



Senior Resource Center offers a new opportunity for 60+ club

By Marvel Williamson



An invisible but significant health risk is on the rise among Douglas County's older population.

As people age, their mobility decreases, retirement alters lifestyle, friends die, independence diminishes and relatives can become more distant. As a result, seniors gradually withdraw and become less active, mentally and physically, placing them at considerable risk for poor health. With more people choosing to stay in their own homes as they age, it requires a conscious effort to avoid social isolation and maintain physical activity.

Activity and social engagement are critical for slowing advancement of chronic conditions, assuring strength for daily activities and promoting good mental health. According to the Centers for Disease Control and Prevention, by age 75, about 1 in 3 men and 1 in 2 women engage in no physical activity. Resulting loss of strength and stamina reduces the ability to live independently, increases the likelihood of falls and fractures and worsens chronic disease.

The Senior Resource Center for Douglas County, with partial support from the United Way of Douglas County, is launching a program to help address these risks among low-income seniors in particular. By

engaging them in activities to promote health and decrease isolation, seniors and communities will benefit.

University of Chicago research has found that loneliness in older adults also results in a lowered immune response and more inflammation. All of these physical and mental health outcomes create burdens on public health resources and reduce the quality of life for older people.

One contributing factor is that people are living longer. Furthermore, older people who do not or cannot keep up with society's increasing reliance on electronic communication are even more vulnerable. The risk for social isolation is mushrooming, and loneliness has become epidemic.

A University of California at San Francisco study has found that lonely people 60 and older have a 45 percent increased risk of death and a 59 percent greater risk for mental and physical decline. Loneliness also contributes to higher cortisol levels, heart disease and diabetes. Mental health benefits of activity and social engagement are numerous because loneliness and isolation are associated with depression, distorted reality, lower self-esteem and decreased cognitive function.

Isolation is now the top predictor of early death among seniors. It is "as powerful as smoking or alcoholism," according to a recent Harvard study of adult development. This is especially pronounced here, because the over-60 population of Douglas

County is growing more rapidly than in any other Kansas county. It will be more than 24 percent higher in 2019 than it was in 2010, according to U.S. Census Bureau projections and the Wichita State University Center for Economic Development and Business Research forecasts.

In Douglas County, many opportunities exist for seniors to engage, but these activities are financially inaccessible for many, because most seniors experience loss of income as they age. Many seniors live at or near the poverty level.

To provide the Douglas County program, Senior Engagement Scholarships, the resource center will collaborate with partner organizations to provide fitness, recreation, education and cultural opportunities through scholarships for low-income seniors. This united communitywide approach will more efficiently use resources to address public health by providing ways to help prevent, delay or mitigate the effects of inactivity and social isolation.

Call the center, 785-842-0543, for more information.

Seniors who are interested will apply to the Senior Resource Center for the engagement scholarships. Eligibility criteria are that a recipient must:

- Be at least 60 years old.
- Be a Douglas County resident.
- Meet one of these

> SRC, 4A

Trouble sleeping? Put your iPhone to work

It's not always as easy to sleep healthfully as some people might think. For those who spend an hour or more tossing and turning every night, a good night's sleep can feel like a distant dream.

Now that winter is officially upon us, I'm ready to hibernate for a bit. Hopefully I can offer some tips here to help you do the same.

HEALTHY OUTLOOK

By Mackenzie Clark

mclark@ljworld.com



Folks like me who spend an hour combing through all the settings after the release of each major iPhone update (with our phones consequently plugged in to charge, of course) may be aware of some or all of

these tricks, but I know that plenty of people who could benefit from them are completely unaware they exist.

I've done a bit of research to see how these features work on Android, but I don't have a device of my own for testing. So my focus here is on iPhones, but I'll incorporate what I can for Android users.

Turn out the blue lights – the party's over.

Our devices catch a lot of flak for their role in keeping us awake. Although it's true that sometimes it can be difficult to put them down and give our weary eyes a break, there are ways to — literally and figuratively — tone down their impact.

According to sleep experts, the blue light emitted by phones, computers, TVs and any other screens in your arsenal is one of the biggest culprits in our sleep deficiencies. An article from Harvard Medical School, "Blue light has a dark side," details how blue light at night can suppress our bodies' secretion of melatonin, the hormone that helps regulate our sleep.

So Apple's iPhones, and some of its computers, have a feature called Night Shift. It allows users to lessen the blue of the screens' light, warming up the tone to an orange hue. It's fairly easy to program your phone so Night Shift turns on every night to your preferred temperature — from Settings, tap Display & Brightness, then Night Shift.

The jury is still out on how effective Night Shift actually is. A January 2018 study by the Lighting Research Center (LRC) at Rensselaer Polytechnic Institute showed that the warmest Night Shift setting resulted in a 12 percent melatonin suppression — but that's an improvement compared with the 23 percent suppression that the study cites from regular, non-Night Shift settings. In my opinion, the warmer glow is, at the very least, a lot less harsh on the eyes.

I had no luck in my search for a quick and easy built-in fix for Android devices, but an article from android-authority.com lists some apps that do something similar — among them Night Mode, Twilight and Dimly.

Of course, the best option is to avoid screens altogether in the hours preceding bedtime, but I'm a newspaper journalist, not a fiction writer.

Bedtime isn't just for the kiddos.

In a perfect world, we'd all go to sleep at the same time every night and wake up at the same time every morning, no fewer than eight hours later. Dare to dream.

In the real world, even the best intentions can get lost in the e-pages of an e-book, trapped hanging on the edge of a Netflix binge cliff, stuck on a Skyrim loading screen or sucked into an endless hunt for that legendary alligator in RDR2. So it might help to have your device remind you when the time has come.

Apple's built-in Clock app has a Bedtime feature. Tell it when you need to wake up and how much sleep you want to get, and it will remind you when it's bedtime, or when it's getting close to bedtime, from 15 minutes to one hour prior. Bedtime can also automatically control the Do Not Disturb setting so that notifications are silenced (with the exceptions of your choosing for family, emergencies, etc.), and you don't have to remember to turn them back on in the morning.

If you don't want anyone telling you when to go to bed, you can still control Do Not Disturb through Settings.

Android's Google Assistant doesn't seem to want to tell you when to go to bed, but when you tell it that it's bedtime, it can adjust a number of settings and ask you when to wake you up. If you want a bedtime reminder, you might just have to set a reminder like any other or download another app.

If you still can't put it down ...

One of the most recent iOS updates added Screen Time, which allows users to set a downtime window on their iPhones.

You can choose apps to always allow — you know, in case you don't want any hesitation when you need to check your bank balance at 2 a.m. — but with the others, you'll have to make the active decision to override the downtime limit when your phone reminds you. It's an easy override, but it does force you to stop and think about it, at least for a moment.

> SLEEP, 4A



Shutterstock images

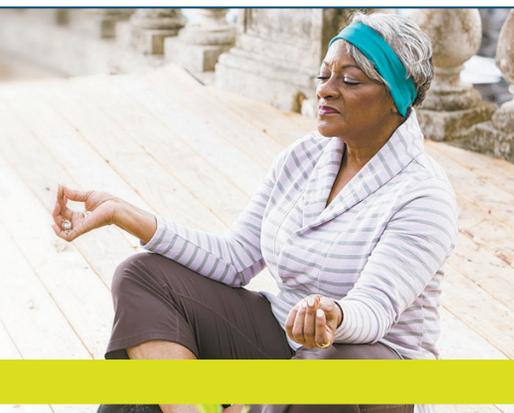
Breathe deep. Live well.

With the advanced expertise of our board-certified and fellowship-trained pulmonologists and respiratory care professionals, you can breathe easy knowing the specialized care you need is close to home.

Ask your primary care provider if a referral to a lung specialist is right for you. To learn more, call 785.505.3205 or visit lmh.org/pulmonology.



A partner for lifelong health



SRC

CONTINUED FROM PAGE 3A

financial conditions: on Medicaid, live in subsidized housing, have a Supplemental Nutrition Assistance Program card, or have a low income.

To promote attendance and create a sense of ownership, recipients will pay a greatly reduced portion of the event cost. As appropriate for the activity or event, caregivers or companions also may qualify for the scholarship.

Eligible seniors who need transportation to events may be served by SRC's Senior Wheels program. Operating Monday through Friday, Senior Wheels provides rides to seniors and caregivers throughout Douglas County.

SRC has already secured significant partners for this project: LMH Health, Lawrence Parks and Recreation Department, Osher Lifelong Learning Institute and the Lied Center of Kansas.

The goal of this initiative is for seniors to increase their physical activity and social engagement. This will help them decrease the impact of the high-risk behaviors of inactivity and isolation that lead to poorer physical and mental health and even early death.

— *Marvel Williamson is executive director of the Senior Resource Center for Douglas County. Call the center, 785-842-0543, for more information.*

Sleep

CONTINUED FROM PAGE 3A

There are various options, but you can set limits based on individual apps or by app categories.

There's an even fancier app for that.

Consider looking into Sleep Cycle — Android users, this includes you, too. Sleep Cycle is first and foremost an alarm clock, but it's a really, really smart one. There is a free version and a paid version.

You place your phone next to your bed, and it uses your phone's microphone to detect your movements. Doing so, it can measure how deeply you're sleeping — and then it can gently wake you up at just the right time in your sleep cycle, so you don't throw your phone across the room.

You tell it an end time when you absolutely need to wake up, and then set a "wake up phase," or a window between 10 and 90 minutes long, in which it can wake you at a smart time. (It recommends a 30-minute phase.) It also has an "intelligent" snooze feature, which automatically adjusts each snooze to wake you gently. It can also play various sounds to help you fall asleep.

I can't tell you how scientifically accurate the app's microphone-derived movement measurements are, but I can vouch for my own experience, and I have found its information — and its smart alarm clock feature — to be very beneficial.

The app's sleep-tracking

capabilities mean you can input certain factors, and over time you can see how they affect your sleep. So, according to the app, my sleep quality increases 9 percent on average when I drink cherry juice around bedtime (it's a natural source of melatonin). My sleep quality is also 2 percent worse when I drink soda and, somewhat ironically, on nights when I drink sleepytime tea.

In case it's still not geeky enough for you, the app also will connect to Philips Hue lightbulbs, so you can wake up to a lovely daylight glow. It also tracks your snoring, if you choose, and how your sleep quality is affected by location, weather, air pressure and the phase of the moon. (Mine peaks at a waxing crescent.) It will report to Apple Health, and you can export your sleep data if needed.

You can try out the free version, and the premium version is a \$30-per-year subscription. I pay for it because I'm a big sleep nerd, but the smart alarm clock is included in the free version. Sleep Cycle is available in the App Store and Google Play. There are several other similar apps that I've tested a bit, but I didn't find any of them to be quite as comprehensive as Sleep Cycle.

Sleep Cycle also has a few cousins. One of those is Power Nap, which lets you sleep for up to your choice of 20, 45 or 120 minutes, waking you up either before you fall into deep sleep or after you've slept one full cycle. Another, Life Cycle, tracks how much time you spend in various locations; paired with Sleep Cycle, it can tell you, for instance,

that your sleep improves significantly on the days you have a dentist appointment. (That seems weird, right?)

— *Mackenzie Clark writes for the LJWorld Health section in hopes of helping readers make their lives a little bit*

healthier, happier and more active. She can be reached at 832-7198. Follow her on Twitter: @mclark_ljw

Just for fun: Worldwide stats

The Sleep Cycle app also offers some interesting worldwide statistics, gathered from its users.

Its website, sleepcycle.com, shows statistics from the past week. However, the app begins tracking them the day you start using it, so my stats are from Nov. 6, 2015, until Saturday, Dec. 22. Also, bear in mind that Sleep Cycle users are probably not a great representation of a country's general population.

Worldwide, the average wake-up time for Sleep Cycle users is earliest in Colombia, at 6:19 a.m., and latest in Greece, at 8:20 a.m. The average U.S. wake-up time is 7:11 a.m. South Africans go to sleep earliest on average, at 11:04 p.m., and South Koreans are up until 1 a.m. The average U.S. bedtime is 11:37 p.m.

The lowest-quality sleep is in Saudi Arabia, at 61 percent; the Netherlands boasts the highest, at 78 percent. The U.S. average is 73 percent. Quality seems to be correlated with the amount of time in bed: Saudi Arabians spend the shortest amount of time in bed at just under six hours; folks in the Netherlands are in bed an average of seven hours and 33 minutes. The U.S. average is seven hours and 12 minutes.

Folks in Malaysia snore the least, at an average of six minutes; Luxembourgers top the charts at 26 minutes. The U.S. average is 11 minutes.

Serving Lawrence For Over 38 Years!
JAYHAWK PHARMACY
Fast, friendly service!

We have FREE DELIVERY! Stay safe from the cold and ice.

ON THE CORNER OF KASOLD AND CLINTON PARKWAY
 Hours: M-F 8:00-6:00 • Sat 9:00-NOON
(785) 843-0111
www.myjayhawkpharmacy.com

HAPPY HOLIDAYS from Neuvant House!
 We invite you to experience the Neuvant difference by taking a tour this Holiday Season.

NEUVANT HOUSE
WEST HOUSE
Specializing in Dementia & Alzheimer's care.
EAST HOUSE
Specializing in advanced physical care.
 Person centered care in a place like home.

1216 Biltmore Dr, Lawrence, KS | 785-856-7900
neuvanhouse.com | admin@neuvanhouse.com

Health & Wellness SERVICES DIRECTORY

See Your Business HERE!
 Print & Online Ad For As Little As **\$35 Per Week!**

CALL 832-2222 to Advertise!

classifieds@ljworld.com

Tell Your Doctor.....I Choose Criticare
SAVE GAS • SAVE TIME • SHOP LOCAL

Why Leave Town for Your Sleep Apnea Equipment and Supplies?

- In-Stock Products
- Accredited Staff
- Saturday Service
- We Bill Insurance

CHS CRITICARE
 HOME HEALTH SERVICES, INC.

1006 W. 6th, Lawrence • 785-749-4878 • 800-527-9596
www.criticarehhs.com
 Locally owned and operated for over 30 years.

cascade dental care

Quality Dental Care Since 1994
 1425 Wakarusa Dr., Suite A.
 Call 785-841-3311

DR. KEVIN LENAHAN **the spectacle**
 OPTOMETRIST — eyewear center —

- Eye and vision exams & diagnostic testing
- Contact lens exams
- Vision therapy
- Hard-to-fit contact consultation
- Computer vision assessment
- Sports vision assessment
- Prescription sunglass evaluation
- Dry eye consultation

Phone: 785-838-3200
Fax: 785-838-3844
 935 Iowa St., Lawrence, KS 66044
www.lenahaneyedoc.com
 Mon.-Thurs., 9 a.m.-6 p.m.
 Fri., 9 a.m.-5 p.m. Sat., 9 a.m.-3 p.m.
 Evening Hours Available Tuesday & Thursday by Appointment

Orchards Drug

Locally Owned & Operated
 Quick Service / No Wait
 Free Prescription Delivery

1410 Kasold Drive | Lawrence, KS | 785.843.8555
www.orchardsdrug.com

FREE STATE DERMATOLOGY
 Dr. Matthew Buxton

Uncover your skin's natural glow

3511 Clinton Place
 Lawrence, KS 66047
785-749-7546

Business Hours:
 Mon-Thurs: 8:00am-4:30pm • Friday-Closed

Associates in Dentistry
 The Ultimate Dental Experience

Dental Experience **Amazing Service** **Excellent Care**

Since 1945
 Office Hours by Appointment
(785) 843-4333
 306 East 23rd Street, Lawrence, KS 66046

Have a health or wellness business?

Tell Journal-World readers by advertising here for as little as **\$35 per week!**

785.832.2222
classifieds@ljworld.com

PETERSON KRISCHE VAN HORN DDS
 FAMILY DENTISTRY

530 Folks Road, Lawrence, KS 66049
(785) 842-0705

Kent T. Peterson, Matthew F. Krische, Keith D. Van Horn

SIGLER PHARMACY

PUTTING THE CARE INTO HEALTHCARE

Sigler Pharmacy
 18th Street, Lawrence
 P: 785-749-6740
 F: 785-749-6747
 Mon.-Fri.: 9am-6:30pm
 Saturday: 9am-1pm
 Sunday: Closed
www.siglerpharmacy.com

Sigler Pharmacy
 6th Street, Lawrence
 P: 785-842-1225
 F: 785-841-6297
 Mon.-Fri.: 8am-6pm
 Saturday: 9am-2pm
 Sunday: Closed

Family Medicine Associates, PA.

Being sick doesn't fit into your schedule. BUT WE'LL FIT YOU INTO OURS.

Voted Best Family Doctor in Lawrence

4921 W. 18th Street
 (18th & Wakarusa)
 Lawrence, KS 66047
 ph. (785) 830-0100

Ranjbar Orthodontics

Our experienced orthodontist and friendly staff work hard to bring quality orthodontic care to Lawrence Kansas and surrounding areas.

785-832-1844 | 4828 Quail Crest Place, Lawrence, KS 66049

A Healthy Foundation for a Healthy Smile

LAWRENCE PERIODONTICS, LLC
 Jeffrey C. Hambleton, DDS, MS
 Periodontal & Dental Implant Therapy
785-841-1188 • 4505 W 6th St, Ste B Lawrence

Accepting new patients?

Tell Journal-World readers by advertising here.

785.832.2222 · classifieds@ljworld.com

JR Jeremy Robbins D.D.S., PA.
 647 Country Club Terrace, Lawrence

OUR STAFF IS READY TO LISTEN TO YOUR NEEDS

We offer a state-of-the-art environment that will allow you to rest easy in our care.

Don't be afraid to call with questions.
785-841-8210
jrobbinsdds.com

Wakarusa Family Dental 4901 Legends Drive
 Lawrence, Kansas 66049
 785-841-8894

Allen Kelley, DDS

Mon, Tues Thurs
 8:00am - 5:00pm
 (Closed 12pm-1pm)

Wed & Fri
 8:00am - 12pm

www.wakarusafamilydental.com

Looking for new members?

See your ad here for only **\$35 per week!**

785.832.2222 · classifieds@ljworld.com