



PET POWER

Why you may need a very good boy or girl in your life—and if you've already got one—what they're doing to improve your life you may not even think about.

BEST COOKIE EVER

If there's one thing we could all use a little more of these days it's cookies. This is one of the best out there.



EXERCISE, SUMMER STYLE

Don't just take the heat, put it to work for you! Use these ideas and exercises to feel the burn, and put some fire into that summer workout routine.

GET A PEACE OF THIS

There's just something special about living in a community where you don't have to worry. Where everybody has each other's backs. For the emotional and financial hurdles of retirement—don't worry, we got this. And we do mean WE.





THE BENEFITS OF PET OWNERSHIP ARE RAINING CATS AND DOGS

Animals can help reduce stress, lower blood pressure, and increase social interaction and physical activity. Pets provide other intangibles, too. “Dogs and cats live very much in the present,” says Dr. Jay P. Granat, a New Jersey-based psychotherapist. “They don’t worry about tomorrow, which can be a very scary concept for an older person. An animal embodies that sense of here and now, and it tends to rub off on people.”

Pets can also have an astounding effect on symptoms of depression and feelings of loneliness. “Older pet owners have often told us how incredibly barren and lonely their lives were without their pets’ companionship, even when there were some downsides to owning an active pet,” says Linda Anderson, who founded the Angel Animals Network in Minneapolis with her husband, Allen, to spread awareness of the benefits of pet ownership.

Marjorie and Richard Douse couldn’t agree more. Soon after the Douses retired, they adopted Bonnie, a golden retriever puppy who quickly became an indispensable member of the family. “We never felt alone when Bonnie was in the house. As we aged and tended to go out less, she provided us with loving companionship,” say her owners. Bonnie’s outgoing personality enhanced the lives of other seniors as well. The Douses took her to visit aging relatives in a nearby nursing home, and she was a hit with the residents and staff alike.

Psychologist Penny B. Donnenfeld, who brings her own golden retriever mix, Sandee, to her New York City office, has even witnessed animals’ ability to prompt better memory recall in their elderly owners. “I’ve seen those with memory loss interact with an animal and regain access to memories from long ago,” she explains. “Having a pet helps the senior focus on something other than their physical problems and negative preoccupations about loss or aging.”

Animals benefit from adoption, too, particularly when seniors adopt older pets. “These lucky animals go from the pound to paradise. Retired adopters tend to have lots of time to devote to a previously unwanted pet, forming a lasting bond,” says Chicago veterinarian Dr. Tony Kremer, who operates Help Save Pets, a nonprofit rescue organization, with his wife Meg.

HOW TO FIND THE RIGHT PET

While the advantages of pet ownership are undeniable, there are some drawbacks and consequences to be aware of before going out to adopt a furry friend for an aging loved one. Dr. Donnenfeld encourages seniors and caregivers to have a thorough conversation about pet ownership before welcoming a pet into the family.

10 QUESTIONS TO ASK WHEN CONSIDERING A PET

1. Set in your ways?

"If change isn't your cup of tea, then you may not be a good candidate," say the Andersons. Adopting an animal usually affects a person's whole daily routine.

2. Have you had a pet before?

Amy Sherman, licensed therapist and author of *Distress-Free Aging: A Boomer's Guide to Creating a Fulfilled and Purposeful Life*, thinks it's best if you're an experienced owner. However, if you are open to a new and rewarding commitment, then first-timers can still make great owners.

3. Any disabilities or functional limitations?

"Dogs can be wonderful companions who encourage you to exercise," Dr. Donnenfeld says. But dogs can be a challenge for individuals with limited mobility. If taking a dog outside and walking it is too trying, lower-maintenance animals like cats and birds may be preferable.

4. Would a therapeutic or emotional support animal be beneficial?

If you are very infirm or impaired, they may be a candidate for a specially trained therapy dog to help you function both at home and while on outings.

5. What age pet would be best?

A puppy or kitten may not be ideal for elderly owners because of the intensive care and training they require. Furthermore, young pets may outlive their owners. It's important to consider that some animals like birds have especially long life spans. On the other hand, a senior pet may have its own physical limitations and illnesses but they are usually well trained already.

6. What temperament would be a good fit?

It is very important to research different breeds' characteristics and interact with prospective adoptees to get a feel for their energy levels and personality. "Many older people might think they'd do better with a Jack Russell Terrier because it's a small breed, but they are very, very, very high energy and require a great deal of effort and commitment," says Susan Daffron, author of *Happy Hound: Develop a Great Relationship with Your Adopted Dog or Puppy*. While there are some general truths about specific breeds, every animal is unique.

7. Is the pet healthy?

It's important that any pet be examined by a professional prior to adoption. "You don't want to compromise an immune system since some pets carry diseases," says Dr. Katharine Hillestad, a veterinarian based in Rhinelander, Wisconsin. Unhealthy pets can be difficult for seniors to handle both emotionally and financially.

8. One pet or two?

While multiple pets can keep each other company, that may not be a good idea for an older person. “Two animals may bond with each other rather than with their owner,” Dr. Hillestad explains.

9. Are finances an issue?

Pets are a significant long-term financial commitment. A small puppy can rack up more than \$810 for food, medical care, toys and grooming just in its first year. A low-maintenance animal like a fish is less expensive, coming in at about \$235, according to the American Society for the Prevention of Cruelty to Animals. Be sure to carefully consider your current budget before taking home any animal.

10. Is there a backup plan in place for the pet?

It isn't pleasant to think about, but owners must plan for the unexpected for their pets, too. If you had to go to the hospital, spend time in a short-term rehabilitation facility, move to a long-term care community or even passes away, what would happen to your animal(s)? Our golden years can be very unpredictable, so it's important to have a contingency plan in place for our furry and feathered friends before an emergency strikes. Without one, beloved animals may wind up back in a shelter.

WHERE TO FIND A PET FOR A SENIOR

While breeders are a good source, adopting from shelters is usually much less expensive and comes with the added benefits of giving an unwanted animal a home and possibly saving it from euthanasia. Some shelters even offer reduced adoption fees for older pets and adopters age 55 and up.

Shelter employees often know each animal's personality well and can assist in making a good match, says Daffron. Online pet shopping is also possible, thanks to sites like www.petfinder.com, which allows potential owners to search for their perfect pet in a massive database composed of approximately 250,000 adoptable animals from nearly 11,000 animal and rescue groups nationwide. However, it's still recommended to meet a potential pet in person to more accurately gauge the fit.

Learn more about the pet-friendly campus and the maintenance-free lifestyle that residents at Henry Ford Village enjoy every day.

Source: <https://www.agingcare.com/articles/benefits-of-elderly-owning-pets-113294.htm>



THE LAST CHOCOLATE CHIP COOKIE RECIPE YOU'LL EVER NEED

This is the best chocolate chip cookie recipe ever. No funny ingredients, no chilling time, etc. Just a simple, straightforward, amazingly delicious, doughy yet still fully cooked, chocolate chip cookie that turns out perfectly every single time!

INGREDIENTS

- 1 cup salted butter softened
- 1 cup white (granulated) sugar
- 1 cup light brown sugar packed
- 2 tsp pure vanilla extract
- 2 large eggs
- 3 cups all-purpose flour
- 1 tsp baking soda
- ½ tsp baking powder
- 1 tsp sea salt
- 2 cups chocolate chips (or chunks, or chopped chocolate)

STEPS:

1. Preheat oven to 375 degrees F. Line a baking pan with parchment paper and set aside.
2. In a separate bowl mix flour, baking soda, salt, baking powder. Set aside.
3. Cream together butter and sugars until combined.
4. Beat in eggs and vanilla until fluffy.
5. Mix in the dry ingredients until combined.
6. Add 12 oz package of chocolate chips and mix well.
7. Roll 2-3 TBS (depending on how large you like your cookies) of dough at a time into balls and place them evenly spaced on your prepared cookie sheets. (alternately, use a small cookie scoop to make your cookies).
8. Bake in preheated oven for approximately 8-10 minutes. Take them out when they are just BARELY starting to turn brown.
9. Let them sit on the baking pan for 2 minutes before removing to cooling rack.

Learn more about the live-well (and sometimes snack-well) lifestyle that residents at Henry Ford Village enjoy every day.

Source: <https://joyfoodsunshine.com/the-most-amazing-chocolate-chip-cookies/>



SUMMER FITNESS: FIT THESE EXERCISES IN!

Maintaining an active lifestyle is a cornerstone of vital health and wellness. Many of us long to live healthy and active lives, even as we age. With increasing demands on time, family, and career pressures, few of us take the time to make fitness and exercise a priority for the long haul.

The effects of this choice take their toll on us; many of us gain weight, we develop health conditions that make it difficult to stay active, and we may lack the energy and mobility to complete a workout. Certain physical restrictions make it even harder for seniors to engage in regular exercise safely; how can we regain some of that strength and vitality from our youth, well into our golden years?

The following exercises are intended to keep you healthy and active, all while taking into account your fabulous fifties and beyond. If you are a senior who wants to stay active and feel great, consider adding these exercises to your regular workout routine:

WEIGHT-BEARING EXERCISE

Any weight-bearing exercise is going to help you retain muscle tone, as well as provide bone health support for your body. Don't go crazy with bench pressing; a modest set of 5, 10, and 15 lb free weights will do just fine for most. If you have tender shoulders or knees, talk to your doctor about the types of movements that are safe for you, and consult your medical professional before starting any new workout program.

WATER AEROBICS

What better way to get in shape this summer than by working it out in the pool? Summer months are sizzling hot, and working out while sweating profusely is not something on anyone's "to do" list. The light resistance of water on muscles combined with refreshing and cooling water that improves your cardiovascular health is one of the best ways to work out this summer. Make a splash at your local community pool and get the job done!

WALKING – HIT THE ROAD, JACK!

The human body was designed to walk for miles. It is one of the best ways to work out all muscle groups simultaneously while firing up the metabolism, cardiovascular and nervous systems. Whether you choose to get out in nature by yourself for a morning hike or combine an afternoon walk a friend that ends in coffee, get up, and around with a walk, and you'll find that it is one of the easiest ways to incorporate fitness into your day.

TRY YOGA

Many seniors complain that they are becoming increasingly less flexible with every passing day. It may be joint immobility, calcification of joints, or compromised muscles that are pulling at you, but the best way to combat this is through yoga. Several types of gentle yoga exist for those of you who have no desire to express your inner pretzel; you don't have to be intimidated by those lofty postures that you see in yoga studio windows. Gentle stretching and static postures, as well as balance and breathwork, will turn back the clock and get you in shape rather quickly.

PLAY WITH THE KIDS!

If you are lucky enough to have grandchildren, you see joy and youth in action every time you are with them. Why not unleash a little of your inner child when you are playing with them and engage in a game of tag, frisbee, or catch? This light but effective movement will not only improve your physical health, but it will also enhance your relationship and create a lasting and happy memory for all of you.

MAKE IT A DAILY PART OF LIFE

Finding ways to incorporate fitness into your daily routine will have you looking and feeling better than you have in years; you don't have to take the aging process sitting down! You can start today to create a healthier body and a younger-looking you, no matter how "young" you are!

**To Learn more about how Henry Ford Village encourages wellness of the mind,
body and spirit and all of its forms give us a call.**

Source: <https://seniornews.com/5-summer-exercises-for-seniors/>