

Active over 50™

*Harriet
Anderson*

Triathlete at 76

*20 Kona
Ironmans*

*Searching for
Tigers In India*

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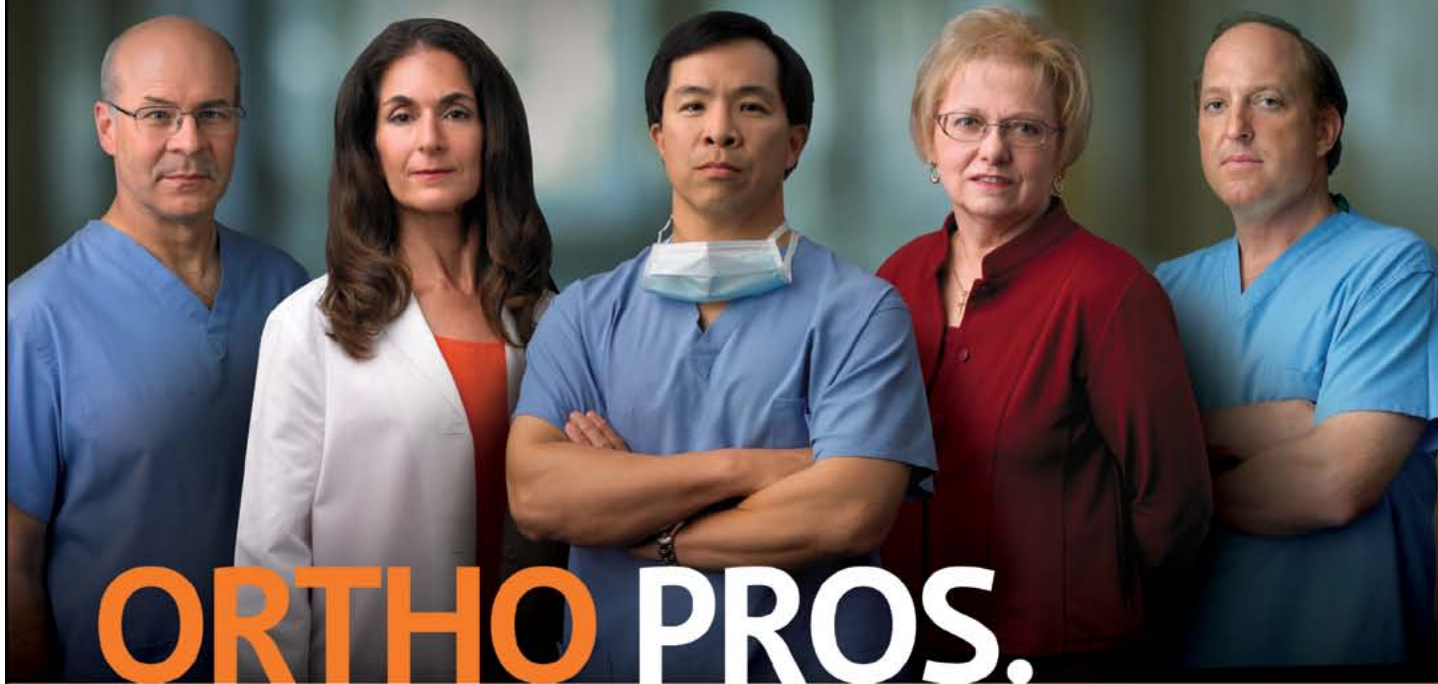
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Published by Hayes Marketing
Communications, Inc.
P.O. Box 321209
Los Gatos, CA 95032

Larry W. Hayes / *Publisher & Editor*
408.921.5806

Email: larry@activeover50.com
Website: activeover50.com

Gloria Hayes / *VP Operations*

Charm Bianchini / *Associate Editor*

Mabel Tang / *Art Director*

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Photo credits:

Cover: Allan Hayes, Emerson & Hayes,
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Publisher's Note



Larry W. Hayes
Publisher & Editor

Meet "IronLady"

Harriet Anderson, 76, is an "IronLady." She's participated in 20 Ironman events in Kona, Hawaii, finishing first 10 times. Ironman is the world's most challenging endurance event. You must swim 2.4 miles; bike 112 miles and then run a marathon (26.2 miles) all under 17 hours. Read her inspiring story on page 16.

Don Mankin, award winning travel writer, travels to Madyha Pradesh, India in search of the endangered "Tiger." Read about his Indian adventure page 6.

If you think all skilled nursing homes are drab and depressing, think again. Some are modern and "spa like" focusing on short term rehab instead of only long term care. Read article page 10.

True or False? 1) Older adults are in poor health. 2) Older folks are all the same. Most older people end up in a nursing home? All FALSE! Read about the "Myths of Aging" by Dr. Moira Fordyce. See article page 14.

We know that dogs are smart and can be taught new tricks. But they can be trained as service dogs—as your assistant to keep you living independently at home. Read article page 26.

Mark Saturday, September 29 on your calendar! That's the day of the first, annual ActiveOver50 EXPO at the Santa Clara Convention Center. FREE admission and parking. FREE entertainment and door prizes. Fun event!

Keep those emails, phone calls and letters pouring in! Your comments "keep me moving!" Love to hear from you on any subject. You can reach me at Larry@ActiveOver50.com or call **408.921.5806**.

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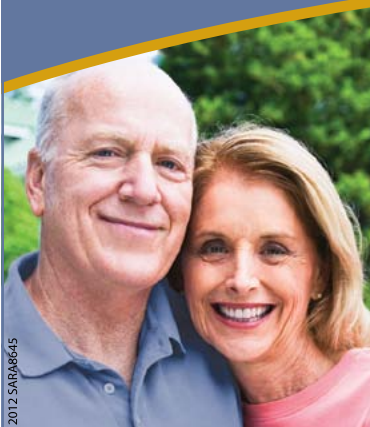
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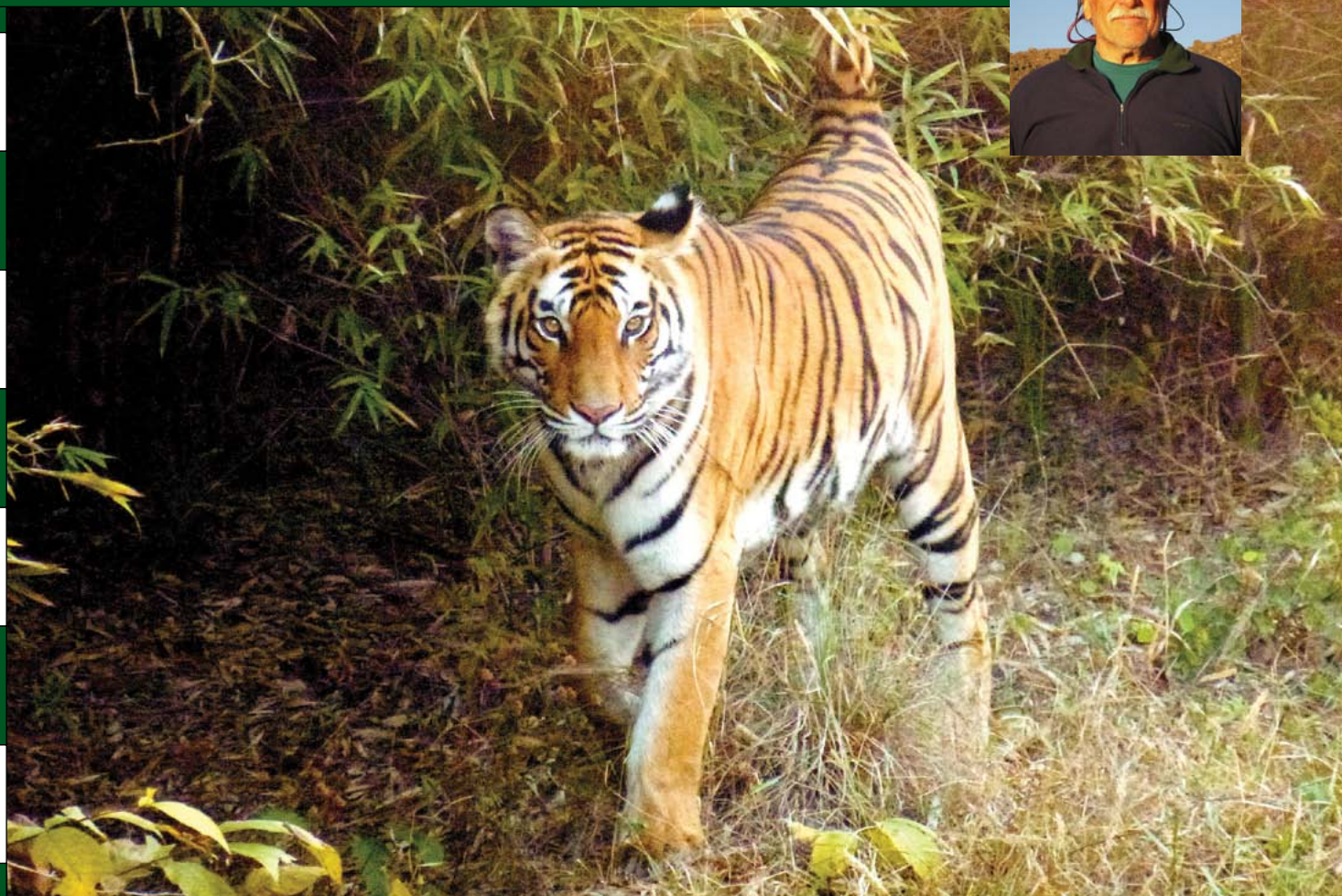
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Too close for comfort, Don Mankin was 10 feet away from a tiger in Bandhavgarh National Park in Madhya Pradesh, India

Searching for *Tigers* in the Heart of India

By Don Mankin

"Tigers, schmigers, who cares?" I thought as our car pulled into Kanha Jungle Lodge (www.kanhajunglelodge.com) at the edge of Kanha National Park, the first of our two stops in the tiger reserves of central India. After several days of the barely managed chaos of Delhi, Jaipur, and Agra, my wife, Katherine, and I were ready for some quiet, fresh air and nature.

From Agra, the home of the Taj Mahal, it took a 14 hour overnight rail trip which was nothing like the Orient Express and a 4.5 hour drive to get here. The first thing I noticed

was the absence of sound. The lodge and its setting were so soothing and peaceful, I would have been happy to just stretch out on the deck and chill for the next few days. But we were here to see tigers.

Although tiger sightings are a hit or miss affair in most of India's national parks, Kanha has one of the largest populations of Royal Bengal Tigers in the world and our next stop, the significantly smaller Bandhavgarh, has the greatest concentration, so the odds looked good. We were further encouraged by the stories and photos of several guests who just that

morning had witnessed a tiger trying to climb a tree to get to a leopard on a branch high above the forest floor.

On five game drives over the next two and a half days, we had no such luck. But from the open seats of the tiny jeeps we saw beautiful scenery and lots of wildlife – monkeys, deer, Indian bison, wild boar, peacocks, and lots of other birds. Our sunrise drives were chilly, misty and hushed; our afternoon drives were bathed in warm breezes and sunlight.

The absence of tigers didn't mean an absence of excitement. On our first morning game drive,



Nursing her baby in Kanha National Park

I heard a rustle off to the side of the road as we drove by and turned around to see what was up. What was up was one pissed off cobra standing straight up like a stick, hood spread wide.

That black tube of sinister muscle framed against the clear blue sky was one of the most chilling sights I have ever seen.

After three days in Kanha, it was on to our next stop, Bandhavgarh Jungle Lodge (www.bandhavgarhjunglelodge.com), a seven hour drive away. Bandhavgarh National Park is even more beautiful than Kanha with steep cliffs overlooking forests, meadows and ponds. As much as I had enjoyed the last three days, now I really wanted to see a tiger.

Our first morning drive started out dark, cold and misty. After only a few minutes, our guides spotted fresh tracks heading up the dusty road. We stopped by a wide meadow when we heard alarm calls from the jungle at the far edge of the meadow. I aimed my binoculars where the guides pointed and held my breath. As my heart pounded, a female tiger emerged from the jungle and glided across the meadow like a rippling engine of efficient grace.

When she disappeared into the jungle at the other end of the meadow, we moved a hundred yards down the road and waited for her to reemerge. About a minute later she did, walking toward us just 50 yards away before disappearing again behind a rise.

Anticipating her path, we drove another 100 yards down the road hoping to catch her when she crossed. We stopped and waited. Less than a minute later, the guide urgently pointed and there she was, only a few feet off the side of the road alongside our jeep, partially shielded by grasses and brush. I was just about even with her. We stared at each other for a moment, eye ball to eye ball. Then she lunged at me and hissed. It happened so fast, I didn't even have time to wet my pants.

She moved a few feet ahead and crossed the road just 10-15 feet away, stopping on the other side for a moment to glare at me once again before slipping back into the jungle.

"It was a mock charge," the guide explained later.

"We were blocking her path." We were never in danger as long as we were in the jeep since we looked like part of the jeep to the tiger and, therefore, too formidable, not to mention inedible. If we were standing on the ground, it would have been another story.

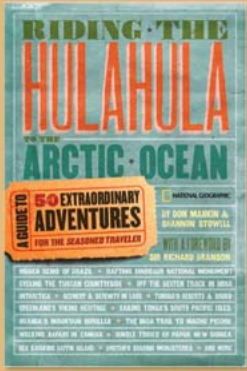
We had two more tiger sightings that morning plus a fleeting glimpse of a leopard running across the road, but it was the glaring, hissing and mock-charging tiger I remember most vividly and the memory I most cherish.

That day was also our last in the tiger reserves. I was now rested and relaxed, had a great photo of a glaring tiger, and an even better memory. I was ready to venture out once again into the bubbling, honking stew of India's cities.

(Note: Don's stay at the tiger lodges were hosted by Encounters Asia, www.encountersasia.com. For more photos and information on other places to visit and stay in India, see Don's blog at www.adventuretransformations.com).

Don Mankin is an award-winning travel writer as well as a psychologist, consultant and educator. For more information on Don, check out his website: www.adventuretransformations.com.

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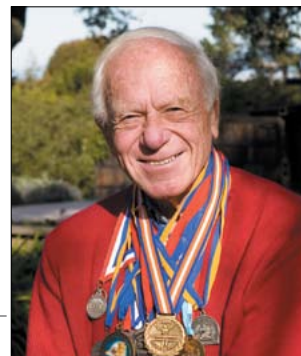
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Tribute to the Queen



I confess to being a confirmed Anglophile, having developed such a devotion during the years of the Second World War when Churchill et al were so magnificent.



So I soaked up each morsel of the recent news about Queen Elizabeth's Diamond Jubilee Celebration. I loved the pageantry.

With my family, I had the chance to glimpse at her briefly 20 years ago as she was attending Sunday services at Crathie Chapel at her summer home in Balmoral, Scotland.

She was lovely then as she is now.

We track all the royal gossip. I do, however, harbor a small grudge as I was chagrined that she didn't come out of Buckingham Palace with a wave 15 years ago as I was stumbling my way to the conclusion of the London Marathon.

I had anticipated her greeting the entire 26 preceding miles. Oh well.

Now I am very anxious that she is in fine form as she prepares for her blowout 100th birthday celebration in another 14 years.

Talk about a party! My concern is that she can muster enough respiratory reserve to blow out all 100 candles. There must be a special training routine somewhere that we can help her get ready for such a big challenge.

What a heavy responsibility, with

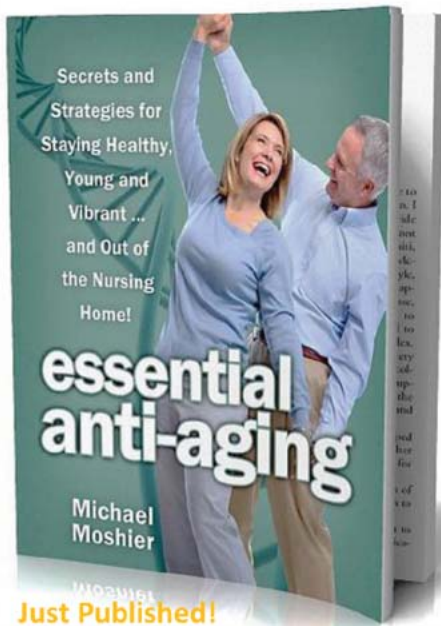
hundreds of millions of devoted subjects, even us colonists, urging her on.

We all look up to people whom we respect and admire. I count Queen Elizabeth high on my list. God Save the Queen. Long may she reign.

Keep breathing and the rest of the world will be OK.

For more information about Dr. Walter Bortz, visit www.walterbortz.com. Or email: DRBortz@aol.com.

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Elaina Hershowitz on Omnicycle bike with physical therapist James Livkkonen. Photo by Jonathan Fusilero.

Fast Track Home!

Rehab Services In Skilled Nursing Homes

By Jonathan D. Fusilero, OTR/L

“I’m looking forward to seeing my grandkids when I return home,” commented Elaina Hershowitz. Elaina, 68, a retired school principal was admitted to Palo Alto Sub-Acute and Rehabilitation Center following hip surgery. After eight days of rehabilitation, she is going home. Similarly, Max Tumoshev, 93, a retired professor, religiously attends his two rehab sessions everyday and hopes to return home with his son in a week or two.

In the past, nursing homes were stereotyped as old and gloomy places where individuals went to spend their last few years of life. Nowadays, this is hardly the case.

Some have been transformed into modern, state-of-the art, spa-like rehabilitation centers. Due to the limited resources of our current healthcare system, nursing facilities show an increasing trend and shift from caring for only long term custodial residents to a combination of short stay rehab patients and long term residents.

Patients check into these post hospitalization rehabilitation centers to receive extensive

medical and rehabilitation care for a short while before going home. On average, the length of stay for someone receiving rehabilitation is 25 days nationwide.

Following rehabilitation, most patients are able to return to the community. Palo Alto Sub-Acute and Rehab which consists of 55% short stay rehab patients and 45% long term residents, has sent over 85% of their short stay patients home or to a lower level of care such as assisted living facilities and board and care homes.

Some have been transformed into modern, state-of-the art, spa-like rehabilitation centers.

The combination of an aging population that needs rehabilitation and government/ insurance regulations aimed at holding down medical costs all but guarantees that the shift towards shorter stays at nursing homes will continue.

Over the years, hospitals have been discharging patients sooner. The result was that people leaving the hospital were too sick to return home immediately; instead, requiring further follow-up care.

Moreover, this trend toward short term rehab in nursing facilities has become increasingly popular because Medicare payments for the entire episode of care are lower when patients are treated in nursing facilities as opposed to inpatient rehabilitation facilities.

For example, a joint replacement patient who is treated in an acute hospital, transfers to an inpatient rehabilitation facility and then receives home health care generates Medicare payments of, on average, \$26,549. The same patient treated in a hospital and then transferred to a nursing facility and, finally to home health care, on average, costs \$20,475, which is \$6,000 or 22.9% less.

Another reason for this shift toward shorter stays in nursing facilities is due to a preference for "aging in place." In fact, 78% of adults between the ages of 50 and 64 report that they would prefer to stay in their current residence as they age.

With home modifications and partial or full time family/caregiver support, the elderly can thrive better and healthier in their own home.

"This looks like a different place now!" This remark is not uncommon as you visit Palo Alto Sub-Acute and Rehab nowadays. Yes, it is. It's no longer your traditional nursing homes. And like Elaina and Max, most patients are here with full anticipation that after completion of their rehab programs, they will soon return home.

For information about the Palo Alto Sub-Acute and Rehabilitation Center, call 650.327.0511. Visit www.covenantcare.com.

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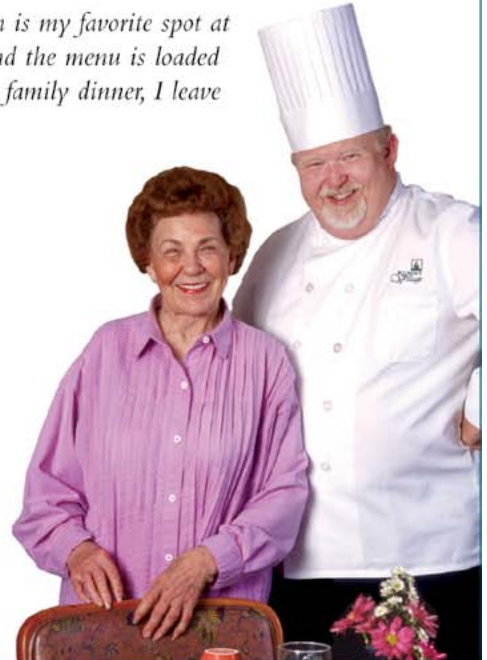


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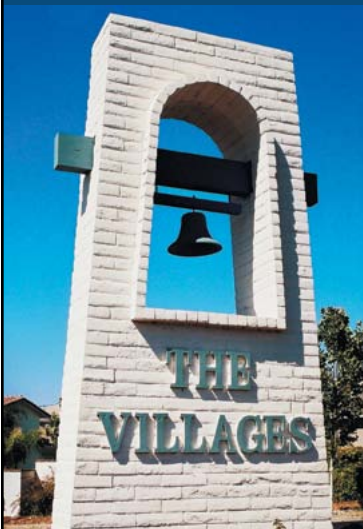


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MYTHS

About Aging

By Moira Fordyce, M.D.



1 *You can't do anything about how you age - it's all in your genes. False.*

Experts agree that only about 30% of how we age is influenced by our genes. Many other factors affect how well we age, for example:

- Eating healthy, varied meals, best with family or friends
- Taking daily exercise of some kind, any beats none
- No smoking; avoiding second hand smoke
- Avoiding sunburn and using sun block daily
- Staying involved with family, friends, community
- Offering help to others
- Challenging our brain with new activities
- Being able to accept and recover from sad events
- Having health check-ups as needed
- Keeping mouth, teeth and gums healthy
- Taking steps to prevent illness, for example:
 - Getting annual flu shots, preferably in October or November
 - Vaccine against pneumonia (Pneumovax) once in a life time or perhaps a second time if your first shot was before age 65
 - Getting the shingles vaccine once after age 55 - 60
 - Tetanus/diphtheria shot, every 10 years

2 *Older folks are all the same. False.*

The longer we live, the less likely anyone else we become:

- The members of any group at age 70 are less like each other than they were at age 20 or 30—physically, mentally, emotionally and spiritually
- Personal life experiences and memories make each individual unique at any age but more so in older adults because, having lived long, they have more of them

3 *Most older adults are in poor health. False*

Of those 65 and older, more than two out of three report that they are in good, very good or excellent health.

Of those 85 and older, more than one in two report that they are in good, very good or excellent health.

Preventive care is important (see above.)

Well-managed disorders such as high blood pressure and diabetes are compatible with good health and independence.

Aches and pains do not necessarily mean bad health; they can be the results of the wear and tear that comes with aging.

4 *Most older people end up in nursing homes. False.*

On any given day one in 20 older adults is in a NH in the USA. One quarter of these are there for rehabilitation then will return home.

At present, three out of four older persons will never live permanently in a NH.

Good family, friends, community supports and wise use of assistive technology can keep elders independent at home for as long as possible.

5 *We mellow with age. Not the whole truth.*

As most people live long, if they remain reasonably healthy and functional, their personality becomes more like what it has always been throughout their life:

- The mellow more so
- The crabby and difficult even worse
- The anxious and fearful panic more easily
- The kind and generous remain an asset wherever they are

Unfortunately, mental and physical illness can change the personality in some older persons.

6 *Can an old dog learn new tricks? Does growing older stop us learning new things? NEW TRICKS – YES!*

The human brain is dynamic – it is changing constantly at every age and is affected by what we do. Brain cells can grow new connections with each other, even new brain cells can grow.

We can learn new things until we die if:

- We really want to
- We believe we can
- We take time

- We focus in on what we want to learn
- We use memorizing techniques as needed

7 **Memory deteriorates with age.** *Some truth in this.*

Most of us, 4 out of 5, experience one or more of the following:

- Processing speed slows, this means it's slower putting information into the brain (memorizing) and slower getting it out.
- Blocking. We try to produce a word we know well but another similar word pops into our mind and blocks the one we are seeking. When this happens, we must keep searching. Often there is a gap in time before the word we want surfaces.
- Tip of the tongue – this commonly occurs with names and it can even be the name of someone we know well that gives our memory the slip. There are many tricks to fixing someone's name in our memory and using them can avoid the tip of the tongue problem
- Automatic pilot – we are engaged in a familiar, often complex activity like driving when we realize we have missed our exit off the freeway. It is important to focus in on whatever we are doing to avoid this.

These changes with normal aging are:

- Not signs of Alzheimer's Dementia
- Trivial, nothing bad happens as a result
- We can compensate for them, like making lists or using memorizing techniques
- Memory or focus? Is it memory or concentration that is causing the problem? Did we really focus in when we were introduced to that person or read that article?

If the change in memory is more than trivial, if we miss appointments, not only lose our car in the car park but set off for home forgetting we took it there - look for a reason – the change in how our brain is working could be caused by one or more of the following:

- Medical illness or injury
- Mental illness
- Mood changes, with depression top of the list
- Mobility – decreased, perhaps by illness
- Medications – any medication, prescription, bought at the pharmacy, herbal or alternative therapies, can affect our brain function as we get older

Many of these can be treated, with improvement in brain function.

8 **Older adults need less sleep.** *False.*

We need the same amount in 24 hours that has made us feel rested all our life. It is fine if we decide to have a nap in the afternoon. Recent studies report that approximately 45 minutes is the best length for a nap in most older adults.

It might reduce your nighttime sleep by this much but that should not matter.

The quality of our sleep changes as we age, many older persons take longer to fall asleep, sleep less soundly and are more easily awakened than when younger.

Unfortunately, sleeping pills of any kind are not the answer. They can bring their own problems such as mental confusion. They are best for short-term use only, for example, to help get over a sad event.

For more information about sleep, this short book – “The Absolute Essentials of Sleep Knowledge” by William C. Dement, MD, PhD, one of the leading sleep researchers in the world, is easy to read. Also, take a look at this website: www.end-your-sleep-deprivation.com.

If you have a question for Dr. Moira Fordyce, send email: moiraf@gmail.com.



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Profile: **Harriet Anderson**

Age: 76

Passion: Competing in Ironman Triathlons

Former Occupation: School nurse in the Redwood City School District for 30 years

Education: UC Santa Barbara & UC School Nursing B.S

Marital Status: Married to Gary for 52 years

Residence: San Carlos, CA



Harriet Anderson competing at Ironman Triathlon in Kona, Hawaii

The Ironman Triathlon is the world's most challenging endurance event consisting of three races. Each athlete must swim 2.4 miles, bike 112 miles and run a marathon (26.2 miles)—all in one day under 17 hours. Kona, Hawaii is the most prestigious Ironman race.

What drives you to compete at age 76?

Just knowing I can continue to compete as long as I continue exercising and staying healthy.

Hardest part of a triathlon?

The run portion is the hardest part for me now. My muscles do not respond as well as they did when I was younger.

How do you train?

I swim with the Masters swim group at the Peninsula Covenant Community Center in Redwood City, CA. I take three swim classes a week and take a long bike ride by myself on Sunday mornings when there is less traffic.

I run by myself at the Carlmont track, the cross country course in Belmont, CA and take my long runs at Sawyer Camp trail.

What are you most proud of?

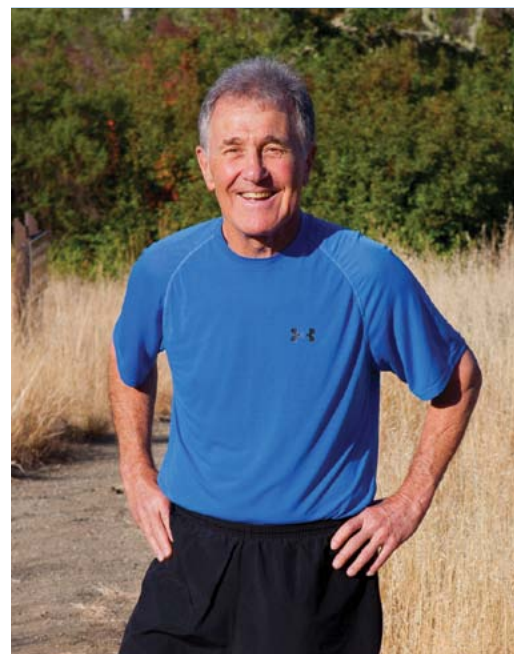
My family who encourage and support me. I am also proud of competing in 23 1/2 Ironman races at Wildflower and 20 Ironman races in Kona. I have been on the podium 20 times in Kona with 10 first place finishes.

What is your favorite hobby?

I would say exercising which includes yoga and Pilates classes, gardening and doing projects around the house. I just finished painting the guest room.

Goals for the future?

Competing in the Vineman 1/2 Ironman triathlon in July 2012 and the Kona Ironman in October 2012. I hope to continue competing in triathlons as long as I can. It's a natural "high" that feels good.



Mort Weisberg, 75, can barely see due to macular degeneration.

Yet he catches the 5:25 am train every Wednesday from San Francisco to Redwood City to run with the Vintage Buck's Runner group at 7:15 am at Buck's of Woodside, CA – a famous San Francisco Bay Area restaurant.

Mort has trouble reading road signs, restaurant menus or recognizing his friends unless they're very close. But declining vision doesn't keep him from his true passion in life: running. He's run over 70 long distance races including marathons in China and England.

"Running" is not a big risk for him because he usually runs behind someone. He can make out "shapes" and objects, although he has taken a few spills now and then.

"Actually, crossing the streets in San Francisco is a bigger challenge but I get along just fine," said Mort. "I'll keep running as long as I can. It makes me feel great and keeps me going."

"The Best Exotic Marigold Hotel." *Surprise Hit of the Year.*

Review by Larry W. Hayes



More and more movies and plays today are written for the fastest growing audience in the world—the over 50. Some are quite good and funny.

One of the best movies I've seen lately is "*The Best Exotic Marigold Hotel*," a film about English retirees who move to India to live at a hotel remodeled into a senior living community.

Stars Maggie Smith and Judi Dench (both 77) entertain us with their wit and charm while adapting to a whole new world and foreign culture—that is India. They find that nothing works as advertised—no telephone service, Internet or air conditioning. Plus the hot, spicy foods, alien customs and noisy, crowded cities take some time getting used to.

What they discover is that the Indian people are genuinely friendly, helpful and treat everyone, including older adults, with dignity and respect. The "message" of the film is that older adults are just like younger adults—just older. Both have similar desires and passions—to enjoy life to the fullest. Seeking adventure, romance and companionship, regardless of age.

The *Marigold Hotel* is the movie hit of the year. Definitely worth seeing. I loved it!

Editor's note: My positive review on the *Marigold Hotel* may be somewhat biased as I served in India as a Peace Corps volunteer/teacher from 1966-68 in Chennai. It was there that I met and married Gloria, my bride of Indian decent of 44 years.

"After Dave's death, I heard that Hospice of the Valley offers grief support in the Community Grief and Counseling Center. When one thinks of hospice, one doesn't normally equate hospice with bereavement services. Participating in the Partner Loss support groups, I found camaraderie and that I was not alone in the grief experience."

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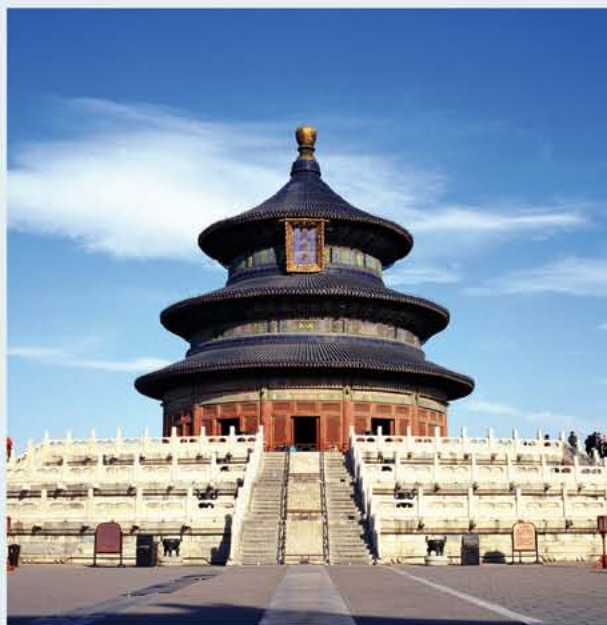
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Dianne Curtain, 58

THEN: Photojournalist, Librarian, Art Teacher

NOW: Computer Services Specialist

Marital Status: Married

Education: BFA, Media Arts; AS, Photography

Residence: Santa Clara, CA



Last year, Dianne Curtain and a co-worker launched a non-profit called Digital Media Instructional Technology Services providing educational training in digital magazine, film making and video production to the underserved populations in communities with emphasis on at-risk youth, veterans, seniors and LGBTQ youth.

She practices what she believes – that when most people are slowing down and planning on retirement – regroup, reinvent and keep on ‘keeping on.’

Preparing for retirement in a few years, Dianne started painting and gardening but really doesn’t see retirement in the near future. Her unconscious mind has other ideas.

Recently, she had a very vivid dream about an “app.” Waking up wondering why she had such a detailed dream, she wrote down everything she remembered.

Without knowing anything about apps, she did some research and developed her first in a series of news apps available on both iPhone and Android.

The app “QuickRead” lets you choose and share the stories you care about from the top news sources, all in one seamless, constant experience that makes your news accurate, exciting and brief.

Dianne began her career in art and photo journalism (a five-time Associate Press winner), on the east coast which later evolved into technology on the west coast.

While contemplating her future direction, she reconnected with a lifelong passion to have her own business and to help others.

Throughout her life, she’d been told by family, friends and co-workers that she should consider being a serious artist and opening her own gallery.

From continually working to gain more experience as a technology professional to tending to her families needs to inspiring young people to grow and be the best is Dianne’s new mission in life.

Every time life got tough, Dianne would retreat to art as a way to heal. As she puts it, “when I’m painting, I gracefully slip into a quiet sanctuary of great inner peace and calm—washing away the dust of everyday life.”

The fountain of youth? No. But it may just be the golden key to staying healthy, vibrant and relevant in midlife and beyond.

From continually working to gain more experience as a technology professional to tending to her families needs to inspiring young people to grow and be the best is Dianne’s new mission in life.

For more information about QuickRead, visit www.quicrea.com. To learn more about Digital Media Instructional Technology Services, visit www.dmits.org.



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One Size Does Not Fit All

By Evelyn R. Preston



With November elections already in the news, major changes loom, locally

and nationally. America's economic destiny remains intensely disputed due to a fractured Congress and immensely distorted due to a fractious world.

No control there! However, our personal finances are much more tractable—and the end of 2012 may signal tax law changes that should sound an alert—maybe a last chance to closely control our own financial futures.

Rob Clarfeld, an investment advisor writing in *Forbes* magazine, notes that "savvy individuals, many of whom have their financial lives otherwise buttoned down, use poor judgment (or no judgment) when it comes to their estate planning...major omissions and poor choices are almost infinite."

With half the year already lost, this column again advises starting or revisiting your Trust and estate plan to carefully direct and control your assets.

Question: Why do I need a Trust if I can gift money to family members every year?

Answer: It's important to consider tangible and intangible benefits and savings. A Trust reduces the

substantial expenses of probate set by law, insures maximum privacy, includes all assets under one plan, reduces or eliminates estate taxes, follows your express wishes, is easily changed and hard to contest, lists special needs protections and provides peace of mind.

Question: Why should I pay a lawyer \$1,000.00 or more to fill in the same Trust documents I can access on the Internet; it's a do-it-yourself world with web-based information and printable forms?

Answer: Bad idea! A bunch of forms do not equal a well thought out financial and estate plan to formalize your wishes. Linda Silveria, an experienced and respected San Jose Estate Attorney, says, "it really is critical that people spend the time and money to get professional assistance to make sure that the plan they are considering is workable and has contingencies built into it, especially in the event the named beneficiary should predecease them."

Linda adds that, "many people even with a Trust forget to re-title their assets into the name of the Trust so the estate is still required to go through probate."

Question: My husband and I have an old Trust which I never understood. Do you think I need it looked at? Our original attorney is no longer in practice.

Answer: Many people decide to have a Trust because all their friends and relatives have one. Linda cautions against couples going to a "trust mill" attorney who has them fill out a questionnaire, and from that information, generates an umbrella document called an AB Trust without ever having it fully explained to them.

"Too often," Linda says, "no one looks at the Trust until after one spouse has died and, too late, finds irrevocable clauses that may not be in the surviving spouse's best interest."

Could this be you? It happened to me! Make sure to periodically update and review any dusty, tucked away documents.

Question: Why can't I name my Estate as the beneficiary of my IRA?

Answer: "This is a major blunder," says Linda. "The IRS takes the position that if the Estate is the beneficiary, the funds have to be withdrawn from the IRA account within five years. This eliminates the possibility of stretching out the payments over a longer period of time."

The value of an IRA or retirement plan to named beneficiaries is worth incredibly more if the funds can be taken out over the lifetime of a younger recipient(s)—think children or grandchildren.

Question: Before making any changes, shouldn't I wait until 2013 when the new estate tax laws kick in?

Answer: No change means that the current \$5+ million tax exempt inheritance will automatically revert to \$1 million January 1, 2013. Which could change...before year end...or later next year...or not...become retroactive to January 1...or not...revert all the way back to \$5 million or partially back...or... need I say more about your current government at work...or not?

Evie Preston has worked as a financial advisor for over 25 years. Her latest book, "Memoirs of the Money Lady" is available at www.eviepreston.com. She can be reached at 650.494.7443.

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Training Your Dog As a "Caregiver"

By Jean Cary

Recovery from a stroke, trauma, surgery or dealing with a progressive disease can leave you with a diminished physical capacity.

After returning home from rehabilitation, everyday activities may be daunting and you may require assistance to prevent further injuries.

If you have a compromised sense of balance or are using a walker, bending over to retrieve objects on the floor may cause you to fall. The simple task of reaching the mail or keys may not be possible if you are sitting in a wheelchair.

Locating missing items (remote control for TV or cell phone) may also be difficult if you have a memory deficit or are just too weak to wander around the house. If you live alone and have decreased hearing acuity, you may not hear the doorbell or the phone ringing.

The companionship of your dog is a huge asset for recovering from an illness, coping with depression and promoting socialization. Often your dog will provide you with the courage you need to get out of your house and re-enter the world.

Why not adapt your own companion animal for service work and foster your independence?

A dog that is well trained with the basic obedience commands of "sit," "stay," "down" and "come" can be

taught the behaviors that you require for assistance.

Dogs can be taught to find and retrieve a variety of objects, to help with dressing (i.e., by tugging socks) and to alert you to the sound of the doorbell, the smoke detector or the telephone.

Large breed dogs can assist their owners to rise from a seated position or to negotiate stairs by providing a platform for balance.

You will benefit from the dog's assistance and your dog will find the mental challenge to be a healthy outlet for his energy. In addition to increasing your independence, teaching service skills to your dog will strengthen the bond between you and your dog.

Having a dog that can find and retrieve your glasses may be convenient but teaching your dog to alert you to the smoke detector's alarm may save your life.

For persons with hearing deficits, taking your trained dog into public spaces can provide the confidence to deal with a noisy environment or help you safely navigate public transit.

Both Jim and Nancy Cummins are deaf and they speak of the safety their Hearing Dog Arnie provided.



"One time Arnie kept barking loudly and kept going in and out of the house. This tells us something is wrong. We followed him and found a kid had climbed over our fence and was in our yard."

Colette Noble, a hearing loss specialist who is deaf, takes her trained dog to work with her and to meetings to help educate the public about the benefits of service dogs. "I take her everywhere with me even to the X-ray department at Kaiser."

Previously the only way to obtain a service dog was to get on a one to two year waiting list to buy one already trained (at a cost of over \$25,000) and to attend a one to two-week training course at a remote location.

Having a dog that can find and retrieve your glasses may be convenient but teaching your dog to alert you to the smoke detector's alarm may save your life.

Now your own pet can be adapted to service work for the specific tasks you need with a private in-home training program for far less money.

For information about training your dog for service work, contact Jean Cary Consulting at 650.593.9622. jeancary@earthlink.net, www.service-dog-tutor.com. Her dog training program Service Dog Tutor serves clients on the San Francisco Peninsula.

POINT A

- Put away to-do list
- Novel from book club
- Chatting with woman across the aisle

Mountains carved by glaciers

A glass of cabernet, please

I think I've found a new hobby

POINT BE

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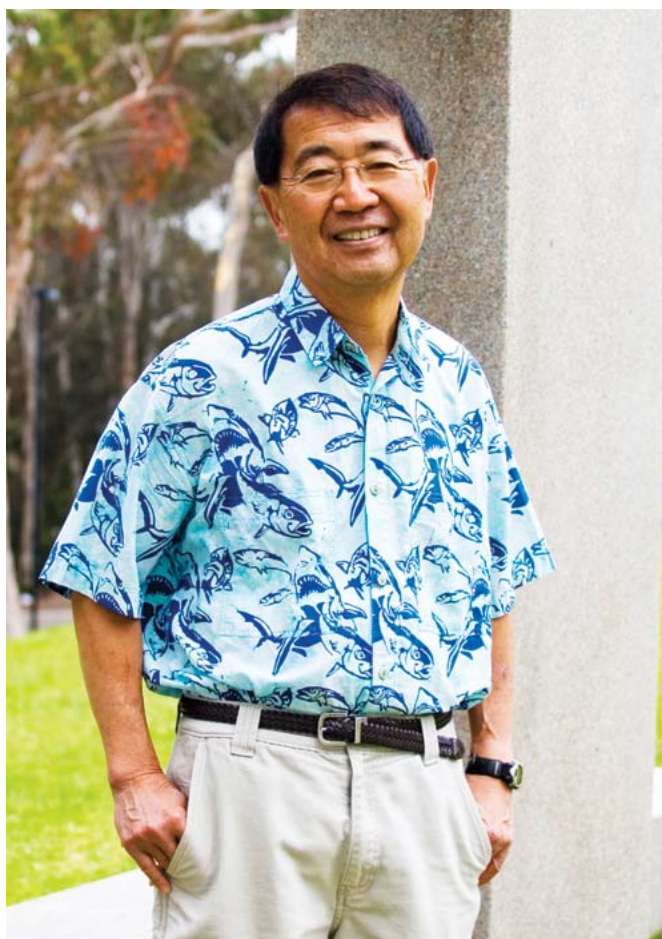
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“As My Father Aged, Detrimental Changes Occurred To His Mouth And Health”

By Dr. Jon Hatakeyama

My father worked as a dental laboratory technician employed by our family dentist. Both my father and my family dentist provided me with enough career influence that I decided to enter dental school.



Dr. Jon Hatakeyama

During dental school, students were required to make dentures. My father had given me a plaster mold of his own mouth taken in his early 40's. He had an ideal jaw alignment with perfect teeth and healthy gums . . . a great model to pattern my dentures.

As my father became older, detrimental changes occurred to his mouth. His teeth began to get crooked, tooth decay had set in and he developed gum disease. It was after he had contracted gum disease that his general health began to decline.

One might think these developments occurring to my father was atypical. It is not. Many of us, at onset, due to improved home care and naturally resistant teeth are blessed at an early age with great oral health. However, we develop bruxism (night grinding) as our stress levels into middle age grow and as our good oral habits lax, our teeth will wear and our overall resistance to bacteria fades. This results in tooth decay and breakage of teeth.

However, the more serious consequences occur when opportunistic bacteria invade our weakened mouths to cause gum disease. Due to the abundance of blood vessels in our gums (which is why they are pink), the toxins and waste products produced by these germs (Cytokines & inflammatory inducers) enter the blood stream to every vital organ and important blood vessels in our bodies. It has been shown that these oral bacterial toxins can initiate diabetes, cause strokes and aneurisms, and infections in every organ in our bodies including our brain.

Thus, it is ever so important for those over 50 to maintain their oral home care diligently and visit your dentist at least twice a year for teeth cleanings and checkups.

For more information about Dr. Jon Hatakeyama and his dental practice in Morgan Hill, CA, visit www.smilefiles.com or call 408.779.7391.

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