

ASK LARRY

About Anything

As owner and publisher of ActiveOver50 for the past nine years, I've been asked dozens of questions about a host of things, including:

- "My 85 year old aunt needs home care help. Do you know anyone?"
- "Which retirement communities do you recommend?"
- "I can't drive anymore. What to do?"
- "I'm single. Where can I meet people my age?"
- "Thinking of downsizing. Is moving out of the area a good idea?"
- "My foot is killing me. Do you know a good doctor?"
- "I feel really old lately. What is wrong with me?"
- "Should I invest in stocks? Bonds? Annuities?"

Although I don't claim to be an expert or a "know it all," I do know a little about some things. Or know someone who does.

That's what this column is all about: helping you find answers to everyday problems. Email me questions on any topic—AskLarry@ActiveOver50.Com. And I'll answer the best I can.

Q: *I know that getting older is the "natural aging" process and no one gets younger. But at what age can I expect to experience a rapid "downhill" slide?*

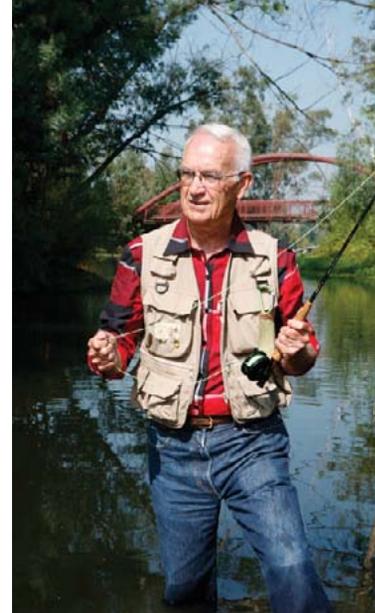
A: I'm no doctor or expert on "aging and longevity" but my good friend Dr. Walter M. Bortz, II, is. In fact, he's written many books on the topic including my favorite: "*Dare To Be 100.*"

For the average "fit" person, the decline is **0.5 percent per year** from ages 20 to 70. However, for the unfit person, the decline may range from **5 to 10 percent per year**. Huge difference. After age 70, aging does accelerate for everyone but the actual rate still depends upon your fitness level.

The takeaway is that "aging is normal" but you can slow down the decline through exercise, lifestyle,

attitude, nutrition, etc. By the way, your DNA only counts for 20 percent toward your longevity. Your mother or grandparents may have lived to be 100 but that doesn't mean that you will. Short answer to your good but difficult question: exercise, eat well, stay active and fully engaged in life. And when the "aches and pains" come, don't panic—it's normal but the good news is that you can slow the aging process down.

For more information on this subject, read, "*How Fast You Age*" by Dr. Walter M. Bortz, in this magazine, page 8. Fill free to email him directly if you have questions. He's the expert!



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