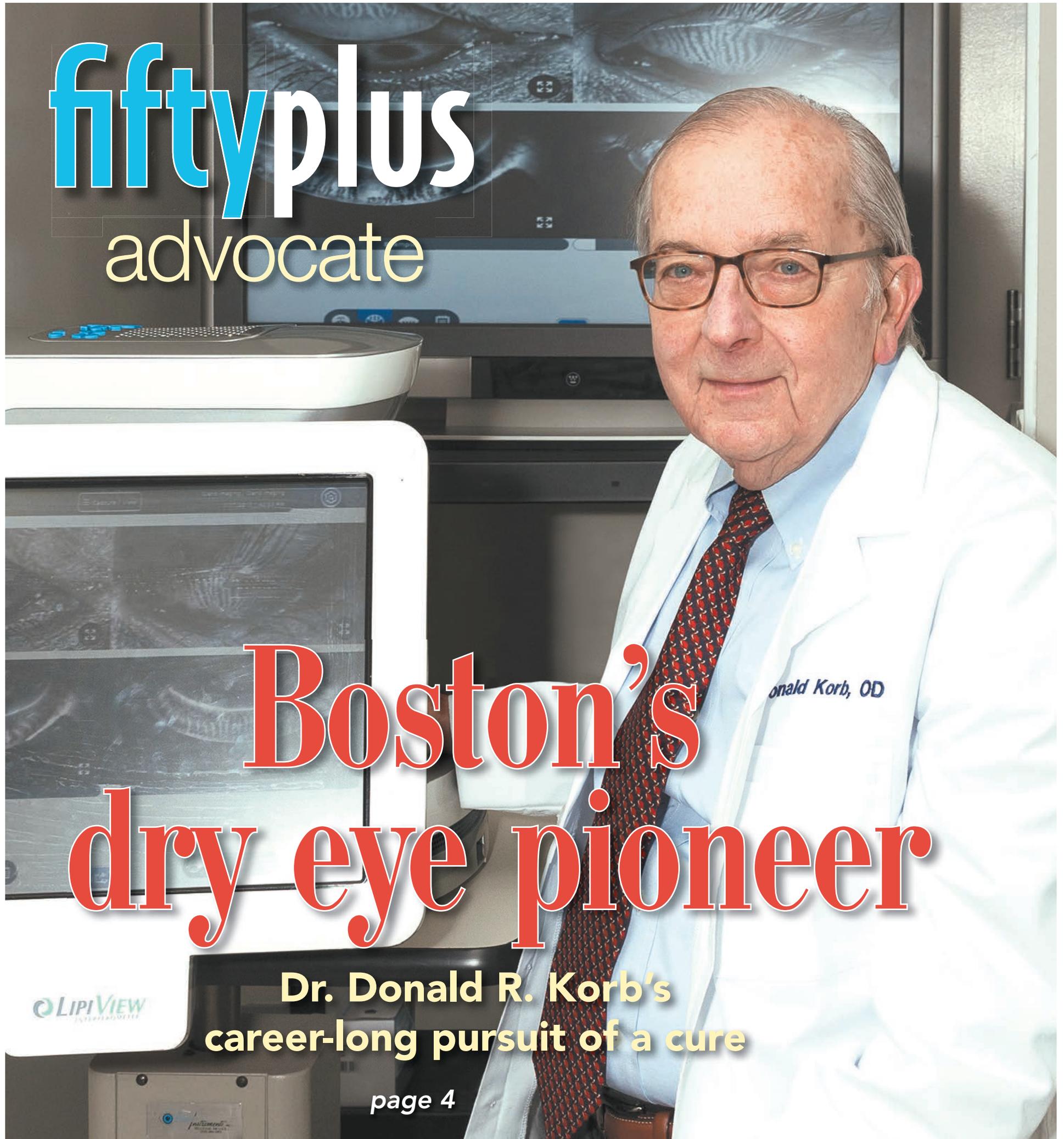


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Boston's dry eye pioneer

**Dr. Donald R. Korb's
career-long pursuit of a cure**

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AARP's 2017 legislative priorities

By MIKE FESTA, STATE DIRECTOR
AARP MASSACHUSETTS

AARP is hard at work fighting for the interests of older adults across the country, including our renewed efforts to protect Medicare. AARP Massachusetts is working on new legislation to prevent identity theft and to support family caregivers, and we are proud to announce two new bills submitted this session:



Mike Festa

HD.1491/SD.374 - An act removing fees for security freezes and disclosures of consumer credit reports

In order to help Massachusetts residents better protect themselves against identity (ID)

theft and fraud, AARP Massachusetts is filing legislation that would remove fees for credit report security freezes. AARP Massachusetts is pleased that State Sen. Barbara L'Italien (D-Andover) and State Rep. Jennifer Benson (D-Lunenburg) are legislative sponsors of this bill.

A credit report security freeze allows an individual to voluntarily choose to restrict access to her/his credit report. It does not affect the person's credit score, and can be removed at any time. A credit report security freeze can make it more difficult for criminals to steal an identity by opening up new accounts in someone's name.

The three major credit reporting agencies — Experian, Equifax, and TransUnion — each charge a \$5 fee every time a Massachusetts resident requests that a credit report security freeze be placed on her/his credit file. Residents must also pay an additional \$5 fee to each agency

every time they request suspension and/or removal of a freeze on their credit file.

Currently, Massachusetts residents who have been victims of identity theft may place a credit report security freeze on their file at each agency without paying a fee as long as they provide a copy of a police report detailing the ID theft. To check their credit file, however, victims must pay an \$8 fee per agency to obtain a copy of their credit report.

The AARP Massachusetts legislation, known as "An act removing fees for security freezes and disclosures of consumer credit reports," would remove all fees when placing, suspending, and/or removing a credit report security freeze — regardless of the number of times a freeze is placed or removed — and would also remove the \$8 credit report fee for those who are victims of identity theft.

HD.610/SD.1553 - An act to establish the family caregiver tax credit

AARP Massachusetts has also filed legislation to ease the burden on family caregivers. An estimated 844,000 family caregivers in Massachusetts provide varying degrees of unreimbursed care to adults with limitations in daily activities.

Numerous studies have found that caregivers feel stressed by the financial burden of caregiving. In order to successfully address the challenges of a surging population of older adults and others living with chronic conditions who have significant needs for long-term services and supports, AARP Massachusetts has filed legislation to establish a family caregiver tax credit, and is pleased that State Rep. Chris Walsh (D-Framingham) and State Sen. Linda Dorcena Forry (D-Dorchester) have sponsored this bill.

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**DISCOVER REAL
POSSIBILITIES IN
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Women skiers in their 50s bond, stay fit on the slopes



PHOTO/SUBMITTED

Central Massachusetts women in their 50s enjoy friendship and fitness on the slopes last winter at Sugarloaf Mountain Resort in Maine. Pictured (l to r) are Cathy Cody, Lenice Miley, Sue Benoit and Holly Hendrickson.

AARP's 2017 legislative priorities

AARP
Continued from page 2

An act to establish the family caregiver tax credit would provide a tax credit for certain expenses incurred by a taxpaying family caregiver for the care and support of a qualifying family member aged 18 and older. To be eligible for the tax credit, the family caregiver claiming the credit must have a federal adjusted gross income of less than \$75,000 for an individual and \$150,000 for a couple, and incur expenses directly related to the care of an eligible care recipient.

An eligible care recipient must: (1) be age 18 or over; (2) require assistance with at least one activity of daily living (ADL), as certified by a licensed health care practitioner; (3) and qualify as a dependent, spouse, parent or oth-

er relation by blood or marriage to the family caregiver.

The amount of the credit is equal to 50 percent of the eligible expenses incurred by the taxpayer during the taxable year, with a maximum allowable credit of \$3,000. The taxpayer is not entitled to a refund, carryback, or carryforward of any credit.

Stay up to date on the latest caregiving and advocacy news with AARP Massachusetts. Visit www.aarp.org/ma or call toll free at 866-448-3621. Archives of articles from previous issues can be read at www.fiftyplusadvocate.com

Mike Festa is the state director for AARP Massachusetts. Archives of articles from previous issues can be read at www.fiftyplusadvocate.com.

By LORI BERKEY
CONTRIBUTING WRITER

Last winter, Holly Hendrickson, 52, found herself with the spare time in the evenings and weekends that she had dreamed of for years. Being divorced with her kids now grown and out of the house, she was surprised that her longed-for freedom left her wondering what she should do. After a 30-year hiatus from the slopes, she decided to start skiing again.

Hendrickson found out that her friend from work, Sue Benoit, 57, also enjoyed skiing and that she belonged to a ski club. Sue introduced her to the Central Mass. Ski Group (CMSG), and it's been her lift ticket to feeling good ever since.

Membership in (CMSG) is open to everyone, and no particular ski level is needed. The group convenes monthly from October through March for a social hour, food, drinks and to hear a guest

speaker from ski locales and ski shops, and to offer a raffle. Plus, they hold a summer barbeque. Members can sign up for group overnight and day trips, and take advantage of the club's discount ski passes.

Shortly after Hendrickson joined the group, Benoit introduced her to two of her friends from the club, who like them, are central Massachusetts outdoor aficionados in their 50s. Now, all four of them ski together regularly.

One of the foursome is Cathy Cody, whose hectic life pulls her in a hundred directions, but she feels her ski club membership anchors her.

"Each month we make it a point to have a girly night out and have dinner, then go to the ski club meeting," Cody said, "I love having fun and getting exercise outdoors with friends. It makes me feel alive and keeps me in shape."

Skiers page 10

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Boston's dry eye pioneer

Dr. Donald R. Korb's career-long pursuit of a cure

BY DAVID BAGDON
PUBLISHER

Dry eyes are not a new phenomenon, in fact; most people have experienced them at various times throughout their lives. In most cases, dry eyes are a nuisance causing minor discomfort often brought about by eye strain or exposure to dry, windy conditions. However, for those suffering from chronic dry eye, the problem can cause significant pain and discomfort that can result in damage to the surface of the eye. It is estimated that over 25 million people in the United States and some 300 million worldwide suffer from dry eye.

Dr. Donald Korb of Korb and Associates, based in Boston, is widely recognized as one of the leading researchers and experts on the matter of chronic dry eye. Dr. Korb has been studying the issue for some 30 years and has published over 100 papers on the topic. As he explains, the issue first came to his attention in 1980 as he was researching and developing extended wear contact lenses.

To his surprise, several subjects in the study showed an unusual intolerance to this type of contact lens which led him to develop a hypothesis that the problem was tied to an oil deficiency on the surface of the eyes. While the accepted belief at that time was that dry eyes were the result of inadequate tear production, Dr. Korb was convinced that dry eye was due to an oil deficiency related to obstruction and dysfunction of the small Meibomian glands that line each eyelid.

When functioning correctly, the Meibomian glands serve to coat the ocular surface with oil to preserve moisture, while dysfunctional ones allow rapid evapora-



PHOTO/ANDY WEIGL/WEIGL PHOTOGRAPHY

Donald R. Korb OD

tion and the resulting dryness. Dr. Korb teamed up with Dr. Antonio Henriquez of Barcelona, Spain, and the result was the discovery that the affected subjects in the study were suffering from obstructed Meibomian glands which resulted in the contact lens discomfort. Dr. Korb named the condition Meibomian gland dysfunction (MGD).

“What was difficult to believe is that a competent eye doctor could closely examine the eyes and the lids, yet would be unable to determine that the glands were obstructed without special tests utilizing pressure. In our original scientific article we stressed that the condition was not obvious. A thorough review of the non-obvious nature of Meibomian gland dysfunction was published in 2010. The difficulty in making this diagnosis led me to invent a device known as LipiView which is now used routinely to make this evaluation,” Dr. Korb said.

After identifying the problem, Dr. Korb directed his full focus to both research and the treatment of patients dealing with MGD.

As he discovered, the Meibomian glands are small and delicate and if they are not producing quality oil, the problem can quickly deteriorate into acute inflammation. Due to his background as a researcher, Dr. Korb was able to rapidly study patient problems that arose in his own practice.

In order to diagnose and treat the problem of MGD on a much broader basis, he co-founded a company called Tear-Science which not only pioneered the LipiView tear eval-

uation device, but also produced LipiFlow, a device that simultaneously heats the inner lid surfaces while applying pulsatile pressure in order to improve oil flow and diminish inflammation. To date, the device is being used in over 250 eye care practices with over 100,000 patients having received treatment.

When asked about the significance of his invention, he looks back on that period as both challenging and rewarding.

“LipiFlow has been an exciting experience, perhaps the most exciting of my life. While I have over 20 inventions, 10 of which have been marketed, the complexity of developing the science of thermal pulsation treatment was by far the most complex. Although I have chosen not to be involved with the operation of the business, preferring research and clinical practice, seeing Tear-Science grow to employ over 100, including 10 engineers, has been like a dream,” he said.

“In addition, having had access to tens of millions of dollars for this research, we’ve had funding for many clinical studies and dis-

coveries which are now in clinical practice to be used by all without fees,” he added. “This could not have been better or more exciting! I regularly receive letters from dry eye sufferers around the world who I have never met; that is a source of great gratification to me.”

Although Dr. Korb's efforts have helped literally thousands of patients address their MGD and regain ocular comfort, he is concerned about the impact of electronic devices such as smart phones, tablets and computers on future generations. One issue that exacerbates MGD is extended screen time, not just from the standpoint of eye strain, but because it reduces one's blink frequency, an action that is critical to the distribution of oil on the ocular surface.

According to Dr. Korb, our society's dependence on electronic devices is likely to result in a dramatic increase in MGD over the coming years. In fact, he indicates he is already seeing an unusual increase in the number of cases involving young people and teens.

“Our group recently published a report in a prestigious journal titled ‘Dry eye is the wrong diagnosis for millions’. The correct diagnosis for over 80 percent of those suffering from dry eye is Meibomian gland dysfunction,” he said. “This is important for the future because the professions must recognize that obstruction of the glands is the usual cause of dry eye and that a key factor in this obstruction is inadequate blinking. It is well documented that excessive screen time dramatically reduces a person's blink rate.

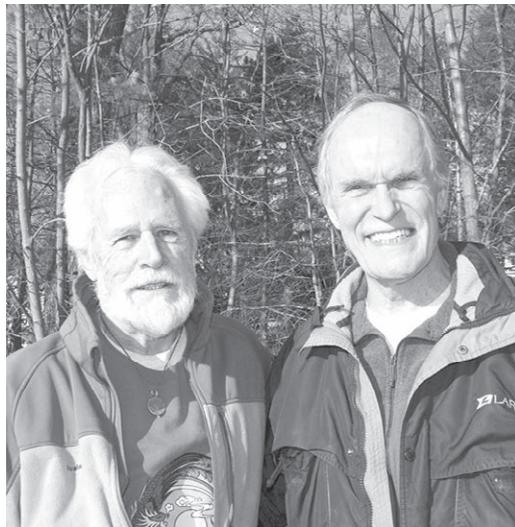
“In fact, a recent study conducted by our group showed that the incoming class at a prominent health care school already had concerning signs of dry eye. Based on the latter study, which will be published this year, 62 percent had symptoms which worsened as the day progressed, 41 percent were forced to use artificial tear supplements daily, 17 percent had

Dr. Korb page 7

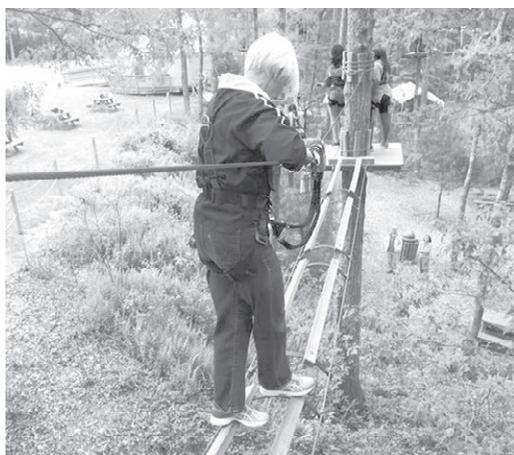
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pursue your passion

Traveling the world for that perfect picture

By JOYCE DEWALLACE
CONTRIBUTING WRITER

In living his dream, Ron Rosenstock has no ordinary retirement. This former Clark University professor travels the world, leading photographic tours to exotic locations like Morocco, Bhutan, and New Zealand. In addition he teaches small groups in his Holden studio. He has exhibited his work in more than 100 shows worldwide and is featured in numerous permanent exhibitions, including the Fogg Art Museum, the Worcester Art Museum, the Massachusetts Institute of Technology (MIT), and the International Center of Photography. He has written and published a half dozen books about photography.

His mission is to be one of the caretakers of this world by raising the people's awareness of the earth's beauty as a living-breathing organism. Participants in his tours are passionate about photography.

"That's what holds us together. We are there to be inspired, to take better photographs, and commune with nature," Rosenstock said. "I'm a nature photographer."

Rosenstock started his career in the '60s as an architectural photographer for the firm of Walter Gropius. He studied with Minor White, a highly sought-after photographer, author and teacher who started the photography program at MIT. He carried on a lengthy correspondence with Ansel Adams and used Adams' zone system in his course work. He began teaching at what is now the Worcester Center for Crafts and where he is planning a large retrospective show in January 2018.

Early in the '70s, the colleges in Worcester formed the consortium for higher education, and at that time, Clark University wanted to add photography to its liberal arts department.

"They hired me from the Crafts Center, and I started an-



Above: A reflection of Mt. Cook on South Island New Zealand,

Left: Photographer Ron Rosenstock

Below: Three Trees, Dhu Lough, Co. Mayo, Ireland

PHOTOS/COURTESY RON ROSENSTOCK

other new photography program and taught there for the next 30 years. I moved to Holden in the mid-'70s and have been here ever since," explained Rosenstock.

In 1971 he led his first tour, a small group to Stonehenge in England. From that beginning, the photographic tours expanded. Ireland was next, with the town of Westport becoming his base over many years of exploration. Word spread, and more people wanted to join the trips. The New York Times did a story in the early '80s in its travel section about his program and interest in the tours exploded.

He worked with his wife Cathy to build a travel business and was contacted by Voyages, Inc. to lead photographic tours for them.

"They were a tour-organizing company and wanted me to leads tours for them to many other



countries," said Rosenstock.

Besides Ireland, Rosenstock added Kenya, the Galapagos Islands, Peru, Nepal, Italy, the Czech Republic, Iceland, Greenland, New Zealand and Scotland to the list of places he explored with his cameras and taught tourists the art of photography.

The artist works in both black and white and color.

"Color tends to be more representational, more documentary because that's how we see the world, whereas black and white tends to be more abstract, more interpretive," Rosenstock noted.

When he worked with film, he did all his own darkroom work. Now it's all strictly digital.

"I'm not exhibiting a process; it's all about the image, the final print. It doesn't matter how we get there," said Rosenstock, pointing out the many high quality prints that line the walls of his bright studio.

"There is a world class printer in Worcester who does work for photographers all over the world. Mark Doyle of Autumn Colors Digital Imaging in Webster Square does all my printing for two reasons. He's a master printer, and he can do it for less than I would do it for myself," explained Rosenstock.

"Most people prefer to do something they have a real passion for and combine it with travel. I have been blessed to do this

for over 50 years, meeting wonderful people all over the world and experiencing all the cultural differences that exist. We're all brothers and sisters. My way of reaching people is through my photographs."

For more information on the tours, contact Strabo photo tours at www.phototc.com. To buy Rosenstock's books or photographs and learn more about his workshops, visit www.ronrosenstock.com. To view more of his photos visit www.fiftyplusadvocate.com.

Dr. Donald Korb: Boston's dry eye pioneer

Dr. Korb
Continued from page 4

discomfort using a computer, and over 50 percent had significant atrophy and permanent loss of at least 20 percent of their Meibomian glands. Dry eye is on its way to becoming a major public health problem and will only increase unless a government funded task force is enlisted to combat what is already a vocationally disabling disease for many."

One of the most notable things about the way Dr. Korb addresses problems with dry eye is his very deliberate and methodical approach to diagnosis and treatment. Most likely a product of his background as a researcher, he methodically tests and reevaluates patients over a course of several appointments. In all cases he records copious notes about what is and isn't improving. He's quick to point out that dry eye is not something that can be resolved in a single visit. The ability of the eyes to maintain the appropriate amount of moisture depends on a delicate balance of Meibomian oil, adequate tears and proper blinking. Should these factors fall out of balance; the result can be inflammation which often cascades into problems resulting in even more discomfort.

"It is critical for the eye care practitioner to understand that a systematic approach is required to make the correct diagnosis before initiating treatment. While over 80 percent of all dry eye sufferers have meibomian obstruction and dysfunction, it is critical for the

doctor to evaluate a minimum of four other factors; the nature of the blink, the efficacy of lid closure when sleeping, the extent of meibomian gland atrophy and the status of the sensory nerves," Dr. Korb said. "One can treat with LipiFlow, but not achieve success for the patient unless all of these areas are addressed. The patient must understand that there will be homework, analogous to dental care, where office treatment must be supported by brushing and flossing."

To colleagues and patients alike, Dr. Korb's tireless work is fueled by a very rare level of passion and commitment. Whether he's caring for patients or pursuing the next breakthrough in his research, Dr. Korb is a man on a mission. He is a deeply compassionate individual whose desire to learn about this affliction drives him to treat over 100 patients per month while still dedicating a minimum of three days per week to his research.

When asked why he is so focused on this particular affliction and why he has made it his life's mission, Dr. Korb is characteristically enthusiastic.

"Truthfully, some 35 years ago when I discovered the role of Meibomian gland dysfunction, I had plans to retire at an age which would allow me to follow my other interests, including working to help children pursue higher education in order to realize their own dreams. I also wanted to research the role of ego in mankind's progress and failures – I still find this

exciting.

"However, with every discovery, with every new publication, and with the creation of treatments, procedures and products for both patients and doctors, it was clear there was much more to accomplish. I still am excited every day by what I do and it is my hope that more can be accomplished to alleviate the suffering of over 30

million people in the USA with dry eye. Frankly, there is no area that provides me with the level of satisfaction and daily stimuli than what I do. I have been, and continue to be very fortunate."

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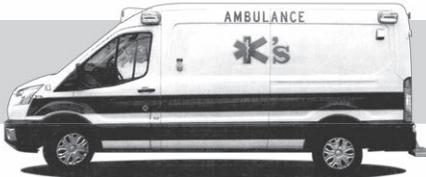
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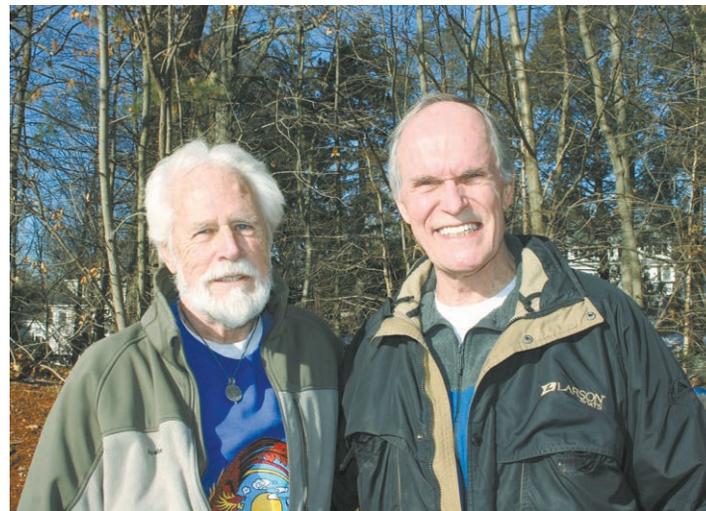

Find your calm through tai chi and qigong

By JANE KELLER GORDON
CONTRIBUTING WRITER

WESTFORD/AYER - Dave Crocker, 71, and Ray Caisse, 77, have a lot in common. Both have had long careers in management, and describe themselves as former workaholics. Both have had life-altering health challenges: Crocker, a stroke, and Caisse, a heart attack. Now both men teach tai chi — moving meditation — in northeastern Massachusetts and southern New Hampshire through their partnership, Cultivating Qi. Their motto is, “You... in Better Balance.”

Crocker teaches qigong (chi kung) as well as tai chi.

“Qigong is a 5,000-year-old healing art developed in China,” he said. “By mimicking animal movements in nature, it cultivates qi—your energy flow, life force, vital energy — and moves it through the meridian system



Left: Ray Caisse (l) and Dave Crocker

Below: Cultivating Qi class at the Littleton Council on Aging

PHOTOS/COURTESY CULTIVATING QI

in the body, which helps reduce stress, improve balance and regain lost range of motion.”

The long form of tai chi, also an ancient practice, involves 108 choreographed slow, gentle, meditative movements according to Caisse.

“I teach both standing and sitting tai chi. Anyone can do it, and it’s a great way to calm your mind. I believe that it can slow down the aging process,” he said.

Caisse was first introduced to tai chi 20 years ago when he was working as a plant manager in New Hampshire.

“One of my associates saw that I was living at the plant, and said that I was killing myself. She said you need to get another life, and she invited me to one of her tai chi classes,” he recalled. “I was always more of a football player and I saw tai chi as ballet, so I wasn’t sure about it.”

Tai chi page 10





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Women skiers in their 50s bond, stay fit on the slopes

Skiers

Continued from page 3

Lenice Miley is another of the four. She's been skiing for 15 years, but still ranks "new information at the meetings" high among the reasons she likes being a club member. She likes having a common passion for skiing with the others, enjoys being outside, and finds the club's "Appreciation Days," which offer discounts, a draw.

The monthly meetings often feature updates on various ski resorts as well as information

about new ski equipment technology. Raffle participants have the chance to win tickets and ski apparel at each gathering, and a once per year special chance to win a trip for two to Sunday River Ski Resort in Maine. Club members also benefit from a 10-percent discount at a local ski shop.

Hendrickson enjoys being in a club where she can meet new people with similar interests, while getting great exercise. The ticket discounts the club offers make the activity more affordable, and she's

had fun being a raffle winner for free passes on multiple occasions. She said she feels very fortunate to have met the group members.

"Not only is it that they have similar interests," Hendrickson said, "we all are in similar stages in our life where we have the flexibility and time to enjoy getting up and out into the outdoors. I now have new friends to not only ski with but some of us have run 5Ks, hiked, cross-country skied, and so on."

Cody feels her participation helps her remain youthful.

"It's just plain fun times when I'm away from the everyday demands in life, and I try to take advantage of any opportunity I can to experience as much fun as I can," she said. "I try and remind myself each day that 'You're as old as you feel,' so I might as well act like a kid!!"

Hendrickson no longer questions what to do with her free time. She's found new friends, is keeping in great shape, relishes the fresh air, and is enjoying her view from the top.

Find your calm through tai chi and qigong

Tai chi

Continued from page 9

He went and became hooked.

Tai chi has changed Caisse's life. Eventually, he earned his teaching certification from the Tai Chi International Headquarters in Toronto. He teaches classes seven days a week, and takes a 3-hour class himself on

Saturdays in Somerville at Boston Healing Tao.

In spite of his focus on mindfulness and relaxation, Caisse had a heart attack three years ago, followed by a triple bypass.

"I think that my practice of tai chi helped me know sooner that something was wrong," he said.

After Crocker experienced a mild stroke nine years ago, his wife suggested that they take a tai chi class. That's when Crocker met Caisse, and started on his journey and became a certified teacher of both tai chi and qigong. He also teaches meditation.

"I now live in the moment. I spend more time being a human being instead of a human doing... In my class, we can get down to six to eight breaths per minute. The average rate at which Westerners' breathe is 12 to 18," Crocker said.

When Crocker retired in 2014, he asked Caisse to partner with him in Cultivating Qi.

"At our age, we have finally learned this is the way we are supposed to live—in the moment—especially since worry about stuff that has already happened is a waste of time," Caisse said.

Cultivating Qi's one-and-a-half hour classes are kept small, usually less than 15 people. Most of the participants are older; the youngest was six, and oldest was 103.

Crocker lives in Westford, and Caisse lives in Ayer. They travel to teach. Currently, they offer classes at: Lowell General Hospital, Chelmsford Wellness Center, Dragonfly Wellness Center, The Huntington at Nashua, Littleton Council On Aging, Stonebridge at Burlington, Nashoba Park, Residences at Salem Woods, Avita of Newburyport, Seasons of Danvers, Recreational Adult Resource Association, and Woodbridge Assisted Living.

Crocker and Caisse offer a free one-hour demonstration for five students or more. For more information, visit www.CultivatingQi.org or email Dave.Crocker@CultivatingQi.org.



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The many delights of Uruguay

By VICTOR BLOCK

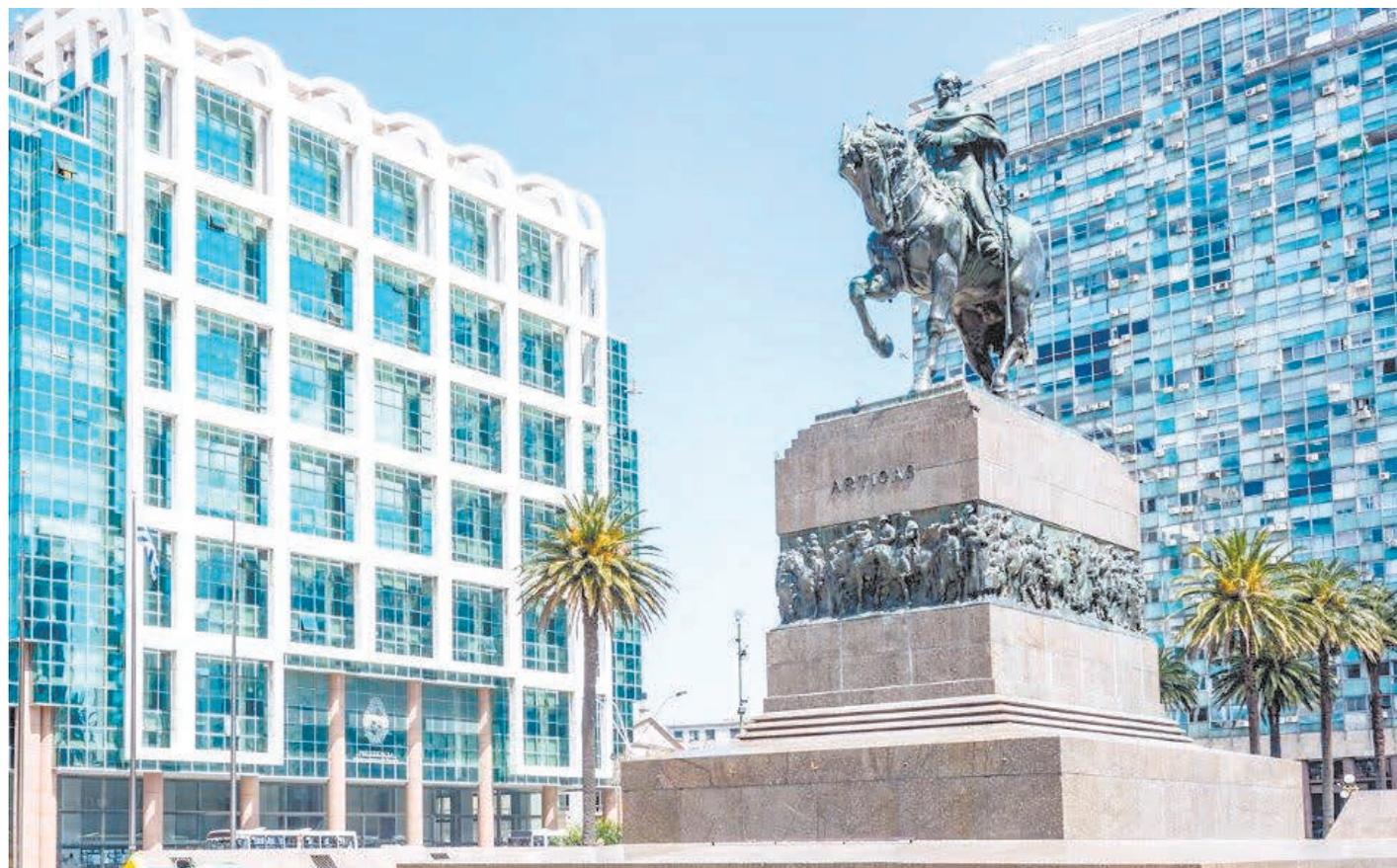
Visitors to the South American country of Uruguay often are surprised to learn that it's only about the size of Missouri. They're equally surprised, and delighted, to discover a wide variety of things to see and do in such a compact area.

Tucked between much larger Argentina and Brazil, Uruguay doesn't attract as many visitors as its better-known neighbors. But those who go there usually leave very glad they did so.

Begin with the climate. Because Uruguay is below the equator, seasons are opposite those in the United States. Winters (June to September) are cool, but rarely cold, and snow is rare. Summer days (December to March) are pleasantly warm.

The country's miniscule size means you may enjoy its attractions without having to travel far. You can swim in the Atlantic Ocean in the morning and enjoy sightseeing in the capital city of Montevideo later that day. Or combine the charm of lovely Colonia del Sacramento with a visit to a vast estancia (ranch), where cattle herders called gauchos live much the same way as their ancestors did.

Most of Uruguay's 3.4 million inhabitants live in Montevideo. It resembles great European cities, with buildings copied after



Plaza Independencia - Artigas statue

PHOTO/SUBMITTED

architecture in Spain and Italy – a reminder that many people are descendants of immigrants from those countries.

Influences of Spain remain from when settlers from there arrived early in the 17th century. Later, the region came under the control of Brazil, and Uruguay gained its independence in 1828.

The fight for freedom is recalled in Montevideo at Plaza Independencia (Independence Square), a park which separates the old section of the city from

its commercial district. A statue honors General Jose Artigas, who led Uruguay's fight for independence. A stroll through the old section recalls the colonial era, with narrow cobblestone streets that have changed little over time.

One focal point in the old neighborhood is the Mercado del Puerto (Post Market), a wrought-iron structure originally occupied by stalls selling meat, fish, vegetables and fruit. Today it's filled with bustling seafood restaurants and small parrilladas (barbeque

stands), where meats are grilled over open fires.

Other centers of activity include inviting beaches that line the Rio de la Plata, the broad river that separates Uruguay from Argentina. Beaches along the Montevideo waterfront are frequented by city residents throughout summer, and on weekends at other times of the year.

As inviting as they are, the river-front beaches can't compete with the coastline outside the city.

Travel page 14

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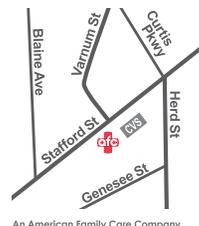
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The many delights of Uruguay

Travel
Continued from page 12

There, a 140-mile stretch of Atlantic Ocean beaches is lined by inviting resorts.

Most popular is Punta del Este, a resort town where celebrities gather. It's a place of stately mansions and high-rise condominiums filling a narrow peninsula.

Other cities and towns have their own claims to fame. Colonia del Sacramento, which was founded in 1680, has been named a UNESCO World Heritage Site. Narrow cobblestone streets in its historic district lead past old houses adorned with red-tile roofs and ornately decorated windows.

In the village of Punta del Diablo ("Point of the Devil") dirt streets fan out from the town square. They contrast with the gleaming white sand beaches nearby.

Not far from the village is the Santa Teresa National Park, which



Sunset over Colonia del Sacramento harbor

PHOTO/SUBMITTED

encompasses more beautiful beaches, a nature reserve and the Fortaleza de Santa Teresa, a mid-18th century military fortification. Construction of the fort began in 1762 by settlers from Portugal and was completed by the Spanish over the next three years. Its

massive walls measure more than 4 feet thick and in some places are over 36 feet high.

Outside of the cities and away from the coastline, Uruguay presents a very different picture. That is an area of low rolling hills and grass-covered plains where an in-

roduction to a colorful chapter of history awaits visitors.

Raising cattle on sprawling estancias has been an important part of Uruguay's life since its earliest days. That's why there are at least twice as many cows as people

Travel page 16

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The many delights of Uruguay

Travel
Continued from page 14
in the country.

In the past, skilled horsemen called gauchos lived outdoors and made their living retrieving lost animals for ranchers. Over time, as the country became more developed, their way of

life changed.

Now the gauchos round up and brand cattle, mend fences and take care of the numerous other chores that are required at the ranches. While their lives have been transformed, they continue to cling to their colorful past by wearing the same distinc-

tive clothing they did when they roamed the plains. That includes a wide-brimmed hat to provide protection from the sun, a wool poncho, loose baggy pants and knee-high leather boots.

The setting at an estancia is very different from the sophisticated atmosphere in Montevideo

or the scene on a sun-baked beach along Uruguay's ocean coastline. That variety in such a small area makes a visit to the country big in terms of enjoyment.

For more information about Uruguay, visit the Ministry of Tourism website at <http://turismo.gub.uy/index.php>.

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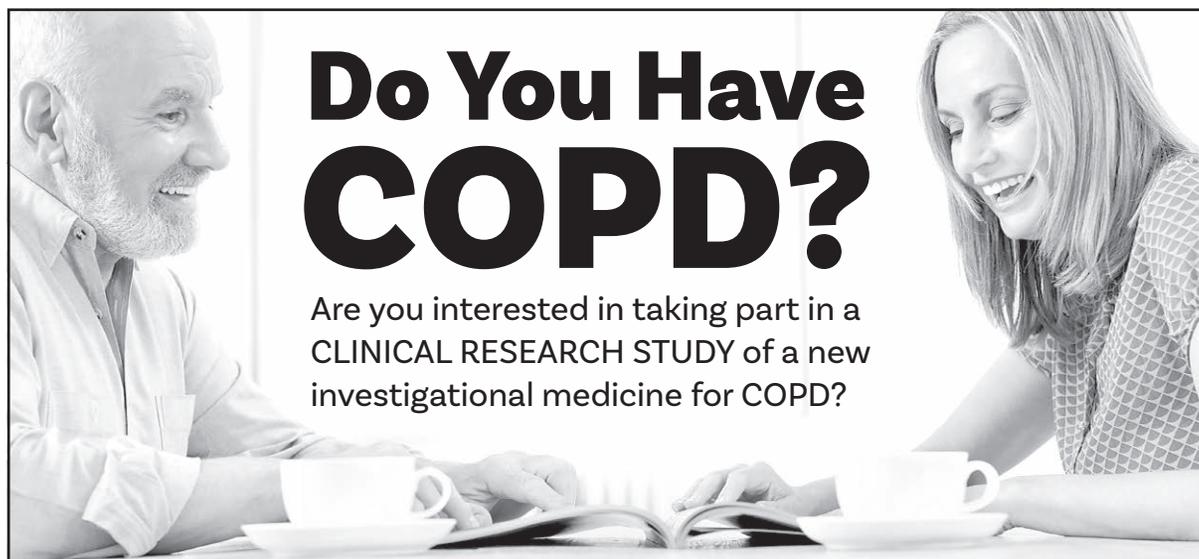
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The wisdom of the old toaster oven

By JANICE LINDSAY
CONTRIBUTING WRITER

My husband and I arrived at our new house, in a new town, on a wintry night, just after a blizzard and before a raging rainstorm – not an auspicious welcome to our new life.



Inklings

We slept that first night on air mattresses, as our furniture wouldn't be delivered until the next morning. We wanted to be there when the movers arrived, so we didn't dare to leave to look for a breakfast place. We had left room in our packed car for breakfast essentials: instant coffee, a pot to boil water, bread, peanut butter, and our old toaster oven.

I placed the toaster oven on the bare kitchen counter before we went to bed.

In the morning, I awoke in this strange house, disoriented, in a new world that seemed foreign, cold, and a little lonely.

But there, on the counter of the otherwise empty kitchen, sat our familiar, friendly, faithful, white toaster oven. It said, "This is your home, all is well."

Everybody has to start somewhere to get used to a new venture. A familiar object helps to keep you anchored as you explore your new surroundings, whether you're in a new home, a new job, even on a vacation.

On a new job, you might try to find a place for a photo of your grandchildren. Some people travel with their own pillow. A college student might pack along a much-loved teddy bear. I started our new home with the toaster oven.

We spent a few days unpacking and making big decisions (where to put the bookcase in relation to the couch) before we ventured much beyond our own

unfamiliar walls. In spite of the toaster oven, I felt a bit like a visitor, as if we were on vacation and would soon go home. This feeling began to dissipate gradually, once I stopped driving past our driveway because I couldn't remember precisely where it was.

When you're in new surroundings, every simple effort requires thought. Old habits do not help. You're going to the store for milk. But wait. Where's the store?

You engage in constant comparison. You don't notice what's the same, only what's different. So if you move now into Central Massachusetts from another northern climate, you hardly notice the chill or the trees yet to have leaves. But if you're from the Deep South, you notice.

Maybe in your new place, people talk funny. Maybe they refer to the highway as "495" not "the 495." They say Wooster, not Wor-ches-ter. They drive cahs.

Who's the plumber? The electrician? Where's the best place to order pizza? Where's the post office? What newspaper do people read? What cell phone plan do they use? How do I get cable? How do I find a doctor? How do I make new friends?

You're starting over. This can be scary, confusing, and maddening.

It can also be exciting. And it's probably good for us. A new venture heightens our awareness. We see the world with new eyes. We test our adaptability. We challenge our old assumptions. We learn new ways to do things.

But soon enough, new practices become old habits and, if we're not careful, a ho-humness can settle into our lives once again, until the next newness arrives.

Not long after our move – maybe around the time I was learning not to drive past the driveway -- our old toaster oven died. This forced me to find and explore the local stores as I searched for a new one. What a wise old toaster oven.

Contact jlindsay@tidewater.net

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Caregiving tips

Placement in a memory care facility:

Damned if you do – damned if you don't

By MICHA SHALEV
MHA CDP CDCM

Life expectancy has been on an upward trajectory for over 100 years. According to the most recent report released by the AARP, the



Caregiving Tips

during the same period.

Based on the Alzheimer's

age group 65 and above will increase 89 percent over the next 20 years, and the 85 and older population will grow 74 percent

Association's recent report, the number of Americans living with Alzheimer's disease is growing — and growing fast. An estimated 5.4 million Americans of all ages have Alzheimer's disease in 2016. Of those people, an estimated 5.2 million people are age 65 and older, and approximately 200,000 individuals are under age 65 (younger-onset Alzheimer's). One in nine people age 65 and older has Alzheimer's disease. By mid-century, someone in the United States will develop the disease every 33 seconds.

These numbers will escalate rapidly in coming years, as the baby boomer generation has begun to reach age 65 and beyond, the age range of

greatest risk of Alzheimer's. By 2050, the number of people age 65 and older with Alzheimer's disease may nearly triple, from 5.2 million to a projected 13.8 million, barring the development of medical breakthroughs to prevent or cure the disease. Previous estimates based on high range projections of population growth provided by the U.S. Census suggest that this number may be as high as 16 million.

Several factors simultaneously prompt and mitigate against a decision to place a relative in a care home. The existence of multiple stressors, such as incontinence and wandering behavior, combined with reduced caregiver resources and greater feelings of burden, have all been associated with placement while other studies suggest that living apart from the relative, and the need to balance caregiving with paid employment, are better predictors of care-home placement than functional ability.

Virtually no one wants to place a loved one in a "facility". But what if you have to work full-time and can't provide the required 24/7 care? What if you can't afford an in-home care service around the clock that could help you out? Or what can you do if your loved one becomes too combative to manage?

You and your loved one aren't the only people in the equation. Family members may argue strenuously against any decision you make. They may try to make you feel guilty

enough to give up any plans for institutionalization.

Sometimes a placement is the best (or even only) solution for your benefit as well as the benefit of the person you're caring for. But many people feel like institutionalizing their loved one is a cop out — virtually a crime.

If you do it you may feel terribly guilty. But if the person really needs to be in a facility for his or her own safety and well-being you may end up feeling even guiltier if you don't do it. If something happens to your loved one — such as wandering off or sustaining an injury from a fire or other hazard — you'll never forgive yourself.

Ask yourself two questions:

1) Would being in a facility provide your loved one with better care, more personal attention, more opportunities for socialization and — especially — greater safety?

2) Is taking care of the person at home wrecking your own physical and mental health?

If you answered "yes" to either one of these questions it may be time to start looking for a good facility.

People with Alzheimer's that are placed in a long-term setting typically adjust over time and often later forget they were even moved in the first place. The facility will become their new "home" away from home.

If you decide not to do it, just remember that Alzheimer's is progressive. You may need to revisit the issue later on.

Micha Shalev MHA CDP CDCM CADDCT is the owner of The Oasis at Dodge Park, Dodge Park Rest Home and The Adult Day Club at Dodge Park located at 101 and 102 Randolph Road in Worcester. He is a graduate of the National Council of Certified Dementia Practitioners program, and well-known speaker covering Alzheimer's and dementia training topics. He can be reached at 508-853-8180 or by e-mail at m.shalev@dodgepark.com or view more information online at www.dodgepark.com.

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viewpoint

The State of the (elderly) Commonwealth

By AL NORMAN

No governor since Mitt Romney in 2006 has mentioned “elders” in their State of the Commonwealth speech. On Jan. 24, Gov. Charlie Baker made reference



Push Back

to a yet-to-be filed executive order that would focus on older adults---but the details of the order are not known. We applaud the governor for mentioning older adults in his speech, and we are prepared to work with him on his executive order. But there are major fears among the elderly that need to be addressed, in light of rhetoric coming out of Congress and the White House.

Here is what the governor said near the end of his speech:

“We must also think differently about how we support and engage older adults. The notion that people are fully retired at the age of 62 or 65 is inconsistent with what I see every day. And even if some have stepped back from what they spent most of their lives doing, most still have tons of time and talent

available to do something else.

“Hey – I turned 60 in November. Sixty. I remember thinking that was ancient when my dad turned 60. Now he’s 88 and still the smartest, most informed person I know. And Dad – nobody gives better advice than you do.

“There are thousands of citizens in Massachusetts who are still very much in the game in their 60s, 70s, and even 80s. And there’ll be more as our population continues to age. I’ll be signing an executive order in the coming weeks that will establish a council on older adults. It will focus on policies and programs that make it possible for even more older adults and seniors to live vibrant, purposeful lives.”

Elder advocates want to hear more about this executive order, and its purpose. But what we do know is that there are roughly 1.5 million people in the commonwealth today, and the large majority of them are worried about their future:

They are worried that the Social Security retirement income they rely on will be targeted for cutbacks in Washington.

They are worried that their Medicare program is going to be turned into some kind of voucher that will lose value, and

deny future seniors access to a predictable and reliable health plan.

They are worried that Medicaid program, which has expanded enrollment under the Affordable Care Act, will be converted into a fixed block grant that will deny low income seniors an affordable health care plan that covers pre-existing conditions.

They worry that the Medicare Part D donut hole of uncovered drug costs will open back up if the ACA is repealed.

They worry that community-based services at the state level will continue to suffer cutbacks, as home care, home health care and adult foster care have suffered rate cutbacks in the past year.

They worry that elders will continue to be pushed into nursing facilities instead of being returned to their home.

They worry that the underpaid workforce that provides care at home will not be there as the population of needy seniors expands, and the workforce shrinks.

Seniors who were looking for some assurance that state government will not stand by and watch Social Security, Medicare and Medicaid be radically changed, did not receive any comfort from the State of the Commonwealth. I am pleased that the governor has

older adults on his mind---but seniors have a lot on their mind as well. This is the time for the state to shore up its programs to help older people to “age in place” at home. They want income security---because Massachusetts now ranks second only to Mississippi in the percentage of older residents who are living in economic insecurity, unable to pay their bills without going into debt.

Elders want a champion who will protect their economic security. Their basic income and health care is under assault---and they are looking for a vigorous defense of the programs that have kept them out of poverty.

Al Norman is the executive director of Mass Home Care. He can be reached at info@masshomecare.org.

Answers to Super Crossword

(puzzle on page 19)

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Time to take a new look at reverse mortgages

Reverse mortgage
Continued from page 19

credit cards, pay real estate taxes, or complete a needed home repair. Sometimes there is a health crisis occurring or an adult child needs money. Or, everything is currently fine but they want to have access to cash “just in case.”

These are all valid reasons to look into a reverse mortgage.

Start by contacting a reputable reverse mortgage specialist to learn about the merits of a reverse mortgage, examine your options, and determine the best path to secure your financial future.

Alain Valles, CRMP and president of Direct Finance Corp., was the first designated Certified Reverse Mortgage Professional in New England. He can be reached at 781-724-6221 or by email at av@dfcmortgage.com. Archives of articles from previous issues can be read at www.fiftyplusadvocate.com



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Not your typical rags to riches story

By MARIANNE DELOREY, Ph.D.

Each industry has their own way of showing off their accomplishments to the world. The armed forces gives out medals, the music industry gives out Grammys. Affordable housing has victories, but often, the stories do not wrap up into a pretty little package, which makes



Housing Options

it harder to show others the pride we have in our work. To look at Howard, the average person would not be impressed. Howard's story is fraught with ups and downs, and yet it is for this very reason that he personifies a great accomplishment. He was often dirty. His fingers were deeply stained by nicotine and he looked like he had not changed or showered in several days. When he smelled bad we had to ask him to go back to his apartment and clean up. He did not like wearing his hearing aids or his dentures, and so it was sometimes hard to be understood or to understand what he was saying.

In elder care, we see some people whose limitations are new and we see some who were limited all their lives. Howard was one who had clearly always struggled. He

“Howard’s story is fraught with ups and downs, and yet it is for this very reason that he personifies a great accomplishment.”

had held a series of menial jobs, but did get by until people started taking advantage of his big heart. That is when we found him.

Howard came to us from a shelter. Because of his developmental delays, he was an easy target for people who wanted money or cigarettes. He roamed the city going to different soup kitchens to feed himself. Finally, his sister applied for housing on his behalf. But, his struggles were not over. Like vultures, the people who preyed on him before now tried to help themselves to his new apartment. Family and staff worked together and with extra support, he learned his obligations as a tenant, minimized the visitors and avoided eviction. He was further stabilized by the meals program where he was guaranteed two meals a day. With help, he has accessed food stamps, medical care, transportation options and other services to keep him strong and healthy until the end. Staff even got him to quit smoking for some time!

Despite himself, Howard became an integral member of the community. Although staff affectionately called him the “town crier” for his help in spreading news,

when we needed to correct him.

Howard died this past week. We knew it was coming. But somehow, I am still shocked at the hole he has left. Howard was a pillar of our community. It is hard to express how important he was, especially when you can only seem to describe his flaws. He may not have come far in life, but his success is our success and we are proud to have made a difference in his life. Without stable housing and services, Howard would certainly have stayed homeless, died sooner, or ended up in a nursing home. More importantly, he would not have found a community that accepted him and cared for him. And in the end, isn't that the ultimate rags to riches story? He mattered. He was loved. He will be missed. We should all be so lucky.

he did ultimately weasel his way into our hearts. He would make the rounds most mornings, bringing the daily update and a “good morning” to each person in turn. He tried to help when he could. He delivered trays to people who were sick in the building and even helped out at the local soup kitchen. He seemed to thrive on the guidance offered by all staff – he must have understood that our “suggestions” were well intended, even if they were sometimes hard to hear. He never took offense

Marianne Delorey, Ph.D. is the executive director of Colony Retirement Homes. She can be reached at 508-755-0444 or mdelorey@colonyretirement.com and www.colonyretirementhomes.com.



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Active seniors develop healthful program of day trips

By ED KARVOSKI JR.
CONTRIBUTING WRITER

SOUTHBOROUGH – The Trailblazers is not your parents' recreational organization. It's a group of active seniors who developed a year-round program offering day trips with healthful activities. Destinations of the Trailblazers trips range from close proximity to their home base at the Southborough Senior Center to excursions statewide and beyond. Credited for spearheading the group's formation is Mary Ann Anderson.

After retiring as an elementary school physical education teacher in West Boylston, Anderson began frequenting the Southborough Senior Center. She shared her idea with its director Pam LeFrancois to schedule walks in town. A few walks took place on nearby trails. Anderson soon recognized potential for more than local walks.

"I noticed a group of people who were more active," she said. "Pam sent a letter to everyone who



PHOTO SUBMITTED

Members of the Trailblazers gather at the Adventure Park at Heritage Museums & Gardens in Sandwich.

came to these walks and asked if they'd be interested in developing a more active group of seniors. In July 2015, we held an informational meeting and discussed all kinds of activities. About 10 people attended that meeting."

In September 2015, the Trailblazers took their first trip to the Quabbin Reservoir in Belchertown. There, they heard a ranger

come to these walks and asked if they'd be interested in developing a more active group of seniors. In July 2015, we held an informational meeting and discussed all kinds of activities. About 10 people attended that meeting."

speak and then hiked. Anderson cites their inaugural outing as the most memorable. "It was a beautiful, sunny day," she recalled. "We hiked up this trail, went up the tower at the top and saw the gorgeous scenery. Then we gathered for a picnic lunch and hiked back down. Everybody was so excited that we came together as a group of very energetic se-

niors and went on our first trek."

That first hike is deemed by Anderson as being more strenuous than others they've done. She noted that members are mindful of their varied athletic ability levels. Occasional breaks are taken while some members share their expertise of topics such as bird-watching and foliage.

Trailblazers page 23

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Active seniors develop healthful program of day trips

Trailblazers

Continued from page 22

Subsequent trips have included biking at East Bay Bike Path in Providence; boating at Hopkinton State Park; cross-country skiing at Weston Ski Track; curling at Broomstones Curling Club in Wayland; hiking at Callahan State Park in Framingham, Upton State Park, Wachusett Moun-

ably mild weather prevented the Trailblazers from snowshoeing as planned. If there's no precipitation when snowshoeing is scheduled, members instead take a winter hike. The 2017 snowshoeing or hike trips scheduled include Gates Pond Reservoir in Berlin, Hopkinton State Park, Sawink Farm in Westborough, and Warren Woods in Ashland.



PHOTO SUBMITTED

Mary Cox balances herself on an aerial plank at the Adventure Park at Heritage Museums & Gardens in Sandwich.

tain State Reservation in Princeton and Walkup Reservation in Westborough; horseback riding at Ridge Valley Stables in Grafton; and walking at Bay Circuit Trail and Deerfoot Farm in Southborough, Ghiloni Park in Marlborough and Hopkinton State Park.

The Trailblazers also visited attractions such as Author's Lunch with the Concord River Cruise, a Spectacle Island tour with Boston Harbor Cruises, and Parker River National Wildlife Refuge in Newburyport. Thrill-seekers in the group particularly enjoyed visiting the Adventure Park at Heritage Museums & Gardens in Sandwich, Anderson noted.

"The park has different types of activities – zip lines, climbing up ladders, walking along aerial planks," she explained. "That was one of the most challenging trips for people."

Last winter's unseason-

Other scheduled 2017 trips are biking and walking at Nashua River Rail Trail in Ayer, boating at Hopkinton State Park, hiking at Harvard Forest in Petersham and Walden Pond State Reservation in Concord, viewing the Tall Ships at Boston Harbor, and a trolley tour of Lowell National Historical Park and Canal.

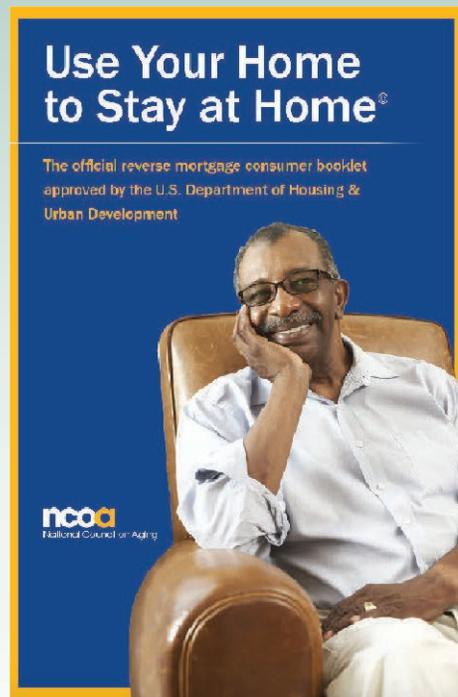
The Trailblazers meetings are held the first Wednesday afternoon of each

month. It's not necessary to attend meetings to go on trips. Nor do members need to live in Southborough; current members are also from Framingham, Marlborough and Westborough. On the day of trips, members typically meet at the Southborough Senior Center and carpool to the destination. Anderson is pleased with the Trailblazers progress in a relatively short period of time.

"This has really blossomed from when we started with about 10 people," she said. "Now, I have over 35 people on my email list. We're meeting the needs of active seniors on a grassroots level."

For information about upcoming Trailblazers trips, visit southboroughseniors.com, click "About Us," then "Events" and "Trailblazers – dates & times info." Also, follow the Trailblazers on Facebook at facebook.com/SouthboroughTrailblazers.

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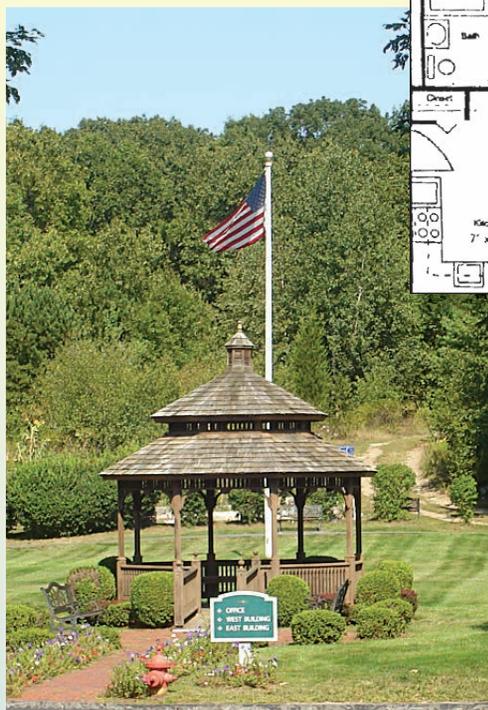
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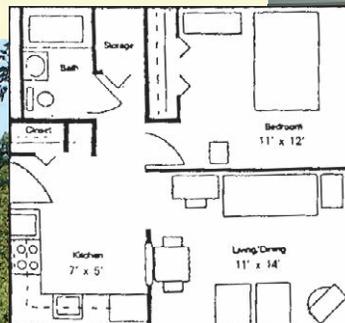
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