers says volunteers may experience better health, have fewer mobility problems and have higher life satisfaction.

## NATIONAL PARK SERVICE

The National Park Service looks after more than 80 million acres of wilderness and historic sites. That's a lot of ground to cover, literally. You can help. These sites need help greeting visitors, giving out information and leading tours.

Bonus: If you accrue 250 service hours, you get a free annual pass to more than 2,000 federal recreation sites.

## FEEDING AMERICA

Feeding America is the largest domestic

hunger-relief organization in the country. It operates more than 200 food banks and helps more than 40 million people. Volunteers can answer calls, help sort food and do administrative work. Contact your local food bank for more information on how you can help.

## HABITAT FOR HUMANITY

This nonprofit builds and remodels homes for families that are in need. Volunteers work side-by-side with the future homeowners, but, if you're not handy with tools, you can also staff offices, fetch supplies or help at the organization's home improvement stores.

## MEALS ON WHEELS

This program delivers food to older people who otherwise cannot access food services. It has more than 5,000 locations and 2 mil-



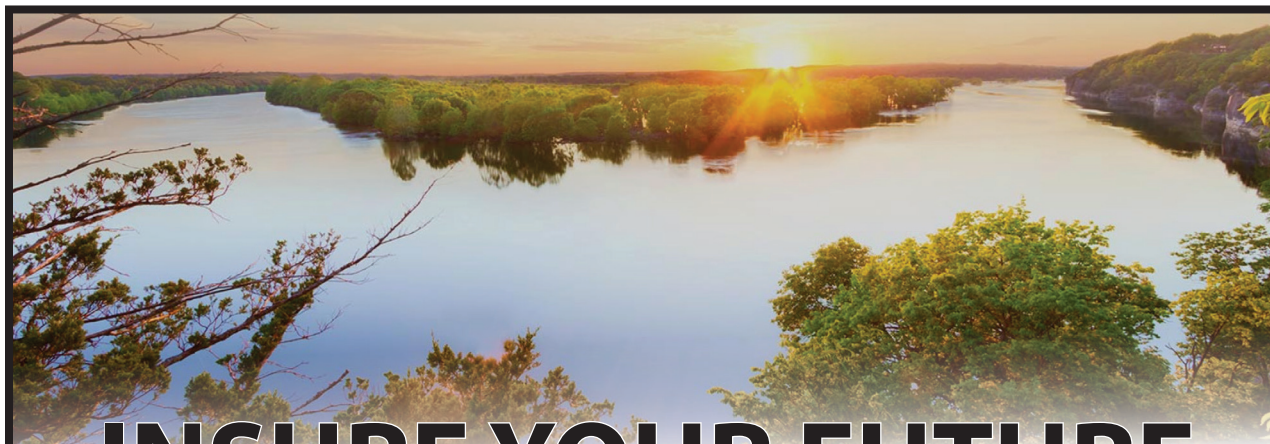
lion volunteers who do administrative work, deliver meals and more.

## COMMUNITY GARDENS

Community gardens provide local families with food and a chance to learn how plants, both edible and decorative, grow. Volunteers can work in the gardens, but also do tasks such as packing seeds, logistics, event planning and marketing.

## SCHOOLS

Talk to your local schools about helping teachers in their classrooms, tutoring children, chaperoning field trips and more. See if your area has a program like Eldera, which connects people over 60 with students who could use help with their homework.



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# Talking to Your Doctor

The first step to tackling a new fitness plan for people of any age is to talk to their medical professional before they schedule the first gym session.

This is especially true for seniors, who may have preexisting conditions and other health concerns.

## MAKE AN APPOINTMENT

If you're not already scheduled to see your doctor, make an appointment. Make a list of the activities you plan to try and the frequency with which you plan to do them. Write down your fitness goals, along with any medications you take, including over-the-counter medications and supplements. Even though you may be excited to get started, wait until you've spoken to your doctor. You could trigger side effects and conditions you were unaware of.

## MEDICATIONS

Your doctor may have you adjust the times you take them depending on the types of medications, the effects you may feel, and the activity you're planning on doing. Some medications may lower your blood pressure or blood sugar, for instance, and when coupled with exercise, could cause negative health outcomes.

## LISTEN TO YOUR BODY

Once you have the all-clear to begin exercising, remember to take it slow. Listen to your body and remember that exercise should never hurt or make you feel worse afterwards.

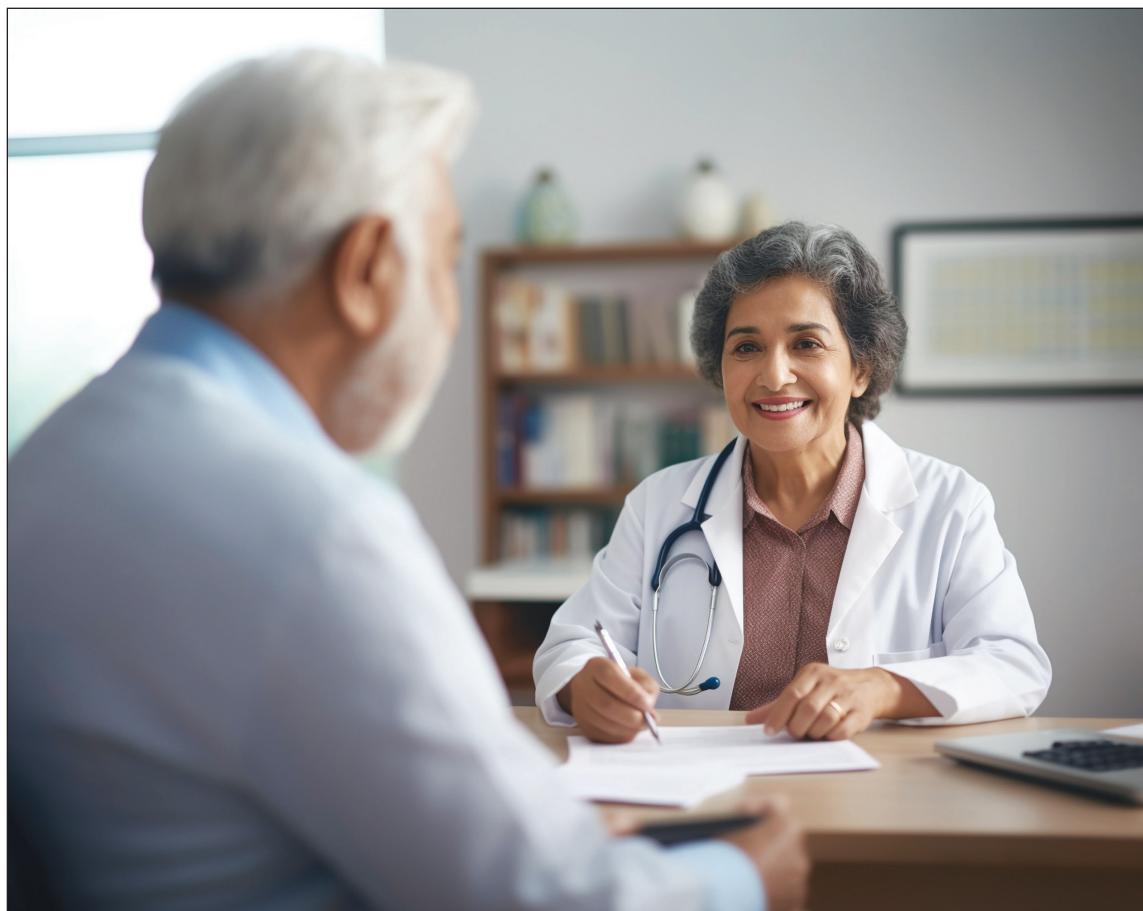
Stop immediately if you have shortness of breath, chest pain or pressure, or break out in a cold sweat. If you injure yourself, pay attention to your injury. Don't resume your workouts until you are pain-free.

## EXERCISING WITH MOBILITY ISSUES

It's not impossible, you just have to get creative. Find a facility or a trainer that specializes in helping people with mobility issues. You may even find special classes just for seniors or for those who have trouble getting around. Working with someone who is mindful of your condition will make your exercise more productive and enjoyable. Your doctor may have recommendations for places, trainers and exercises for you.

## EAT RIGHT

Now that you're moving more, you may need to adjust your diet as well. Talk to your doctor about what you like to eat and drink and see whether you should make any adjustments before and after working out. You may need to add more protein, including lean proteins like poultry or fish.



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# Understanding Medicare

Medicare goes a long way to helping seniors manage their healthcare, but it doesn't cover all possible health care costs.

Knowing what is not covered can help seniors plan ahead before the need for an uncovered type of care arises. This knowledge acts as an essential tool for comprehensive financial planning and well-being.

## HEARING AIDS

Medicare typically does not cover hearing aids or routine hearing exams, leaving many seniors to bear the full cost of these essential devices. To address this gap, seniors may explore alternative options such as purchasing supplemental insurance plans that offer hearing aid coverage or researching community programs that provide financial assistance for hearing aids.

## EYE EXAMS

Routine eye exams, eyeglasses and contact lenses are not covered by Medicare, except in certain circumstances such as diabetic eye exams or cataract surgery. Seniors can consider enrolling in vision insurance plans or exploring discounted vision programs offered by organizations like AARP to help offset the cost of eye care services.

## DENTAL WORK

Medicare does not cover most dental procedures, including routine cleanings, fillings and dentures. Seniors may need to purchase separate dental insurance plans or seek out low-cost dental clinics and discount programs to access affordable dental care. Some Medicare Advantage plans offer limited dental coverage as an added benefit.

## OVERSEAS CARE

Medicare typically does not cover health care services received outside of the United States, except in rare emergency situations or specific circumstances. Seniors who travel frequently or reside part-time in other countries may need to consider purchasing travel insurance or international health insurance to cover medical expenses abroad.



## PODIATRY SERVICES

While Medicare covers certain services related to the treatment of foot conditions, routine foot care such as nail trimming and callus removal is generally not covered. Seniors can explore options such as Medicare Advantage plans that offer additional podiatry coverage or seek out community health clinics for affordable foot care services.

## COSMETIC SURGERY

Medicare does not cover elective cosmetic procedures or surgeries performed solely for aesthetic purposes. Seniors interested in cosmetic treatments may need to explore private financing options or consider alternative non-surgical cosmetic procedures that are not covered by insurance.

## CHIROPRACTIC CARE

While Medicare covers spinal manipulation and other chiropractic services for certain medical conditions, it does not provide comprehensive coverage for ongoing chiropractic care. Seniors may need to explore supplemental insurance plans or pay out-of-pocket for chiropractic services not covered by Medicare.

## MASSAGE THERAPY

Medicare does not typically cover massage therapy for general relaxation or wellness purposes. Seniors interested in massage therapy may consider seeking out practitioners who offer discounted rates for seniors or exploring alternative therapies covered by Medicare, such as physical therapy or acupuncture.

## NURSING HOME CARE

While Medicare may cover short-term skilled nursing care in a nursing home or rehab center following a hospital stay, it does not provide long-term coverage for custodial care or assisted living expenses. Seniors may need to explore long-term care insurance options or Medicaid eligibility for assistance with nursing home costs.

## CONCIERGE CARE

Medicare does not cover concierge or boutique health care services that offer enhanced access to personalized medical care for a fee. Seniors interested in concierge care may need to consider private payment arrangements or explore membership-based primary care practices that offer affordable alternatives to traditional fee-for-service models.

# Projects for Aging in Place

Aging in place means being able to remain in your home rather than moving to assisted living or another institutional setting. Nearly 90% of seniors want to stay in their homes and with some planning, they can.

## CONSIDER HEALTH NEEDS

Start by talking with your medical professional about any illnesses you have and how they could affect your ability to get around and take care of yourself. Think long-term rather than short-term and make a plan that includes the effects of any illnesses you may have. For instance, you may eventually need help moving around, with household chores or with modifications to keep your space safe.

Then, talk to your family. Share your plan and get their input. They may be able to help alleviate some of your concerns or help with home modifications so you can stay in the place that you love.



## PROJECTS TO PREVENT FALLS

Start with little things, like removing slippery throw rugs, especially in the bathroom. Install grab bars and grips in the tub or shower to help you support yourself. Make sure any handrails on steps or stairs are secure. Make sure pathways, especially ones you use at night, are well-lit so you can see where to place your feet.

If and where you can, remove steps and reduce their height. Rearrange and reposition furniture to make navigating your home easier.

## PUTTING THINGS IN REACH

Consider having light switches and electrical outlets either raised or lowered for ease of use. Widen the front entrance and any other doors to comfortably fit wheelchairs and other mobility devices. Add an entrance ramp if needed, along with a no-step shower or a bath lift. Lower countertops if you may have mobility issues that require a wheelchair in the future. Install a stair lift if you routinely go up and down stairs.

## SWITCHING ROOMS

Consider moving rooms around in your home so that you can do most or all of what you need on the first level, including going to the bathroom and sleeping. Make sure you can get in and out of your home easily. Eliminate steps where you can, even if that means moving your bedroom or installing new bathroom fixtures.

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# Mental Health for Seniors

It's not just your physical health that you need to be concerned with as you age. There's an important mental health aspect to aging, too.

Coping with chronic or serious illnesses, the deaths of friends or family and other major life changes can throw seniors for a loop.

The good news is that help is available.

## SYMPTOMS

Some symptoms of mental health disorders in older adults can include:

- Noticeable changes in mood, energy or appetite.
- Feeling flat or having trouble feeling positive emotions.
- Difficulty sleeping or sleeping too much.
- Difficulty concentrating, feeling restless or feeling on edge.
- Increasingly worried or stressed.
- Angry, irritable or aggressive.
- Ongoing headaches, digestive issues or pain.
- The misuse of alcohol or drugs.
- Sadness or hopelessness.
- Thoughts of death, thoughts of suicide or suicide attempts.
- Engaging in high-risk activities.
- Obsessive thinking or compulsive behavior.
- Seeing, hearing and feeling things that other people do not see, hear or feel.

If you or a loved one experiences any of these symptoms, talk to a health care professional right away. They can help develop a treatment plan to help.

## GETTING HELP

You can also call any one of these hotlines for immediate assistance. Call 911 if you or someone you know is in immediate danger.

**988 Suicide and Crisis Lifeline:** Call or text 988 to connect with a trained crisis counselor. The hotline is free and provides confidential emotional support 24 hours a day.

**Veterans Crisis Line:** Call 988 and then press 1 or text 838255 for free, confidential resources for veterans of all ages.

**Disaster Distress Hotline:** Call or text 800-985-5990 to get help from the Substance Abuse and Mental Health Services Administration. This is a free, multilingual and confidential hotline for those experiencing distress related to any natural or human-caused disaster.

## FOR FRIENDS AND FAMILY

The National Institute of Mental Health offers these five action steps if you think someone close to you is experiencing emotional pain.

1. Ask: Are you thinking about killing yourself? It's not easy, but studies show asking will not increase suicide or thoughts of suicide.
2. Keep them safe: Reduce access to lethal items and places.
3. Be there: Listen carefully and learn what the person is thinking and feeling. Talking about suicide may actually reduce rather than



increase suicidal thoughts.

4. Help them connect: Give them hotline information to connect them to immediate counseling.

5. Stay connected: Stay in touch even after the crisis has passed. Studies show that the risk of suicide decreases when someone follows up with the at-risk person.



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# Weight Training for Seniors

Strength training — or good, old-fashioned lifting weights — can help defend your body against age-related muscle loss, keep your bones strong, help you stay mobile and balanced, and even fight depression and cognitive decline.

## STAYING SAFE

First, talk to your doctor. Once you're cleared for strength training, learn the proper form to keep yourself injury-free. Consider hiring a trainer to help you until you can get it right. Start with just using your body weight, no additional weights. Perform three sets of 10-15 reps and, when it starts feeling easy, progress to weighted workouts.

## HOW MUCH WEIGHT TO USE

Start with the smallest amount of weight available. Try to perform three sets of 8-12 reps, keeping your form as best as you can. When those reps start to feel easy, consider increasing the load as you feel comfortable.

## WHEN TO STRENGTH TRAIN

Add weight training to your routine three or four days per week on nonconsecutive days to give your muscles time to recover. Alternate weight training or resistance training with cardio days. Remember that it may take you longer to recover from exercise nowadays. Give yourself plenty of time to recover between training sessions.

## SOME EXERCISES TO TRY

Becoming stronger can help you live more freely. Try some of these exercises to get you started.

**Incline pushup:** Stand facing a table, dresser or wall. The more upright you are, the easier the move. Place your hands on the surface or the edge of the object, slightly wider than shoulder width apart. Move your feet back until you're at a comfortable angle, keeping your arms straight and perpendicular to your body. Bend your elbows and slowly lower your chest toward the wall or object, pause, then press back to straighten up. Make sure you engage your abs and squeeze your buttocks. Try to do 10-15 reps.

**Stationary lunge:** Stand tall with your arms by your side. Step back with your right foot, placing your toes on the ground and keeping your heel lifted. Then, bend your front (left) knee to slowly lower your body as far as you can comfortably. Allow your back knee to bend until it hovers just above the floor, but keep your weight in your front heel. Draw your lower belly in and lift your chest. Pause, then press through the front foot to raise your body back to standing. Aim for 10-15 reps per side.

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# Choose a community or live at home?

Different dynamics will affect your choice. Consider these 4 factors as you make your decision.

## At a Community



## At Home

Built with aging in mind, a community offers you a residence, necessary services and useful amenities, getting together with neighbors and dining — all under one roof or within easy walking distance.

• 1 •

### Physical Environment

*Where you live matters in setting the course for how well you age.*

Your home wasn't built with your aging in mind, so you'll need to adapt it to serve you. Consider lighting upgrades, fewer and safer stairs, bathroom and kitchen remodeling — all to keep you safe and functioning independently.

Multiple dining venues, chef-prepared menus, cleanup staff, and a staff nutritionist or dietician — all these make it easier to eat well regularly.

• 2 •

### Good Nutrition

*Eating well increases your appetite for living well. But a poor diet can lead to higher incidences of falling, problems with wounds healing, and a weakened immune system that raises illness and infection rates.*

When it's a challenge to buy groceries and cook for yourself, a little ingenuity is called for. Consider options like daily meal or grocery deliveries, rides to market or restaurant with friends or family, or a drop-in cook to prep a week's worth of meals.

Worship, education, volunteering, entertainment, social activities, crafts and hobbies — the opportunities are here as part of community life. Plus, there's transportation available.

• 3 •

### Living with Purpose

*Meaningful activity leads to lower mortality rates and better health in older adults. Purpose promotes positive living*

Family, church, volunteering and special-interest groups all offer you great ways to enrich daily living. To take advantage of these opportunities, you may need to rely on others for transportation. Alternatively, online communities and social networking can provide easy access to purposeful engagement.

Retreat at will to the privacy of your own residence, knowing that the next meal or community activity will connect you with friends and neighbors.

• 4 •

### Social Connection

*Relationships keep you healthy as you age, and isolation is a serious health risk for older adults. More than 11 million adults age 65+ are estimated to live alone*

To sustain your social life, you'll need local community services, the telephone, social media and other online services (e.g., Skype or FaceTime) — especially if mobility and transportation challenges keep you at home.



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# Switching Medical Providers

Seniors are in frequent contact with health-care systems, either to manage existing illnesses or just to take care of themselves as they age.

There may come a time, however, when a beloved doctor retires, moves or no longer takes insurance. Then it's time to find a new provider, which, given some seniors' extensive medical histories, may be difficult. Here's how to cope.

## **FIND A NEW PROVIDER**

Once you've been notified that your doctor will no longer see you for whatever reason, you need to find new care as soon as you can. Ask friends and family members who they see. Turn to support groups and health-specific associations to find medical professionals who specialize in your conditions and illnesses.

You can also work through your insurance company to find a new provider. Make an appointment to see your current provider and ask who they would recommend to continue your care.

## **REQUEST MEDICAL RECORDS**

Ask for and complete the paperwork to obtain a copy of your medical information as soon as you can. Keep copies for yourself, but also do so in plenty of time for your doctor to forward your records to your new doctors' office. This will make sure you get the care you need when you need it.

## **TAKE A NOTE**

If you're switching doctors because of the way you were treated or for some other reason, consider writing a note to the

doctor explaining your decision. If you're switching because you're being forced to by insurance or another reason, you can pen a letter thanking them for their care over the years.

## **ESTABLISHING A NEW RELATIONSHIP**

Before your old doctor closes up shop, make an appointment with the new doctor. Make sure you feel heard and respected.

The doctor should take time to explain things right away and in a way that you can understand. You should feel comfortable asking questions.

Don't be afraid to speak up for yourself. If you don't feel heard or feel uncomfortable, trust your gut and find another provider. Just make sure you have appropriate coverage for your medications before you give them the boot.

# Planning a Heart-Healthy Diet

Heart disease is a leading cause of death in the United States.

About 695,000 people in the U.S. died from heart disease in 2021, the Centers for Disease Control and Prevention says. The good news is that you're just a few delicious dishes away from keeping heart disease from turning you into a statistic.

## PORTIONS

Don't overload your plate or eat until you're stuffed. Be mindful of the portion sizes of your food, especially at restaurants, which often serve more than people should eat. At home, use a small plate or bowl and practice using measuring cups and spoons until you can estimate the proper serving size of a given food. Choose more low-calorie, nutrient-rich foods and cut down on high-calorie, refined or processed foods.

## PICK WHOLE GRAINS

Whole grains are great sources of fiber and nutrients that help regulate blood pressure and heart health. Substitute whole grain flour for white flour in your cooking and choose whole grain breads, such as 100% whole wheat bread. Cereal is another great source of whole grains; look for five grams or more of fiber per serving. Whole-grain pasta is another great substitution to make.

## LIMIT UNHEALTHY FAT

Limit how much saturated and trans fat you eat to reduce your cholesterol and lower your risk of coronary artery disease. High blood cholesterol can lead to a buildup of plaque in the arteries, increasing your risk of heart attack or stroke. Saturated fats should make up less than 6% of your total calories per day and you should avoid trans fats altogether.

## PICK HEALTHY PROTEINS

Choose lean proteins such as poultry, fish, low-fat dairy and eggs. Legumes are another great source of protein that comes with lower levels of fats and a healthy dose of fiber. Limit or avoid proteins such as organ meats, fatty or marbled meats, spare ribs, hot dogs and sausages, bacon and fried meats.

## TREAT YOURSELF

Unless your medical professional advises you against it, it's OK to treat yourself every once in a while.

Don't let the occasional cheat meal talk you into giving up on healthy eating altogether. Think of it as a one-time indulgence and continue eating well.






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# The Importance of Staying Social

In 2020, about 27% of older adults (over 65) lived alone. Older adults who live alone are at greater risk for loneliness and social isolation.

It's important to start by setting some definitions. According to the U.S. Centers for Disease Control and Prevention, loneliness is the feeling of being alone, regardless of the amount of social contact someone has. Social isolation is a lack of social connections. Social isolation can lead to loneliness, but people can also feel lonely without being socially isolated.

The CDC says there's strong evidence that social isolation and loneliness can be detrimental to your health. There's an increased risk of premature death from all causes, which is a statistic that rivals the deadliness of smoking, obesity and physical inactivity.

Social isolation is linked to a 50% increased

risk of dementia, and poor social relationships can also lead to an increased risk for heart disease and stroke.

Loneliness is associated with higher rates of depression, anxiety and suicide.

If you think you're experiencing loneliness or social isolation, talk to your medical professional immediately. They can help connect you with programs in your area to help you stay socially active.

You can also reach out to organizations such as the AARP, your local Council on Aging, the National Council on Aging, the National Institute on Aging, or find resources through your house of worship. Look for opportunities to volunteer or give back to your community in ways that will keep you social-



ly active. This can be at a food bank, animal shelter or even your grandkids' school.

Talk to your family about keeping active in your community. Ask them for help getting you out to do things and including you in activities. They may have some ideas of how you can volunteer your time or stay active. Get out and exercise, even if it's just a walk around the block, if it's OK with your medical professional. If you're dealing with grief at the same time, reach out to grief counselors through those same channels listed above.

Losing friends and family members can leave you feeling isolated. You're not alone. There are resources that can help.

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# Preventing Over-Medication

Polypharmacy, the simultaneous use of multiple medications by a patient, has become increasingly common among seniors and can pose significant risks to their health and well-being.

While medications are often prescribed to manage chronic conditions and improve quality of life, the complexity of managing multiple prescriptions can lead to adverse drug reactions, medication errors and other complications. Seniors are particularly vulnerable to polypharmacy due to age-related changes in metabolism, increased likelihood of chronic health conditions and frequent use of multiple health care providers.

The National Library of Medicine defines polypharmacy as using five or more medications. They say it is more common among seniors because as people age they are more likely to have multimorbidity, or the presence of two or more chronic health conditions. These conditions often require competing treatment plans. The number five is linked to the point at which there is a higher risk of adverse outcomes such as falls, frailty, disability and mortality.

Seniors with increased risk of over-medication include those who have multiple doctors and specialists prescribing medication, live with chronic mental health conditions or are residing in a long-term care facility such as a nursing home.

Some of the causes of over-medicating include having poorly updated medical records, automated refill services and prescribing to meet disease-specific quality metrics, according to American Family Physician.

Effective medication management ensures the safe and appropriate use of medications. One key strategy is medication reconciliation, which involves creating a comprehensive list of all medications a senior is taking, including prescription drugs, over-the-counter medications, vitamins and supplements. A health care provider regularly reviews and updates this list to identify potential drug interactions, duplications or other issues. Seniors should communicate openly with their health care providers about any concerns or side effects they may be experiencing, as well as any changes in their medication regimen.

Furthermore, seniors can benefit from regular medication reviews with their health care team to assess the continued need for each medication, evaluate its effectiveness and identify opportunities to simplify the regimen or eliminate unnecessary medications.

Pharmacists can play a valuable role in this process by conducting comprehensive medication reviews, identifying potential drug-related problems and providing education and support to seniors and their caregivers. Additionally, seniors should be educated about the importance of adherence to their medication regimen, including proper dosing schedules, storage requirements and potential side effects.

By actively engaging in their own care and working closely with their health care providers, seniors can reduce the risks associated with polypharmacy and optimize the management of their medications for improved health outcomes and quality of life.



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# Retirement Withdrawal Strategies

You've spent decades saving and retirement has arrived — now how do you manage your hardearned nest egg?

Planning for retirement involves not only saving diligently during your working years but also devising a thoughtful withdrawal strategy to sustain your financial well-being throughout your golden years. As seniors transition from the accumulation phase to the distribution phase of their retirement savings, designing an effective withdrawal plan becomes paramount.

Seniors typically have a mix of retirement accounts, including traditional IRAs, Roth IRAs, 401(k)s, pensions and Social Security benefits. Each type of account has its unique tax treatment and withdrawal rules, which can affect the timing and tax implications of withdrawals.

## SEQUENCE OF WITHDRAWALS

There is no one single withdrawal strategy because every person has different needs, resources and time considerations. However, there are some general guidelines that can start as a foundation and be adapted accordingly. Determining the sequence of withdrawals

from various retirement accounts optimizes tax efficiency and preserves the longevity of your savings.

As a general rule of thumb, seniors may consider tapping into taxable accounts first, followed by tax-deferred accounts like traditional IRAs and 401(k)s, and tax-free accounts like Roth IRAs.

Financial advisors from Edelman Financial Engines told AARP that the reason for this sequence is that drawing from the tax-deferred bucket increases your taxable income and can increase your tax bracket, which then can increase your Medicare premiums. By drawing from taxable accounts, you are letting investments in the tax-deferred and tax-free accounts continue to grow.

They do warn that if you retire early and are receiving a subsidy for Affordable Care Act health insurance coverage, you'll want to be careful about what you withdraw from taxable accounts because you could lose that subsidy.

## CALCULATING ANNUAL WITHDRAWAL RATES

Determining how much to withdraw from re-

tirement accounts each year requires careful consideration of factors such as anticipated living expenses, health care costs, inflation, investment returns and life expectancy.

Financial planners often recommend adhering to a sustainable withdrawal rate, typically around 3% to 4% of the total retirement portfolio, adjusted for inflation annually.

By adopting a conservative withdrawal rate, seniors can mitigate the risk of outliving their savings and maintain financial stability throughout retirement.

## SEEKING PROFESSIONAL ADVICE

Navigating the complexities of retirement planning and withdrawal strategies can be daunting, making it essential for seniors to seek guidance from qualified financial advisors or retirement planners. A financial advisor can help assess individual financial circumstances, develop personalized withdrawal strategies, optimize tax planning strategies and provide ongoing portfolio management and monitoring.

# GET SUMMER-READY!

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# Improving Balance

Falls can become increasingly serious as you age.

Johns Hopkins says that each year more than 25% of adults over the age of 65 fall. More than 3 million are treated in emergency rooms for fall injuries.

## WHY SENIORS FALL MORE

Seniors are at an increased risk of falling because, as we age, we tend to experience problems with vision and sensation in the feet, both of which can lead to falls. Seniors are more prone to vestibular problems, which can cause balance issues. Medications may be to blame, as well as low blood pressure and footwear issues.

## PREVENTING FALLS

Exercises that focus on balance and strength can reduce the risk of falls, Johns Hopkins says. Always talk to your medical professional before starting an exercise routine, but once you get the all-clear, try these:

**Sitting to standing:** Start by sitting in a sturdy, standard-height chair. Sit comfortably with your feet flat on the ground. Have a sturdy support in front of you, such as a countertop or table, so that you can grab it if you start to feel unsteady. Scoot forward so your buttocks are at the front of the seat. Lean your chest forward over your toes, shifting your body weight forward. Squeeze your butt muscles and slowly rise to a standing position. Slowly sit back down and repeat 10 times. If you need to, place your hands or arms on the seat of the chair and push through your hands to help you stand and sit. The goal is not to use your hands at all.

**Balance exercises:** Try to have someone with you for this one, just in case you lose your balance. Stand with your feet shoulder-width apart and your eyes open. Hold steady for 10 seconds, working your way up to 30 seconds. If you find yourself swaying or reaching for the wall or other support, keep working on it. Once you can hold it for 30 seconds, stand with your feet together and your eyes open. Hold it for 10 seconds, working your way up to 30. Once you can do that, stand on one foot, eyes open and ... well, you know the drill. The next exercise has you close our eyes and try each exercise. The goal for each one is to progress from 10 to 30 seconds, with five repetitions per leg, two times per day.

## Looking for ways to give back to our youngest community members or stay active as you age?

Oasis supports older adults with volunteer opportunities and online special interest classes.



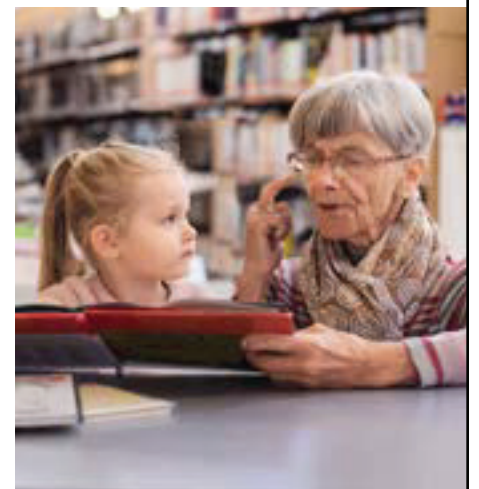
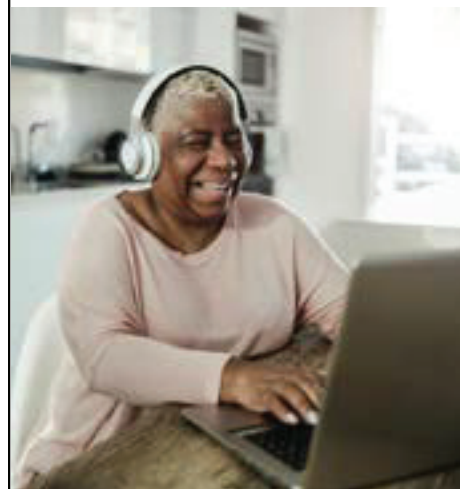
## What is the Oasis Tutoring Program?

Since 1989, thousands of children across the country have improved their skills and discovered the joy of reading with support from Oasis tutors. Oasis Intergenerational Tutoring is a volunteer program that pairs older adults with children in grades K-3 to work one-on-one each week as their tutors, mentors and friends. Oasis tutors use a six-step approach to literacy designed by educators that emphasizes improved reading, speaking, listening and writing.

## What is the Oasis Everywhere?

Oasis Everywhere offers live, online courses led by top Oasis instructors from across the country. With Oasis Everywhere virtual lifelong learning, geographic location, mobility, or travel constraints no longer apply! It features a listing of classes that are entirely web-based, but designed to provide the same interaction and intellectual stimulation that traditional in-person classrooms offer.

To register or learn more, visit [tutoring.oasisnet.org](https://tutoring.oasisnet.org) for information on the Oasis Tutoring Program, or [oasisnet.org/oasis-everywhere](https://oasisnet.org/oasis-everywhere) for Oasis Everywhere.





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- |                         |                         |
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| - ORIGINAL 1961-1972    | - MUSTANG 1964-1978     |
| - ORIGINAL 1973-1989    | - MUSTANG 1979-PRESENT  |
| - ORIGINAL 1990-2009    | - CAMARO 1967-2002      |
| - SHOWROOM 2010-PRESENT | - CAMARO 2010-PRESENT   |
| - STREET ROD 1900-1934  | - RAT ROD (OPEN)        |
| - STREET ROD 1935-1948  | - JEEP                  |
| - MODIFIED 1949-1963    | - UNDER CONSTRUCTION    |
| - MODIFIED 1964-1973    | - RACE CAR OPEN         |
| - MODIFIED 1974-PRESENT | - FACTORY MUSCLE        |

**- TRUCK CLASSES -**

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