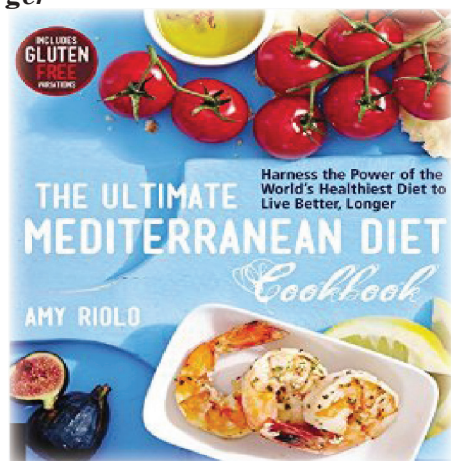


October Book Report

The Ultimate MEDITERRANEAN DIET COOKBOOK

Harness the Power of the World's Healthiest Diet to Live Better, Longer



The Ultimate Mediterranean Diet Cookbook by Amy Riolo gives you real food, real health, and real change!

Recent studies show that people who follow a Mediterranean diet were 47 percent less likely to develop heart disease – and the news gets even better!

A Mediterranean diet works for all genders, all age groups, and regardless of overall condition.

Combined with the fact that the foods most common to the Mediterranean diet are easily available in the U.S. and Canada – and already number among the most popular dishes – makes this diet plan one of the most effective and easiest to follow... and is delicious!

This cookbook is published by Fair Winds Press. It features 100 recipes from 25 countries. Cost: \$22.99.

Change Your Life Without Changing Your Routine

The Noticer's Guide to Living and Laughing

By Margery Leveen Sher

In the midst of our hurried, screen-filled lives, actual meaningful connection can be difficult. Are we losing the ability to truly connect with one another? *Have we forgotten how to communicate without texting?*

Change your life without changing your routine! How? By Noticing what you see! And by being ready with an easy laugh. Life is Amazing. Life can be Annoying.

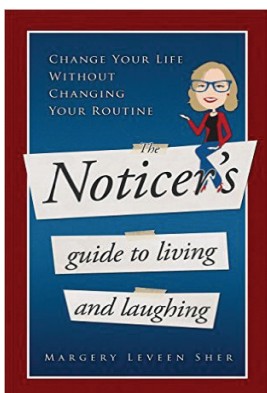
Do you know why you should be awestruck by broccoli? Do you know why you should love zippers?

Do you know why our closets get filled with junk? Do you spit a lot?

This holiday season, let's give ourselves the gift of a richer life and better connections.

In *The Noticer's Guide*, entertaining observations lead to lively conversation, which leads, ultimately, to better connections and more happiness.

Available on Amazon.com: \$11.69 for paperback and \$6.99 for Kindle.



Elderly Drivers Think Elderly Drivers are Dangerous

By Cecil Scaglione

It may surprise you to learn that elderly drivers think other oldsters behind the steering wheel are more dangerous than drunk drivers.

The majority of motorists 65 years or older hold that view, according to a Princeton Survey Research Association International survey on behalf of *Caring.com*, an online senior-information resource for caregivers.

Fourteen million U.S. drivers have been involved in a road incident involving an elderly person in the past year, according to the report. Yet drivers 65 years old and older are not perceived as more dangerous than drunk, distracted or teen-aged drivers.

Before figuring the old foggy ahead of you in traffic shouldn't even be on the road, keep in mind that teen drivers are four times more likely to be involved in a traffic accident than the mature motorist, according to the *Highway Traffic Safety Administration and Insurance Institute for Highway Safety*.

Their figures also reveal that the safest drivers are between 64 and 69 years old.

But when sight and other senses deteriorate with age, there's no unanimity on who should tell the elderly driver it's time to turn in his or her car keys.

Forty percent of those surveyed said they would rather discuss funeral arrangements or selling the family home- stead rather than talk about taking their parents' car keys.

Almost 30 percent of survey respondents opted for a doctor or caretaker to determine and tell an oldster he or she is no longer fit to drive. A quarter of the respondents said a family member should be responsible for that. Almost an equal number said that should be up to a government agency responsible for issuing drivers' licenses.

When drivers were asked who should tell them when to get off the road, slightly more than a quarter said it should be left to themselves to determine when it's time to quit.

"Driving is often associated

with independence and freedom," said *Caring.com* chief executive officer Andy Cohen, "which is why so many senior citizens are reluctant to give up their car keys."

"No one wants ... to take away Mom's or Dad's car keys," although, he adds, "many seniors would actually prefer to hear it from a family member than from a police officer on the road."

Thirty percent of the drivers said they would favor a family member telling them and slightly more than

20 percent said they'd prefer to hear it from a doctor or caretaker.

Only one out of 10 opted for a government agency.



If you find yourself in the beautiful town of North Conway, New Hampshire, and see a man with a sign saying, "Meals on Wheels Driver," it's non other than longtime volunteer Steve Swenson on his daily route for the Gibson Center for Senior Services. Besides keeping himself in shape pedaling around town, Steve helps fellow senior citizens stay healthy with nutritious meals. Wonder how many miles Steve has logged thus far?



85% of seniors have done nothing to prepare their homes for aging. Let us help.

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- Appointments and Errands
- Alzheimer's Care
- Medication Reminders

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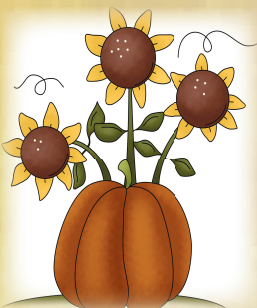
HomeInstead.com/centralnh

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Hillside Apartments

Meredith, N.H. ~ This property does not have an elderly preference.

Florence V. Hodges Apts.

Concord, N.H. ~ This property does not have an elderly preference.

Canterbury Spruces

Canterbury, N.H. ~ This property does not have an elderly preference.

If you are 62, disabled or handicapped; (regardless of age) and meet annual income guidelines you qualify for our one-bedroom apts.

For further information contact:

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