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Category: Assisted Living

Subcategory: Assisted Living Facilities

Tip: Staff training at assisted living facilities

Find out if the assisted living facility staff is professionally trained, certified and large enough to provide adequate care for all assisted living residents at all times. Either you or your family should check on this periodically (every couple of months, at least)

Category: Cooking for Seniors

Subcategory: For guests (family, friends - group)

Tip: Cooking for Guests

Most of us Seniors have plenty of practice cooking for more than just 2 people. This is a reminder for us, and also for others. One-pot-meals are much easier to fix: large pot roast, potatoes, carrots; with enough juices to make a gravy. Serve with a green or fruit salad. Easy clean-up afterwards. Got leftovers, see cooking for one for ideas how to use.

Subcategory: For one

Tip: More uses for left-over roast

Another great meal for leftover roast is to cut roast into bite-size pieces, heat in left-over gravy. Cook some egg noodles (just enough for your meal). Pour meat & gravy over noodles, serve with a green vegetable (small can of peas).

Subcategory: Quick hints

Tip: Making fudge creamier

Whatever our fudge recipe is, add a little cornstarch to the cooking process; we'll have a creamier candy.

Tip: Outdoor handling of corn-on-the-cob

After corn-on-the-cob has been grilled, skewer with a six-inch bamboo skewer for easier handling by guests. Prepare a side bowl (preferably stainless steel) with melted butter for easy dipping.

Subcategory: Recipes

Tip: A great light lunch

A good meal for anytime, but great for a light lunch: Cucumber/Tuna Boat. Wash (get all the waxy stuff off) cucumbers. Cut in half lengthwise, scoop out all the seeds. Slice a small section off bottom of the halved cucumber (keeps from 'rolling'). Fill with your best tuna salad (don't forget to add finely diced celery for a great, crunchy flavor). Really refreshing and cool (as a cucumber! :o). Serve with crackers and a fresh fruit salad. This is great to serve when you invite friends for lunch.

Tip: Great and Easy Sandwiches

This is really good and easy to prepare. You'll need: 1 5-oz. can of Hormel Chunked Ham or spread (but NOT deviled ham), with 1 8-oz. package of cream cheese (room temperature), 1/4 cup of chopped pecans, and three tablespoons of fresh chopped chives. Spread mixture on whole wheat sandwich bread. Serve with applesauce. For a really nice presentation (as for special company) trim crust from bread before adding spread, and cut into finger sandwiches. These would go great with the Cucumber/Tuna Boat (see my recipe).

Tip: Spinach-Mushroom Casserole

A great vegetable dish. Note that this casserole can be made 3-4 hours in advance, then refrigerate covered; baking time should be increased to 50 - 55 minutes.
Ingredients: 2 cups chopped mushrooms 1/4 cup butter or margarine 4 pkgs (10 oz. each) frozen spinach, thawed 4 eggs slightly beaten 3/4 cup sour cream 1/8 tsp ground nutmeg 1/2 tsp salt 1/2 tsp pepper 1/4 cup grated Parmesan cheese Saute` mushrooms in butter in medium skillet until tender, about 10 minutes. Drain spinach *thoroughly*; stir into skillet. Stir in eggs, sour cream, nutmeg, salt and pepper. Spoon mixture into greased 1-1/2 quart casserole; sprinkle with cheese. Bake in preheated 350 degree oven until hot, about 45 minutes. Yield: 12 servings

Category: Crafting for Seniors

Subcategory: Ideas

Tip: Handy twine holder

Here's a fun and handy craft to make: find all the old, tin funnels you can; when painted with a bright design, these make an attractive and useful twine holder for the kitchen. Simply place funnel over the ball of twine with the end pulled out the spout!

Category: Elder Care

Subcategory: Senior Health Care

Tip: Senior care and hearing loss

Before buying a hearing aid, find out from the audiologist if: 1. Could my hearing loss be treated by a senior health care physician? 2. Which design of the aid is best for me? 3. What is the total cost of a hearing aid? 4. How long is the warranty and can it be extended? 5. If repairs are needed, will a 'loaner' be available to me? 6. Who makes adjustments and minor repairs? 7. Are there special instructions and training I will need and be provided to me?

Tip: Senior health and dealing with pain

Your senior health care or senior home care physician (or nurse) may ask you to 'measure' our pain by rating on a scale of 0 (no pain) to 10 (worst imaginable pain). This 'measurement' will help them know how well a treatment is working, or what is best to prescribe for you. Pain treatment works differently for different people; even when a doctor uses the right medicines and right treatments in the right way, we may not get the relief we need. This also works in reverse, you may need lesser strength medications so as not to be overdosed. We need to be VERY specific in 'measuring' our pain. Pain Intensity Scale ...0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 no pain
.....worst pain

Tip: Senior health care and eye care

Senior care specialists suggest several ways to improve our sight while driving our cars by: 1. Keep eyeglasses, windshield, and headlights clean and in good repair. 2. Wear quality sunglasses for daytime driving. 3. Wear proper glasses for day driving and for night driving (there may be a difference). 4. Minimize driving at dusk, dawn, and at night; confine night driving to well-lit or familiar streets. 5. Don't only depend on rear-view or side mirrors to tell if there is another car near; there are sometimes 'blind' areas.

Tip: Senior home care

Senior home care simpler and safer with the following: 1. Use extra lamps and higher-watt light bulbs. 2. Keep TV in a place where it does not reflect glare from lamps and windows. 3. Leave one or two night-lights burning in hallways or bathrooms. 4. Keep a flashlight handy when walking in dark areas or outside of house at night.

Category: Family

Subcategory: Contact

Tip: Remember birthdays

How nice it is to get birthday cards from family members. Do you reciprocate with the same kindness? Find out each family member's birthdate, and send them a card...timely! Or if you have their e-mail address, you could send them an e-card! Two of my favorite sites are 123greeting.com and bluemountain.com. I know they would appreciate this thoughtfulness.

Category: Holidays and Seniors

Subcategory: 'Goodies'

Tip: Easy Coffee 'Crackers'

Really tasty and easy 'cookie'...you'll need: 1/2 stick butter (or margarine) 1 cup brown sugar 1 tsp. Vanilla Finely chopped pecans (approx. 1/2 cup) 1 box Club or Waverly crackers Melt butter in microwavable bowl (in microwave oven); stir in brown sugar and vanilla; add finely chopped pecans. Place individual crackers on cookie sheet, spoon sauce over crackers, bake 8-10 minutes at 350 deg.F. Remove from oven and place on platter immediately (do not place on wax paper). Great for company with hot coffee, tea or spiced apple cider (another tip), or to give to neighbors. Note: you may not use all the crackers.

Subcategory: Decorating

Tip: Unused Christmas Tree

If you have an artificial Christmas tree you no longer use, consider giving it to: A mission, woman's shelter, Salvation Army, and other place of this type.

Category: Home Upkeep

Subcategory: Here and there

Tip: Icy doorsteps

To avoid icy doorsteps in wintertime, add Dawn dishwashing liquid to warm water, then

pour all over the steps. This will thaw ice and prevent refreezing.

Tip: Lessening soot in fireplace

If you have a fireplace, you know how soot can build up. Soot build-up can cause house fires! To lessen the amount of soot build-up, carefully toss table-salt on logs every so often during burning. A professional cleaning of the chimney/flue is necessary every 2-4 years, depending on how often the fireplace is used.

Category: Household Chores

Subcategory: Here and there

Tip: Cleaning ashtrays

Try waxing the inside of your ashtrays - the ashes won't stick! Then you can simply wipe them clean with a tissue, eliminating the constant washing. Messy ashtrays don't smell so good :o)

Tip: Cleaning plastic dinnerware

Quite often plastic dinnerware accumulates a 'film' on it; this film can be removed with a damp cloth dipped in baking soda.

Tip: Dried egg on dishes

Dishes with egg and dough left on them come clean more quickly if soaked in cold water.

Tip: Removing tea stains

This is especially good for removing tea stains from cups or counter tops: sprinkle baking soda on a clean, barely moistened rag then wipe the area, followed by a rinsing of cold water.

Subcategory: Laundry

Tip: Clean laundry

For the best cleaning of your laundry, never 'overload' the load. The excess of water allows detergent to work best, the rinse cycle to be more effective. Never 'squash' dirty laundry into machine.

Tip: Washing fluffy sweaters

Got a new, fluffy sweater and want to keep it like-new? Hand-wash, then final-rinse in cool water with a capful of hair cream-rinse; this will help retain its prime condition.

Category: Independent Senior Living

Subcategory: Senior Independent Living

Tip: Senior independent living: then and now

Looking back a century ago...were those really to good-old-days compared to senior independent living now? Come judge for yourself...A Tid-bit of History.

Category: Lifestyle

Subcategory: Let's not over 'do'!

Tip: Buying clothes

Before going shopping for clothes, go to our closets and review the color/type of blouse/shirt, slacks/skirts, sweaters, etc. When buying something new, we can better coordinate with what we have, and we'll know what not to 'duplicate'. Especially when we spot that special sale!

Subcategory: Nursing Homes

Tip: Inspecting a home

To check out the qualifications of a nursing home, it's best to arrive without an appointment. Inspect everything that you possible can. The building and rooms should be clean, attractive, safe and meet all fire codes. Residents should not be crowded, nor should hallways be cluttered. Ask about availability of private rooms. Most often they can be obtained at an extra, but reasonable cost. Visit the dining room and kitchen at mealtime to check the sanitary conditions. Visit activity rooms when in session to verify controlled, safe, and well directed activities. Talk to the residents -- ask how they feel about their home. This inspection will put you and your loved one more at ease about the qualifications of the home and care to be received.

Tip: staffing

Find out if the staff is professionally trained, certified and large enough to provide

adequate care for all residents at all times. Either you or your family should check on this periodically (every couple of months, at least)

Category: Pets for Seniors

Subcategory: Pet care

Tip: The pet 'harness'

If we walk our pets often, a pet 'harness' is much safer and more comfortable to use. These are for cats or dogs, small or large. Get one for the walking companion.

Category: Relationships

Subcategory: Friends

Tip: Lunch with friends

When's the last time you had lunch with friends or former co-workers? That long, huh! Start calling them now, and make that date for lunch. My guess is, they are waiting to hear from you. Don't have transportation? Bet they wouldn't mind picking you up; you'll never know if you don't try. C'mon...pick up the phone and make that call!

Category: Senior Gardening

Subcategory: Buying containers

Tip: Watch for drainage holes

Most all plant containers will have drainage holes in the bottom. For 'regular' pots, you'll want to buy the saucer to set them in (if not attached). But, I've found some great 'buys' on containers that had no drainage hole. I make them: set an ice-pick on electric burner (or gas flame) on your stove, just long enough to heat it, then slowly puncture (pressure) from inside the container in the bottom (at least 3 - 4 punctures, depending on size of container). Before adding soil, place a shard (piece of broken clay pot or saucer) over the drainage - or even small rocks, this will keep the soil from draining out with the water. NOTE: my ice-pick has a wooden handle; be careful not to burn your hand when using the heated pick. ALWAYS have drainage in your containers to avoid root-rot and for healthier growth!

Tip: Watch for size

Depending on the size or type of plant you want, the container you buy is important. It is better to buy a larger container and include more than one plant in it, than to have too small a container. Get an idea of the plant(s) you want before buying the container. 'Tho don't pass up that great sale of any container you see...you'll find a way to use it!

Subcategory: Plant/flowers to grow

Tip: Attract butterflies

If you would like to attract butterflies to your container garden, try these plants: Lantana - a low-growing perennial bush with clusters of small, colorful blooms. Scabiosa (pincushion flower) - Blooms, on tall, slender stalks, are usually pink or lavender. Fennel - Perennial that has slender stems and clusters of yellow flowers.

Tip: Beautiful flowers/plants

A partial list of flowers/plants to grow in containers: begonias, gerbera daisies, calla lilies, ferns, caladiums, day lilies, hibiscus, pansies, ornamental kale (winter), tomatoes, green peppers, ornamental pepper plants, strawberries. Just be sure the container is adequate for each plant.

Tip: Late-Fall/Winter beauty

Ornamental kale (cabbage) is a beautiful display for late autumn/winter growing, but don't expose to cold, north winds. Plant in wide, not too deep containers, and plant in 'southern' exposure. If planting young plants, leave room for growth.

Category: Senior Health

Subcategory: Senior Exercise

Tip: Maintaining Healthy Feet

There are areas on our feet that develop hardened, thick skin that have come about by excessive pressure or friction over a predominant boney area. They are 'corns' when formed on top or sides of toes, and callouses when formed on the bottom of the foot. Senior health care consultantas advise NEVER attempt to cut these off with a razor; one slip and you've got more problems! Also take care when using the many over-the-counter remedies, as these often contain acids to burn away the corn. Take extra care when using these products, but they can give near-immediate relief. Good advice would be to buy a larger shoe or one with 'foot-padding' for a more comfortable fit. Invest in a really good pair (or two) of comfortable shoes! If the corn or callous

persists, it's time to see a podiatrist, especially if you are a diabetic.

Tip: Walking for Senior Health

Here's another senior health care tip. When walking for senior exercise, it is important that you keep a normal stride. Over-extending our stride length jolts our joints and actually slows us down. You may also put stress on your joints and ligaments by trying to go very quickly or by lengthening your stride too much. Take it easy! Studies show that walking is just as effective as running for aerobic exercise. It may take you a bit longer, but then you just have more opportunities to stop and smell the roses!

Tip: Walking to Maintain Senior Health

Senior health care consultants agree. There is no better exercise than taking a brisk walk, especially when recovering from extended illness. Walking assists in weight loss and good respiratory function. Keep a steady pace at all times: slow when beginning, increasing your pace after a week or two. Walk on a level surface, as 'uphill' areas are more stressful as you begin this activity, and places extra stress on your heart. Have someone walk with you when just getting 'out' from an illness or just for company. There is nothing like a long walk to get people talking. You should enjoy your exercise, so find a nice park or boardwalk near a beach.

Category: Senior Time Savers

Subcategory: Here and There

Tip: Best doctor appointments

To save time and avoid longer waits at your doctor's office, schedule your appointments wisely. Avoid Mondays and days following a holiday, when doctors are in greatest demand. Always arrive at office 10 minutes early.

Tip: Renew veil on hats

To re-new and stiffen the veil on a hat, simply place the veil between two pieces of wax paper and press lightly with a semi-cool iron.

Category: Senior Travel

Subcategory: Senior Citizen Travel

Tip: Invest in Portable Luggage

How many of us are still dragging around those heavy pieces of luggage? Well, it's time for some new pieces! You know, the kind that have the expandable tote-handle and wheels! Ah, what relief for our backs! I found these sizes to be so handy: 21"/22" Carry-on (but don't carry on :o) 27" Upright, then add the 15" Tote (to carry with you containing your medications and other absolute senior travel necessities), and the hang-up/zip-close 'suiter' that has great extra compartments. These latter two MUST have handles, so you can lap these over either the Upright or Carry-on extended handles, and shuffle along your way! Don't throw out the old luggage, tho; use to store old keepsakes, clothing, books, whatever, and place in the attic to one day give to your grandchildren!

Tip: Senior Citizen Travel Safety

Senior citizen travel means being safe. The State Department publishes consular information sheets and travel warnings about crime, terrorist threats and traffic safety. Go to www.travel.state.gov/travel_warnings.html for this info. It is always better to be prepared before visiting a foreign country.

Category: Seniors and Money

Subcategory: Money Savers

Tip: Coupons - in the mail

A good way to save money (not just on groceries) is to take advantage of coupons. Don't throw away that bulky envelope with coupons you receive in the mail...there are usually some very good coupons enclosed, from 'oil change' to 'restaurants, two-for-one' to 'tire discounts' for your car. Worth your time to check them.

Tip: Utilizing the humidifier

By using a humidifier in our homes we will actually make our homes feel warmer...AND use less heat and save more money!

Subcategory: Who can help

Tip: Getting A Will Is Not Expensive

Do you need a will but want to get it at a good price? Check out the AARP Legal Services Network (LSN). These attorneys are screened and will draw up a simple will for \$75 for an individual or \$100 for a couple. While you are consulting with the lawyer find out what end-of-life directives you need in your state. Find an LSN attorney near

you by going to: <http://www.aarp.org/lsn> or call (800) 424-3410.

Category: Seniors and Shopping

Subcategory: For sales

Tip: Buying Spices

I hope you have Middle East (M-E), Indian (I), or Asian (A) grocery stores fairly close to you. Here, you can buy your spices, rice, exotic vegetables and canned goods at such a savings; many at half the price you'd pay at regular grocers. You'll find those special items, here, that you can't find elsewhere. Most Asian markets also have a bakery, where I buy 12" fresh baked French breads 5/\$1.00(U.S.). I make at least one trip a month to one of these stores to purchase breads, pork tenderloin, canned coconut milk and canned straw mushrooms for Asian soups (Tom Kha Gai), curry powder, pita bread, whole cardamon, paprika, rice, and fresh lamb cuts (M-E or I) at a really good buy. Check these stores not only for good prices, but broadening your knowledge of various spices and foods.

Tip: Getting the best for your money

Always check the Sunday paper for good sales. Most papers carry many advertising pamphlets of various stores. Some papers also carry store announcements on Wednesdays (especially grocers). Check them for items you are needing/wanting to buy; don't stop with one, check ALL stores pamphlets. You will be sure you are getting the most savings for your money, especially on appliances or electrical products. Think ahead for your needs, then wait for the sales. Then compare them to same product on the internet. Do a search for store/product/brand name.

Category: Social Security & Medicare

Subcategory: Social Security

Tip: What happens if I take Social Security at 62?

Are you tempted to start collecting your Social Security at the first possible moment? The earliest is when you are 62 plus one month. But your check will be reduced compared to what it would be if you wait until your full retirement age. Although you need to check with your Social Security office for specifics, generally, you forfeit about 20 percent at age 62; 13-14 percent if you wait until age 63; and about 6-7 percent at 64
Source: AARP

Category: Working Seniors

Subcategory: Part-time work

Tip: Find A Part-Time Job

TheRetiredWorker.com is the first employment website designed specifically for retired people who want to get back into the workforce on a part-time, temporary, or casual basis. NO resumé required - just point and click your way through a profile, and the system automatically matches you with jobs that fit your experience and skills!
<http://www.theretiredworker.com>