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How to Stop Your Guest Room from Becoming a Source of Clutter Creep

BY KAREN KINGSTON



It's lovely to have a guest room in your home, but it can easily turn into yet another place to store things you rarely or never use.

What Gets Stored in Guest Rooms?

In this category fall clothes and shoes you haven't worn in years. Also, other household items you can't squeeze into any of the other storage areas of your home but don't feel ready to part with just yet.

Guest bedrooms are also sometimes used as a place to hang washing to dry or to put laundry that is waiting to be ironed or folded.

Maybe it's where you throw your yoga kit or sports equipment when it's not in use? Or put items that need to be repaired?

Obviously, if you're having a clutter clearing purge, where better to stash all the things you eventually plan to donate to charity?

The problem is that most items dumped in guest bedrooms tend to take up permanent residence there, so the room is never actually available for guests.

When a Guest Arrives to Stay

When an actual guest arrives to stay, you have some urgent choices to make. You can gather up all the things you have stashed in the room and temporarily put them elsewhere (usually, in your own bedroom, because that's the area they are least likely to see).

You can remove some of your stuff to create just enough room for them to unpack their case and store their things. Or you can simply leave everything as it is and expect your guest to put up with it.

The problem is not unique to private homes. A surprising number of landlords wantonly inflict their clutter on paying guests, too.

You won't see it shown in any of the photos advertising the property, but when you start opening cupboards and drawers, they may very well be filled with the owner's belongings, especially in holiday lets and Airbnb. An immaculate one-bedroom apartment my husband and I recently stayed in turned out to have nowhere at all to store our clothes. When we asked why the closet was locked, the landlady admitted it was full of her own things. She had run out of space in her home next door and couldn't resist using the storage area for herself.

How to Prevent Guest Room Clutter Creep

The best strategy of all is to pretend the guest room doesn't exist. Nothing gets stored in there. It's a clutter-free zone, only for guests.

This means that if your personal belongings won't fit in the storage space you have available in the rest of your home, you've got some clutter clearing to do. And, if ever you find yourself tempted to put something in the guest room "just for now," think again. Make it off-limits, out of bounds, strictly verboten.

"But I only have guests once or twice a year," you may say (and even more rarely lately). "Surely, I can use the room the rest of the time?"

Well, it's your decision. Still, clutter of any kind stored in your home will affect you in some way. The stagnant energy that accumulates around it will cause you to feel stuck in some aspect of your life.

Moreover, guest bedrooms are usually stuffed full of things you never use anyway. If you didn't do this, would you have guests more often?

Many studies have shown that social interaction of the face-to-face kind is an important key to living a happier, longer life. In 2010, Julianne Holt-Lunstad, a psychologist at Brigham Young University, Utah, undertook a review of 148 of these studies, involving 308,000 people over a 7.5 year period.

Her very revealing, and somewhat surprising conclusion was that having a close circle of friends, neighbors or relatives gives a 50% better survival rate than taking more exercise, losing weight, giving up alcohol or quitting smoking. In other words, close relationships make life worth living.

So, the choice is yours – your clutter or your friends?



HOW A LUXURIOUS CRUISE CAN HELP YOU FIND YOUR DREAM RETIREMENT LOCATION



Cruising is a great way to vacation, relax, and be pampered, all while enjoying a huge floating hotel, but not only that, compared to conventional travel. It also allows you to visit several places in a short period of time. But, it wasn't until recently that I discovered that a cruise can be a great option if you are looking for the best place to retire abroad. My husband, Michael, and I recently took a break from our home in Costa Rica and joined a 15-day cruise through the Caribbean.

You may be wondering why anyone would ever want, or need, a vacation when you already live in a paradise. Yes, Costa Rica is our little piece of heaven, and we love it. But, that doesn't mean there aren't other places worth visiting. Can a Cruise Help You Find Your Dream Retirement Location?

Then it hit me. What a great way for someone who is interested in a particular region of the world—say, the Caribbean—to quickly and easily be able to have back-to-back comparisons between destinations.

So now, you've got all this virtual knowledge about Panamá, Costa Rica, Belize, Mexico, Colombia, etc. The next step is a boots-on-the-ground visit to see for yourself. But let's face it, for most of us, flying to visit multiple countries can get expensive. A cruise negates all that need for air travel.

Once I had this epiphany, I tried to see each place through the eyes of someone who was searching for their ideal piece of overseas bliss, all while enjoying my vacation.

Over the Course of Two Weeks, We Visited Multiple Countries

I'll be the first to say that spending a single day in each place certainly isn't like living there. But it does give you feel for the climate, the people, the vibe, the cuisine, and the culture. To be able to immediately compare it to multiple others is not only invaluable—it's very enjoyable, too.



We Flew to the Dominican Republic to Start Our Adventure

Previously, the DR had not been on our radar when we were looking for a new place to call home, but I was intrigued to see how many expats had.

Of course, there was sunshine and beaches, but there was also a real multicultural vibe. At one local restaurant, the patrons at the next table were originally from New York, California, Turkey, Germany, and Italy.

While we were there, we spent several hours walking around the “old town.” This area has a colonial feel and is home to an outdoor pedestrian shopping area. Full of local artists, crafts, and restaurants, we had plenty to enjoy at our own pace.



Next, We Spent a Couple of Days in Jamaica

Arriving there was just a short overnight trip, but what a completely different energy. Even the blue ocean water seemed different. Jamaica is known around the world for its vitality and vibrancy. It was all around—in the food, in the music, in the dress, and even in the speech.

The distinct difference from the DR was even more obvious when we were able to go to sleep with the Dominican Republic fresh in mind our minds and wake up to come face-to-face with Jamaica the next morning. Our First Day Was Spent in Ocho Rios

This former fishing village turned tourist center was our base for visits to explore cave systems used by the pirates of old. It was also conveniently located for our day at Dunn's River Falls—a nature park with a 600-foot mountain cascade at its center.



We Had a Day at Sea While We Cruised on to Mexico

It was relaxing and allowed me time to compare and contrast my experiences in the first two ports of call. That was a good thing, because stepping off the ship in the Yucatan led to an indisputable new feel. The presence of the Maya and Aztec histories were palpable and influenced everything. How could there be such pronounced differences only hours apart?

Because we've been to the Yucatan numerous times, we didn't book any excursions (like the trip to the famous pyramids of Chichen Itza.) But that doesn't mean we didn't have a great time.

Strolling along the beach and the myriad shops and restaurants opposite it, we found a delightfully refreshing outdoor dining experience with a live marimba band. The shade, the energy, the music, and the margaritas made for sweet memories.



Our Next Stop Was Belize

The very first things to strike me were the crystal-clear sea and that English was spoken everywhere. Though I had no problem communicating in Spanish in the other countries we visited (and loads of people in those places also spoke English) it was clear that the years of British influence had marked this place—language is at the center of a culture. We snorkeled in the famed waters, walked along the white-sand beaches of Caye Caulker and ate grilled lobster freshly caught before our eyes. If language is at the center of a culture, then food is at its heart.

I “heart” the cookery of all these places we visited. And if you’ll forgive the pun, nothing gives me a better taste for a place than eating native foods with the locals.



Next Stop: Roatán

This island-annex of Honduras is as distinct from Belize (as well as the previous two islands) as Martha Stewart is from Martha's Vineyard. We spent a good deal of time on Big French Key. There are no words to describe the water there. I have literally been sitting here for 20 minutes trying to come up with adjectives that adequately describe it—Turquoise. Idyllic. Crystal. Translucent—I gave up. You just have to see it to believe it.

We kayaked in the indescribable waters and afterwards we had drinks at little swim up “huts.” A fun surprise was the friendly parrot that climbed on my shoulder and hung out with us while we ate.



From There We Came to Not Just Costa Rica, but Caribbean Costa Rica

The bohemian vibe on this side of the country is absolutely unlike the rest of the nation, but that's one out of the plethora of reasons we chose to live here. Everyone had been extremely hospitable in all of our stops (and maybe I'm biased, but the welcoming nature of the *ticos* always makes me smile inside and out).

On to Panamá

Without question, Panama City is the most cosmopolitan city in all of Central America. But don't let that cause you to believe that the Panamanian heritage isn't alive and well. It surrounds you as easily as the *Pura Vida* of Costa Rica does.

This narrow piece of real estate that forms the tail of the land bridge that joins South America



to its Northern Sister bespeaks its very own customs and traditions in a loud and clear voice. A trip to the famed Panama Canal was one of the most popular opportunities available while we were there. We were able to spend quite a bit of time shopping for fun things at great prices.



Our Voyage Rounded Out with a Stop in Cartagena, Colombia

Here we saw the most obvious Spanish colonial influence. And boy did we eat that up—both literally and figuratively. This was my favorite port of call. We spent all day long amid the locals, admiring the architecture, savoring enough coffee to make Juan Valdez proud, availing of cool photo ops, sampling Colombian cuisine at no less than four different spots and enjoying street entertainers in several of the parks which were beautifully canopied by ancient trees.

So after you've done all your internet research, after you've been to a comprehensive *International Living* conference, when you're ready to reach out and touch the countries, let me suggest a cruise.

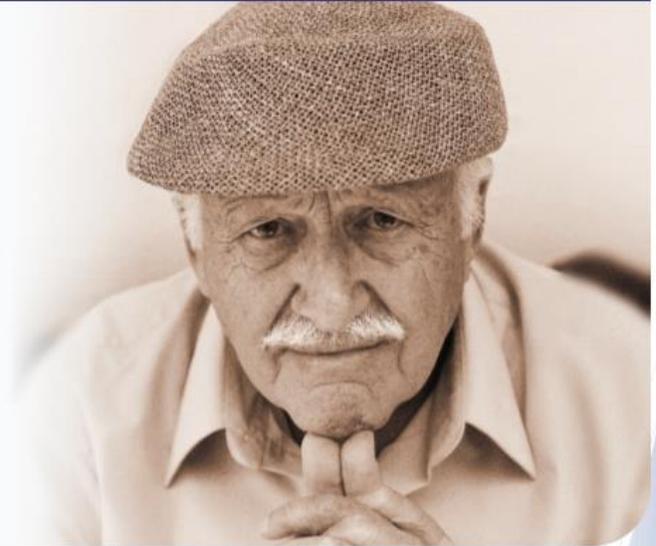
I experienced eight wonderful places in 15 days. While each one was still fresh on my mind, it was easy to make the requisite compare and contrast, pro and con lists of each place. Plus, I only had to pack once.

I'm not suggesting a quick visit is all you need to make a final decision, but for a rule-in/rule-out, see it, touch it, feel it experience, you can't do better than a glorious cruise adventure. In fact, I wish we'd thought of this when we were making our decisions years ago.

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Keep Moving to Protect Your Memory and Cognitive Skills

By Joy Stephenson-Laws



The health benefits of being active, such as reducing stress, managing our weight, and reducing hypertension, cannot be overlooked. One benefit that is getting more attention is the role being physically active plays in helping protect both our memory and cognitive skills.

Exercise and Memory

High-intensity exercise can improve your memory. Credible [research](#) suggests that older adults who did short bursts of exercise (known as high-intensity interval training or HIIT) saw an improvement in their high-interference memory of *up to 30 percent*. This type of memory is used to distinguish between two similar objects – for example, our own car from a similar make and model in a parking lot.

If this isn't enough reason to motivate you to get off the couch, there is a correlation between improvement in a person's memory and in their fitness level. And don't let the idea of HIIT discourage you! You can start off by changing your walking routine to one minute of speed walking, two minutes of regular walking, followed by one minute of speed walking.

Episodic Memory

Episodic memory, which allows you to remember things that happened in the past and is one of the first to suffer the impact of getting older, also benefits from exercise. Exercising three times a week for at least four months benefits this specific type of memory. Starting exercise sooner reaps bigger rewards when it comes to episodic memory and starting before you notice any decline is even better.

The studies also suggest that HIIT was not required to improve episodic memory – just walking did the trick. If you are looking for something a little more vigorous than walking but not as intense as HIIT, you're also in luck since other studies suggest that moderate intensity exercise also can benefit your memory as you age.

Working Memory

Another type of memory which can benefit from exercise is your working memory. This is the memory which gives you the ability to literally “hold” information while you do something else. Think of it as a temporary memory scratch pad.

A good example of how we use this memory is when we are adding up numbers and we remember how much to carry forward, or when we read a recipe and need to remember what to do with an ingredient after we read the recipe. Once we finish the addition or the recipe step, the information is no longer needed, and it simply fades away.

The best exercise for helping working memory may be a moderate intensity workout of 45 – 60 minutes, three or four times a week.

One thing to keep in mind is that the benefits of exercise for your memory only last if you keep exercising. In fact, it may even return to pre-exercise levels if you stop for too long. So, you need to keep at it to get the most benefit.

Exercise and Cognitive Skills

Besides memory, exercise can also help you keep your cognitive skills sharp. It may help improve reasoning, thinking and judgment skills and even delay the start of Alzheimer’s disease for those who may be at risk for developing it. Exercise may slow down the disease progression of those who already have been diagnosed with Alzheimer’s.

The theory is that physical activity achieves this by increasing the amount of the chemicals in your brain that help protect it as well as by helping with blood circulation. It may help protect an area of your brains known as the hippocampus, which is viewed as the “seat of learning and memory.”

Being active may help you maintain more of your cognitive abilities even if you may already have biomarkers or other conditions linked to dementia. People who are active and move have better thinking skills than those that are sedentary (e.g., couch potatoes).

One rationale is that physical activity may help support the brain’s immune system which in turn may delay or alter memory loss from Alzheimer’s disease.

Exercise may help manage blood pressure, which may accelerate the mental decline that often leads to Alzheimer’s disease. In other words, exercising to help lower our blood pressure may help prevent mental decline and the onset of Alzheimer’s disease.

Given that hypertension tends to increase – and cognitive functioning tends to decrease – as you get older, the relationship between the two and what you can do about it become quite important. The bottom line is that high blood pressure impacts your cognitive abilities because it damages your brains.

What is impressive is data that suggests that exercise may slow the rate of mental decline we experience as you age. If you are wondering exactly how much it can slow it down, it may be the equivalent of *up to 10 years* of aging! In other words, if you don’t exercise, your brain may age up to 10 years more than those that do exercise.

Other Things You Can Do

In addition to exercise, things that we can do to help protect our memory and cognitive skills as we age include:

Exercising your mind as well as your muscles. Anything that keeps your mind active and working will fit the bill. Find something mentally challenging *and* enjoyable. Try your hand at crosswords (or the latest online craze, *Wordle*); learn a language; take up a new hobby such as digital photography or needlecraft.

Reducing or stopping recreational marijuana use if you use it. Marijuana may age the brain by nearly three years (which is not what we need if we are trying to protect our memory and cognitive skills).

Being sure to keep up with your friends and family. Social interactions are especially important as you get older and having lively conversations and debates will help keep you on your game.

Don't Forget Nutrition's Important Role

In addition to exercising to help your memory and cognitive skills stay in shape, it's equally important to make sure you're giving your brain the nutrients it needs and in the right amounts. A pro-inflammatory diet that is full of foods that are high calorie, high in sugar, highly processed, and void of nutrients can undermine all your best efforts.

A good example of a healthy brain diet is one that is anti-inflammatory and includes a lot of fresh fruits and vegetables, healthy fats, and lean protein. One great food to consider is the avocado since this fruit is nutrient dense and has healthy fats.

It's also better to try and prepare more meals at home rather than dining out since this gives you better control (and knowledge) of exactly what and how much you are eating.

Also be sure to monitor your magnesium levels. You want to stay in the "sweet spot" with this important mineral since having too much or too little has been linked to an increased risk of dementia.

A good way to check them is to get a comprehensive nutrient test – this way you can make sure your body is getting not only the right amount of magnesium but also all the other nutrients critical to good health.

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6 Summer Plus Size Clothing Styles for Boomer Women

BY STEPHEN HADLEY

Summer might just be the perfect season. The sun is shining, people are smiling and flowers are blooming. Everything seems to pull you outdoors. Enjoy the beauty of these precious months!

Summer is also a great time to update your wardrobe and try something new and stylish. Are you uncertain about showing a little skin this summer, after two years of staying indoors? Perhaps you are afraid that all the bright, light styles of summer are only for thinner women?

No way! You should never give up on summer fashion! Try these six smart, chic, and sexy summer styles that are perfect for plus size women.



Bright Colors

Summer is the time to embrace bright, jewel colors and align them with your **personal style**. Don't let the common belief that "black is slimming" hold you back. Express yourself with pink, turquoise, sky blue, lilac, and other fresh, summer colors.

Do you want to add more color to your outfits but not sure where to start? Small splashes of color here and there will help you gain confidence. Try wearing bright chunky accessories or an aquamarine top with white skinny jeans. Soon you will find the colors that resonate with you personally. You will soon be sporting colorful ensembles that stand out and make you feel vibrant and alive!



Tank Tops

Tank tops are perfect for summer – light, cool, and comfortable. They can be dressed up or down, matched with jeans, leggings, skirts, and slacks. Add a few colorful tank tops to your summer wardrobe, and you'll look and feel fabulous!

Afraid to show your arms? You don't have to hide them! Women, especially plus size women, have been judged and stigmatized for too long about showing their arms. Embrace your beauty and refuse to be invisible. Don't be afraid to show off your arms this summer. What about an open shoulder top like this one? You still get the summer style with a bit more upper arm coverage.



Plunging Neckline

Don't be afraid to show a little skin. Stay cool on those hot, humid summer days and create a slimming vertical line with a plunging neckline. A deep V-neck top is especially flattering for an apple shape body with its wide shoulders and torso, thinner arms and hips. If you want to keep things a bit more conservative? Get the same effect with an open tunic top over a white tank top.



Big Prints

Floral and nature prints are inspired by summer. They fit the season perfectly – whether it’s a tunic top with a big floral stamp or a dress with an understated nature pattern. Again, branch out with bright, seasonal colors. While a more formal event might call for a toned-down print, go big and bold with your style at outdoor festivals, beach getaways, and summer barbecues.



Lightweight Fabrics

High style comes from the smart combination of form and function. To look (and feel) your best this summer, choose lightweight fabrics that breathe easily and won’t stick to your body.

Cotton and linen are best – they stay comfortable even in the dog days of summer. They're also very easy to care for; most can be laundered without any special steps.

Keep in mind, though, that some cotton and linen blends do contain other fabrics. Always check the tags before laundering to keep your garments in top shape.



Summer Layers

Summer layers are simpler and lighter than what you might wear during other seasons. After all, you need to stay comfortable if you're outside in warmer temperatures.

For a transitional outfit – from a casual lunch to a dressy dinner event – summer layers give you the perfect look. Add a lightweight jacket to a basic tank top and skirt for a comfortable outfit with a dressy layered look. Cool night? Add an open tunic top over your colored tank for more coverage without getting hot.

Enjoy the Summer Season

Stay stunning all summer long with these six styles. They're easy to implement and extremely versatile. By mixing and matching your current wardrobe with a few seasonal additions, you'll be able to create a unique and beautiful summer look to express your personal style.

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Meet the Owners of In Home Senior Fitness



We recently interviewed Ashley Becker Trinklein and Stacey Kensinger, the owners of In Home Senior Fitness, LLC a Tampa Bay based business that specializes in serving the senior population.

In addition to being women business owners they are also a Veteran owned small business. Their team of rehab professionals is dedicated to improving each individual's strength, balance, and self-confidence, allowing seniors to live the life they deserve.

What does In Home Senior Fitness provide for seniors?

In Home Senior Fitness provides private pay personal training to seniors in their homes or desired location. Our trainers have extensive backgrounds in geriatric rehab as physical and occupational therapy practitioners and are also certified personal trainers.

How is this different from traditional fitness class or physical therapy services?

We provide a unique service because we are BOTH therapists and senior fitness trainers, which allows a cost-effective way to remain healthy, active, or even recover from an injury or ailment.

How is your business unique to the Seniors market?

We are unique in that we can provide senior fitness/rehab services at a cost-effective price, and we come to you! No equipment necessary.

Tell us about you two as partners. What are your backgrounds and how did you come about starting this business together?

We, Ashley (Occupational Therapy Assistant) and Stacey (Physical Therapist Assistant) met while working together in a skilled nursing facility which also provided home health and outpatient services. We both continued to see the same patients come back again and again because once they were discharged from therapy services, they would lose their strength and experience falls or ailments. So we decided to join forces in creating a way that seniors could continue with their fitness routines in order to decrease their fall risk and likelihood of reoccurring hospitalizations.

What are your challenges in providing your services to the Seniors market?

Some challenges that we face are educating clients on the importance of continuous frequent exercise. Many might be under the assumption that because they don't have a diagnosis or pain, they may not need to work out as often as they should. We try to educate all people on the importance of continuous exercise as prevention to disease and injury.

Can you give an example of how your services and your approach can benefit seniors?

With our extensive backgrounds in geriatric physical and occupational therapy, we can work with those who have complex diseases, as well as pre- and post-surgical clients. We have a wide range of knowledge, which allows us to service low-level capability clients who may have dementia, as well as higher level clients who are healthy and fit and everyone in between.

What are key areas or opportunities for seniors regarding their health or overall life if they use your services?

Increasing independence is key for older adults. Not only can exercise prevent or reduce hundreds of diseases, but it can also lower the need for medications, which can have several side effects, as well as reduce pain and symptoms of existing diagnoses. Our services promote seniors the independence to complete daily tasks, leave their home more safely, or even maintain living in their home longer, saving them money. Another key opportunity is to improve mental health and reduce isolation through continuous visits and promotion of social experiences.

Do you operate just in Florida? Or can you serve seniors anywhere?

Our team is growing and so are our areas of operation! We are currently serving clients in the Greater Tampa Bay, West Central and Central Florida areas. In addition, we can also work with anyone virtually anywhere in the US!

What are your interests and passions?

Our team of trainers has a common interest in staying active and traveling in our free time. We all share a passion for working with the senior population to promote healthy aging.

Find out more about In Home Senior Fitness and Ashley and Stacey at their website:

www.InHomeSeniorFitness.com

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WHEN LOVE ISN'T ENOUGH – WHAT TO ASK OF FAMILY CAREGIVERS

BY MARY LOU HARRIS



On a recent long flight, I happened across a better than average film amongst the airline's offerings. It gave me pause to consider how adamant I might be in making my wishes known about health care when I can no longer care for myself.

The beautifully done film is titled *Amour*. There is a strong love and mutual appreciation between Anne and George. It is a loving story of the life and relationship of a marriage between two aging musicians and music teachers.

What Love Looks Like

In addition to the love between the married couple, the amour clearly extends to their music students. We see how much Anne means to her former student, Alexandre, as they attend a concert where he performs. The scene showing a tender conversation between the adult daughter Eva and George shows the understanding warmth of the father-daughter relationship.

Early on in the film, the couple is having a typical morning conversation over tea when Anne experiences a stroke. It is the beginning of the shattering of the life they knew. On her return from the hospital, she asks George to please not send her back. She wants to receive her care at home. He agrees and with some visits from their doctor and the help of a visiting nurse, he maintains the major care of her.

After a second stroke, he declines additional help from their daughter and dismisses a second shift nurse who he feels was rough and insensitive with Anne. But George's love and desire to protect his wife becomes overwhelming. He finally breaks after soothing her with a story through a bad spell, puts a pillow over her face and smothers her.

How Much Do We Ask?

How does a relationship filled with love, with amour, end like this? How do we ensure, when we make it clear we want to stay in our homes, what we are asking of our caregivers isn't too much?

Have we ever considered how much we would be capable of as caregivers? Are we the type of person who must 'do it all' and close out others, relatives and professionals, where it might be better for ourselves and the spouse or parent we love to consider their recommendations and assistance?

This is the quandary of end-of-life orders. I know now what I would want, but once I am in the position as a patient, I may view things differently. Can we know the amount of stress we are placing on our family or a particular family member as caregivers? Will the anxiety that accompanies a stroke or a heart attack make us more demanding of those who have been closest to us?

Every family is different and each of us is different. It may be worthwhile to consider not only what our wishes for health care may be but how realistic it may be. How well do we know our family members? We may love them dearly, but can we know who will rise to the occasion and who might end up smothering their own lives as they care for us (and hopefully not smothering us)?

This film is worth watching as it is one of the few where the marriage of two older people is treated with such understanding and tenderness. It deserved the numerous awards it received in France and in the USA. Any film or book can be a teaching experience and we likely take away different lessons. My lesson from this one is to treat my family members with love as I make decisions or requests about my care. What are the kindest requests to expect of them and what do I anticipate they can handle?



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A Profile of Katharine Hepburn

Quick Facts

Birthday: May 12, 1907

Died At Age: 96

Sun Sign: Taurus

Also Known As: Katharine Houghton Hepburn

Born Country: United States

Born In: Hartford, Connecticut, United States

Famous As: Actress



Family:

Spouse/Ex-: Ludlow Ogden Smith (M. 1928–1941)

Father: Thomas Norval Hepburn

Mother: Katharine Martha Houghton

Siblings: Marion Grant - Margaret Hepburn - Richard Hepburn - Tom Hepburn - Robert Hepburn

Partner: Spencer Tracy (1941–1967; Tracy's Death)

Died On: June 29, 2003

Place Of Death: Old Saybrook

U.S. State: Connecticut

City: Hartford, Connecticut

Who was Katharine Hepburn?

Katharine Hepburn was an American actress who won a record four 'Oscars' for 'Best Actress' during her illustrious career. She played lead roles in Hollywood for over 60 years. She was a versatile actress and played prominent roles in theater, films, and TV series. Her acting career began on Broadway where her amazing performance earned her roles in Hollywood films. She then went on to establish herself as one of the most prominent actresses of her time. However, success did not come easy to her as she had to struggle for months to land meaty roles. But the gutsy lady never gave up and her perseverance paid off in the long run. Not only did she go on to have a successful career as a stage artist, but also found success as a film actress and became the reigning queen of Hollywood. Though she managed to establish a successful career, she could not overcome a personal tragedy; her beloved brother Tom had died from an apparent suicide and this made the young Katharine moody, withdrawn, and upset. She tried hard to get over her brother's death and found solace in acting. Apart from being an actress, she also served as a role model to young women. With her free-spirited attitude and assertiveness, she represented the modern woman by refusing to give in to the demands of traditional society.

Childhood & Early Life

Katharine Houghton Hepburn was born on May 12, 1907, in Hartford, Connecticut, USA, to Thomas Hepburn and Katharine Martha. Her father was an urologist at 'Hartford Hospital,' while her mother was a feminist campaigner.



Her father helped establish the 'New England Social Hygiene Association.' Her mother was an active participant in the women's suffrage movement and also campaigned for birth control.

Her parents were progressive people who encouraged Katharine and her siblings to think independently.

As a child, she learned to swim, run, dive, and wrestle. She also learned to play tennis and golf. She was a tomboy who kept her hair short.

Tragedy struck her family when her older brother Tom died from an apparent suicide in 1921. Katharine, who was very close to her brother, became very nervous and upset after the incident and even dropped out of school.

Upon her parents' insistence, she enrolled at 'Bryn Mawr College' in 1924. She struggled at college as she was not interested in academic pursuit, but still managed to graduate with a degree in history and philosophy in 1928.

Career

In 1928, she went to Baltimore to pursue a career in acting. Subsequently, she was cast in a small role in Edwin H. Knopf's stage production 'The Czarina.' Her performance was appreciated.

Knopf gave her an opportunity to perform as the leading lady in his production 'The Big Pond.' However, she messed up with her lines on the opening night and was fired. She kept trying and was soon hired as an understudy in Philip Barry's play 'Holiday.' She continued as an understudy for six months.

The first few years of her acting career were very difficult and she was not able to land meaty roles. Nonetheless, Katharine never thought of giving up. Her perseverance paid off when she was chosen to play the lead role in the Greek fable 'The Warrior's Husband.'

'The Warrior's Husband,' which opened in March 1932, turned out to be the big breakthrough that she craved for. The play ran for three months and her role was positively reviewed.

She was offered a role in the 1932 film 'A Bill of Divorcement' opposite John Barrymore. The movie was a hit and she got noticed for her performance. She appeared in 'Christopher Strong' the very next year.

1933 was a great year for the actress. She played 'Eva Lovelace' in 'Morning Glory' and then appeared as 'Jo' in 'Little Women.' Both the films were big hits and earned her several awards.

In spite of establishing herself as a film actress, she yearned to appear again on Broadway. She agreed to act in Jed Harris's play 'The Lake.' The play was a commercial disaster due to Harris's poor direction and Hepburn's image suffered as well.

During the 1930s, her career suffered a big setback. Many of her films like 'The Little Minister' (1934), 'Break of Hearts' (1935), 'Sylvia Scarlett' (1935), and 'Quality Street' (1937) fared poorly at the box office. As a result, the actress's career began spiraling downward.



Determined to get her career back on track, she decided to look for a stage project. She was cast as 'Tracy Lord' in Philip Barry's play 'The Philadelphia Story' which opened to positive reviews in 1939. The show was a big hit and ran for 417 performances.

With her popularity restored, she reprised her role as 'Tracy Lord' in the 1940 movie 'The Philadelphia Story' which was based on the eponymous play. The film was a huge hit and she was nominated for an 'Academy Award.'

Throughout 1940s, several of her movies received negative reviews. She decided to reinvent herself during the 1950s and took up more challenging roles in films like 'The African Queen' (1951) and 'Pat and Mike' (1952).

Her career during the 1960s was interrupted due to personal issues and commitments. During the 1970s and 1980s, she remained focused on her career and acted in several films and Broadway productions. She also appeared on television during this time.



She was very active in films, television, and stage even during her later years. She made her last appearance in the television movie 'One Christmas' in 1994.

Major Works

She portrayed an aspiring actress in the drama film 'Morning Glory.' This role was critically acclaimed and helped her win her first 'Academy Award.'

She appeared in 'Guess Who's Coming to Dinner' along with Spencer Tracy and Sidney Poitier. The film was about interracial marriages—a sensitive issue at that time.

The film 'The Philadelphia Story' helped her resurrect her declining career. A romantic comedy, the film was based on a Broadway play of the same name. The film was nominated for six 'Academy Awards.'

Awards & Achievements

She holds the record for winning the most number of 'Academy Awards' under the 'Best Actress' category. She was bestowed with the award four times for her performance in 'Morning Glory,' 'Guess Who's Coming to Dinner,' 'The Lion in Winter,' and 'On Golden Pond.'

'Screen Actors Guild' honored her with the 'Lifetime Achievement Award' in 1979.

Personal Life & Legacy

She married Ludlow Ogden Smith, a businessman, in 1928. However, she was never committed to the relationship and divorced him in 1934. She never married again.



She had a long-term relationship with her co-star Spencer Tracy. Their relationship is often counted among Hollywood's legendary love affairs. Tracy was already married, but estranged from his wife. Hepburn took a break from her career to take care of Tracy during his final years.

She lived a long and productive life. She suffered from several health problems during the last few years of her life and died due to cardiac arrest at the age of 96 in 2003. Her mortal remains were buried at 'Cedar Hill Cemetery' in Hartford.

Trivia

She was once criticized for "having no sex appeal."

This legendary actress is named in Encyclopedia Britannica's list of '300 Women Who Changed the World.'

Katharine Hepburn Movies

1. The Philadelphia Story (1940) * (Romance, Comedy)
2. The African Queen (1951) * (Adventure, War, Romance, Drama)
3. Bringing Up Baby (1938) * (Comedy, Romance, Family)
4. Guess Who's Coming to Dinner (1967) * (Comedy, Drama)
5. The Lion in Winter (1968) * (History, Biography, Drama)
6. On Golden Pond (1981) * (Drama)
7. Adam's Rib (1949) * (Drama, Comedy, Romance)
8. Holiday (1938) * (Comedy, Romance)
9. Stage Door (1937) * (Comedy, Drama)
10. Desk Set (1957) * (Romance, Comedy)



Awards

Academy Awards(Oscars)

1982 Best Actress in a Leading Role

On Golden Pond (1981)

1969 Best Actress in a Leading Role

The Lion in Winter (1968)

1968 Best Actress in a Leading Role

Guess Who's Coming to Dinner (1967)

1934 Best Actress in a Leading Role

Morning Glory (1933)

Primetime Emmy Awards

1975 Outstanding Lead Actress in a Special Program -
Drama or Comedy

Love Among the Ruins (1975)

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What Happened in 1956

Thepeopleshistory.com

Cost of Living 1956

Yearly Inflation Rate **USA** 1.52%
Average Cost of new house \$11,700.00
Average Monthly Rent \$88.00
Average Yearly Wages \$4,450.00
Cost of a gallon of Gas 22 cents
Average Cost of a new car \$2,050.00
Ground Coffee per LB 85 Cents
Average House Price 2,280

1956 - the increase in living standards and the focus on education helped to fuel the increase in college education with 1 in 3 high school graduates now going off to college. TV shows included "As The World Turns" and "The Price is Right". Mothers could now buy disposable diapers and teflon non-stick Frying Pans. Elvis Presley appears on the Ed Sullivan show and enters the music charts for the first time, with "Heartbreak Hotel".



Egypt Suez Crisis - Suez Crisis caused by the Egyptian Nationalization of the Suez Canal.

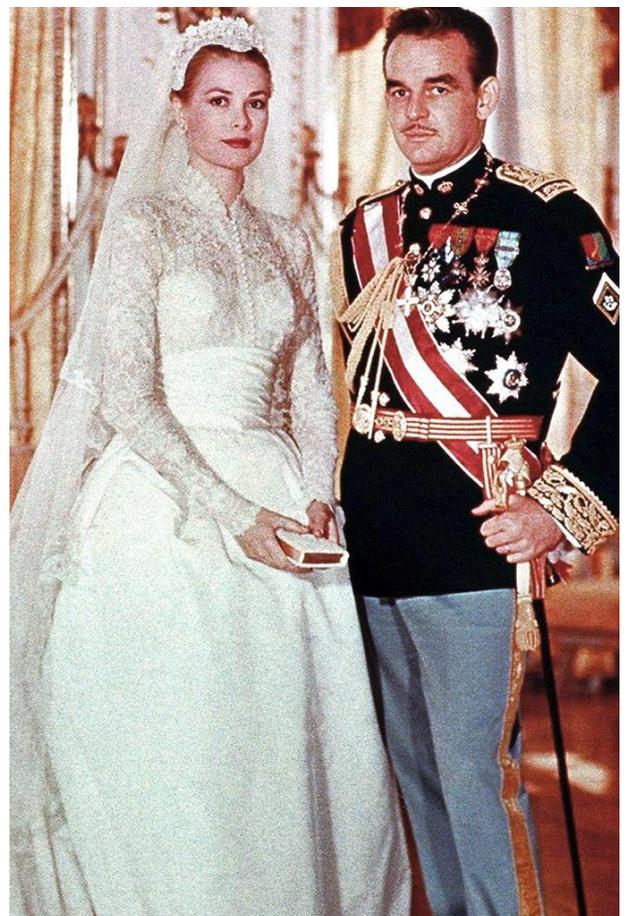
The Ten Commandments -The epic film "The Ten Commandments" premieres.

Elvis Presley First Hit "Heartbreak Hotel"- Elvis Presley releases his first hit.

"As the World Turns"- The first half-hour serial "As the World Turns" begins on CBS.

"My Fair Lady"- "My Fair Lady" opens on Broadway starring Julie Andrews as Eliza Doolittle and Rex Harrison as Professor Higgins.

Grace Kelly marries Prince Rainier - The Movie star Grace Kelly marries Prince Rainier of Monaco and becomes Princess Grace of Monaco



1956 Men's and Women's Fashion Clothes



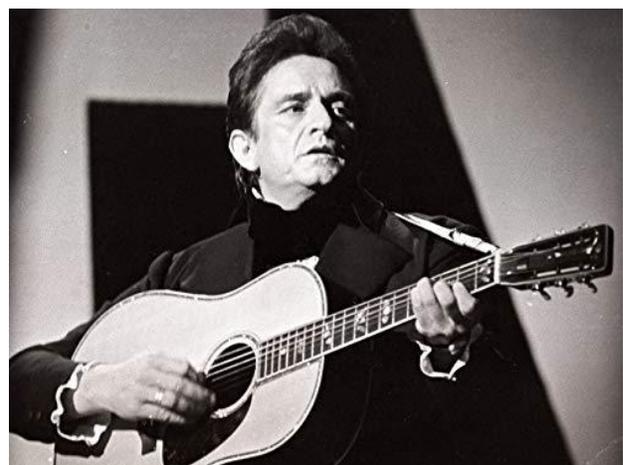
Popular Films

- Guys and Dolls
- The King and I
- Trapeze
- High Society
- Around the World in Eighty Days



Popular Musicians

- Elvis Presley
- Bill Haley and the Comets
- Chuck Berry
- Jerry Lee Lewis
- Johnny Cash
- Ella Fitzgerald
- Dean Martin



Is Someone Watching? 7 Signs Your Phone or Computer is Infected with a Virus or Keylogger

BY KIM KOMANDO, KOMANDO.COM

The smartest hackers aren't the ones who hack the most systems — they're the ones who never get caught. If they're clever and stealthy enough, a hacker can leave your system filled to the brim with malware or weird ads, confuse your friends and relatives with shady emails, and even drain your bank account dry.

The worst part? It's usually our poor cybersecurity practices that make hacks easier to pull off. And with the rising number of data breaches occurring each year, all signs point to even more attacks. [Tap or click here for 5 security mistakes you're probably making.](#)

No matter what device you use, a hacker with enough gumption and know-how can break in. Here are some surefire ways to know if your system has been hacked and what you can do to fix or prevent it:

Protecting all your devices

Before we jump into the warning signs, a word of wisdom: Cybercrime is expected to rake in \$6 trillion globally in 2021. Hackers are smarter than ever, and more than 90% of malware changes constantly to evade detection. You need the right software to keep you safe. Hoping for the best won't cut it anymore.

Worried your system has been compromised? Look for these warning signs.

1. Slowed to a crawl and too hot to be bothered



© Mikovasa | [Dreamstime.com](https://www.dreamstime.com)

Malware tends to eat up a lot of system resources. After all, it's an extra piece of unwanted software — one that intentionally runs your system dry. Programs on your computer can get sluggish or lag, and by the time you finally notice, it may already be too late.

If your computer is working overtime to handle the unwanted software, that can cause it to heat up. This can be dangerous for the health of your tech.

Internal components can melt or become damaged when a device gets too hot. Excessive heat also wears out the mechanical components of your device, such as its fans. A device that runs cool will last for much longer. [Tap or click here to see how to keep your gadgets cool.](#)

Here are some handy tools to pinpoint malicious applications on your computer. If your desktop or laptop is running hot and a program you don't recognize is hogging your system resources, there's a good chance it's malware.

PC: Use Task Manager

There are a few key ways to see what processes your computer is running. Windows allows users to see them easily with the built-in Task Manager. Just use the keyboard shortcut **CTRL + SHIFT + ESC** to get to the **Processes tab**.

Windows' Task Manager lists your computer's current tasks, like programs, processes and app behavior, and how much processing power they're using. This is usually measured in Central Processing Units or CPUs.

To start, open Task Manager and check each process's CPU and memory columns. You might find one program using 100%, or close to it, of your CPU. Open up the program associated with the process and see what it's doing.

If you don't recognize the name, Google it. Check online to ensure it's a legitimate app or process; otherwise, restart the task and monitor it. If you see performance decrease again, you may have found your culprit.

Mac: Use Activity Monitor

The Mac equivalent to Task Manager is the Activity Monitor. And the quickest way to access Activity Monitor is by using Spotlight Search.

Click the **magnifying glass** on the right side of the menu bar at the top of your screen, or press **Command + Spacebar** to open a Spotlight window. Then, start typing the first few letters to auto-complete "Activity Monitor." Press **Enter** to access the tool.

Like Windows Task Manager, Mac's Activity Monitor displays a list of all your open processes with tabs for CPU, Threads, Idle Wake Ups and Network usage. If you see something using too many resources, research it, reset it and keep a close eye on it.

Smartphones

Are you experiencing sluggishness and heat on a smartphone? This isn't always due to malware, though that could be the culprit. Smartphones tend to heat up and slow down with age, and processes that used to work smoothly can bog down the phone as updates become more demanding.

Consider how old your phone is before you jump to any conclusions. Still, ruling out malware can give you peace of mind. Your best bet is resetting the phone to clear its memory banks. We'll go over how to do this in more detail below.

2. You're using way more data than usual

Adware-infected gadgets usually perform unsolicited clicks in the background to generate profits for cybercriminals. These stealthy tactics use up bandwidth and the unauthorized data they consume should be fairly easy to spot by simply checking usage stats. Here's how to do it.

Every internet provider has tools that keep track of your monthly bandwidth consumption. Visit your service provider's website, log in and go to the user portal.

Look at **Data Usage Meter** or **Data Monitor**, depending on your provider. Compare the amount of data used from the prior months. Small changes are normal, but if you notice sudden spikes in data activity that don't align with your behavior, chances are you're infected.

You can do the same check on your smartphone.

To check data usage on an Android, open the **Settings** app and tap **Network & internet**, followed by **Data usage**. Under **Mobile**, you'll see how much data you use for the month.

To check data usage on iPhones, open the **Settings** app and tap **Cellular**. If you're on an older version of iOS, open **Settings** and tap **Mobile Data**. You'll see your cellular data listed under **Usage**, as well as the individual data usage for each app or service on your phone.

3. Videos refuse to buffer and webpages take forever to load

When a streaming video suddenly freezes and your device appears to be "thinking," this is called buffering. Despite being annoying, it's totally normal — especially if you play a lot of videos or your Wi-Fi connection is weak.

But if it's happening often or videos fail to play, you're wise to suspect neighbors are piggy-backing on your connection. [Tap or click here for steps on how to check for Wi-Fi thieves.](#)



Malware can also slow down your internet traffic through DNS hijacking. When this happens, hackers redirect your

internet traffic to unsafe servers instead of secure ones.

This will not only slow down your browsing experience but can also put your security at risk.

An excellent way to tell if your DNS settings have been hijacked is if the pages you end up on are different than the addresses you entered. Imagine attempting to visit your bank's website and ending up on a shabby, typo-filled version of the page with no encryption. Red flag alert!

To check your router's DNS settings, you can use online tools that offer advanced hijacking protection, like [Cloudflare](#) or [Quad9](#). [Tap or click here to find out how to make your router hacker-proof.](#)

4. Programs and apps start crashing

Programs crashing frequently is a common sign things aren't right. This goes double if your antivirus software and task manager are crashing or disabled. This can mean a nasty virus has taken hold of your files.

In a worst-case scenario, ransomware-type malware can even prevent you from opening your favorite files. But a tried and true method to diagnose and fix the problem is booting your gadget in Safe Mode.

With Safe Mode, your computer runs with just the bare essentials. That way, you can safely delete and uninstall any programs and files you wouldn't be able to access otherwise.

Windows:

On Windows, click the **Windows logo key + I**. This opens **Settings**. Choose **Update & Security**, then **Recovery**. Under **Advanced startup**, choose **Restart now**. After your computer restarts to the **Choose an option** screen, click **Troubleshoot > Advanced options > Startup Settings**, then **Restart**.

After it restarts again, you'll see a list of options. Choose **4** or press **F4** to start in **Safe Mode**. If you need to use the internet, choose **5** or press **F5** for **Safe Mode with Networking**. To exit Safe Mode, just restart your computer.

macOS:

On a Mac, start or restart your computer and immediately press and hold the **Shift**. Keep holding the key until the **Apple logo** appears and release when you see the **login screen**. To exit Safe Mode, restart your computer.

Android:

Android has its own version of Safe Mode. Due to the varying models of Android phones, each one has different steps. Learn how to access Safe Mode for your model [here](#).

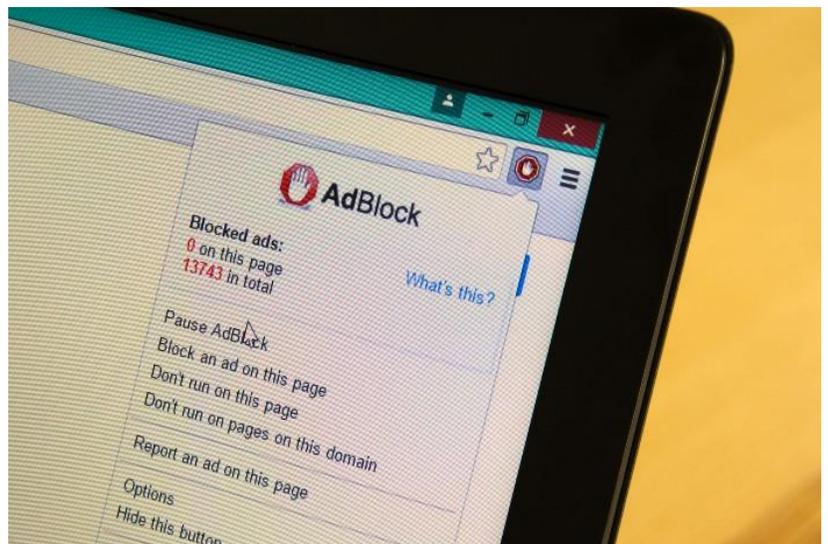
iOS:

iOS doesn't have a Safe Mode, but you can try what's called a **soft reset** to fix most issues. To do this on older iPhones, press and hold your iPhone's **Home** button and the **Sleep** button at the same time. Wait for it to restart, then release the buttons when the Apple logo displays.

The iPhone X and later models don't have Home buttons, so the process is a bit different. Press and quickly release the **volume up** button, press and quickly release the **volume down** button, then press and hold the **side button** and release when the **Apple logo** appears.

5. You start seeing pop-up ads

Malware can add bookmarks you don't want, website shortcuts to your home screen that you didn't create and spammy messages that entice you to click them. In addition to slowing down



your gadget and eating away at your data, these intrusive notifications can also install *more* malware on your system.

Criminals can also use DNS hijacking to modify the ads you see while browsing. Instead of the normal sponsored ads that you see all over the web, you might see pornographic or malicious ones. This is a huge red flag that somebody's messed with your system.

On Windows, certain programs can help you eliminate adware and spyware. One example is [Norton Power Eraser](#), which can help you find stubborn bits of software that antivirus programs can miss.

Since adware tends to embed itself deeply in other programs, Power Eraser is useful to clean out your system without harming other files. [Tap or click here to learn more.](#)

On a Mac, [Malwarebytes for Mac](#) gives you free system cleaning services and can help you remove problematic malware that hijacks the ads you see.

6. Your gadget suddenly restarts

Automatic restarts are part of normal tech life. Software updates and new application installs can prompt you to reboot your computer, tablet or phone. Your system will typically warn you when these resets happen, and you can usually delay or postpone them if they're inconvenient.

But *sudden* restarts are a different story. Installing software usually requires you to reset your system, and a hacker installing malware may force a restart to complete the infection. If your PC experiences a sudden reboot for no apparent reason, it's a good idea to perform a scan just in case.

With Windows 10, there's a free malware detection and extraction program called **Microsoft Windows Malicious Software Removal Tool**. It's part of Windows' built-in security suite and is capable of finding and eliminating most threats.

The only catch is you need to keep Windows up to date to enjoy the latest malware protections and definitions. We recommend a full scan at least once a month to prevent your computer from running into trouble. After all, the only thing worse than a malware infection is letting one linger on your system.

7. Unexplained online activity

It should come as no surprise that hackers are after your usernames and passwords. These details, coupled with social engineering tricks, can help them gain access to your banking accounts, social media profiles and just about every other part of your digital life.

Keep an eye on your email's "sent" folder and on your social network posts. If you notice emails and posts you don't remember sending or posting, you may have been hacked. Vigilance is key to staying safe.

You should check your accounts on a regular basis for unauthorized activity. This includes monitoring movies in your Netflix watch history, app and digital purchase history, songs on your Spotify playlists and, most importantly, your bank statements. Unknown charges are one of the biggest red flags of all.

If you find someone is pretending to be you and is buying things in your name, don't panic. There are actions you can take, such as performing a credit freeze, that locks down your identity and can prevent anyone else from opening accounts in your name. In the end, our cybersecurity is only as strong as our will to enforce it. Let's not give hackers a chance to mess things up.

THE BEST GRILLED SHRIMP

By Alyssa Rivers, therecipecritic.com

The BEST Grilled Shrimp is the perfect weeknight meal because it is super quick, full of flavor, and so easy to make. Everyone will absolutely love and devour it!!

Grilled Shrimp Recipe

Grilling shrimp is a great way to cook this very popular seafood. The grill gives them a fantastic smoky flavor and adds to the perfect tangy spices of the marinade. Due to the size of the shrimp, you will need to put them on skewers so they won't fall through the grate. I prefer jumbo shrimp for size but this will also work well with smaller size of shrimp. The marinade is that best part of the shrimp and takes them to the next level!

This shrimp recipe is perfect for a quick meal during the week or a side dish along with steak or lobster. Marinating them is simple and so worth the juicy, flavorful result. This is the best grilled shrimp I have had in a long time. It will be a go-to meal for a long time to come too!

Shrimp Ingredients:

For the best results, marinate the shrimp ahead of time. This marinade is so simple to make and many of the ingredients are things you will already have as staple ingredients. The savory and tangy juices combined with the grilled shrimp is amazing!

- **Jumbo Shrimp:** You will need about a pound peeled and de-veined. Either frozen or fresh will work, but I prefer using fresh so I can skip the thawing process and get the best flavor possible.
- **Salt and Pepper:** Add salt and pepper to taste before soaking the shrimp in marinade.
- **Red Wine Vinegar:** Adds a tangy taste and tenderizes the
- **Garlic Cloves:** Rich depth of flavor
- **Italian Seasoning:** Use a store bought mix, or make your own by adding a pinch of basil, oregano, rosemary, and thyme.
- **Lemon Juice:** The acidity will help break down the shrimp and tenderize it.
- **Soy sauce:** Either regular or low sodium will work great, it is just up to your preference.
- **Dijon mustard:** Bold flavor and a bit of acid to tenderize.
- **Worcestershire sauce:** Adds savory, sweet and tangy flavors to the marinade.

Grill Up Some Shrimp!



If you are in need of a quick meal for a weeknight, this grilled shrimp is a fantastic option. It cooks up so quickly. Whisk up this tangy marinade and impress your family with all the flavors. Then, just grab your shrimp and toss it on the grill, and its done in less than 5 minutes!

1. **Season and Marinate shrimp:** Salt and pepper the shrimp. In a medium sized bowl combine olive oil, red wine vinegar, garlic, Italian seasoning, lemon juice, soy sauce, Dijon Mustard and Worcestershire sauce. Add the shrimp and let marinate for at least one hour or overnight.
2. **Grill Shrimp:** Preheat grill to medium high heat. Thread the shrimp on the skewers. Place on the grill. Grill on each side for about two minutes or until no longer pink.



What to Serve with Shrimp:

I love to pair this grilled shrimp with some thin angel hair pasta and my amazing [Homemade Alfredo Sauce](#). A quick salad and some steamed veggies on the side are also a great pairing. My family loves the combination and fills us all up, even the teenage boys.

The good thing about this grilled shrimp is that it goes with anything really, but if you need a few ideas to get you started, here are my suggestions...

- **Rice or quinoa**
- **Pasta**
- **Scalloped potatoes**
- **Baked potatoes**
- **Salads**
- **Steamed vegetables or vegetable skewers**

Tips to Make the BEST Grilled Shrimp:

- **Do not overcook:** Shrimp are fully cooked when they turn a pink color and look opaque and white on the inside. Pull them off the grill as soon as they are done.

- **Rinse:** Clean your shrimp before cooking them. Rinse in cold water to remove any debris, pieces of shell, etc.
- **Cook from frozen:** Save yourself time and cook your shrimp directly from frozen. No need to thaw first.
- **Pre-cooked shrimp:** You can grill pre-cooked shrimp. Essentially you will just be heating them on the grill so it will take less than cook time. You just want to leave them long enough to warm them.

How to Store Shrimp:

Properly storing your shrimp before, during, and after grilling is very important. Bacteria grows very quickly at temperatures between 40-140 degrees. You will always want to think about keeping your food either colder than 40 degrees or warmer than 140 degrees. Food should only be left at room temperatures for a maximum of 2 hours.

Grilled shrimp storage should follow these guidelines:

- **Tightly pack:** Store shrimp in a shallow airtight container or heavy-duty aluminum foil or plastic wrap.
- **Refrigerator:** 3-4 days cooked, 1-2 days raw
- **Freezer:** 3 months cooked, 3-6 months raw
- **To re-heat cooked shrimp from frozen:** Thaw in the refrigerator and then keep 3-4 days max before cooking. Do not re-freeze. If you thaw in the microwave or in cold water, it needs to be eaten right away, then discarded.

Ingredients

- 1 pound jumbo shrimp peeled and deveined
- salt and pepper
- 1/2 cup olive oil
- 1/4 cup red wine vinegar
- 3 garlic cloves minced
- 1 Tablespoon Italian seasoning
- 1 Tablespoon lemon juice
- 2 Tablespoons soy sauce
- 1 teaspoon dijon mustard
- 1 Tablespoon Worcestershire sauce

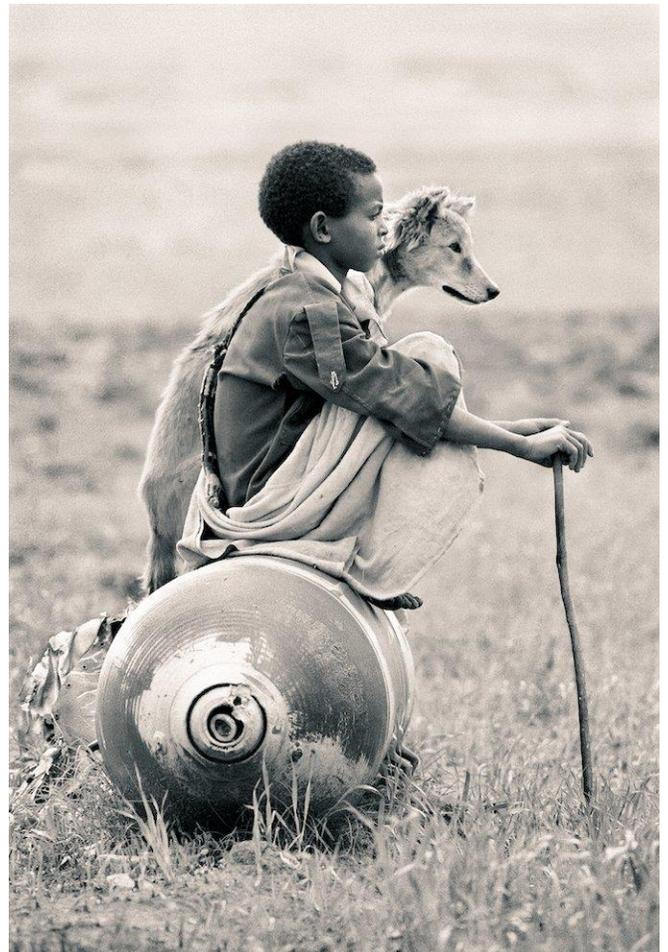
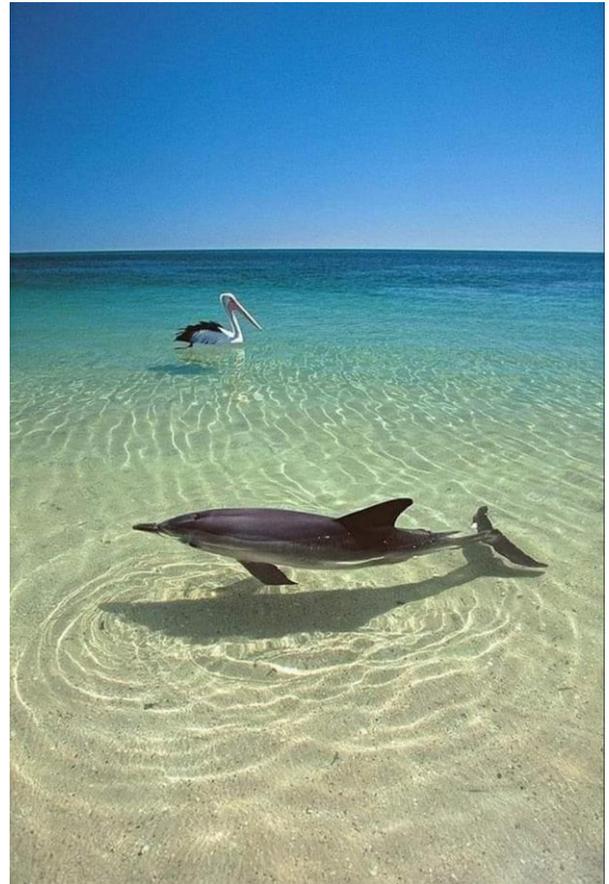
Instructions

Salt and pepper the shrimp. In a medium sized bowl combine olive oil, red wine vinegar, garlic, Italian seasoning, lemon juice, soy sauce, Dijon Mustard and Worcestershire sauce. Add the shrimp and let marinate for at least one hour or overnight.

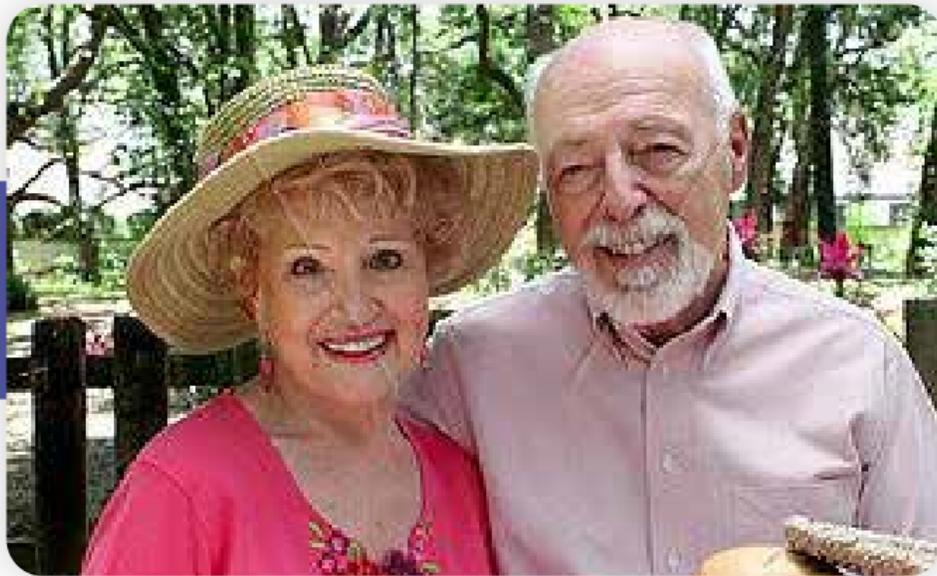
Preheat grill to medium high heat. Thread the shrimp on the skewers. Place on the grill. Grill on each side for about two minutes or until no longer pink.



The Dakota Studios



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