

A man and a woman are shown in a close-up, profile view, smiling at each other. They are both wearing winter hats and scarves. The man is on the left, wearing a brown flat cap and a red scarf. The woman is on the right, wearing a tan hat and a grey scarf. They are holding white mugs. The background is a warm, golden light with falling snow.

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Thinking about a Tub to Walk in Shower Conversion This is a must read!

Is your Bathtub a hazzard or just no longer needed!

At One Day Bath, their goal is to provide simple solutions to everyday problems at an affordable price. Whether you're having a tough time climbing in and out of your bathtub, or you, like many others, prefer an updated walk in shower, as you no longer see a need for a traditional bathtub. Their tub to shower conversion can turn your under-used, outdated tub into a fully-functional, safe walk-in shower – accompanied by a beautiful wall liner or ceramic tile. Their signature product is TubCut®, where they like to say,

“Why step over your tub when you can walk through it?” Bathrooms can often be a dangerous place because of unforgiving slippery surfaces, or the height of a traditional tub is difficult to climb over – especially as we age. If you find that you or a loved are struggling getting in and of your tub, it's probably time to have a conversation about that, and then do something about it. Come and talk to the team at One Day Bath, and we'll discuss products that can help your family avoid injuries and serious accidents in the future, or simply help you get rid of that tub, as you prefer a large walk in shower and all the benefits that come with it!

One Day Bath offers two convenient and budget-friendly options for your tub to walk-in shower conversion. Both are constructed with style & safety in mind. The first is the TubCut®, which is custom- Fit tub to shower conversion system no demo or high cost ! A lot of people are perplexed about how the TubCut® works. They think that it goes over the existing tub. Actually, we modify your existing bathtub into a walk-in shower. “They will cut out a piece from the tub that measures anywhere from 18" to 45" wide, leaving you with a simple four-to-five-inch Lip, just like a standard shower pan as that's what we do, **we convert your tub to a shower pan!** There's NO ripping out, NO mess, NO demo and saves you up to 90% over replacement. Shower



curtain or shower door your choice!” It is also reversible if you sell your home, or you are having a parents move in with you, this is the perfect solution if you're happy with your bathroom but really want a simple walk in shower, then the TubCut®, is the solution. **Prices start as low as \$1,300.** Complete even if it's cast iron If you want or need a new surround we can in-cooperate that with affordable packages starting at just **\$3,100. With the TubCut® and a new high end custom surround same as the big companies but with prices that make sense!**

The second option is a traditional tub to shower conversion, where the tub is replaced with a shower pan accompanied by high grade acrylic wall surround, or you can choose ceramic tile for your surround. It's your choice! There are many accessories to choose from, including linear shelving systems, fold-down seats, and more. One Day Bath's shower systems are mold and mildew resistant, as well as maintenance free and guaranteed for life. The tub to shower conversion is typically completed in one to two days.

Our average cost for a new shower pan, surround, new fixtures, shelving and a fold down seat our average customer spends \$5,900 - \$6,500.

“One Day Bath has upfront pricing!” Says Danny Demaio, Manager of ODB. We don't have “professional” sales guys who play videos or take up 2+ hours of your time we come and measure and let you look through some material and quote you, if you are not ready to book great, we won't insult you by offering you a better deal to book that day we give you the best price up front & we don't need the whole family there to give you a quote. “We offer personalized service with fantastic lifetime guarantee on our products. We are local in the community and support our communities for over 15 years!” The process of working with the One Day Bath team is simple, and gets you into your new shower as soon as possible.

See it at there showroom: **889 Lower S Main Street Bangor PA**
Request a free in-home consultation today, or simply call One Day Bath Inc. to talk about your project & what that may cost: 866-336-1278, or visit www.odbpro.com



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Healthy eating options for seniors

"Let food be thy medicine" is a quote attributed to Hippocrates, the ancient scholar considered to be the father of modern medicine. The saying relates to the notion that what people put in their bodies can heal and/or prevent certain conditions.

For seniors with medicine cabinets full of over-the-counter and prescription medications, the idea of relying predominantly on food to promote optimal health may be tempting, and various foods can be particularly useful to the 50-and-over demographic. According to the World Health Organization, poor diet is a major contributor to many of the diseases that affect older people. Poor diet has been connected to the development of diabetes, and degenerative diseases such as osteoporosis also may be linked to the foods ones eat. The National Council for Aging Care says micronutrient deficiency is often a problem among the aging due to factors like lack of variety in diet and reduced food intake. Eating a variety of foods can provide all of the nutrients people need to stay healthy as they get older. Certain foods may be particularly helpful.

• **Brain-friendly foods:** Foods such as avocado, leafy vegetables, sunflower seeds, blueberries, and salmon are good sources of vitamin E, antioxidants, omega-3

fatty acids, and other nutrients that may help ward off dementias like Alzheimer's disease, advises Sonas Home Health Care.

• **Anti-inflammatory foods:** Foods rich in omega-3 fatty acids may help prevent inflammation that can cause cancer and rheumatoid arthritis. Aging.com says foods that are high in omega-3 fatty acids, like salmon, should be consumed at least twice per week.

• **Fruits and vegetables:** Fresh, canned or frozen produce tend to be high in micronutrients, including a variety of important vitamins that are essential for all components of health. The Academy of Nutrition and Dietetics advises eating dark green vegetables, such as leafy greens or broccoli, and orange vegetables, such as carrots and sweet potatoes.

• **Energy-boosters:** Choose whole grains that can provide sustained energy by way of healthy carbohydrates over processed grains.

• **Bone-friendly foods:** Calcium-rich foods, such as milk, yogurt and cheese, can prevent calcium from being leached from the bones, which contributes to conditions like osteoporosis.



• **Digestive system-friendly foods:** The digestive system slows down as the body ages, as the walls of the gastrointestinal tract thicken and digestive contractions that push waste along may slow down and become fewer. Foods rich in fiber can promote proper digestion by moving food through the digestive tract more easily. High-fiber foods also may help naturally reduce blood cholesterol levels.

• **High-iron foods:** Without enough iron in the body, a person may feel tired and lethargic from a reduced production of hemoglobin, which carries oxygen in the blood from the lungs to the rest of the body. A lack of oxygen in body tissues from anemia can be serious, says the National Council for Aging Care. Tofu, spinach, lentils, pumpkin seeds, and fortified breads and cereals are high in iron.

Smart food choices can help seniors live long and healthy lives.

Cruising tips and tricks



Cruising can be an ideal vacation for people of any age, but particularly for seniors. Cruises combine all-inclusive meal packages with accommodations, breathtaking ports of call and pre-arranged activities, so vacationers do not have to lift a finger for days on end. Cruising also can be a social activity, meaning singletons can meet up with other like-minded people and enjoy the cruising experience together.

Cruise Lines International Association, a global organization advocating for the cruising community, found that 25.8 million passengers expected to take a cruise in 2017, and various cruise companies invested more than \$6.8 billion in new ocean vessels.

Whether a person is new to cruising or is a seasoned ocean or river traveler, there are always techniques to try to score great deals or enjoy the experience even further. Consider these tips and tricks, courtesy of Royal Caribbean, The Cruise Critic, the Travel Channel, and other vacationing experts.

• **Research the ships, and not just the cruise lines.** Cruise lines each offer their own amenities and are known for certain features. One cruise line may be a better match for young singles, while others may cater to families. In addition, certain ships may have their own special

features such as water slides, athletic events, casinos, and more. Choose a ship that meets your needs.

• **Arrive the night before.**

There's no need to rush to the port to board the ship. Extend the vacation a little further by arriving a night or two before and checking into a nearby hotel. Some hotels may offer free parking or shuttle service to the ship.

• **Choose a close port.** Select a port within driving distance to avoid airline costs and the extra hassles of coordinating luggage and travel to the port.

• **Book dining ahead of time.** Cruise ships often have a main dining room and then specialty restaurants. If you want a particular meal, make reservations before leaving port. Certain restaurants may offer discounts or perks, such as a free bottle of wine or premiere seating.

• **Understand what's included.** Cruise ships have many foods and drinks that are included in the packaged price. Certain branded items, such as specialty coffees or ice creams, may be available at an additional charge, as are premium drinks. But chances are you can find a free, similar version elsewhere on the ship.

• **Explore special discounts.** When shopping for a cruise, see if there are discounts available for seniors, teachers, people in the military, or those who belong to certain clubs. Cruises often love to incentivize, so it pays to ask about discount pricing.

• **Make a list of activities.** It can be easy to get overwhelmed by all of the offerings on a cruise ship, so much so that there's some stress over trying to fit it all in. Recognize that you can't see or hear it all, and prioritize what's important to you. Make sure you have plenty of time to relax.

• **Book at the right time.** Cruises may be more available after Labor Day when kids go back to school and the weeks between Thanksgiving and Christmas when others are too busy to travel.

Cruising can be an ideal vacation for travelers who are savvy enough to do their research.

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Did you know?



Socialization in midlife can have a profound impact on individuals as they approach their golden years. A 2019 study led by researchers at University College London found that being more socially active in your 50s and 60s predicts a lower risk of developing dementia later in life. The study used data from a previous study that tracked more

than 10,000 participants between 1985 and 2013.

Participants in the study completed cognitive testing from 1997 onwards.

Researchers found that someone who saw friends almost daily at age 60 was 12 percent less likely to develop dementia than someone who only saw one or two friends every

month. Strong associations between social contact at age 50 and subsequent dementia were also uncovered.

The study supports the idea that remaining socially active in one's 50s and 60s can benefit long-term cognitive health.

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1940 W. Turner St., Allentown, PA 18104 | Phoebe.org/terrace

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How to stay flexible as you age

Men and women may begin to feel less flexible as they get older. According to the University of Maryland Medical Center, that loss of flexibility is because muscles lose both strength and elasticity as the body ages.

A lack of flexibility can make men and women more vulnerable to certain types of injuries, including muscle strains and tears. While people might not be able to maintain the flexibility they enjoyed in their twenties, there are ways for them to combat age-related loss of flexibility.

- **Stretch frequently.**

Stretching is a great way to combat age-related loss of flexibility. Stretch major muscle groups, such as hamstrings and shoulder muscles, several times per week. When practicing static stretching, the goal is to gradually elongate the muscle being stretched before holding the elongated position, and ultimately allowing the muscle to return to resting position.

As flexibility improves, elongated stretches can be held for 30 seconds. Avoid stretching muscles that are sore or injured, and discontinue a stretch if you feel pain or discomfort.

- **Include yoga in your exercise regimen.** Practitioners of yoga typically love how this unique discipline that exercises the body while relaxing the mind improves their flexibility. Many yoga poses are designed to improve the strength and flexibility of muscles, and some physicians may even recommend yoga to aging patients. Yoga DVDs or streaming sessions can be great, but beginners may want to visit yoga studios or sign up for classes at their gyms so instructors can personally ensure they are doing each pose correctly. As their flexibility improves, men and women can try more difficult poses and classes if they so desire.

- **Get in the pool.** Swimming is another activity that can



help aging men and women improve their flexibility. Strength-training exercises are an important component of a well-balanced exercise regimen, but such workouts tend to focus on one or two muscle groups at a time. That means other muscle groups may be inactive and tighten up as a result. Swimming works the entire body, which helps all muscle groups stay loose and flexible. One or two swimming sessions per week can contribute to great gains in overall flexibility, especially for men and women who remember to stretch when they get out of the pool.

Flexibility may decrease as men and women age, but there are various ways to combat the natural loss of flexibility.