

# SOUTHSIDE BOOMERS

A DAILY JOURNAL PUBLICATION

Fall 2022

## *Hitting a sweet note*

Franklin retiree  
combines love  
of music,  
woodworking



Hone your driving skills with AARP // Cruises offer accessible options

# SOUTHSIDE BOOMERS

Fall 2022

## ON THE COVER



Mike Crute displays one of his hand-made dulcimers at his Franklin home.  
Photo by Warrie Dennis

Southside Boomers is published by the **DAILY JOURNAL**  
30 S. Water St.  
Second Floor, Suite A  
Franklin, IN 46131

For editorial content, contact Amy May in the Daily Journal special publications department at 317-736-2726 or by email at [amay@dailyjournal.net](mailto:amay@dailyjournal.net)

For advertising content, contact the Daily Journal advertising department at 317-736-2730

All content ©2022 Daily Journal. All rights reserved. No portion of this publication may be reproduced in any form without permission from the publisher, except as permitted by U.S. copyright law.



## *All inclusive*

Having a disability does not mean you can't enjoy traveling.

PAGE 8

Driving courses help ensure safety as we age

PAGE 10

Column: A tricky bathroom situation

PAGE 15

Health: Self-care for better mental health, happiness

PAGE 17

Pets: Go green with your pet food and care

PAGE 18

Food: Learn the art of mindful eating

## FAMILY



# Send a heartfelt, last message in an ethical will

STORY BY FAMILY FEATURES | PHOTO BY GETTY IMAGES

When you're organizing your end-of-life affairs, preparing a will is likely high on your list of priorities. What you may not realize is that there are different kinds of wills.

A last will and testament is probably what you think of first; it's a legal directive about how your assets should be handled upon your death. An ethical will, on the other hand, isn't a legal document at all. It's a way for you to convey thoughts, life lessons learned, the intentions behind your will and wishes for your loved ones.

If you think you'd like to prepare an ethical will, here are some tips from RememberingALife.com, an online resource from the experts at the National Funeral Directors Association, to guide you in the process:

**Decide on your format.** An ethical will can be written, but it can also be delivered via audio or video. There's not a right or wrong approach; it depends on how you're most comfortable communicating. One consideration is your comfort level with audio or video editing. Unless you're confident you can say what you want, the way you want in one pass, you'll need some basic editing skills to ensure your message is conveyed exactly as you wish.

**Determine your purpose.** Ethical wills can serve many different purposes. You may use it to convey your love and appreciation to your loved ones or to

mend fences you weren't able to while alive. Your ethical will can also be a way to share your values, what you've learned in life and your dreams for those you hold dear. It may even be your chance to share the secret ingredient in a beloved family recipe.

**Gather your thoughts.** Drafting an ethical will can be an emotional process, so organizing what you'd like to say ahead of time can help keep you focused. Make notes about the points you'd like to share, adding details or embellishments as you wish. However, take care to avoid saying anything in your ethical will that contradicts your legal will.

**Start writing.** Even if you ultimately plan to record your ethical will, writing out what you plan to say can be a good idea. Remember this isn't a formal dissertation or award-winning novel, so convey your thoughts freely. Clarity is important, but don't be afraid to let your personality, humor and other characteristics shine through.

**Edit yourself.** Preparing an ethical will is no small undertaking, and chances are, over time, you'll want to change or add to your original draft. Take your time and revisit your draft as often as you need to capture everything you want to say.

Find more resources to support you and your family in your end-of-life planning at RememberingALife.com.



## Cremation Services Your Family Can Trust

Because we own and operate our own crematory in Indianapolis, you'll find peace of mind knowing your loved one never leaves our care. We can also help your family plan a traditional memorial service for your loved one. Tell us what your preferences are, and we will explain the options for a meaningful tribute.

When you need us, we're nearby.

  
**St. Pierre Family**  
Funeral & Cremation Services  
Caring Since 1897

*Live well. Leave well.™*

[stpierrefamilyfuneral.com](http://stpierrefamilyfuneral.com) • (317) 881-2514

Wilson St. Pierre  
Greenwood Chapel

Wilson St. Pierre  
Franklin Township

Singleton  
& St. Pierre



# MAKING SWEET SOUNDS

## Woodworking is instrumental in local retiree's life

STORY BY CHERYL FISCUS JENKINS | PHOTOS BY WARRIE DENNIS

The strings resemble a sound often heard in the backwoods of Tennessee and quietly calm the most hectic of days. Boasting a personality of softness and grandeur, the detail of each instrument tells a musical story and brings pleasure to the ears.

With names such as Cherish and Ark, handmade dulcimers fill Mike Crute's Franklin home as he molds and shapes the wood for various pitches. He made his first dulcimer in 1987 from a kit he purchased in the Smoky Mountains and has since crafted 100 or so instruments, mostly from scratch, for friends and family.

Crute calls himself an amateur dulcimer maker, but workmanship of the instruments speaks volumes, along with awards he's acquired at the Johnson County 4-H and Agricultural Fair. He became musically inclined at age 12 and besides the dulcimer also plays guitar, harmonica and panpipe.

Music and woodworking are hobbies that helped transition him from a lengthy productive career in newspaper advertising to a more laid back retirement. Crute retired from the Daily Journal in 2014 as a senior account executive.

"What I like to do is to experiment with design, shape and sound," he said. "I like working with wood. It is relaxing."

The term dulcimer means "sweet sound," and Crute displays that expectation as he strums favorite hymns such as "Amazing Grace" and "The Old Rugged Cross." He plays dulcimer and guitar at Victory Baptist Church of Whiteland, where he and his wife, Sherry, are very involved longtime members. He enjoys occasionally playing with other musicians there, including his granddaughter on violin.

Friend and Victory Baptist Pastor Mark Felber said the dulcimer brings

*Continued on Page 6*

Left: Mike Crute of Franklin displays some of the dulcimers he's made over the years. He picked up the hobby in 1987 and has made about 100 of them since.



**Gorgeous Independent Living Cottage Homes for Seniors!**  
Everything you need in one place!

**Call us today at 317-736-1156 to schedule a tour!**

- Single and Duplex Homes
- 1, 2 or 3 Bedrooms
- Enjoy a maintenance-free lifestyle
- Quiet, park-like neighborhood
- Conveniently located to downtown shops & restaurants in Franklin
- Access to clubhouse, indoor pool, Pickle ball courts and wellness center
- Sidewalks, Walking paths, and 2 stocked ponds
- Woodworking Shop, Greenhouse, Art Studio and more



Look What's New at Otterbein Franklin!

CALL FOR DETAILS!  
317.736.1156

1070 W. Jefferson Street • Franklin, IN 46131  
otterbein.org/franklin







Above: Crute displays one of his creations. Opposite page: The friendship dulcimer is made for two people to play at once. Many of his handmade instruments have been given to family and friends all over the world.

excitement among the congregation when played during special musical presentations. Churchgoers take note of its soothing sound.

“Because it’s such an unusual instrument, everybody just sits up to watch because it is so unique,” he said. “It’s a beautiful sound. He plays it very well.”

Crute tells a story about creating a dulcimer named Humility that was supposed to be his pride and joy with its rich walnut wood finish and presumed great sound. Defects and issues in creating it became a problem, though, so he strived to salvage the project and make the most of its instrumentation.

“About everything that could go wrong went wrong,” he said. “I use this sometimes in church to remind me that I’m not playing for myself and to be humble.”

Dulcimers come with a variety of strings, shapes, sizes and sounds. Some have a higher pitch and others lower. They can be tuned seven different ways, Crute said, and made with several types of wood. They can also be plucked, struck or played with a bow. Inlays of snowflakes, hearts and crosses make his instruments even more unique.

Some of Crute’s creations resemble a banjo, often called a dulcijo. Another one is called a friendship dulcimer where two people play the instrument together while facing each other. The hammered dulcimer is always a popular pick with a small mallet striking the strings.

Sherry enjoys her husband’s hobby and prefers a rich dulcimer sound. They were both enamored upon initially hearing the instrument while vacationing in Tennessee.

“Keeps him off the streets,” she said.

The panpipe is Crute’s newest musical interest, recently reciting “How Great Thou Art” on it. He also enjoys more secular tunes such as “Red River Valley” and “The Sound of Silence.” Instead of making more instruments now, Crute wants to become more proficient in playing — learning pieces by ear rather than by reading music.

Relaxing tunes, often played by Crute on the porch in the evening while Sherry reads, brought the couple through his difficult battle with cancer four years ago and stressful work days during his career. Though he doesn’t

sell the dulcimers, he enjoys knowing friends and family have them to play in places as far away as Australia, California, Chicago, Arizona, Kentucky and Hong Kong.

Family friend Jayne Yount has known Crute since childhood and reacquainted with him and Sherry over a shared interest in dulcimers. Yount's late spouse, Eddie, had bought her one some time ago, which she is now learning to play. The Franklin resident appreciates the workmanship going into each dulcimer. She cherishes the Swedish door chime Crute made for her with Needham Elementary School carved into the wood, honoring her many years as a teacher there.

"He's just so kind, giving and fun loving," Yount said. "He's such a talented craftsman and musician."

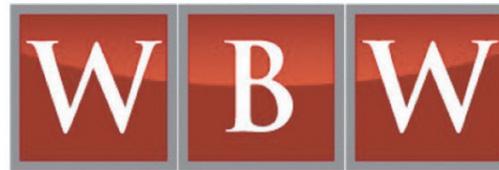
After spending 40 years alongside the Crutes serving in the church, Felber agrees.

"Mike is a very kind, thoughtful man who loves to serve others," he said. "He very much has a servant's heart."

The Crutes celebrated their 51st wedding anniversary this summer. They have two children and 11 grandchildren. Together, they have a collection of fun items such as lighthouses and uniquely detailed tea pots and cups. A Swedish door harp chimes as people enter their home.

The house features woodworking projects with tables, cabinets, a grandfather clock and a couch among the many creations. Sherry decorates the items with cushions and quilts, which she loves to sew.

"We've always kind of worked together that way," Crute said. "This has been an outgrowth for my love of woodworking."



## WILLIAMS BARRETT & WILKOWSKI LLP

### ATTORNEYS AT LAW

- Business Services
- Medicaid Planning & Elder Law
- Estate Planning, Administration & Litigation
- Civil Litigation & Appeals
- Commercial Law
- Trusts
- Advance Directives
- Real Estate, Land Use & Zoning

WILLIAMS BARRETT & WILKOWSKI, LLP  
600 North Emerson • Greenwood, IN (Near I-65 & County Line Road)

**(317) 888-1121 • [wbwlawyers.com](http://wbwlawyers.com)**



# HIT THE ROAD, JACK

AARP courses help seniors retain safe driving skills

STORY BY BOB BROMLEY | PHOTO BY ADOBE STOCK

Safe driving can be a challenge for all drivers, but for the older motorist experiencing declines in vision, hearing, flexibility and strength, the risks may be greater. The AARP Smart Driver course, the largest driver safety program in the United States, is designed to help drivers 50 and older continue to drive safely for as long as possible.

The number of people age 50 and older in the United States has grown significantly in the past decade, and will continue to increase more rapidly than any other age group. As a result, one in four drivers will be 65 or older by the year 2030, according to the U.S. Census Bureau.

According to information from the AARP, older drivers have the lowest crash rate per licensed driver of all driving age groups, with crash rates continuing to drop. However, older people injure more easily than younger drivers and are more likely to die when severely injured in a crash.

“When you’re older, even a minor accident can be devastating,” said Wayne Wiese, of the AARP Driver Safety Program. Wiese, a volunteer, currently serves as the interim state coordinator for Indiana and Iowa along with his regular duties as state coordinator for Wisconsin.

The Smart Driver Course in Indiana is four hours, divided into six

units. One of the topics covered in the course is how the changes you have personally experienced can affect your driving, Wiese said. Examples include the effects of medication on driving, changes in eyesight and the ability to turn your head, and other physical changes. The course also looks at the vehicle itself, including the proper use of safety belts, air bags, anti-lock brakes and new technology found in cars today. Driving strategies are also covered, Wiese said, looking at such things as techniques for handling left turns, right-of-way, and roundabouts.

Wiese, who has himself taught 60 Smart Driver classes, says that the instruction does not shy away from sensitive subjects.

“We look at the future, and when you might consider not driving, or at least making modifications,” he said.

Modifications could include not driving at night, or not driving on the interstate or in big, congested cities, Wiese said.

Wiese noted that participants overwhelmingly report positive experiences in the course, which takes place entirely in the classroom.

“People walk out of class saying that they have learned something new,” he said.

Wiese credits AARP’s volunteer teachers for the program’s success.

One of those volunteers is Dr. Richard Huber, who has taught the AARP driver course in Johnson County for the past 19 years. At the time the pandemic shut down in-person courses, Huber had taught 199 driving courses for the organization.

“I wondered: am I stuck on 199?” he joked. In-person classes resumed in the spring of this year, and Huber has now surpassed the 200-class mark.

Huber won the AARP Indiana Andrus Award for Community Service in 2021, which is the organization’s prestigious award for volunteer work, for his considerable community service that extends well beyond his work for AARP Driver Safety.

Huber, 85, said he greatly enjoys teaching, and plans to do it for another 3 to 5 years. He enjoys the give and take of the courses, saying that he learns something

from each class.

“I learn something from the other people in the class, because everybody has had unique experiences and it’s nice to hear about those,” he said.

Huber, a retired family medicine physician from Greenwood, said he tries to make the lessons learned in the classroom stay with the person well after class has

ended.

“I try to get them to tell me a few things that they learned and that they will be working on,” he said.

According to a national survey AARP conducted in 2016, 93 percent of class participants reported changing at least one key driving behavior for the better as the result of taking the course and 83 percent said they felt that information learned in class prevented them from being in a crash.

While becoming a safer driver seems to be the outcome for many people taking the course, a significant number of participants report saving money as a motivator for taking the course in the first place, Wiese said. In 34 states and the District of Columbia, automobile insurance companies are required to provide a premium discount to participants who complete an approved driver safety course. Indiana is not one of those 34 states, instead making it optional for insurance companies to provide a discount. Wiese recommends checking with your insurance company.

But whatever the motivation for taking the course, Huber said he is happy for the opportunity to reach people.

“I enjoy sharing information and knowledge with other people,” he said. “It is a joy to realize this is something new this person did not know before, or hadn’t thought about before.”

“We all want to make our neighborhood and community safer.”

#### If you go

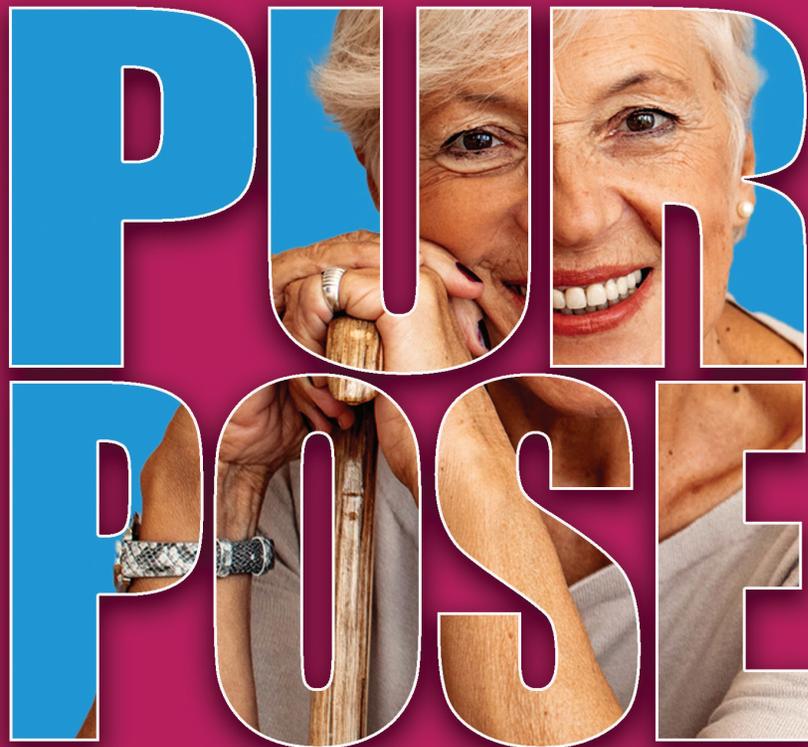
**What:** AARP Smart Driver Course

**When:** Sept. 20, noon to 4 p.m.

**Where:** Greenwood Public Library, 310 S. Meridian St.

**Cost:** \$20 for AARP members and \$25 for non-members.

**Online:** An interactive course that can be taken at the participant’s own pace is available at [aarp.org/auto/driver-safety/](http://aarp.org/auto/driver-safety/)



*We fulfill ours when you pursue yours.*

## ASSISTED LIVING & MEMORY SUPPORT

*You love to encourage a friend, tell a good story and dig for deeper meaning in life. At Demaree Crossing, we'll empower your purpose.*



**DEMAREE CROSSING**

Assisted Living & Memory Care  
A CAPPELLA MANAGED COMMUNITY

1255 Demaree Rd. | Greenwood, IN 46143  
317-204-2668 | [demareecrossingliving.com](http://demareecrossingliving.com)



# Disabilities and bathrooms: Not always the best match

The things we never think can happen can and do happen to us if we live long enough. Being dependent on others during a surgical recovery can truly humble a proud spirit. Mine was humbled.

For example, did you think you would ever use one of those scooters while shopping at the grocery store? I never did. In 2019, I had my knee replaced and needed to go shopping and I wanted to do it myself. How hard could it be? What an eye-opening experience while I toured around the grocery one day.

It doesn't take long to learn how to operate the scooter. My surprise was the reaction I received from fellow shoppers. I usually make eye contact with most people. However, while I was driving the cart, they didn't look at me when I looked at them. They appeared to be totally annoyed by the scooter. Additionally, I was careful and courteous but still received rude treatment from fellow shoppers.

That experience taught me to show more kindness to people with disabilities. They didn't want to be disabled, yet there they are. This piqued my curiosity, so I researched the American Disabilities Laws. My, my, we have come a long way and it is for a good cause.

Through modern medical advances all of us are living longer. Therefore, we must make provisions for the disabled to manage as much as possible on their own. By doing so, their integrity and self-worth remains intact longer.

Another ability during an infirmity is using the bathroom. Just like when I gave birth the first time; no one told me the high level of pain I would endure. No one told me the difficulty of going to the bathroom. Who knew? Lucky for me a friend loaned me a riser which sat over my commode. The



Phyllis Bex has been a resident of Johnson county since 1973, making her home in Greenwood. She can be reached at pbex49@gmail.com.

handles on either side were like a captain's chair so I could push myself up with ease. Doesn't that sound great? However, using public restrooms was no picnic.

About three weeks out of surgery, I attended a gathering with "The Usual Suspects," a group of neighborhood friends from childhood. A friend started this group several years ago meeting at a pizza joint in Paragon. Since I lived an hour away, I made a pit stop before leaving home. After visiting with everyone for almost two hours and drinking three glasses of tea, nature called.

For those of you who have had the pleasure of dining at this pizza joint, you know how basic the facilities are. They have a one-hole unisex restroom for all. The tiny, cramped toilet makes it hard to get in and out — much less do what you came for. This was my first visit to a public facility since the surgery.

Another problem that can happen when one is on pain pills, everything slows down. This might be too personal, but I am one who spends no time at all taking care of

business — if you get my drift.

Here I am in this public restroom. My cane is propped in the corner and the stool is old and it's all the way "down there." Mercifully, the lid was left up by the "kind gentleman" ahead of me. Since I don't sit on public stools, I assumed the position. Suddenly I realized how squatting causes great knee pain, so I hung onto the doorknob and the door-casing for dear life. Hovering for a long time, remember, everything is slow now.

Suddenly, my legs are quivering and sweat is building on my forehead and rolling down the sides of my face. Finally, I am finished. But before I am, I had a horrific vision while in midair: I fainted and fell on the floor and the door couldn't open because I was in the way. They must take the door off the hinges to get me out. There I am, lying on the floor with my backside exposed.

What a nightmare! However, it didn't happen. I washed up and rejoined the party.

A few weeks later, I joined some gals out for lunch. Whatever I ate did not sit well. While saying an early goodbye, (so I could go home to the comfort of my bathroom), they insisted I use the public restroom there. As I entered, a mother was in the handicapped stall changing her baby. She was taking her sweet time by having peek-a-boo playtime with her child.

At last, it was available, along with the high commode, the grab bars, and a lid liner. Relief came at last.

My lessons are learned. We must highly respect ones who have the daily fight of being disabled, whether permanent or temporary. I thank God for my abilities, and I knew I would soon regain all my strength in due time. Blessings to all whose impairment is permanent.

# Follow these tips for festive, fun entertaining

STORY BY FAMILY FEATURES | PHOTO BY ADOBE STOCK

It's never too early to plan ahead, especially when you are expecting guests in your home. Your family and friends know and might love your style, but it can be important to spice things up now and again to impress your visitors. Factors such as lights, music and food can affect your guests experience in your home.

To remain stylish and keep your party going, consider these tips for fun and festive home entertaining.

## BACK TO BASICS

Staying organized is key while entertaining guests in your home. Try to plan out every detail before the big event, which can allow things to go more smoothly on the big day. As you think out your plan ahead of time, making lists can be a helpful way to stay organized and ensure you get everything done. List out your guests, what needs to be picked up from the store and possible decorations



you might need to buy or craft yourself. The possibilities can seem endless, but it's important to have a plan in place before you start putting things together.

## THINK ABOUT THEME

There are numerous ways your style can be shown while entertaining. One way is to pick a theme or theme-related food dishes. One way to show your theme is through decorations. Placing them throughout your home can give the party

some life and help guests get into the overall theme of the party.

## LIGHT UP THE PARTY

Transforming your home can be made simpler by changing the lighting. It's typical for lights to be dimmed for parties to set a more relaxed mood. Other ideas include using candles, lamps or even hanging lanterns if you are entertaining outside. Make sure it's bright enough so

everyone can see, but dimmed enough to set the mood for the evening's events.

## SET THE MOOD WITH MUSIC

Pick music that matches your theme and inspires that same feel throughout the house. If you're going for a fun, energetic atmosphere, try something with a quick tempo, such as pop. If you're wanting to relax, go for subtler, soothing tones. Try making your playlist before you entertain and listen to it a few times through, that way you can know what to expect and how guests will react to your music selections.

## ENJOY IT

Through all the anxiety and stress of entertainment planning, make sure you take time to enjoy yourself during the time guests are in your home. Some guests will notice if you're not having a good time. Smile and remember to be present in the moment.

*the whole nine yards,  
and then some.*

All at your fingertips.  
Become a part of our family and see  
how easy it is to get your needs met.  
We've thought of everything!

ALTENHEIM  
ASPEN TRACE  
GREENWOOD HEALTH & LIVING  
UNIVERSITY HEIGHTS HEALTH & LIVING

INDEPENDENT LIVING • ASSISTED LIVING  
ASSISTED LIVING MEMORY SUPPORT • REHABILITATION  
LONG TERM CARE • MEMORY SUPPORT • DIALYSIS

www.CarDon.us

IN-35-099910

# Flinn & Maguire Funeral Home

Flinn and Maguire Funeral Home has been serving  
the surrounding area for over 100 years.

All of the services we offer are designed to help families through one of the  
most difficult times of their lives. With the variety of  
options we offer, you are guaranteed to find  
what's best for your loved one.

*Here at Flinn and Maguire,  
we treat you like you are a  
part of our own family.*

317-736-5528  
2898 N Morton St.  
Franklin, IN 46131  
www.flinnmaguire.com

IN-35115223



# Cruising for

# EVERYONE

## Don't let a disability stop you from taking a vacation

STORY BY RICH GOTSHALL | ROYAL CARIBBEAN PHOTOS SUBMITTED

When my wife first boards a cruise ship, she counts the number of steps between decks. Next, she counts the number of staterooms from the elevators to our stateroom. Finally, she walks about the stateroom, making a mental map of where doors, light switches and furniture are.

My wife is visually impaired, and these basic steps make traveling aboard a cruise ship more enjoyable.

Passengers with special needs encounter all manner of barriers that most travelers never think about. But nearly all major cruise lines are set up to accommodate those unique challenges. The keys are to be your own advocate and to seek out the services cruise lines offer.

Booking a wheelchair cabin is easy. They are designated on most online deck plans. When you or your travel agent books a cruise, be sure to specify an accessible cabin. These will come with special shower and toilet facilities and space for a wheelchair to maneuver easily, including onto a balcony if you are in that cabin category.

But mobility accommodation goes beyond staterooms. Wheelchairs can fit in all elevators and through doors to all public decks. If you need help boarding but feel you can navigate the ship while on board, then you can arrange to be met by a crew member with a wheelchair. On some ships, such as those of the MSC fleet, there are even gaming tables in the casino designed for players in wheelchairs.

Royal Caribbean offers special orientation tours to help passengers better navigate their way around the ship.

For blind passengers, there are Braille markings in many public areas, on all elevators and at stateroom doors. In the dining rooms, large-print menus are available, or the waiter will gladly read the day's menu. On Princess Cruises, elec-

tronic menus are available if requested at least 60 days in advance.

Princess representative Brianna Latter said: "We have a designated computer terminal equipped with JAWS Professional software equipped with a reader program available in the Internet Café. A headset is available upon request. For assistance, contact the Internet Café team once onboard."

Hearing challenges are addressed in a variety of ways. Some crew members are skilled in American Sign Language and can act as an interpreter as needed. Also, portable hearing kits are available for staterooms. These provide visual and tactile alerts for door knocking, telephone ringing, alarm clocks and smoke detectors. All ship announcements on the TV screen are closed-captioned.

Service dogs are allowed on all cruise ships, and most have a designated "relief area" for the dogs. Royal Caribbean even includes cypress mulch in its area. However, few cruise lines allow emotional support animals of any kind.

Dietary restrictions also pose special challenges for travelers. Daily menus always include vegetarian options. But with advance notice, vegan, gluten free, kosher and Halal meals can be arranged. In these cases, in addition to notifying the cruise line at least a month ahead of sailing, check in with the maitre d' after boarding to let the dining room staff know of your situation. In fact, it might be wise to request the same server for all dinners. That way the server can better anticipate your needs.

Children with autism issues have not been forgotten. On some of the larger ships, such as those of Royal Caribbean, there are special sensory rooms where a child and parent can

*Continued on Page 14*

Left: Karen and Rich Gotshall pose in front of a cruise ship before their recent trip. They have cruised several times. Karen, who is visually impaired, finds cruising a fun way to travel. "You go different places, but your room and dining areas stay the same."



go for a break. The line also offers autism-friendly TV programming and films. Autism on the Seas arranges special cruises aimed at a families with children with autism, Down syndrome and other related issues.

Finding out what services are available requires a little searching, but there's a wealth of material available. When initially searching a possible cruise online, go to the bottom of the cruise line's home page. Look for "accessible" or "accessibility." This link will open an array of information. Celebrity even has a complete online brochure on accessible travel.

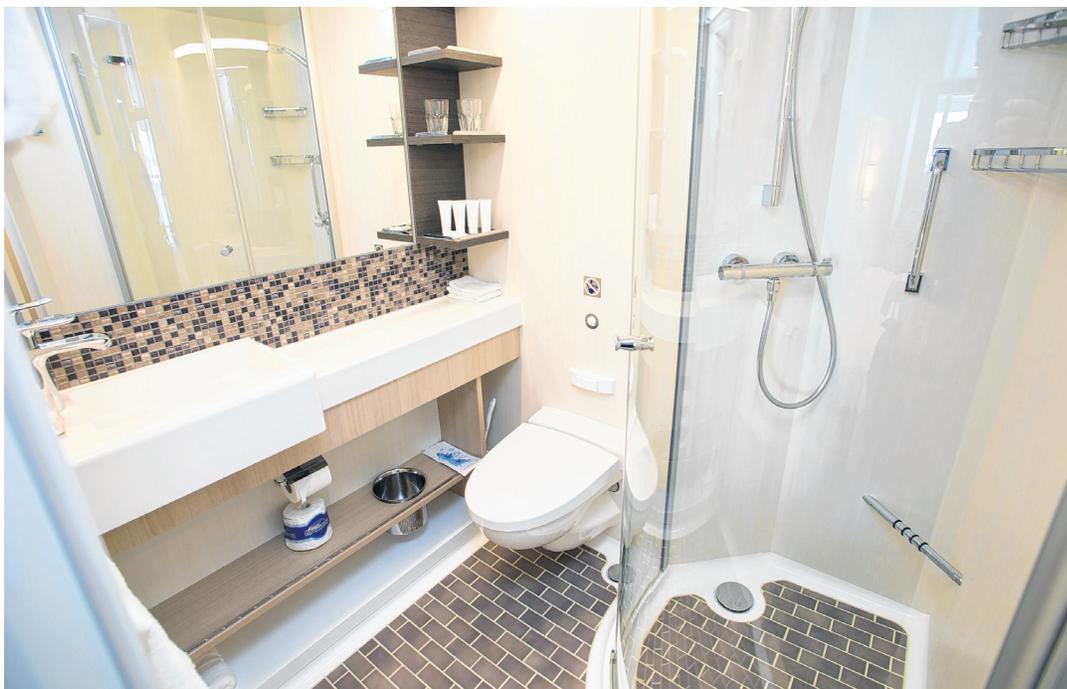
Next, you or your travel agent needs to work directly with a cruise line representative. Princess Cruises' Latter stressed the importance of working with the company's designated accessible trip planner. Other lines have similar representatives trained in this area. Norwegian calls it the "access desk." Royal Caribbean has an extensive online special needs form that covers nearly every challenge a traveler might face.

For cruise passengers needing special equipment, those devices usually can be rented through companies such as Special Needs at Sea, which offer a range of special equipment that will be delivered directly to the ship and set up in a passenger's stateroom ahead of embarkation.

My wife likes cruising because she only has to learn the basic layout once. After that, it's time to relax.

A cruise can be a welcome break from day-to-day life; and with planning, it can be equally pleasurable for passengers with special needs.

*Rich Gotshall is a retired journalist and Franklin resident.*



A roomy stateroom and bathroom aboard a Royal Caribbean cruise ship can accommodate people with disabilities. Most of the major cruise lines have facilities and programs tailored to people with special needs.



## 7 Behavioral Health Tips for Older Adults

STORY BY STATEPOINT | PHOTO BY ADOBESTOCK

Older adults experiencing a behavioral health issue such as anxiety or depression may be embarrassed and think they simply need to “pull themselves up by their bootstraps,” but helping them seek help can empower them to live their best lives, according to experts.

“Everyone is different, but there are tools for better health, including therapy, medication and self-care,” said Dr. Lindsay Evans-Mitchell, medical director for behavioral health for Cigna Medicare Advantage.

Behavioral health disorders affect one in five adults over 55. Older men have the highest suicide rate of any age group or gender. Among men who are 75 and older, the suicide rate is 40.2 per 100,000 – almost triple the overall rate.

The most common behavioral health disorder in older adults is dementia, and its incidence is

growing as the Baby Boomer generation ages. Experts project that more than 9 million Americans 65 years or older will have dementia by 2030. Anxiety disorders and mood disorders are also common among older people.

Dealing with a behavioral health issue? These self-care tips can help:

**1. FIND A PROVIDER.** “Cognitive disorders, such as dementia and mood disorders, often look the same,” Dr. Evans-Mitchell said. “Only a trained professional can make an accurate diagnosis.” For help finding a provider, reach out to your primary care physician or health plan, such as Medicare or Medicare Advantage. Also consider virtual therapy. It’s easy to schedule and offers the convenience of seeing a therapist without leaving home.

**2. NURTURE YOURSELF.** Good nutrition feeds the body and mind. If you have questions

about nutrition for older adults, consult your physician or a registered dietitian. Additionally, drink water throughout the day. “Dehydration can worsen cognitive issues,” Dr. Evans-Mitchell said.

**3. SLEEP WELL.** Like all adults, older people need seven to nine hours of sleep nightly. Dr. Evans-Mitchell noted that older people’s tendency to go to bed early, wake up early, and nap throughout the day can disrupt healthy sleep cycles and limit rapid eye movement (REM) sleep, potentially contributing to behavioral health issues.

**4. EXERCISE.** Even moderate exercise can improve mental and physical health. The Physical Activity Guidelines for Americans describes benefits such as improvements in brain health, better cognitive function, and reduced risk of anxiety and

*Continued on Page 16*

# Is Your Sleep Apnea Under Control?

STORY BY STATEPOINT | PHOTO BY ADOBESTOCK

High-quality sleep is fundamental to your health and happiness. However, for the 10-30% of U.S. adults living with sleep apnea, a good night's rest is not guaranteed.

Obstructive sleep apnea is a respiratory condition where airways narrow during sleep, causing short periods when you're not breathing. Incredibly common, it's estimated that there are millions of Americans with undiagnosed and untreated sleep apnea. Uncontrolled sleep apnea is associated with a number of challenging symptoms, including Excessive Daytime Sleepiness (EDS). This symptom, which can linger even after one begins being treated for sleep apnea, is often described as feeling excessively drowsy. If you experience EDS, you might even fall asleep when you shouldn't. For example, sleepiness at work or while you're watching kids, along with drowsy driving, could put you and others at an increased risk of accidents and injury.

Not everyone being treated for sleep apnea experiences complete symptom relief. This is why the American Lung Association, with support from Jazz Pharmaceuticals, is encouraging the public to recognize their own or a loved one's sleep challenges.

"The first step to better sleep is to share your unresolved symptoms with your healthcare provider. If you are diagnosed with sleep apnea after participating in a sleep study, your doctor will work with you to manage the condition," says Dr. Atul Malhotra, a board-certified pulmonologist, intensivist and research chief of Pulmonary, Critical Care and Sleep Medicine at UC San Diego.

Dr. Malhotra recommends setting up a follow-up appointment within three months after you begin treatment — or sooner if problems arise, and then on an annual basis after that.

"Unfortunately, some patients continue to experience lingering symptoms," says Dr. Malhotra. "It's important to address these concerns with your doctor."

You'll know if your treatment is working based on how you're feeling. Are you less sleepy during the day? Do you have higher energy levels? Does your bed partner notice less snoring, gasping or sleep disruptions? To help your doctor understand what you're experiencing at your appointment, it's important to distinguish fatigue, which is a lack of energy, from sleepiness, which is an inability to stay awake.

*For more information about sleep apnea and EDS visit [lung.org](http://lung.org)*



*Behavioral health tips continued:*

mood disorders. People who exercise also tend to sleep better. Having trouble getting started? Some Medicare Advantage plans include a fitness benefit, which can pay for a gym membership or provide at-home fitness tools.

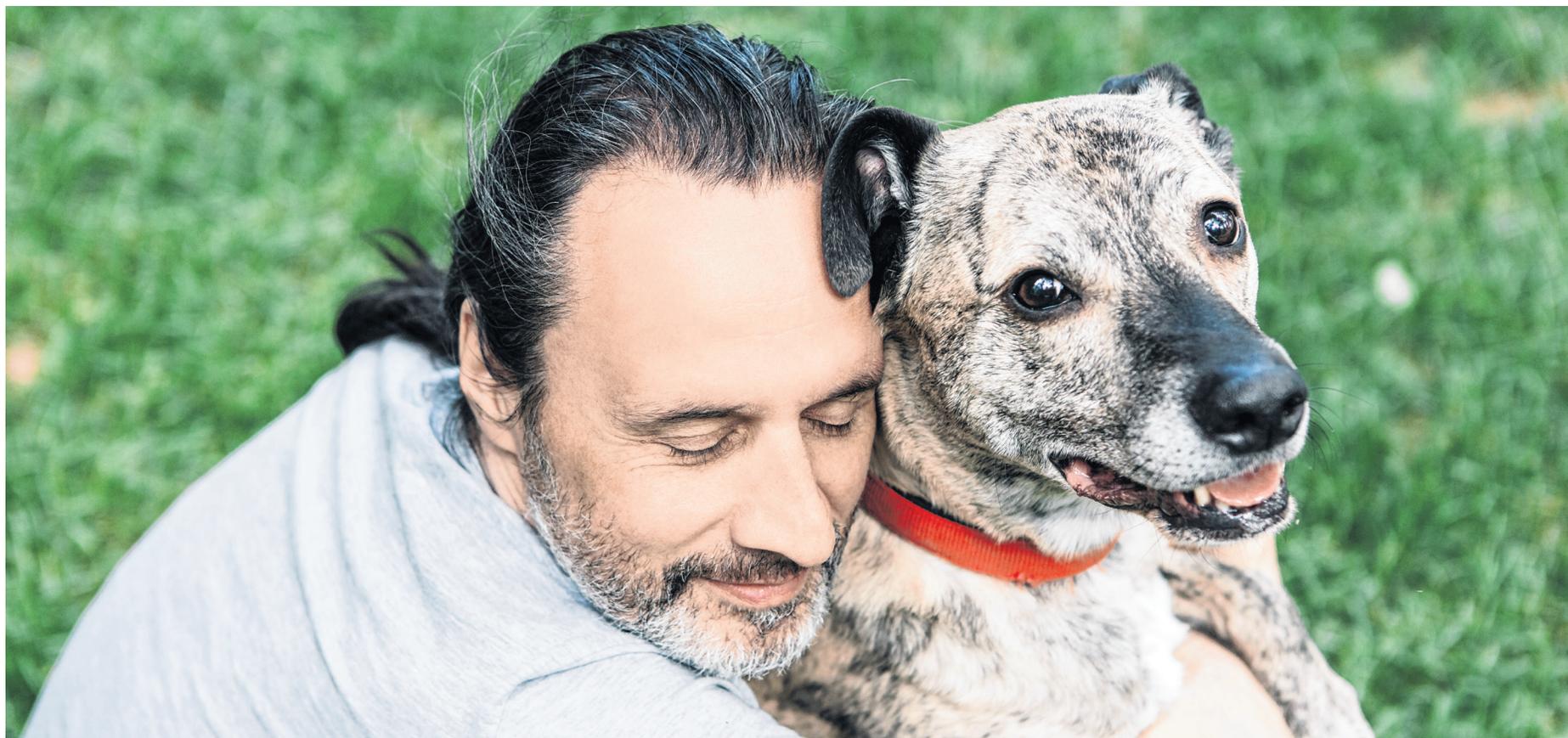
**5. HEAD OUTSIDE.** Being outside has numerous benefits, including vitamin D absorption needed for cognitive health. Additionally, research has shown that chemicals released from trees can stimulate brain

functions. Don't forget the sunscreen though, as skin cancer is most common in people older than 65.

**6. BUDDY UP.** Papa, available through some Cigna Medicare Advantage plans, connects older adults and their families with "Papa Pals" for companionship and support. "Papa Pals" can provide transportation, help with everyday tasks -- or simply be a friend, doing activities like watching movies or playing games.

**7. PARENT A PET.** Caring for pets generates positive emotions and can reduce anxiety. Just petting a dog has been shown to lower levels of the stress hormone cortisol, and pets provide a bond that can elevate two feel-good brain chemicals: oxytocin and dopamine. Dogs also encourage people to exercise outdoors.

"Behavioral health issues can be complex and confusing to navigate, but taking positive actions can be empowering," Dr. Evans-Mitchell said. "It's never too late to make a new start."



## Care for your pet and the environment

STORY BY FAMILY FEATURES | PHOTO BY ADOBE STOCK

For many people, “going green” means walking rather than driving, ditching single-use plastics and conserving energy. To go above and beyond, pet parents can follow additional measures that aid the planet while also supporting their furry friends.

Consider these eco-friendly ideas from Freshpet’s Nature’s Fresh line to support your pets and those in your community while also being environmentally friendly.

### EXPLORE LOCALLY

An easy way to reduce your carbon footprint is to visit dog parks and other pet-friendly locations within walking distance rather than driving. It’s a perfect opportunity to explore new hiking or walking trails, contribute to pet-friendly establishments and get a little exercise for both you and your furry friend.

### OPT FOR ECO-FRIENDLY FOODS

There are planet-friendly food choices available for pets, like Freshpet’s Nature’s Fresh, which sustainably sources ingredients with regenerative farming methods and offers certified humanely raised proteins. All of the recipes are produced with the planet in mind as

waste is reused, recycled or transformed into energy. The kitchens in which the food is made and the refrigerators where customers find it use electricity generated by renewable wind or solar energy.

### SWAP OUT SINGLE-USE PRODUCTS

When you’re out for a walk with your pet, bring Earth-friendly products like a reusable water bottle rather than a single-use plastic bottle that may one day become a pollutant in waterways or food sources. For your furry friend, a water bowl that collapses completely makes the item easy to store when not in use while also minimizing waste.

### SUPPORT LOCAL SHELTERS

If you’re not yet a pet parent but would like to become one, consider turning to local shelters. Adopting versus buying helps control overpopulation and its environmental impact. Another way you can contribute to local shelters is donating gently used blankets, towels, water dishes, leashes, collars, grooming tools and beds. This gives items a second life and helps reduce landfill waste.

### USE COMPOSTABLE PET WASTE BAGS

Picking up after your pet doesn’t have to create additional waste. Use compostable bags to avoid adding single-use baggies to landfills. Made from natural plant starch without toxic materials, compostable bags are an eco-friendly option for disposing pet waste. If you have a compost pile used for plants you don’t plan on eating, simply toss the bag in that pile. Alternately, if your compost pile is used for fruits and veggies in a garden, be sure to bury the waste bags elsewhere — pet excrement can contain pathogens that are harmful to humans.

### GO DIGITAL WITH PET HEALTH RECORDS

Many veterinarians still utilize paper records, but these records are easily lost and can be harmful to the environment. Consider creating a digital record of all your pet’s health documents via the cloud so you and your family can access it anywhere. Pet parents can be sure the documents are always on-hand if they have their smartphones and can recycle the paper documents once they’ve been saved digitally or re-use the documents as scratch paper.

# Simple Tips for Mindful Eating

STORY AND PHOTO BY STATEPOINT



Mindful eating doesn't have to be restrictive and you don't have to give up your favorite foods.

"Simply incorporating more foods that are crafted with integrity and align with your values into your day-to-day eating can go a long way toward helping you feel your best," says Kara Lydon, a registered dietitian nutritionist. As an intuitive eating counselor, Lydon advises people to stop looking at food as "good" or "bad" and instead, listen to their bodies and eat what feels best in the moment.

With those principles in mind, here are a few simple choices you can make to nourish your body and enjoy your food.

## SNACK SMART

Snacking can keep you satiated between meals and help you regulate your blood sugar and energy levels. It can also be an opportunity to take in essential vitamins and nutrients. Common processed snack foods are often loaded with sodium, added sugars and trans fats. Try these wholesome alternatives: Greek yogurt with raw honey, hummus with carrot and celery sticks, apple slices with peanut butter, edamame, egg and cheese bites, nuts or fruit salad.

## CHOOSE GRASS-FED DAIRY

In conversations about healthy eating, dairy products sometimes unfairly get a bad rap. But dairy actually has essential nutrients that can be incorporated into a well-rounded daily diet. Lydon says that it's helpful to be intentional with your choices. The next time you visit the dairy aisle, take a closer look at the labels and search for the term "grass-fed."

"Grass-fed cows produce dairy with significantly higher concentrations of beta-carotene and certain fatty acids, including conjugated linoleic acids and a more optimal omega-3/omega-6 ratio," says Lydon. "These nutrients play key roles in disease prevention, mood regulation, cognitive function and more."

Grass-fed dairy not only tastes better and is healthier for you versus grain-fed dairy, it's often more humanely produced. Check out brands committed to farming practices that are good for people, animals and the planet, like Truly Grass Fed. The premium brand of Irish dairy products makes cheese and butter that is always non-GMO, growth hormone rBST-free, and antibiotic free. Its cows live their best lives outside grazing on green grass maintained using regenerative farming practices. To learn more and find wholesome recipes, visit [trulygrassfed.com](http://trulygrassfed.com).

## GROW AT HOME

If you have the space, consider starting a small garden in your yard or even indoors on your kitchen counter. Growing your own food is sustainable and can help you connect more deeply to what you feed your family. What's more, being able to harvest produce at its peak means more nutritional value and flavor per bite. If you're feeling overwhelmed by the prospect of growing plants from seeds, start by buying a few pots of herbs, such as basil, chives and mint. These can be found at many grocery stores. They're relatively easy to maintain and can instantly add zest to salads, soups and other meals.

Better eating should never feel like a sacrifice or leave you feeling hungry. The good news is that wholesome, healthier-for-you choices that nourish the body and soul abound today.

# Pickled jalapenos and vinegary brine boost avocado salad

BY CHRISTOPHER KIMBALL | CHRISTOPHER KIMBALL'S MILK STREET



One of the best ways to build flavor is layering, or using one ingredient in two ways or at different stages of cooking. Using lemon zest in cake batter, for instance, and the juice in a citrusy glaze.

The cooks at Christopher Kimball's Milk Street rely on the technique often, such as when using pickled jalapeños in an arugula and avocado salad. The jalapeños themselves add juicy bursts of bright heat. But the pickling liquid itself also is a potent ingredient. Mixing  $\frac{1}{4}$  cup of the liquid into the vinaigrette boosts the flavor and acidity without needing additional vinegar.

Along with the avocado, pumpkin seeds offer enough richness to make the salad a light main course, or pair it with sliced grilled skirt steak or hearty grains such as barley, farro or quinoa.

## ARUGULA AND AVOCADO SALAD WITH JALAPEÑO VINAIGRETTE

### Ingredients

- 3 to 4 tablespoons pickled jalapeño slices, chopped, plus  $\frac{1}{4}$  cup pickling liquid
- 2 tablespoons extra-virgin olive oil
- Kosher salt and ground black pepper
- 4 cups lightly packed baby arugula
- 3 radishes, halved and thinly sliced OR  $\frac{1}{2}$  English cucumber, halved lengthwise and thinly sliced
- 1 cup lightly packed fresh cilantro OR 4 scallions, thinly sliced on the diagonal
- $\frac{1}{4}$  cup pumpkin seeds, toasted
- 2 ripe but firm avocados, halved, pitted, peeled and sliced

### Directions

In a large bowl, whisk together the jalapeños and their liquid, the oil and  $\frac{1}{4}$  teaspoon pepper. Add the arugula, radishes, cilantro and half of the pumpkin seeds, then toss. Season with salt and pepper. Fold in the avocado. Transfer to a serving bowl, then sprinkle with the remaining pumpkin seeds.

*Start to finish: 15 minutes*

*Servings: 4*

EDITOR'S NOTE: For more recipes, go to Christopher Kimball's Milk Street at [177milkstreet.com/ap](http://177milkstreet.com/ap)

# WE SALUTE THE FALLEN



## **FREEDOM PLAZA**

**Cremation Garden  
Memorial contains**  
Steel beam from WTC 1  
Soil from the crash site  
of **FLIGHT 93**  
Limestone used at the  
**PENTAGON**



## **WHY PREPLAN?**

- **Locks in today's prices and never pay more**
- **Ensures you get what you want**
- **Relieve your family from the financial burden**
- **Protected from Medicaid**
- **Lowest pricing guaranteed**

**G.H. HERRMANN** SINCE 1926  
1605 S. S.R. 135, Greenwood *Funeral Homes*



[www.ghherrmann.com](http://www.ghherrmann.com)  
[thegardens@ghherrmann.com](mailto:thegardens@ghherrmann.com)

Ask for any Cemetery  
Counselor for information

**317.787.7211**

*The only family owned funeral home and cemetery remaining on the Southside!*