



OLLI TIMES

NEWS AND INFORMATION FROM THE MEMBERS AND STAFF TO THE MEMBERSHIP

www.lli.fsu.edu

OCTOBER 2018

HIGH CLASS REGISTRATION FOLLOWS HIGH FALL SHOWCASE ATTENDANCE



More than 650 OLLI members registered for the more than 40 classes offered for the Fall Semester. This is again one of the largest number of registrants in OLLI's history, according to Director Debra Herman. The number of registrants followed another highly successful OLLI Showcase.

It is estimated that close to 400 packed the Turnbull Center as instructors for the Fall Semester explained their class offerings. "It is a testament to the growing interest in OLLI that we continue to see this level of involvement," Herman said. "Interest is so high that seven classes and four activities sold out in less than 30 minutes from the opening of registration" she said.

OLLI offers an exciting, challenging courses tailored for adults 50 and over who love to learn and want to expand their intellectual horizons in a stress-free environment where there are no grades and no required homework. The courses offered are purely for the joy of learning.

Instructors include current and retired faculty members from area institutions of higher education, FSU graduate students and experts in their subject areas. Classes are held on the FSU campus and several additional locations in the Tallahassee area.

According to OLLI Program Coordinator Terry Aaronson, 2,151 individual registration orders were

processed on the first day of registration. This includes classes, activities, membership and parking. There are 107 new members.

A total of 651 members have enrolled in an accumulated total of 1181 classes, and 186 registered for an accumulated total of 341 activities.

DEVOE MOORE CENTER DIRECTOR STALEY TO SPEAK ON CONSOLIDATION AT PUBLIC POLICY COLLEGE "POLICY PUB" IN OCTOBER

Consolidating public services seems like a no brainer: reduce duplication of services and labor, cut costs, increase efficiency, and get better public services. But does it work in practice?

Sam Staley, Director of the DeVoe Moore Center, will look at local government services and explore when consolidation makes sense, when it doesn't, and what path local communities can take to improve services and avoid busting local budgets.

Dr. Staley teaches graduate and undergraduate courses in urban planning, regulation, and urban economics. Prior to joining Florida State, Staley was director of urban growth and land-use policy for Reason Foundation where he helped establish its urban policy program in 1997.

He is the author of several books, both within his academic field and in the areas of cultural criticism and fiction. His more than 100 professional articles, studies, and reports have appeared in publications such as The Wall Street Journal, The New York Times, Washington Post, Los Angeles Times, Investor's Business Daily, Journal of the American Planning Association Planning magazine, Reason magazine, National Review, and many others.

Staley's approach to urban development, transportation, and public policy blends more than 20 years of experience as an economic development consultant, academic researcher, urban policy analyst, and community leader. Policy Pub is a recurring series of brief, plain-language talks by faculty of the college on public policy issues that affect everyone. Policy Pub takes place

in a relaxed social atmosphere. They are free and open to the general public. No experience or prior knowledge is required. After the brief talk, audiences will have the opportunity to ask questions and make

comments. Staley's presentation will be held on October 9 beginning at 5:30 at Backwoods Bistro Restaurant.

OLLI ADOPTS A STREET ALONG SIXTH AVENUE; WALKING CLUB SEEKS VOLUNTEERS

OLLI has officially adopted 6th Avenue, from Thomasville to Centerville Road as part of the City of Tallahassee's Adopt A Street program, currently managed by Keep Tallahassee Beautiful (www.ktlcb.com).

You may have noticed the blue road signs indicating city streets adopted by local organizations, businesses, and families. Volunteer groups participating in the program help to generate pride in the community and save taxpayer dollars by reducing the need for the city to pick up litter. In addition, seeing volunteers at work along the road often makes motorists think twice before carelessly discarding their trash.

Participation in the program means we will be picking up the litter on our adopted street approximately 4 times per year, beginning Saturday, October 13th.

We will be needing from 8 to 12 OLLI-member volunteers per cleanup date. We will provide safety vests, pickup sticks, trash bags, and disposable gloves (or bring your own gloves). You are advised to wear close-toed shoes, wear a hat, and bring your own water.

Would you be willing to help? If so, please contact Sue Wattenberg, chair of the OLLI Walking Club, OLLIWalking@gmail.com. In addition, we will be making an announcement before each cleanup date. We will call or email you a week or so before each date to see if you are available.

Think of it as a simple, easy, and beneficial way to contribute to our community, get some exercise, and meet and enjoy the company of other OLLI participants. Hope to see you.

CULTURE AND ARTS REVVING UP FOR FALL SEMESTER

October is chock-full of culture and arts activities for OLLI members! While several of the activities had registration deadlines in September, not all did, and you can still sign up for the **October 13th Florida State University Symphony Orchestra Fall Concert** (registration deadline Oct. 1) which will include an exclusive pre-concert chat with Dr. Alex Jimenez, conductor of the orchestra. It will be an evening of Scandinavian music, which may be music you haven't heard, so open your ears and give it a listen!

The Tallahassee Symphony is having an open rehearsal on October 18th and it's free! You must still sign up via OLLI registration by October 10th, but it will not add to the cost in your checkout cart! If you're not a Symphony patron, this is a great way to enjoy some Mozart and Tchaikovsky without having to dress up (and it is nothing like watching sausage being made)!!

Got a witch hat or some cat ears you haven't worn in awhile? Too mature to go trick or

treating? We have the **Halloween Spooktacular** for you! Join us on the lawn at **Cascades Park on October 26th** when the TSO presents its annual musical tribute to our scariest day of the year! It's free and you can register to go with the OLLI group by Oct. 17th.

Bring the grandkids in their Halloween costumes as there will be "Trunk or Treat" for them and food trucks for the grown-ups. The orchestra will all be in costume and we may even see Dracula on the podium! This is such a fun event and hopefully by the end of October it actually might be Fall!

There's lots more in store as **November** brings **theatre, opera, a 300-voice Chorus singing Handel's *Messiah*, and the visual arts**. Registration deadlines for these November events are all in October. Check out your OLLI Course and Activities Catalog (pages 18-21), mark your calendars and don't miss a minute of enrichment!

TRAVEL CLUB TO HOLD BACK-TO-BACK MEETINGS ON IRELAND AND ICELAND ON OCTOBER 12

The OLLI Travel Club will hold two meetings on October 12. The first, from 11:00 to noon, will feature Collette Travel Agent Jack Brinson, who will present information about the upcoming August

2019 trip "Shades of Ireland, including Northern Ireland."

Beginning at 12:30, OLLI members who have signed up for the December 2018 trip to Iceland will be given important

information about this trip, including preparations, travel tips and more.

These meetings will be held at the Eastside Library, 1583 Pedrick Road.

TOUR OF STATE ARCHIVES SET FOR OCTOBER 19

OLLI has scheduled a tour of the State Archives of Florida for Friday, October 19, from 2 to 4 p.m. The group will be taken on a behind-the-scenes tour of the State Archives of Florida, including the “stacks” area where the massive collection of over 55,000 cubic feet of records is housed.

The staff will include some of the state archives’ “treasures” in their presentation, as well as some examples of unique sources for genealogical research that generally aren’t available online.

The facility is fully ADA-compliant; every room on the tour will be accessible by elevator and ramp. If you register and this activity is closed, get on the “wait list” as we may be able to add additional groups.

There is no cost for this tour; however, the group is capped at 15.

Registration deadline is October 10 Contact Randy Soule, 989-482-5640, firemanrandy18@gmail.com.

TOUR OF "TALKING TOMBSTONES" SCHEDULED FOR NOVEMBER 9

There will be a November 9 guided tour of the historic portion of the St. John’s Cemetery followed by a classroom PowerPoint presentation at the church. The presentation will highlight the contributions of the early territorial founders of St. John’s Episcopal Church not only toward the establishment of their early mission church but to the state of Florida as well.

Many of the graves date back to the early 1800s. Carl Stauffer, in his book *God Willing* (1984), linked the establishment of St. John’s to the chain of events which can best be described in “Christianity’s epic struggle to gain a strong foothold in Florida

which began in 1513 when Juan Ponce de Leon discovered Florida.

The early beginnings of the church were preceded by bloodshed and human suffering until the final phase when St. John’s was incorporated as a parish in the act passed by Florida’s Legislative Council on October 30, 1829.

The "Talking Tombstones" tour for OLLI members will highlight the on-going research efforts by the history survey team. The stories that each of the graves are revealing today indicate that while the early pioneers clearly harbored a longing for corporate worship, they were often caught

up in the grim realities of their own daily existence. The PowerPoint presentation will describe selected family stories that demonstrate how a “tiny mission evolved into a large, dynamic downtown parish after surviving frontier hardships, the ravages of war, yellow fever epidemics, a disastrous fire, hard times and internal strife.”

Please join us at 9:30 a.m. to hear the stories provided by the “talking tombstones” and the importance they play today in the future of a viable downtown Tallahassee parish.

For further information, contact Randy Soule, (989) 482-5640 or firemanrandy18@gmail.com

FIELD TRIP TO PENSACOLA NAVAL AIR STATION SCHEDULED FOR NOVEMBER 2

OLLI's field trip coordinator Randy Soule has arranged for a field trip to, and tour aboard, the Naval Air Station in Pensacola, Florida for Friday, November 2, 2018.

The air station is the cradle of Naval, Marine and Coast Guard aviation since 1914, and is the home of the Navy's flight demonstration team, the famed Blue Angels.

There is no fee for this tour, which begins at 9:30 a.m., C.S.T. The facility is wheelchair-accessible. Those wishing to attend must register online at olli.fsu.edu before the October 29 deadline. For further information, contact Randy Soule, (989) 482-5640 or firemanrandy18@gmail.com

FRIENDSHIP FORCE ANNOUNCES OCTOBER 26 MEETING; SETS TRAVEL TO BRAZIL AND ARGENTINA IN 2019

OLLI's Friendship Force International will meet on Friday, October 26 in the Northeast Library conference room. The library is located at 5513 Thomasville Road. The meeting will run from 3 p.m. to 4:30 p.m. and will take place in the small conference room in the back of the library due to early voting. Travels to be discussed include the 2019 trip to Brazil with a side trip to Iguazu Falls in Argentina, which is one of the Seven Wonders of the World. **See photo below.** Also on tap will be the incoming

domestic group from Milwaukee slated for April 2019. Come learn more about the Friendship Force International organization (www.friendshipforce.org), which was founded by President Jimmy Carter and celebrated its 40th anniversary this past year. We are the local Tallahassee/OLLI-FSU club. There are over 350 local clubs in 60 countries. The organization brings diverse people together into each other's cultures and homes to share their lives.

When you travel or host with Friendship Force, you're able to have insights and experiences that are usually not available to

tourists. For more information please contact Wendy Johnston at mrswendyjohnston@gmail.com



BOOK CLUB HOLDING ANNUAL CHILDREN'S HOLIDAY BOOK DRIVE

The OLLI Book Club is once again holding the Children's Holiday Book drive. Books will be distributed to the following local non-profit: Foster Grandparents Program, Big Bend Homeless Coalition, Refuge House and Guardian Ad Litem. We are looking for

new and gently used books from picture books to young adult books. Books will be collected beginning in October at the Pepper Center, the OLLI offices, both book club meeting locations and the OLLI Holiday event.



...FROM THE PEPPER INSTITUTE

The Pepper Institute on Aging and Public Policy – with support from the Claude Pepper Center, the College of Social Sciences and Public Policy, and Osher Lifelong Learning at FSU – sponsors weekly “Aging Today” segments on

88.9, WFSU-FM NPR. Airing each Tuesday at 3:04 p.m., the one-minute segments highlight critical aging-related trends, issues, and policies, with an emphasis on social science research. Here’s a recent Aging Today question:

HOW MANY PEOPLE PLAN FOR THEIR TRANSITION FROM DRIVING?

By Anne Barrett, Professor of Sociology and Director of Pepper Institute on Aging and Public Policy

When we think about planning for our later years, the main topic that comes to mind is financial planning. An often-overlooked one is driving. A survey by the Pepper Institute and the Florida Department of Transportation found that only one in three older Floridians has planned for the time when they can no longer safely drive. Lack of planning

may stem from optimism about their driving longevity. About half predicted either that they’d drive into their nineties – or that they’d never hang up their keys and transition to other transportation options. This planning is challenging in America’s car-centric culture. But it matters because most people live well beyond their driving days – about six years for men and ten for women. For more information on planning – at any age – for your own transportation future, visit wfsu.org/AgingToday.

THE OLLI LIMELIGHT SHINES ON...

This month, the OLLI limelight focuses on **Randy Soule**, who is **Field Trip Coordinator**. To get to know Randy better, the Times asked him to answer the following questions:



1. What was your occupation or profession, and for how long?

Air Force fire protection 23 years; Retired Deputy Fire Chief at Scott AFB 5 years; General Motors Fire Protection Specialist 2 years; Flint and Saginaw Plants, Michigan Department of Corrections Fire Safety Inspector for eight prisons in the lower and upper parts of Michigan 12 years.

2. What brought you to OLLI?

Education, opportunity to meet people, and travel

3. What is your favorite TV show?
Morning Joe

4. What is your favorite movie?

Saving Private Ryan

5. What is your favorite thing to do in Tallahassee?

Going to OLLI Wednesday's Happy Hour

6. What book are you currently reading?
Zelot

7. What is your hobby?

Photography [see examples of his photography below], building plastic airplanes and reading

8. Where would you like to go on a dream vacation?

Italy, Ireland, Greece and England

9. People would be surprised if they knew this about you.....

I helped write the rescue procedures for the space shuttle. Also, I am a descendant of George Soule, who came over on the Mayflower.



SPECIAL TO THE TIMES

THE IMPORTANCE OF MUSIC FOR SENIORS

Music is an important part of everyday life. We listen to songs during our workouts, in our car, and just about everywhere in between. But did you know music offers incredible benefits to your senior loved ones? Yes, music can be used to improve health, enhance moods, and even improve memory. Learn more about the benefits of music and how it can be beneficial to your mom and dad.

Psychological Benefits of Music
Seniors who listen to music have a happier outlook on life and are shown to have better social interaction. Music has shown to enhance moods, improve interest levels and increase positive emotions. Those with dementia and

Importance of Memory Benefits

Studies have shown when a person listens to music that corresponds with an important time, place, event or emotion for the listener, the brain's memory maker, also known as the medial prefrontal cortex, becomes stimulated. Music therapy for Alzheimer's and dementia patients has proven to help. Some Alzheimer's and dementia patients who have lost the ability to speak have

Alzheimer's have been known to increase communication with others after listening to music since a song can trigger a memory from when they were

Health Benefits of Music
Studies show that music promotes positive overall health. Those that listen to music often have better nights of sleep, diminished pain and improved recovery time. Music has also shown to increase mobility, coordination, and overall cognitive abilities. Finnish researchers found that patients who listened to music following a stroke experienced a faster recovery of verbal skills. Listening to music can also promote physical activity including dancing.

Importance of Stress Reduction Music can also help settle down seniors when they become stressed and agitated. It has shown to increase relaxation and self-esteem, while reducing tension and anxiety. If your loved one is agitated, play a personally meaningful song from when they were growing up. Soothing music, like doo-wop or jazz, can help with a senior who is agitated. been known to still hum along with songs.

How to Integrate Music into Your Senior Loved One's Life

It is easier than ever to bring music into your parent's life. Not only has technology made once forgotten media available at the tip of our fingers, live music is more abundant than ever. Here are several music activities for seniors to try out: Create a personalized playlist with songs you know your parents love. With the internet, you can find any song, from any era that you may be looking for. Take your loved one to a live concert in your area. Many communities offer monthly concerts, especially outdoor shows during the summer months. During the fall, winter and spring, keep an eye on the schedule of your local school district.

Bands, choirs and musical groups from schools often perform concerts for the public. Encourage your loved one to play an instrument they once played. Studies have shown hobbies, like playing music, can help increase self-esteem and is therapeutic for seniors. Playing music can also help slow down heart rate and lower blood pressure. Have a sing-along to a song such as "When the Saints Go Marching In." Sing-a-longs can also help promote a sense of community and allow people to interact while singing aloud. Introduce your parent to YouTube.

Not only will they be able to find music they may have forgotten about, but they can watch live performances from their favorite artists in a bygone era.

Top 10 Senior Scams and How to Avoid Them

By : Jeff Anderson

REPRINTED FROM SENIOR LIVING BLOG

Scammers are evil but not stupid. They prey on targets of opportunity. Seniors are often vulnerable to cons because of cognitive problems that can impair judgment. Isolation and sometimes loneliness can also make seniors dangerously trusting.

You're unlikely to fall for a scam that you've been forewarned about, so we've compiled a list of 10 common scams that are draining the savings of seniors across the U.S. Stay vigilant and warn your older loved ones about these cons.

The Latest Scams Victimizing Older Americans

Here are 10 common tactics fraudsters use to separate seniors from their money:

1. The Grandparents Scam

We were first alerted about this scam when the mother of one of our own staff was targeted. Judy Somers, mother of our senior director of content and SEO, received a call from someone claiming to be her grandson, and asking for financial help.

Fortunately, Somers was fully aware the gruff-voiced caller was not one of her young grandchildren and that it was an obvious impostor. But not all seniors are so lucky, and many fall victim to this trick. The National Council on Aging explains:

"Scammers will place a call to an older person, and when the mark picks up, they will say something along the lines of: "Hi Grandma, do you know who this is?" When the unsuspecting grandparent guesses the name of the grandchild the scammer most sounds like, the scammer has established a fake identity without having done a lick of background research."

The impostor will then claim to be in trouble and that he or she needs money for rent, bail or something of the like. Scammers will often ask for money to be sent to Western Union.

How to Avoid: If you receive a suspicious phone call from someone claiming to be a relative or loved one, say you'll call back, and check the story

with other relatives. Note that these scammers can get information about you and your relatives off of social media sites like Facebook. Most scammers aren't this sophisticated, but the tactic is not unheard of, so don't be fooled if a suspicious caller references details from your life or a relative's.

2. Investment Schemes

Whether it's pyramid schemes, your friendly neighbor selling cheap plots of land as a "sure-fire" investment opportunity, or a gentleman at your church who gets a little too persuasive when he tries to get folks to take advantage of their "once-in-a-lifetime opportunity" to spend their savings on penny-stock in a company that has supposedly just discovered the "largest untapped yttrium deposit east of the Black Sea" – beware!

Seniors are ripe targets for scams like these. For instance, many of the victims of Bernie Madoff's investment scheme were seniors. The National Council on Aging notes: "Because many seniors find themselves planning for retirement and managing their savings once they finish working, a number of investment schemes have been targeted at seniors looking to safeguard their cash for their later years."

How to Avoid: Remember that if it sounds too good to be true it probably is. Be suspicious of anyone who promises massive returns on an investment and be

sure to only deal with reputable and credible institutions.

3. Email Scams

All kinds of nasty scams spread via email. Email scams are often variations on the investment scam or the lottery scam. Many emails purport to be from a rich or well-connected individual and claim that they can give you a cut in their fortune if you will just offer a little assistance to them.

These are known as 419 scams or “Nigerian email scams” (although the email’s country of origin is not always Nigeria). The stories vary widely, but targets are led to believe they’ll be given a fortune, but end up spending a fortune.

Some victims will get more and more engrossed in the trap, go into denial, and send multiple payments in hope of getting the big payout they were initially promised. Many times, family members can’t convince their victimized loved one that they are being scammed, even after they have lost everything. It’s as if the victim has become enchanted.

Other email scams include “phishing” scams, whereby an email will look like an official email from a legitimate institution. The email may lead to a web page that is also fake, but that carefully imitates the branding of the site it is copying. It might copy the look of a banking website, for example. The aim is to extract passwords, bank account information, and other personal data.

These are only some of the many scams where email is the medium. Email is an effective medium for scammers because they can send millions of emails simultaneously and if only one or two people fall for the bait, the scammers will recover their costs and more. The fact that the scammers use online tools to cover their tracks and typically operate from outside the United States makes tracking and prosecuting them difficult to impossible.

How to Avoid: Be inherently distrustful of unsolicited emails and don’t disclose private information online except to a trusted organization. If you have questions about whether a communication you received is legitimate, call that organization directly.

4. Sweepstakes and Lottery Scams

This trick is old but still lives. Essentially a victim is told they have won a sweepstakes or lottery, but that they must make a payment to “unlock” their winnings. (As noted above, some emails use this tactic). Often, seniors who fall for the ruse are sent a check that initially appears to have great value, and only a few days later, bounces. During that lag time, “the criminals will quickly collect money for supposed fees or taxes on the prize, which they pocket.”

How to Avoid: Be wary, again, of what seems to be too good to be true. Remember that if you have won a

sweepstakes, you shouldn't be asked to pay mysterious and suspicious fees within a day or two of the award.

5. Medicare Card and Medicaid Card ID Theft Scam

Callers claiming to represent various government agencies or organizations tell seniors that their Medicare or Medicaid cards must be replaced. This is merely a ruse to get a senior's personal information for the purpose of identity theft.

How to Avoid: Never give personal information like your social security number or banking information over the phone, and be suspicious of calls from people who claim to represent official agencies and then request personal information.

6. Charity Scams

This scam of particular moral repugnance occurs in the wake of major disasters. Callers claim to represent a charity seeking money to help pay for disaster recovery or aid for the victims. The money goes nowhere but the criminal's bank accounts. Some charity scammers will send emails soliciting donations.

How to Avoid: If you wish to donate to charity following a disaster seek out the charity yourself. Do not make donations to organizations that cold-call you.

7. Repair Fraud

Repair fraud is all too common. As I note in a personal reflection below the list, my

grandmother fell victim to this type of fraud more than any other. Her tires were replaced several times a year. Unnecessary car repairs were ordered and duly paid for (sometimes twice). A "friendly" neighbor would charge hugely exorbitant amounts of money for the simplest yard work. This happens all too often, and may be a sign your loved one has developed dementia.

How to Avoid: If you find yourself making poor purchasing decisions, talk to a younger family member about getting help, and possibly a financial power of attorney. If a younger relative has financial power of attorney, sometimes the costs of these fraudulent charges can be reversed.

8. Fraudulent Anti-Aging Products

As America ages, a whole host of "anti-aging" products are being thrust upon them. The fact is, there is no product you can buy that will reverse aging. Many of the products that use "anti-aging" as a marketing refrain are completely bunk. The National Council on Aging says, "Whether it's fake Botox like the one in Arizona that netted its distributors (who were convicted and jailed in 2006) \$1.5 million in barely a year, or completely bogus homeopathic remedies that do absolutely nothing, there is money in the anti-aging business."

How to Avoid: Practice a healthy dose of skepticism as a consumer. Be aware that advertising plays to our aspirations

and our fears, so don't be manipulated by products that claim to be "anti-aging."

9. Cemetery, Funeral and Cremation Scams

Most funeral homes do a great job, but some bad apples are taking advantage of families during their time of grief. One common ruse is for the funeral home to cremate a deceased person inside of a fancy casket to add to the expense, when a cardboard casket is more than sufficient for cremation purposes. Often families complain that other completely unnecessary charges are added to the bill without permission.

How to Avoid: It's hard to make rational business decisions in grief. If there is a calmer, more stoic family member who has good business sense, it may be best for this person to make the funeral arrangements.

10. Counterfeit Prescription Medicines

With prescription drug costs so high in the U.S., many seniors turn to online pharmacies, often based outside

America, to pay for their medications. Unfortunately, a large portion of medications coming from outside the United States are counterfeit.

Even prescription drugs from your local pharmacy could be counterfeit. About 40% of U.S. pharmaceuticals originate in India and a *New York Times* article indicated that up to 12% medications imported from India are bogus.

How to Avoid: The FDA is dramatically increasing regulation on foreign pharmacies which supply drugs to the U.S., and is now holding them to the same standards as American pharmaceutical plants. But if you order your prescriptions from dubious online sources, you are playing with fire. These drugs will not have received the safety validations of drugs dispensed at certified mainstream pharmacies in the U.S. They could be inactive or possibly even poisonous.

ZZZZZZZ-THE IMPORTANCE OF QUALITY SLEEP FOR SENIORS

Sleep is a crucial part of feeling rested and ready to take on the day. More and more seniors find they cannot get good quality sleep. This can cause issues for the elderly, which can then affect aging in place and independence.

Do you find you have trouble falling asleep or sleeping through the night? If you answered yes, there is no need to worry; this article will provide some help. Many seniors don't realize the effects that poor sleep has on them.

Although it may seem like something you can ignore, the effects on your body should be taken seriously.

Sleep deprivation may cause:

Attention and memory problems. Poor quality sleep may cause memory loss and forgetfulness. Sleep helps your brain store new facts and information. When you get poor sleep, you prevent yourself from retaining this information. Sleep not only helps your body rest and recharge, but it also helps your brain learn and remember.

An increased fall risk. You may feel groggy or less alert if you aren't getting enough rest from sleep. This makes you more prone to both day and nighttime falls. Since you aren't fully awake, obstacles in the home become dangerous tripping hazards. There are countless reasons as to why seniors cannot get good quality sleep, and it varies for many. The good news is that many of these reasons are more obvious than you think. The sooner you know the cause, the sooner you can fix it. Some of the most common sources of inadequate sleep for seniors comes from:

Napping too much. Naps are a refreshing way to get rest during the day but can easily turn into deep sleep. This will then affect your sleeping pattern at night. You should aim to nap for 45 minutes or less, earlier in the day. Doing so will help ensure you do not affect your nighttime sleeping pattern.

Consuming too much caffeine throughout the day. Caffeine stimulant strength can last longer as you age. It's important to be mindful of the amount of caffeine that you consume, and what time you have it. For

example, you should not drink coffee too late in the day so that it doesn't keep you awake. Even if you have a cup of coffee early in the day, its effects can carry over into the night and affect sleep quality.

Medications interrupting sleep quality. Many medications that seniors take as they age are known to affect sleep quality. Taking too many can also interfere with getting good quality sleep, and many seniors are on more than one type of medication. See your doctor about adjusting the dosage, timing, or switching the medication entirely.

Everybody deserves to have a good night's rest. By making just a few simple changes to your sleeping habits on a regular basis, you can improve your quality of sleep.

Some easy ways to achieve proper sleep are to:

- **Maintain a regular bed and wake time schedule.** If you sleep and wake at the same time daily, your body will get used to it and you won't be kept up all night. Your body has an internal clock, and sticks to a pattern. If you sleep at inconsistent times, your body's internal clock will not stay on schedule.
- **Aim for 7-9 hours of sleep.** In the past, seniors aged 65+ were advised to get more sleep than middle-aged adults, who required 7-9 hours. Now the National Sleep Foundation recommends seniors should also get 7-9 hours.
- **Sleep on a comfortable mattress.** Ensure the mattress is right for your back and posture. You

shouldn't sleep on a mattress that is too soft or too firm. If you cannot sleep well on your mattress, buy one that provides comfort and support for your body.

- **Fall-proof your room.** When you wake up in the night to use the bathroom, the last thing you want is for a slip and fall to occur. Fall-proof your room by removing fall hazards that can lurk in the darkness. Remove loose rugs and clutter like clothes and shoes. Remember to also have night-

lights installed so you always have a lit path.

The Importance of Proper Sleep

Every senior should try their best to get enough sleep. Proper sleep keeps your mind alert, preserves energy levels, and helps you live life to the fullest. On top of feeling well rested, it can lower the risk of age-related cognitive decline that is common among the elderly. Start sleeping better today, so you can start aging in place better, every day.

For publication in the OLLI times send your information to George
and Harriet Waas at waas01@comcast.net



The Osher Lifelong Learning
Institute at
Florida State University

