



**Did You Serve Your Country?
You May Be Eligible For Rarely Used Veterans Benefits**

Aging with Grace™ now provides veteran long term planning consultation services, which may include assessment of the client's needs, location and coordination of services and assisting veterans with understanding their benefits and how to receive them.

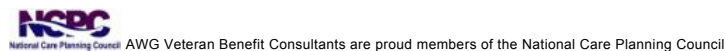
One particular program called Veterans Pension or more commonly known as the "Veterans Aid and Attendance Benefit," can provide money to pay for care for veterans and surviving spouses. Aid and attendance can also be used to pay for home care, assisted living or nursing home care for a veteran or the veteran's spouse.

AWG Veteran Benefit Consultants provide information and pre-filing counseling about the aid and attendance benefit including:

- what the benefit provides
- who qualifies
- information and documentation necessary to file a fully developed claim.

AWG Veteran Benefit Consultants is not connected with the Department of Veterans Affairs. Our consultants comply with federal statutes and regulations governing the preparation, presentation, and prosecution of any claim for veterans benefits with the U.S. Department of Veterans Affairs.

To learn more, visit the AWG Veteran Benefit Consultant web site or call for your free pre-qualification analysis 877-369-5418



Stress Management for the Elderly

By [Adrian Whittle](#)

Stress management works on two levels. The first is about maintaining a harmonious lifestyle so that stress does not get out of control. This involves having outlets that allow you to release the stress. The second strategy involves learning how to relax yourself or change your mood if stress is having a negative impact on your life. The first strategy is about prevention. The second is more to do with the cure for stress. This article will look at these two strategies and how they can be applied to stress management for the elderly.

September Observances

- Leukemia & Lymphoma Awareness Month
- National Pain Awareness Month
- Ovarian Cancer Awareness Month
- Prostate Cancer Awareness Month
- National Cholesterol Education Month
- Healthy Aging® Month

Exclusive Member Program



Click image to view brochure

Aging with Grace has proudly partnered with **Holiday Retirement** to offer our members exclusive added discounts through The Red Carpet Program.

To take advantage of the Red Carpet Program and experience The Holiday Touch! **Call 800.626.9440**

Celebrate "Get Ready Day" on Tuesday, Sept 15, 2009

There are no great secrets about preventing stress from being a serious issue in your life. If you want to prevent stress then you have to engage in life.

Stay active. Many older people go to the gym these days and there are a variety of low impact activities like water aerobics or classes aimed at older people. If the gym is not your thing then any kind of sport or physical activity is good. Walking, bowls or golf provide exercise without putting too much physical stress on the body.

Stay involved in the community. As people get older they may feel out of touch with the mainstream. They may not see their friends so often and it is easy to suddenly find yourself isolated.

It is important to have an outlet to express your feelings and thoughts about the world and your life. Many people see their children and grandchildren as a focal point and outlet for their thoughts and feelings but it is also important to have a life outside of the family. Look for community activities that you can become engaged in. Many charitable organizations like Rotary run events for seniors. Make friends with people you meet at these events as this will lead to more opportunities to socialize.

Establish a new purpose in life. Retirement should open up a new freedom in your life to try things you never had time to do before because you were working. This doesn't mean a cruise round the world (but it could do) rather taking a hobby or pursuing something that you have always been interested in. This could involve gardening, photography, hang gliding or whatever you can think of. It is important to have something to focus your mind and body on.

The cure of stress is effectively about changing the state of your body. The body responds in a certain way if it believes that it is experiencing stress. This can lead to ill-health over time and a feeling of anxiety or depression. If you find that you are becoming stressed out or suffering from anxiety or depression it is advisable to see your doctor but other techniques can be combined with your doctor's advice. These techniques are ways of telling the body to calm down.

Three common techniques are meditation, yoga and deep breathing. Meditation and yoga can be learned through classes or by reading books/watching videos. Deep breathing is fairly straightforward and serves to slow the body down and take more oxygen into the body.

Prevention is often better than cure. Stay active and engaged in life and you will find that you have ways to deal with potential stressful events. This does not mean you are running a marathon every month but having an outlet for your energies, thoughts and feelings.

Managing stress is often easier than you think. Many simple methods that you can use today can help you relieve stress and lead a healthier life. Find out more about these simple stress management techniques by visiting <http://stressmanagementreview.com>.

Understanding the Causes of High Cholesterol

By Van Crawford

Many people today wonder, what are the causes of high cholesterol, and what the high cholesterol symptoms are. These are good questions to ask, as levels above normal can lead to high blood pressure, clogged arteries, and ultimately strokes and heart disease, the leading killers of Americans today. This article will attempt to explain the both the symptoms and causes of this cause of heart disease.

Unfortunately, cholesterol levels above normal, does not have symptoms as we normally think of them (headaches, shortness of breath, etc). It is possible for dangerously high cholesterol to be completely silent and undetectable, and for people to only find out their levels are too high when and if they are tested for it. Even worse, when you do develop "symptoms" (as we normally think of them), it's a big danger sign. At this point, you would be feeling symptoms of other health problems, like an oncoming heart attack or stroke, rather than high cholesterol symptoms themselves



Mark your calendars:

The American Public Health Association will celebrate Get Ready Day 2009 on Tuesday, September 15, and it will be time to celebrate! Help

Americans prepare themselves, their families and their communities for all hazards they may face, including pandemic flu and other emerging infectious diseases. APHA's Get Ready campaign can help you plan your Get Ready Day activities. For more information go to: www.getreadyforflu.org

Aging with Grace Online Talk Show

Join host Patricia Grace each Monday evening at 6:30 PM EST



Do you have a specific question you would like answered? [Ask an Expert](#)

Learn the Lingo

Follow along each month to educate yourself on the definitions of terms and phrases frequently used in eldercare, senior housing and geriatric medicine.

- **Medical Director:** The medical director coordinates with an individual's personal physician to ensure that the facility delivers the care that is prescribed.
- **Medicare:** The federal program providing primarily skilled medical care and medical insurance for people aged 65 and older, some disabled persons and those with end-stage renal disease.
- **Medicare Part A:** Hospital insurance that helps pay for inpatient hospital care, limited skilled nursing care, hospice care and some home health care.
- **Medicare Part B:** Medical insurance that helps pay for doctors' services, outpatient hospital care and some other medical services that Part A does not cover (like some home health care). Part B helps pay for these covered services and supplies when they are medically necessary.
- **Medicare Supplemental Insurance:** This is private insurance (often called Medigap) that pays Medicare's deductibles and co-insurances and may cover services not covered by Medicare.

cholesterol symptoms themselves.

Lifestyle Causes

There are, however, some lifestyle choices that lead to bad cholesterol levels. If you meet more than half of the risk factors below, you might want to have your cholesterol levels tested during your next medical check-up.

Lifestyle causes of high cholesterol include:

- Your family has a history of heart problems
- You eat fatty meals (fat food, whole milk, cheese, bacon, etc.)
- You are overweight (your body stores more fat and cholesterol than it burns)
- You get little exercise
- You smoke
- You drink more than two alcoholic beverages a day

The good thing about lifestyle choices like diet, exercise, weight, and smoking leading to cholesterol problems is that they are reversible. You can reduce your risk of developing high levels (or, if you already have bad cholesterol, lower your levels) by changing your lifestyle. Eating a low-fat diet, getting daily cardiovascular exercise (even just walking), losing weight, and quitting smoking can all reduce those levels.

Biological Causes

Unfortunately, there are other causes of high cholesterol that we can do little about. These risk factors are biological or genetic. Although you can do little to change them, being aware of these risk factors is the closest you can come to recognizing high cholesterol symptoms. The biological causes of high cholesterol include:

- **Illnesses:** There are a few medical conditions that lead to this type of problem, such as an under active thyroid, or kidney and liver diseases. These, however, can quickly be tested and either confirmed or ruled out by your doctor.
- **Heredity:** Some families are genetically prone to increased blood lipid levels. If there is a history of heart disease in your family history, you may be prone to it too. If your readings are high, look for natural ways to lower it. The vast majority of cases of high cholesterol can be lowered by taking the right supplements and making changes in the diet. Medication should be used only when all else fails.
- **Age:** As both women and men grow older, their levels slowly rise. Around ages 60 to 65, cholesterol levels level off and stop increasing. In other words, the older you are, the greater your chance of having high cholesterol level.
- **Gender:** Women generally have lower cholesterol levels than men of the same age. After they reach menopause, usually around age 50, women generally have higher cholesterol levels than men of the same age.
- **Stress:** Medical studies have found that long-term stress can raise cholesterol levels. This may be due, however, to how people handle stress-for example, smoking or comfort eating of fatty foods may be the causes of high cholesterol, not the stress itself.

Finally, remember this: since high cholesterol symptoms are silent and unnoticeable, the best way to avoid more serious conditions like heart disease or strokes is simply to check your cholesterol levels regularly, and avoid the causes of high cholesterol that lead to developing high cholesterol symptoms in the first place.

Everyone should Age with GraceSM

For more information visit www.agingwithgrace.net or call 800.626.9440 Union Members 866.570.8588



Be informed.
Stay informed.
Share feedback.

The RX Guardian is a FREE, SAFE, and SECURE service for individuals who want personalized information about their medications and become more active in their own healthcare.

[Learn more...](#)

See the RX Guradian



on

Our Canadian Connection



Elder Caring was created to meet a growing need in the community for a coordinated, professional and interdisciplinary approach to service delivery with a focus on the health and well-being of the older person and their family.



Audrey Miller, the founder and Managing Director of Elder Caring Inc., is a Registered Social Worker, a Canadian Certified Rehabilitation Counsellor and a Canadian Certified Life Care Planner and a member of the Professional Association of Geriatric Care Managers.

Visit our Blog



Connect with others who, like you, may be facing the same eldercare issues and challenges.

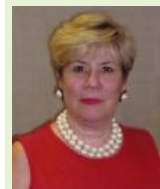
Patricia Grace

National Senior Care Examiner

READ MY ARTICLES ON



Aging with Grace on the move for September



Patricia Grace - featured speaker:

American Postal Worker Retiree Conference, Las Vegas, NV

Transportation Workers Union National Conference, Las Vegas, NV



Rita Files -completed
advanced course for
Veterans Benefits
Certification.

If you no longer wish to receive these emails, please reply to this message with "Unsubscribe" in the subject line or simply click on the following link: [Unsubscribe](#)

[Click here](#) to forward this email to a friend

Aging with Grace
128 Loller Road
Suite 201
Hatboro, Pennsylvania 19040
US



[Read](#) the VerticalResponse marketing policy.