



40+ Living

Celebrating Baby Boomers & Active Seniors

Check out The Center's annual Summer Games

Friday, June 25th

Fox Run Golf Course - 665-5205
Golf: Call for 8-9am tee time*
*Additional green fees are required.

Summit Activities Center

1-3:30pm Basketball
Free throw, Hoop Shoot, 3 on 3
1-3:30pm Jump Rope

Fantel Memorial Park

1-3:30pm Horseshoes
1-3:30pm Beanbag Toss
1-5pm Disc Golf*
*Pick up score cards at The Center

Wielhaus Recreation

1-402-388-4640 • Call for reservation
9am-6pm Bowling*
(Singles, Doubles & Mixed Doubles)

Summit Activities Center

5-6pm Swimming
50 & 200 yard Freestyle
50 & 100 yard Backstroke
50 & 100 Breaststroke

The Center

5-6pm 5K Cycling

Saturday, June 26th

Summit Activities Center

7:30am Tennis

The Center

7:30am Men's & Women's 10K Bike Race
8am Men's & Women's 5K Run
10am-Noon Table Tennis
9am-Noon Shuffleboard
9am-1pm Bowling - Crofton

Yankton High School Track

10am Men's 50m Run
10:15am Women's 50m Run
10:30am Men's & Women's 400m Racewalk
10:45am Men's 200m Run
11am Women's 200m Run
11:15am Men's & Women's 800m Racewalk
11:30am Men's & Women's 400m Run
11:45am Men's 100m Run
12pm Men's & Women's 1500 Run
12:15pm Men's & Women's 1500m Racewalk
12:30pm Women's 100m Run
12:45pm Men's & Women's 800m Run
10am-Noon Field Events
High Jump, Long Jump (running & standing),
Discus, Softball Throw, Shotput, Javelin

*Additional fees charged.
All events are open to those 40 years and over.
Call The Center for more information, 665-4685.

Staying Healthy at 50+

Family Features — Life expectancy has grown dramatically over the last century, but not all those living longer now are living well. The survey "Growing Old in America: The Health and Retirement Study," (HRS) sponsored by the National Institute on Aging, found some compelling insights into the health of older Americans.

- Less than half of HRS participants aged 55 to 64 said they are in very good or excellent health.
- Only about one quarter of participants aged 65 and older said they are in very good or excellent health.

According to the Centers for Disease Control, the leading causes of death for U.S. adults aged 65 or older are heart disease, cancer and stroke. These account for 61 percent of all deaths in this age group.

What many people don't realize is that behavior changes and preventive screenings can help them live better and longer lives.

Behavior

Men and women over 50 can take action to improve their overall health. It's never too late to start.

- Be tobacco free. To talk to someone about how, call the National Quitline at 1-800-QUIT-NOW.

- Get active. Start small and work up to 30 minutes or more of moderate activity several days a week. Talk to your doctor about what you can do.

- Eat healthy. Lean meats, fish, vegetables, fruits, whole grains and fat free or low fat milk and milk products are best for people of any age.

- Maintain a healthy weight. Balance calorie intake with calories spent in exercise. Talk to your doctor if you start to gain or lose weight unexpectedly.

- Get immunized. Influenza and pneumonia kill an average of 36,000 people a year, most of whom are women aged 65 or older. The right immunizations can prevent not only the flu and pneumonia, but whooping cough and shingles as well.

Screenings

Clinicians order diagnostic tests when they suspect someone has a disease. Screening tests, however, help check for problems before symptoms are apparent. Health experts from the U.S. Preventive Services Task Force recommend the following screenings for men and women over age 50:

Colorectal Cancer. This is the third most common type of cancer for both men and women and the second leading cause of cancer death in the U.S. More than 90 percent of cases are diagnosed in people aged 50 or older. The Task Force recommends

- A fecal occult blood test every year
- Flexible sigmoidoscopy every 5 years

Depression. Emotional health is as important as physical health. If you have felt down, sad or hopeless over the last two weeks, or have felt little interest or pleasure in doing things, you might have depression. Talk to your doctor about getting screened.

High Blood Pressure. Have your blood pressure checked at least every two years. If you have high blood pressure, have a blood test for diabetes.

High Cholesterol. Have your cholesterol checked regularly.

Women over age 50 should have the following screenings as well:

Breast Cancer. Mammogram every one to two years. The risk of getting breast cancer increases as a woman gets older. Nearly eight of 10 cases of breast cancer are found in women over age 50.

Cervical Cancer. Pap smear every one to three years.

Check with your doctor about what screenings you should have. Targeted screenings based on age, gender, underlying health condition or family history can make all the difference for a healthy life.



COURTESY OF FAMILY FEATURES

EZ DUZ IT
WASH 'N FOLD
Ironing, Mending & Drop Off Laundry
Hours: 8 am to 8 pm Monday-Friday
Sat. 8 am to 4 pm



Senior Living...with an emphasis on living!

Come visit, or give us a call to request more information.

Tyndall 605-589-3350
Tripp 605-935-6101
Corsica 605-946-5467
Scotland 605-583-2216
Wagner 605-384-3661



The Evangelical Lutheran Good Samaritan Society provides services to qualified individuals without regard to race, color, religion, sex, disability, familial status, national origin or other protected statuses according to applicable federal or state law. All faiths or beliefs welcome. 2008

A SAFE PLACE, INC.
A Counseling Center
Terre Berkland,
MSW, CSW, PIP
Therapist
500 Park Street, Suite 13, Yankton
605-661-5176
•Children •Adults •Couples •Families
•Depression •Stress
•Anxiety •Transitions
•Parenting •Behavior
•GLBTQ •PTSD

Today's the First Day of Summer...
Celebrate by giving yourself flowers in bright sunny colors to add that summer feeling to any room.
ped piper flowers
"Yankton's Flower Shop" 15th & Broadway, Yankton
www.pedpiperflowers.com 665.7700