



**This Month Highlights:**  
- Alzheimer's Disease Prevention

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Survey <http://www.seniorresource.com/survey.htm> is ready for your input! Your privacy is respected; we don't capture information unless you type it, and we never sell it or give it away. What you share helps seniorresource.com and our clients know and serve the collective "you" better! Even if you have never done a survey before, take this one!

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## **A. FINANCING THE GOLDEN YEARS**

Historically, senior citizens have rarely retired in wealth. Only one of one hundred Americans will retire with enough wealth to be completely self-sufficient. If you consider ancient times-the family provided for the elderly. There were no government or civic organizations to help in pre-history-or even in 1920's America, for that matter.

Federal Benefits, Grants, and Financial Aid

<http://www.firstgov.gov/Citizen/Topics/Benefits.shtml>

Additional financial information for seniors can be found at: <http://www.seniorresource.com/finance.htm>

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needs.

### **What if they shouldn't be alone?**

If you are caring for an older relative and you need to go to work, look for adult daycare facilities in your area. Some larger employers even provide these services. Visit the local senior center-or if you're in a rural area, visit the senior center nearest to your community. It may have resources for you to contact in this regard.

### **Government resources**

There are a number of government and non-governmental organizations that have resources, advice, and, in some cases, federal dollars to assist in the care of an older person. The Internet is an excellent place to begin. The National Institute on Aging (NIA) has a resource directory with hundreds of listings for services and advice at: [\\_\\_\\_\\_\\_](#)



## D. DID YOU KNOW...?

### AARP'S NATIONAL EVENT & EXPO

AARP's National Event & Expo in 2006 at the Anaheim Convention Center, Life@50+, Anaheim, California, e./er 26-28, 2006--

Three unforgettable days and nights filled with non-stop activity, fun, and excitement.

Also, enjoy these and other speakers:

Ahmed Am/er

Dr. Maya Angelou

Terry Bradshaw

Ken Burns

Connie Chung

Queen Latvia

Dan Rather

Carl Rainer

Anthony Villaraigosa

Raquel Welch

Don't miss exciting exhibits, seminars, movies, exercise classes, and much more

For more information: [http://www.aarp.org/aarp\\_benefits/natl\\_events/anaheim/](http://www.aarp.org/aarp_benefits/natl_events/anaheim/)

### SOME TIPS Og SAVING ENERGY THIS WINTER

- Be sure your thermostat is located in an area that is not too cold or hot.
- Install an automatic timer to keep the thermostat at 68 degrees during the day and 55 degrees at night.
- Wear warm layered clothing indoors during cold weather.
- Use storm or thermal windows in colder areas.
- Don't just concentrate on the windows... install storm doors before the cold weather arrives.
- Open drapes and shades in winter to let in the sunshine.
- Prune any branches on shade trees that block the sunlight.
- Remove awnings that may block the sun from the house.
- Seal off any place where heat might escape. Check for cracks and holes around windows, doors, or in the foundation.
- Weatherd nrip doors and windows. Don't forget attic and basement doors.
- In colder areas it makes sense to move furniture away from exterior walls.
- Heat only those rooms that you use.
- For long-term absences turn off the heat and the hot water heater. (Ah, that vac0-.w.mylorida!)e.

Care Managers at <http://www.findacaremanager.org>

Some private groups, such as Catholic Charities or Jewish Family Services, provide senior case management. For referrals, contact your Area Agency on Aging, reachable through the Eldercare Locator at

## **F. FREE THINGS**

### **SAVE MONEY ON THEATER TICKETS**

Most major performance theaters offer discount tickets for seniors. Generally, seniors may purchase rush tickets at select performances at a significant savings. The ticket category is called "senior rush." Typical requirements are:

- 1.) Each individual wishing to purchase a rush ticket must have an I.D. identifying him- or herself as a senior (65 years or older),
- 2.) Limit one ticket per person,
- 3.) Tickets are to be purchased in the 90 minutes prior to the start of the performance, depending upon availability as determined by management. Senior rush tickets are NOT available for EVERY performance.

Some of the venues and performances offering "senior rush " tickets are: Carnegie Hall, Boston Ballet, Houston Ballet, Los Angeles Opera, Hartford Symphony, Pittsburgh Symphony, Detroit Symphony, and Chamber Music Northwest.

Give it a try. You could search the Web for theaters or concert determin your town and call to ask about their "Senior Citizen" policies.

### **FREE CONSUMER REPORTS AND INFORMATION**

<http://www.savvyconsumer.org> will take you to thousands of reports you can read online. Topics include Appliances, Cars, Electronics, Money, Jobs, Food, and Travel. You'll also find consumer news, scam and fraud alerts. Explore, learn, have fun

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