

Senior Living





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Taking on Tennis

Tennis is an affordable sport that can be shared with friends and will keep you active. It's likely there is already a suitable court in your community.

If you have never held a racket, it's a good idea to take lessons with an expert. Especially for seniors who are

facing mild cases of arthritis, proper training can save you from pain and irritation. Check your local fitness facility for recommendations on a trainer who specializes in elderly tennis classes.

HEALTH BENEFITS

Playing tennis does more than provide seniors with an opportunity for aerobic fitness. Participation also boosts speed, leg strength and general body coordination.

Having good control of bal-

ance is of utmost importance as many suffer from serious injuries caused by falls every year. If you have been searching for an activity to motivate your physical fitness goals, tennis can be a great addition to your life.

CHOOSING A RACKET

Much like other sports, using the right gear will give your game an advantage and keep you comfortable. It can be fun to purchase clothing, shoes and accessories to make your game more fun,

but don't forget to invest in a quality racket.

Before buying a racket, ask the expert at your sporting goods store if you can try it out. If it is too heavy, you can strain your wrist and slow down your reaction time. Look for a racket with a head size of 100 square inches or more; smaller options are for more advanced players.

Pay attention to the grip size when researching different models. It will be easy to tell which range works for you based on how comfort-

able it feels in your hand

You will notice power ratings on different rackets. While it may seem like a good idea to jump right into a high-powered racket, medium options are easier to handle for beginners.

MAKE IT SOCIAL

Reach out to your peers about joining a local tennis community or creating your own. Set aside time in your schedules to train, hold tournaments and practice together.

Try New Activities

Without the motivation to get up and go to work every day, it can be easy to become sedentary. For seniors, this can be especially dangerous as it promotes illnesses like heart disease, diabetes and even cancers. In addition to sticking to an exercise plan, find a hobby that tests your limits and keeps adrenaline high.

It's a good idea to have a meeting with your health care provider before taking on any strenuous activity. You want to ensure your heart and overall health is up for the strain that may be caused when exerting yourself. Once you have the green light from your doctor, here are some tips to remember.

WHAT IS ADRENALINE?

According to the Hormone Health Network, adrenaline is a hormone which triggers the body's fight-or-flight response.

During a stressful situation, it causes air passages to dilate and provide muscles with oxygen to respond. Its presence will increase alertness and awareness while improving memory and cognitive functioning. When you choose hobbies that challenge yourself, it's likely your body will experience a surge in adrenaline.

While the hormone rarely causes medical problems, the experts at HNN recommend addressing your doctor if you feel you're experiencing excessive adrenaline or it's affecting your overall health.

FINDING AN ACTIVITY

High-adrenaline hobbies aren't only found from experiences like skydiving or bungee jumping. Less risky



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options can still leave you feeling refreshed and accomplished.

Hit the trails: Go hiking for a new perspective on the outdoors. You can find some famous trails throughout the nation that provide you the

ability to travel while doing something you love;

Canoeing: One of the most intimate and intense ways to travel waterways is from the seat of a canoe. They are easy to travel with and are great companions for adventures.

Scuba diving: Head to the tropical reefs to witness breathtaking nature or visit a site to examine historical sites underwater.

STAYING FIT

Make sure you stay in good

physical shape when welcoming a new hobby. Staying fit will give you a boost when it comes to performing physically challenging tasks and allowing you to enjoy new adventures without overexerting yourself.

Saving as A Senior

You likely spent earlier years saving money for a bountiful retirement. Once you reach this milestone, the practice of being frugal doesn't end. In fact, to get the most out of this exciting time of your life, savings becomes even more important.

According to a 2017 study by the Federal Reserve Board, one third of retirees eventually reverse their retirement and return to work in some capacity. It says those in the lowest income percentile usually do this because they need more income.

Don't find yourself struggling during a time that should be about enjoying the life you built with years of hard work.

EVALUATE INSURANCE POLICIES

One way to cut costs is by assessing your insurance policies and making adjustments. Look at different coverages you have including automotive, housing and health care. You may be surprised by the savings in premium if you find a broker who offers a bundle package to house all your insurance needs under one policy.

For some, changes to their Medicare policies can make a difference too. According to the American Association of Retired Persons, the time to make an adjustment is between Oct. 15 to Dec. 7 during the annual enrollment period.

CUT OUT TRANSPORTATION EXPENSES

The American Automobile Association reports that the

average cost to own and operate a new vehicle is \$8,469 per year. This includes maintenance, insurance and repairs. You can save a great deal of money by consolidating to a single vehicle or taking

advantage of public transportation and ride-sharing services in your area. While it may not be feasible for all families to get eliminate their vehicles, limiting its use is an efficient way to keep dollars

in your bank account.

RECONSIDER LIVING CONDITIONS

If you live in an expensive home but plan to spend part of your retirement at a vaca-

tion residence or traveling, you can benefit from placing the property on the market. If selling isn't in your plan, consider renting it out to a trusted loved one or reputable tenant while you will be away.



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Financial Spring Cleaning

While cleaning up financially may not have been a part of your New Year's resolutions, take advantage of the second quarter to get things in order.

Make a difference to your financial security by creating a budget, tackling high-interest debt and planning important final documents.

If you are overwhelmed or unclear how to create strategies that benefit your financial status, look for a qualified financial advisor. Make sure you feel comfortable with them and be honest you are about spending habits and your finances..

CREATE A BUDGET

The biggest weapon to your fight for financial freedom and achieving goals is in a budget. It's important to create one that leaves you with extra funds to set aside in a savings account. However, you should make sure to leave room for entertainment, so you don't find yourself burning out and making impulse purchase.

Analyze your budget periodically and adjust. Keep receipts or a ledger to track your spending habits. Using apps on a smart device can also give you an interesting view into where you can make improvements, if you keep accurate notes.



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HIGH INTEREST FIRST

According to credit counselor Credit Guard of America, the average family in the U.S. is facing more than \$15,000 in credit card debt. When you create a

budget, analyze credit card debt and plan to resolve those with the highest rates first.

CLEAN UP DOCUMENTS

Don't forget to clear clutter

of expired documents that have accumulated. The Internal Revenue Service recommends keeping copies of tax returns for at least seven years. When eliminating

paperwork, it's imperative to shred it to keep your identity safe.

You can either invest in a shredder or hire an expert to dispose of documents securely.

Independent Living Facilities

Making the decision to sell the family home is often met with hesitation from seniors. It's hard to leave behind the home where you created many memories with your loved ones. However, if you have accepted that the property is too much to manage, relocating to an independent living community is worth considering.

These senior-friendly neighborhoods are different from assisted living facilities as people live without any form of medical assistance. Much like a typical community, there are different styles of homes and the options to rent or own. The main benefit to a senior moving to an independent living community is the comradery with others of similar ages.

AMENITIES

Depending on your location, you may find communities that offer incredible amenities like golf courses, health care centers and an on-site fitness center. If you feel like the facilities in your area are lacking enticing features, consider packing up and relocating to a place where you can enjoy retirement. Take the time to research different communities and document the advantages and disadvantages you notice. Once you have a list compiled of a few different neighborhoods, weigh the pros and cons before jumping into a decision.

CONTINUING CARE

Another great benefit for independent living communities is the option for continuing care. While you may be in great health now, what would happen if you require medical assistance down the road?



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Most neighborhoods already have on-site caregivers available. You may have to pay up front for continuing care services. Ask about the initial fee and ensure it will be used to

cover special care when and if it is needed.

QUESTIONS TO ASK

You likely have a list of inquiries to make before

meeting with a representative of an independent living community. Here are a few examples:

- What is the policy on children staying overnight in the

community?

- Are pets allowed?
- What fees are paid monthly and annually?
- What other charges should you expect?

Talking to Your Family

It's never easy to discuss the topic of death with loved ones, but it's necessary to have a plan in place. This spring, commit to having a conversation with your family so that they understand your final wishes. Here are some ways to prepare for the necessary dialogue and how to handle the situation gracefully.

TIMING COUNTS

Family tragedies or emergencies can heighten your interest in developing an estate plan and relaying your wishes to loved ones. But it's best to put off a discussion until everyone has had some time to process the loss.

Don't be surprised if your family is caught off guard and has questions about your health. Especially if this will be the first time you have addressed your legacy, it's understandable they may get the wrong idea. You can avert suspicions by explaining you are concerned about having a plan in place to lessen their responsibilities at the time of your death.

Try to hold the conversation in a comforting place that offers privacy.

SCHEDULING

It's imperative to coordinate a meeting that blends with your loved one's hectic schedules. To limit the number of times you discuss a plan, it will make sense to wait until everyone involved is available, if they are comfortable with a group conversation.

Your initial meeting should relay wishes regarding how assets should be handled and considerations for key members like power of attorney or



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living trusts.

If needed, hold a second discussion where your family can talk about concerns after they've processed the initial

conversation.

DEFINE YOUR LEGACY

Planning your estate while you are in good physical and

emotional health gives you the opportunity to determine how to honor the legacy left behind.

Take advantage of the

removing the stress of difficult decisions from your family's shoulders by instructing the exact details of how to handle your assets.

Start a Business

An enticing option for seniors who are riding the retirement wave but could benefit from extra income is to become their own boss. The flexibility of working for yourself allows the time to partake in the activities you enjoy while still (hopefully) growing a savings account.

Baby boomers are redefining the retirement market with their strong sense of entrepreneurship. According to the American Association of Retired Persons, the number of entrepreneurs over age 50 has actually doubled since 2007. The manufacturing industry has the highest percentage of business owners aged 50 and older.

If you have a great idea and the drive to start your own business, here are some tips to consider.

DEVELOP A BUSINESS PLAN

To succeed, your business must be based on something you are passionate about. But don't rush into a business without a solid plan in place. Consult with experts in the field you're interested in and also talk to an attorney about establishing a new business. Also look for local resources like business incubators and mentors. Seek conferences and trade associations in your area.

FIGURE OUT THE FINANCES

Consider the location your company will need to thrive. Is the product something you can offer from a home office or will a brick-and-mortar location be required? The amount of financial help you need will largely depend on your vision



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for the business.

If you require assistance, don't be afraid to reach out to investors for help. But be wary of the percentage of your business they own as your opinion

may not be valued as highly as someone with a larger piece of the pie.

DON'T FEAR TECHNOLOGY

Modern technology grants

business owners a new way to reach the masses affordably and at the click of a button. Embrace learning the ins and outs of advertising on social media, using networking to

your advantage, and reaching out to members in your community for a referral or recommendation of your product. Look for classes at your local community college or library.