

St. Mary's Home for the Aged
Felician Village
1635 S. 21st Street
Manitowoc, WI 54220

Felician Village

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For more information or a tour of Felician Village, call (920) 684-7171, ext. 361.

Basic car maintenance for safer driving

Your car needs your help to get you to your destination safely. In addition to regular maintenance (oil changes, tire rotations, etc.) be sure to perform the following safety maintenance often:

- **Do regular visual checks of lights.** With your car turned on and parked, have someone walk around to see that your lights are working – headlights, brake and tail lights, turn signals, etc.
- **Clean and adjust your headlights.** During car inspections, ask the technician to correct the aim of your headlights, or take the vehicle to a dealer or other properly equipped repair shop at least once a year for a headlight checkup. Properly aligned headlights will help you see the road better, and will help other drivers avoid glare.
- **Have chips or cracks in the windshield repaired** as soon as possible. A trained glass repair technician can often fill in a damaged area and prevent the crack or chip from growing and requiring a windshield replacement.
- **Windshield wiper care** is one of the most neglected basic car care tips. Replace the blades every six to 12 months or whenever the rubber becomes worn. In between replacements, clean wiper blades with a paper towel dipped in windshield washer fluid. This removes grime and oxidized rubber from the edge of the blade and helps prevent streaking. Check the wiper fluid reservoir every week or so and keep it full.

active lifestyles

www.felicianvillage.org



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Safe driving tips as we age

Growing older brings changes that can affect your driving ability. Here are some tips to stay safe on the road.

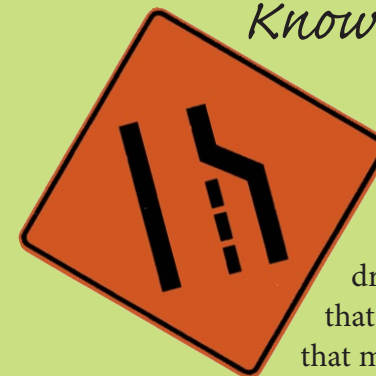
- **Maintain good health.** Exercising to keep your upper body flexible will help you look over your shoulders before making lane changes and turns.
- **Get regular vision checkups:** Be aware that some medications or combinations of certain medications, even over-the-counter ones, may cause drowsiness or fatigue.
- **Avoid rush-hour driving.** Avoid driving at night and in bad weather, when your visibility is limited.
- **Take a safety class for senior drivers.** It never hurts to get a refresher course on safe driving, and it's a fun way to meet others. AAA offers 'Safe Driving for Mature

Operators' courses online or in a classroom near you (see below).

- **Plan ahead:** Before you leave home, plan your route.
- **Limit conversation** and keep the radio volume low to minimize distraction.
- **Don't drive when you're tired,** depressed or in the grips of a strong emotion, such as anger.
- **Never drink and drive.** Metabolism changes with age, and even one drink can make driving unsafe at any speed.
- **Ensure your windshield is clean** and visibility is clear. If you smoke, refrain from lighting up inside the vehicle.
- **Above all, listen to what your mind and body are telling you.** If you start wondering if you can still drive safely, it is time to start talking with your physician and family.



Information from AAA and Liberty Mutual Insurance Company,



Know the signs ...

Brush up on your driving skills

Cars have changed. So have the traffic rules, driving conditions, and the roads you travel every day. Some drivers age 50-plus have never looked back since they got their first driver's licenses, but even the most experienced benefit from brushing up on their driving skills. In Fall, Felician Village, in partnership with AARP, will host presentations that will help older adults refresh their driving skills as well as help them adapt to factors that may affect their driving. Watch for more information in upcoming newsletters!

Active Lifestyles is a publication of Felician Village, a senior community celebrating active lifestyles.

De-clutter *your home*

Looking to do some spring cleaning? Get the job done fast with these seven sure-fire tips to declutter your home.

1. Be ruthless when deciding what to keep and what to let go of. It's the only way to succeed at decluttering.
2. Look at everything with fresh eyes. What made sense to hold onto five or 10 years ago may not fit with your lifestyle today. Tastes and fashions change. Technology changes. Kids grow up. Relationships change.
3. Every time you leave a room, take something with you that doesn't belong there and put it away.
4. Do small declutter jobs first. It could be getting a diaper bag organized so you're always good to go. It could be clearing out a drawer or closet. Just keep picking small areas to work on and it builds momentum. You'll achieve quick and easy victories

and start to feel the benefit of decluttering.

5. Do a declutter blitz. Once you've decluttered a few closets and drawers, you'll have some room to work with. You'll also have a good idea of how much time it takes. So pick a room and a time and blitz it!
6. Aim to have a place for everything and everything in its place. If something doesn't have a place, then make one. There's plenty of great storage products available.
7. When sorting through your stuff, choose what makes sense to throw out, donate to charity, give away to friends or sell on ebay. Take action and let go of stuff.

One word: simplify. If you have lots of clutter, there's no doubt you're feeling lots of stress. A cluttered, chaotic environment breeds stress and frustration. If you don't love it and/or you don't use it, it's clutter. Use this season to get rid of your clutter and lighten your load. As you do, you'll be reducing stress and feeling a sense of calm!

Article Source: EzineArticles.com



Be kind to your back, shoulders and knees! Gardening tips for older adults

All the digging, hoeing, weeding, mowing and watering that make a garden beautiful can be especially hard on backs, shoulders and knees as we age. Here are gardening tips that allow you to do the most work with the least amount of effort.

Tip #1: Start with the right tools, and make them do the work.

Give away heavy steel tools.

Look for lightweight hand tools with resilient rubber handles and ergonomic designs that are easier on your hands and require less effort. Gardening tools with offset handles make digging and weeding easier.

Make the handles more comfortable by covering them with foam tubing, like the kind used for pipe insulation.

Keep your tools sharp. This is an important gardening tip because sharp, clean tools work better and require less effort from you.

Add handle extenders to shovels and other gardening tools to reduce bending.

Use a reacher to reduce stretching, reaching and bending, especially if you have back problems or arthritis. A reacher could pick up



weeds or dead leaves, help you plant seedlings and assist in putting your tools away when you're done.

Tip #2: Add accessories to make lawn mowing easier.

Use an oversized pull grip handle. An oversized handle makes it easier to grasp the string for pull-start lawn mowers, trimmers and blowers, and works for garage and attic doors, too.

Add foam padding to lawn mower and power tool handles. Your hands and shoulders will thank you for reducing the aches and pains you get from motor vibrations.

Tip #3: Use shortcuts to make gardening go faster.

Replace annuals with bulbs and other perennials to get garden color with less effort each year. In many parts of the country, you can plant bulbs all summer and well into fall. Stagger planting times and choose plants that bloom at different times to provide color through most of the year.

Choose the best time to do certain tasks. Soil is softer after it rains, making it a good time to dig.

Dynamic-Living.com

De-stress *your life*

Once your house is de-cluttered, it's time to de-stress your life! Start by practicing the three R's: review, regroup and renew! Here are a few ideas to get you started:

Do absolutely NOTHING: Kick off your shoes, sit in your favorite chair, relax your muscles and just breathe. ... **Get a massage or a facial ... Go on a "self" retreat:** If you need to get away, but only have a day, fill the gas tank, grab a map and drive to a cozy little town or hop on the ferry for a day trip to a local island **Make a date with yourself:** Treat yourself to a gourmet meal for one at your favorite upscale restaurant. Chew slowly and savor every bite **Take an art, dance, singing or music class ... Cruise an art gallery or museum:** Soak up the energy and appreciation of your fellow man's creative genius.

BRICK BY BRICK

An excellent way to pay tribute to a loved one is to have an engraved brick laid in a garden at Felician Village. This new program allows people to pick the garden it will be placed in and the size of the brick. Gardens choices are the Rosary Garden outside the Blessed Angela Chapel or the Ville Garden outside the patio doors to the Villa dementia household.

There are seven sizes of bricks ranging from 4" x 8" to 24" x 24". Wording can vary from three lines of up to 12 characters each to five lines of up to 24 characters each. Donations for the bricks are based on the size of the brick and range from \$100 to \$1,000. For more information, contact the Donor Development department at Felician Village: 684-7171, ext 381.