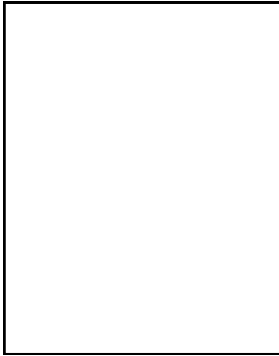


Good News



NEWS YOU CAN USE NEWS YOU CAN USE BY YOUR NAME HERE



Your Name Here

Help for Parkinson tremors

A new gyroscopic glove that reduces tremors from Parkinson's Disease by 80 percent is currently in the prototype stage.

GyroGear will begin shipping the first gloves in 2017 for use by patients with a wide range of conditions that cause hand tremors.



The device works with an electric gyroscope mounted on the back of a fingerless glove. The gyroscope spins and the wearer's hand is held level, resisting tremors, but allowing for voluntary hand movement. See gyro-gear.co (not .com) for more information.

Humans get lift from nature

A family medicine professor has identified four main benefits of being surrounded by nature.

Sara L Warber of the University of Michigan has studied the benefits humans experience when they get out in nature.

Physical: People tend to be more active when out and about, Warber says. When people repeatedly go out for walks or just enjoy the outside, they tend to move more, conferring benefits on the immune and endocrine systems. Blood pressure can also improve.

Mental: Thinking improves when people experience nature. They begin to have a sense of well-being, less stress, and less depression. They might also recover more quickly from stress. Group walks are especially helpful.

Emotional: People in parks, camp settings, or group activity, like bird watching, experience more positive emotions.

Spiritual: Spending time in nature gives adults a sense of transcendence, serenity and tranquility.



Warber studied park users in the United Kingdom and found that the most people reported feeling relaxed.

Writer Michael Grothaus tried his own experiment to discover if his city spirit could be calmed by parks. Turned out it was. He wrote in Fast Company that after dedicating no less than one hour in nature, he immediately

felt less stressed. It was as if the parks acted like a cocoon, sheltering him from city noises and his own racing thoughts.

After two weeks, he found her overall mood improved.

By the third week, he felt more creative.

On the fourth week, he was surprised and excited to realize his memory improved and he no longer needed to write out a list of tasks.

Warber said everyone could benefit from an hour of nature immersion each day.

Senior Notes

In this pilot program, help comes home

In one new, experimental government program, nurses and medical technicians come to the home, instead of the patients coming to the hospital.

In 2012, Congress authorized a pilot program called Independence at Home. In the first test of the program, just 10,000 patients could sign up for the program. Qualified patients are those who tend to go in and out of the hospital for treatment of chronic conditions and are in need of daily living care. The idea is that caregivers, doctors, and skilled nurses coordinate to keep frail, elderly patients healthy and in their home.

In a recent article in the Wall Street Journal, Ezekiel J Emanuel, Chairman of the Department of Medical Ethics at the University of Pennsylvania, wrote that the program is "concierge care for the sickest, not the richest."

According to the Journal of American Geriatrics Society, the program could save Medicare tens of billions during the next 10 years if it is extended and made a permanent part of Medicare.

Care: Giving the gift of time

Time disorientation is a common problem with the elderly, especially for dementia and early Alzheimers patients

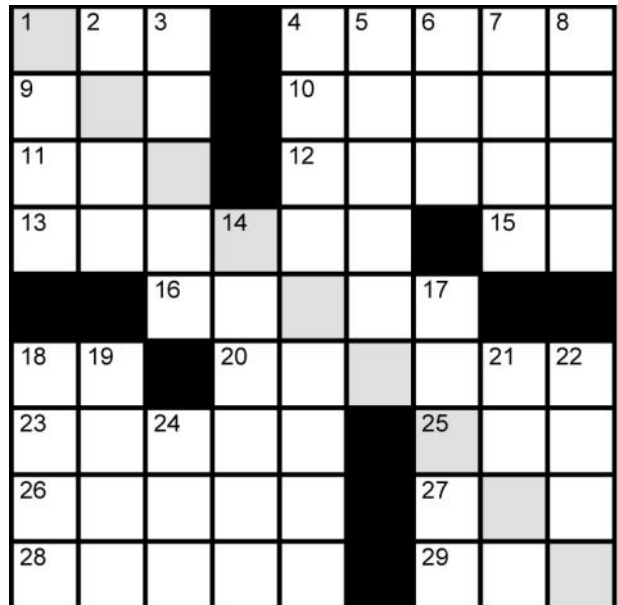
A clock by GeriGuard Solutions aims to solve the problem with a simple mes-

Fan of Water Life

The headline is a clue to the answer in the diagonal.

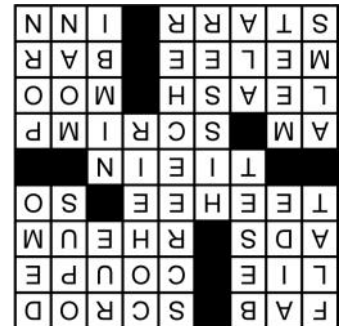
Across

1. The ___ Four
4. New England catch
9. Fanciful story
10. Two-door car
11. Infomercials, e.g.
12. Watery eye discharge
13. Giggle
15. Hence
16. Link
18. Radio mode
20. Pinch pennies
23. Collar attachment
25. Jersey call
26. Free-for-all
27. Prevent
28. Brenda, of the comics
29. Setting for TV's "Newhart"



Down

1. Off-pitch
2. Adjutant
3. Attack
4. Like an owl
5. Legacy sharer
6. Parisian way
7. Creative work
8. Floor model
14. Many a snake
17. Rain clouds
18. "___ for the poor"
19. Encounter
21. Bellyache
22. Smut
24. In the style of



sage: It is Sunday morning.

The clock displays the day of the week and four time periods: morning, afternoon, evening, and night.

Online: theseniorcareshop.com.

At your age...

A boy and a man discuss religion.

The young boy says to the older man, "Yeah, well, I didn't believe in reincarnation when I was your age either."

(Let that sink in a minute.)



"I'll have you know that this is going in my blog."

You can help break the Civil War code

The telegram is from President Abraham Lincoln, but the words sound insane.

"What's next news I the prayers I to while coming star what you mean dispatch Zebra."



Of course, the message is in code and to read it you need the code book.

Unexpectedly, a wealth of messages and code books once thought lost have been found. Now a museum is teaming up with a North Carolina State University and Zooniverse.org to crowdsource the decoding of more than 5,400 telegrams (100 sent by Lincoln) using the newly found code books.

Anyone can register with Zooniverse to help in the process.

The code books and telegrams came to light in 2009 when they were offered for auction by the descendants of the director of the Union military telegraph office.

Thomas T. Eckert (1825-1910) retired in 1867 and took with him ledger books, correspondence and code books. Evidently no one thought anything about it at the time, and no one cared since. The materials were sold once in 2009 for \$36,000 and offered for sale again in 2012, at which time the historical importance of the materials was at last recognized, according to the Wall Street Journal.

Trivia Teaser

Light in August

1. Who made his debut playing James Bond in the 1987 movie "The Living Daylights"? a-Daniel Craig, b-Roger Moore, c-Timothy Dalton, d-Pierce Brosnan.
2. What was the highest charting song on the Billboard pop chart, reaching #4 in 1979, for the Electric Light Orchestra? a-"Mr. Blue," b-"Sweet Talkin' Woman," c-"Hold On Tight," d-"Don't Bring Me Down."
3. What former football player sang the number one country songs "Leave the Light On" and "Take Your Time"? a-Tim McGraw, b-Sam Hunt, c-Mike Reid, d-Terry Bradshaw.
4. What is the maximum weight for a boxer in the light-weight division? a-120 lb., b-125 lb., c-130 lb., d-135 lb.?
5. Who wrote the classic poem "Charge of the Light Brigade"? a-William Blake, b-Sir Walter Scott, c-Alfred, Lord Tennyson, d-Henry David Thoreau. Italy, d-India.

Answer to Trivia

1-c, Timothy Dalton; 2-d, "Don't Bring Me Down"; 3-b, Sam Hunt; 4-d, 135 lb. 5-c, Alfred, Lord Tennyson



Dangerous and beautiful:

Lassen Volcanic National Park hits 100

Lassen Peak has been sleeping since 1921, but the volcano that forms the focus of the national park is considered armed and dangerous.

August 9, Lassen Volcanic National Park celebrates its 100th anniversary, and the volcano has been on good behavior ever since.

Early pioneer settlers in the northeastern area of California believed that Lassen Peak, the largest volcano in the southern section of the Cascade mountain chain, was defunct. Nothing to see here.

In mid-May of 1914, it started to rumble. In June, it trembled and spewed out rocks and ash. During the next 11 months, it shattered nerves with 180 steam explosions carrying lava rock and ashes, while blasting out and enlarging a 1000-foot wide crater.

On May 14, 1915, it emitted a five-mile-high smoke plume seen for 50 miles, followed by fiery lava streaming down its flanks. By morning, a lava dome filled the summit's crater.

On May 22 that year, the volcano erupted, shooting rock, ash and pumice 30,000 feet into the air. Any ranch, farm or outpost anywhere in its landing zone was destroyed.

By August 9, 1916, President Grover Cleveland signed the Congressional document adding Lassen to the federal park system as the 15th and one of the largest parks.

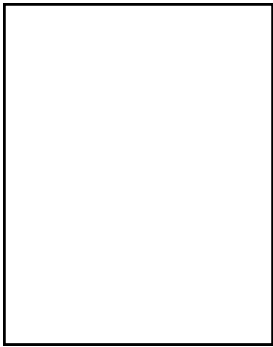
Best not settle too close.

Lassen Peak is one of the largest lava domes on Earth.

Among the 100th anniversary, activities is the Lassen Dark Sky Festival, August 12. Lassen is one of the last sanctuaries of natural darkness and has an incredible, dark sky with an unparalleled view of celestial wonders.

Lassen has eight campgrounds that range from developed to primitive (some can be reserved) and cabins. Three area lodges have limited guest capacity.

August 2016



Your Name
Your Address
Your contact
Information goes
Here.
Add your email and
Website, too.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4 Coast Guard Day	5	6
7	8	9	10	11	12 	13 
	<i>Perseid Meteor Showers</i>					
14	15	16	17	18	19 	20
21	22	23	24	25	26 Women's Equality Day	27
28	29 US Open Tennis	30	31			