

An Anthology of
Timely Tidbits and Fascinating Factoids for

Savvy Jersey Seniors



Advice, Humor, and Miscellaneous Words of "Wisdom"
For & About Seniors

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Welcome to Our Sixth Issue!

Welcome to the sixth issue of *Savvy Jersey Seniors* (SJS). In this edition, we take a look at how the Pandemic has revived interest in golf, the benefits of vascular screening, and why stairway falls happen and how to prevent them.

And, as we've noted before, if you have ideas for topics that you'd like to see us tackle (watch for our take on the popularity of yoga and Zooming), just drop us a note at savvyjerseyseniors@gmail.com. Ditto if you'd like us to take a deeper dive into a subject that we have mentioned in passing, such as Yoga and Zooming.

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SJS POLL: Covid Vaccinations and "Zooming"

Just like you, we're always interested in what our friends and neighbors across the region are thinking. So, as you know if you're a regular *SJS* reader, we've recruited 100 folks who are being asked to respond to a question or two for every issue (and who will remain totally anonymous).

Last time we asked the members of our Anonymous 100 if they planned to get vaccinated when a Covid-19 vaccine got final FDA and CDC approval.

We also asked whether they expected their winter holiday plans to include more or less gift giving. And we wanted to know how many are using Zoom (or a similar service). And, if they have been, for what purpose...connecting with friends and family, work, or something else.



Here's what they had to say:

1. Everybody's getting the shot(s)!
2. Almost everybody has been gifting less because there are fewer parties, get-togethers and other holiday events.
3. Zooming is VERY popular...and we'll report more on that phenomenon in our next issue.

In our next issue you'll also find out about how or poll respondents feel about both online classes and yoga. So check the first issue of the new year.

"Important" Dates to Watch for in the Month Ahead:

- January 2: International Stop Spam Day
- January 10: Houseplant Appreciation Day
- January 13: Make Your Dream Come True Day
- January 24: National Compliment Day
- January 27: Chocolate Cake Day



Golf: Enjoying a Revival Thanks to Pandemic

Golf hasn't enjoyed such a revival since the days when Tiger Woods burst onto the scene and captured the attention of the American public.

While restaurants, casinos, bowling centers and movie theaters have greatly suffered during the coronavirus pandemic, golf has not only thrived, but hit record participation numbers. Rounds played are up 8.7% across the country, according to a report from the National

Golf Foundation and Golf Datatech. Some courses, however, are seeing increases up to 30%.

The report also revealed that approximately 27 million more rounds of golf were played this summer compared to last summer. It's the largest bump since Golf Datatech started tracking monthly numbers 20 years ago.



Ironically, none of the initiatives designed by the golf industry to promote golf have positively impacted the game as much as the Pandemic. United States Golf Association (USGA) executive director Mike Davis explained golf's rise during the pandemic. "You can safely socialize and you can get exercise. It's also a good mental distraction in these stressful times."

Golf courses were closed in March, April and May, losing an estimated 20 million rounds of golf. The \$85 billion industry lobbied lawmakers, worked with the Centers for Disease Control and Prevention (CDC) to develop revised rules and guidelines for when the golf courses reopened. The extraordinary second half of 2020 has more than offset those earlier losses.



Many golf courses are experiencing busy weekdays and busier weekends. A mild fall and winter have encouraged golfers to hit the links. The influx of golfers include those new to the sport, lapsed golfers, as well as more families and youngsters taking up the game. Many are more focused on getting out and having fun than their scores.

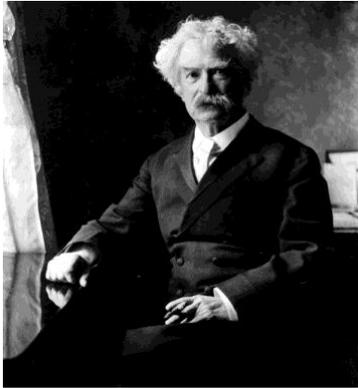
With millions of people working from home, families putting off vacations, less dining out, fewer entertainment options and fewer obligations, there's more time and money for golf.

The golf revival also has generated record sales of equipment, such as clubs, shoes, golf balls, gloves, golf bags and push carts.

The big question is whether golf can maintain its growth after the Pandemic. If not, it will have to hope for another Tiger Woods.

Wit & Wisdom:

- Growing old is like being increasingly penalized for a crime you haven't committed. (Pierre Teilhard de Chardin)
- I made a huge "to do" list for today. I just can't figure out who's going to do it.
- When your friends begin to flatter you how young you look, it's a sure sign you're getting old.



Mark Twain



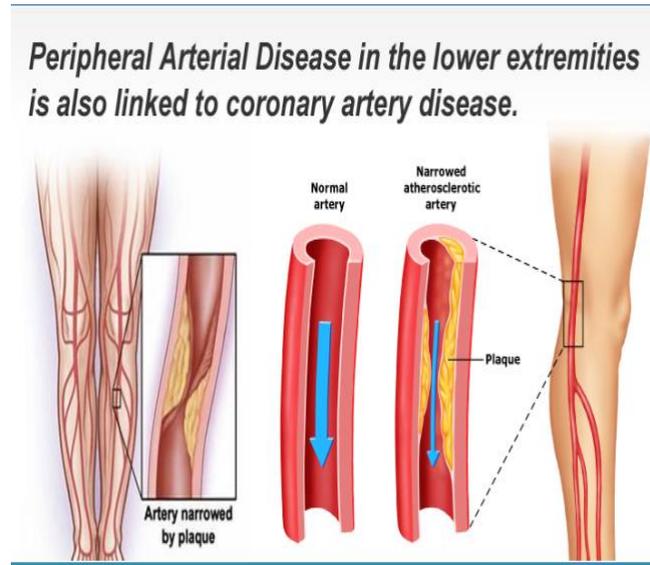
Pierre Teilhard de Chardin

Vascular Screening: Detecting Silent Killers

Vascular diseases are known as "silent killers" because they often strike without warning.

Vascular disease refers to changes to the blood vessels outside of the heart. This can include arteries or veins but most commonly is associated with arteries. It can involve blood flow to the extremities, brain, or other internal organs. And, it refers to both atherosclerosis (blockages) and aneurysms (dilated blood vessels)."

Vascular diseases are often unaccompanied by symptoms, making it extremely important to catch these diseases before it's too late. Vascular diseases can result in stroke, loss of limbs, or death. The best way to detect vascular diseases is through vascular screenings.



Stroke, peripheral artery disease, and abdominal aortic aneurysm are the three most serious, non-cardiac-related vascular diseases that afflict Americans.

While men and women can be affected by vascular diseases, the risk increases for men at 40 years of age and older. It can begin earlier, depending on lifestyle factors.

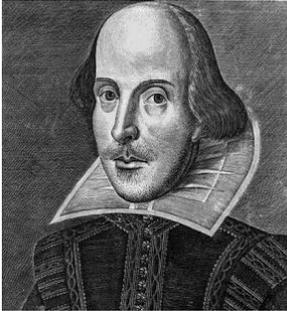
Vascular screenings are not a threat to patients and they are very effective. There are some conditions that progress silently, like abdominal aortic aneurysms — where the first symptom is a medical emergency. An early detection can allow for appropriately timed correction to avoid a potentially life-threatening event.

Who should be screened? Anyone over age 55 or anyone over age 40 who has multiple risk factors, including: family history of heart disease or strokes, history of smoking, high blood pressure, overweight, high stress levels, inactive lifestyle, high cholesterol, or diabetes, according to the Brookings Health System.

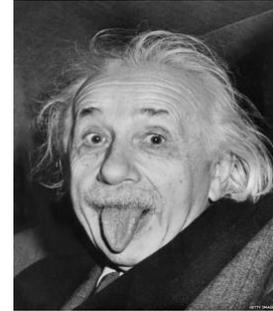
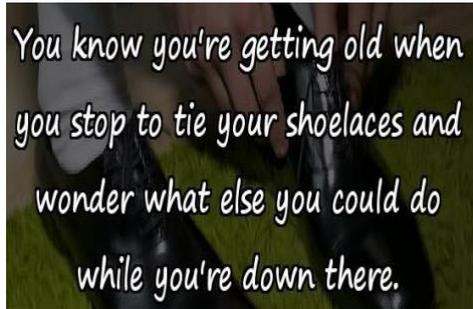
There are three important diagnostic ultrasound screenings that can be conducted. They are: peripheral arterial ultrasound, carotid artery ultrasound, and abdominal aortic aneurysm ultrasound.

More Wit & Wisdom

- Remember that it was when Shakespeare was quarantined because of the plague that he wrote *King Lear*!
- Have you ever listened to someone for a while and wondered "who ties your shoelaces for you?"
- The difference between stupidity and genius is that genius has its limits. (Albert Einstein)



William Shakespeare



Albert Einstein

Stairway Falls: #1 Reason for ER Visits

Every 11 seconds, an older adult is treated in the emergency department for a fall; every 19 minutes an older adult dies from a fall, according to the Centers for Disease Control and Prevention (CDC).

Almost 70% of fall injuries happen to people 65 and under, according to Thom Disch, author of *Stop the Slip*. While falls are not relegated to just the elderly, the elderly need to be more cautious because they face more serious consequences at the result of a fall. The elderly represent 69% of hospitalizations caused by falls and 82% of the death caused by falls.



The No. 1 reason men and women visit the ER in the United States is due to a slip and fall on the stairs. With a little more than one million visits each year, stairway-related falls are more common than those caused by exercise, bathtubs and football combined.

Here are three simple steps to reduce slips and falls on stairways:

- Check the overhead lighting. Many slip and fall accidents are simply the result of someone being unable to see a step, transition or debris on the floor.
- Replace worn-out stair treads with new treads that provide better grip.
- Install safety handrails to make stairways easier to climb and descend.

Coming in a close second is falls on floors. Here are some steps to help prevent slips and falls on floors:

- Clean up all spills immediately.
- Remove obstacles from walkways and keep walkways free of clutter.
- Secure mats, rugs and carpets that do not lay flat by using tacking or taping.
- Cover cables that cross walkways.
- Keep working area and walkways well lit.

Awareness is the most important step in preventing slip and fall injuries. Increase your awareness and correct slip and fall hazards as soon as you see them.

Coffee: Brew It Right and Prolong Your Life?

A 20-year study in Norway had more than half a million Norwegians log both how much coffee they drank and how it was made. The results showed that those who drank filtered coffee had a 15% reduced risk of dying prematurely of any cause.

Among unfiltered coffee drinkers the reduction was 9% for women, but only 4% for men. Study author Dag Thelle suggested that coffee filters remove substances that increase blood cholesterol, making "heart attacks and premature death less likely."

Booze: Is It "Beneficial" to the Brain?

Research followed 20,000 folks, middle-aged or older, for an average of nine years and regularly tested them for mental status, word recall, and vocabulary. Compared with teetotalers, moderate drinkers (defined as women who enjoyed up to 8 drinks a week and men who had fewer than 15) had higher cognition scores in all three areas. They also apparently had lower rates of mental decline. A possible explanation is that small amounts of alcohol could have a positive effect on blood vessels in the brain.

Still More Wit & Wisdom



When I hear somebody sigh,
LIFE IS HARD...
I am always tempted to ask,
COMPARED TO WHAT?



The People Who Help Make SJS Happen/Contact Us:

We readily admit that we don't have a real "staff," but our contributors now include (in alphabetical order) Karen Berg, Lou Ciavolella, Courtney Colletti, Mark ("the guinea pig"), Barry Sparks, and Phyllis Weber.

If you have story ideas, comment, kudos, or criticisms, you can reach us at savvyjerseyseniors.com.

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