



ENJOY LIFE



A Practical Guide to
Living Better and Longer

JULIÁN MELGOSA



This thought defines Dr. Julian Melgosa's new, internationally-distributed work, which is a valuable guide to enjoying life throughout the third age. Fourteen chapters offer a complete investigative tool full of practical advice that is specifically designed to help the reader achieve optimal health and find enjoyment in this stage of life.

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We are meant to live intensely and positively throughout life. This holds true for our later years, the third age. Preparing for this period helps to ensure a stable and joyous life through our final days.

ENJOY LIFE



How to Prepare for the Senior Years

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- Preserve your decision-making power. A study carried out in Australia by David De Vaus (2007) and his team involved 601 subjects who were close to retirement. The study teaches us a vitally important principle.

Once the participants were selected, they were studied for three years to identify the differences between those who retired slowly and those who did it in a sudden manner. The investigators hypothesized that the retirement process would be a gradual one.

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How to Be Truly Pleasant

12.03

Certain characterizations are often attributed to an elderly person. It is said, for example, that with the passage of the years, the personality sours and becomes insupportable. These can lead to the deterioration of interpersonal relationships since they become ingrained and expectations on the part of the older person and among those who live near him.

However, it is possible to change these perceptions into their opposites; for example, an older person is kind and loving in spite of her age; she is most interesting to talk with; she has great stories to tell; she is not a bother to any-

one; she is peaceful to be around and is able to listen attentively to others. These behavioral relationships with others.

Cultivate a Positive Attitude

It is not enough to try to behave pleasantly. Beforehand, one must cultivate the proper mental attitude that naturally results in an enjoyable behaviour. To do this, try to persuade yourself of the following principles:

- The last years of life do not only bring loss; there are also gains. Look for them in your own life. Reread section 2.03 (p. 34).

The Meaning of Life in Revelation

Merely observing the world, humanity, the past, the present, and the future in order to find its purpose and meaning does not tend to suffice or guide us towards the answer to our transcendental questions. In the majority of cases, we end with a biological interpretation (we are born, we develop, we reproduce, and we die).

We can confirm with all certainty that the concept of aging has changed more in the last 50 years than in the previous 200 years. The elderly segment of the population has grown exponentially in the latest decades, and a more adequate allocation of resources has resulted. Retirees today are collecting more personal benefits than ever before from their own efforts and those of society. Society, itself, has grown more generous and respectful towards the elderly. As far as health resources are concerned, the best, most well-distributed health services have prevented millions of premature deaths and converted this stage of life into years of well-being.

Consequently, retirement is more prolonged today. Life expectancy in rich nations has reached levels unheard of one hundred years ago and has also risen in developing countries. This increased longevity often results in greater productivity. Some complain that retirees represent a great expense to public funding, but they do not take into account the multiple benefits which accrue but which may not be reflected in the accounting systems. We find of adult children, and to the care of small grandchildren. Others volunteer their time to humanitarian projects or neighborhood support services. Still others who are exceptionally well prepared continue to be professionally active. They provide very valuable services that are not easy to obtain from the younger generation who do not have the necessary experience and vision.

In light of this greater longevity and productivity among the elderly, early and all-encompassing planning becomes necessary. It is very important to plan the material aspects of retirement. How much pension will I draw? What

turn to a super-
the Sacred Scrip-
nscendent mean-

or a purpose.
s before Chris-
is divinely-ins-
at the Lord sa-
he is God; he w-
h, he founded
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yourself according to your gender.
often have more capacity to transi-
successfully than men. This is due to the
at the woman has traditionally cared
home and the children. Home gener-
continues to be her domain, and because
children have brought grandchildren in
world, grandpa continues to have
to play in caring for them.

are a man, take a more active
the domestic chores since re-
the same time for every-

Now that we have added years to our lives, it is time to add quality to the years that we have ahead of us.

The first chapter shows how the “golden age” and older people no longer fit the definition of a few decades ago. Thanks to scientific and technological advances, lifespan has increased. We can say with certainty that the concept of old age has changed more in the last 50 years than in the previous 200.



1

Ageing is No Longer What it Was

Learning to Grow Old

1.06

Chap
Statistics on Ageing...
Why Do We Age? ...
Ageing by Gender
Ageing Well
Choose Your Sta
Learning to Gro

what have we bought today?"
These attitudes do not need to cause us to feel weak or inferior. Although we cannot change them, we can maintain our self-esteem at healthy levels.

2. Dedicate more time to care for ourselves

Caring for our health in this stage of life is not a luxury. We must gener...

Life Expectancy at Birth (European countries and other regions of the world)

	Men	Women	Difference
Germany	78.1	83.8	5.7
Belgium	78.6	84.2	5.6
Spain	78.5	84.8	6.3
France	78.1	84.8	6.7
Italy	77.5	83.6	6.1
Portugal	75.5	81.9	6.4
United Kingdom	78.6	83.6	5.0
Sweden	79.6	84.6	5.0
Africa	54.3	55.4	1.1
Asia	68.9	73.6	4.7
Latin America/Caribbean	74.1	80.6	6.5
North America	76.3	82.3	6.0
Oceania	75.3	80.0	4.7
World	66.8	71.4	4.6

Source: United Nations: World Population Prospects: The 2002 Revision.

RESEARCH RESULTS

Why do women live longer than men?

Traditionally the difference in longevity between men and women was explained saying that the life style of men (alcohol, tobacco, overeating, work risks, etc.) punished their health, cutting their lifespan in comparison to that of women.

However, new investigative trends are providing another explanation. **John Tower**, from the University of Southern California, has proposed a genetic model which shows that, even if women and men were to live the same lifestyle, women would continue to live more years than men. Here are some of his arguments:

- Many mammals and even insects and plants show a pattern of female longevity that is superior to that of the male.
- The difference not only occurs in senescence, but also among boys under the age of one, who have higher mortality rates than girls.
- There are differences (already noticeable within a few days after conception): the **mitochondrion**, which engages in the production of energy, suffers higher biological depletion and has a more reduced cellular function in the male cell than in the female cell.
- In cellular heredity, only the woman transmits the genome that controls the mitochondrion, and this may be the reason why the mitochondria in female cells function better and for longer than those in men.

In any event, the **lifestyle** of any person, whether man or woman, significantly affects not only length but also quality of life.



The second chapter provides a practical focus on the preparation for retirement. It guides the reader through the complete planning process, something that few of us successfully navigate on our own.

2



How to Prepare for the Senior Years

2.02 Transitioning into Retirement

HOW TO PREPARE FOR THE SENIOR YEARS

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How to Adapt to this New Stage

Whether you are close to retirement or you still have a long time to wait, the following advice will help you to face this new stage of life. If you have already retired, you can also find some of the advice useful:

- **Evaluate your true financial situation.** Personal finance is an important area of adaptation. It is important to identify the approximate amount of retirement pay that you will receive along with any other available source of income. You will then have a clear picture of the standard of living that you can hope to maintain.

Never dream of taking four vacations a year if you can only afford one. If you know what you will be earning, you can calculate how much to spend. In this way, it will be easier to conform to and naturally accept the realities of life.

Consult friends and colleagues. Contact people who have recently transitioned from employment to retirement. Learn from their experience, their daily routines, concerns, relationships, health, etc. about retirement with people in order to learn as possible.

Take care of your health. This is the number one factor in becoming a successful retiree. Although some health problems are generic, today we are more physically and mentally fit to a great extent, up-

do not neglect to do so to your health. Find a good diet, mental health, and suggestions, other sources of help you protect



- **Talk with your employer.** A good source of information is your place of employment. Few people take advantage of this resource, but it can be an important means of knowing what you should receive and can provide useful advice based on the experience that administrators have had with previous cases.

It is also helpful to consult with the organizations that administer your contributions (government or private). They will have the specific details at hand to be able to inform you of your contributions and benefits.

- **Become involved in some form of entertainment.** Do not wait to decide what you will do to remain active until you suffer from the boredom and lack of activity that can accompany retirement. See beforehand...

2.04 Still So Much to Do

Planning
Transition
Advice

WHAT SPECIFIC ACTIVITIES CAN I DO IN RETIREMENT?

Some ideas to help you start your list. Look for balance in your choices. Choose a few activities from each column. They may be physical as well as mental. They may be done inside or outdoors, and may be done alone and with others.

Recreation and entertainment	Personal growth	Personal usefulness	Service to others
<ul style="list-style-type: none"> • Walk regularly • Write a "hobby" manual • Join a bowling team • Meet up with old friends to remember the past • Start a new hobby • Begin a new sport • Plant a garden • Take an overseas trip during the low season • Go to the zoo with a friend or family • Listen to your favourite music • Watch an entertaining film • Go outdoors often and observe rock formations, plants, birds... 	<ul style="list-style-type: none"> • Read books that enrich your mind • Attend a conference • Go to a concert or to the theatre • Spend an enjoyable amount of time in a museum or art gallery • Write your memoirs • Write poetry • Keep a diary • Enrol in a college or university class • Enjoy a video that has a meaningful message • Attend a religious service and nurture your spiritual side • Start a friendship with someone from another country and learn about their culture • Learn a new computer application • Learn a language 	<ul style="list-style-type: none"> • Repair something in the house • Do a good spring cleaning • Organize your paperwork or photos • Classify your books • Pay your bills and organize your bank statements • Refurbish your home • Spend more time on personal appearance • Go to the dentist • Can fruit • Study your diet and look for new types of food • Try new recipes • Build a piece of furniture • Recycle cars and other garbage • Begin a small business from your home • Look for a part-time job • Spend some daily time in prayer and meditation 	<ul style="list-style-type: none"> • Help a child or teen with homework • Help a friend clean out the attic or garage • Visit family whom you have not seen for some time and become reacquainted • Try to reconcile with someone whom you have offended • Accompany an older person on a walk or errands • Visit a friend who is ill or someone in prison • Pick up garbage along the streets in your neighbourhood • Join a humanitarian trip • Become a formal volunteer (See p. 290 to gather more ideas)

The third chapter plants key questions and decisions that people must carefully contemplate and decide upon:

Important Decisions

3.01 Where to Live

Should I Live in the Country or in the City?

What do during their working lives they decide to do in retirement: they can choose between rural life and the more social city life. This box compares the advantages of each option and disadvantages.

City	Rural Area
activities, but less personal	1. Peaceful surroundings but with the risk of loneliness and boredom.
ed, but at a higher price.	2. Simple and economical lifestyle, but less opportunity to enjoy fine cultural events.
ortunities, but relationships tend	



3.02 Continue Working: Yes or No

Stay in Your Job

Continuing to work as long as is allowed is



3.03 Create Healthy Relationships

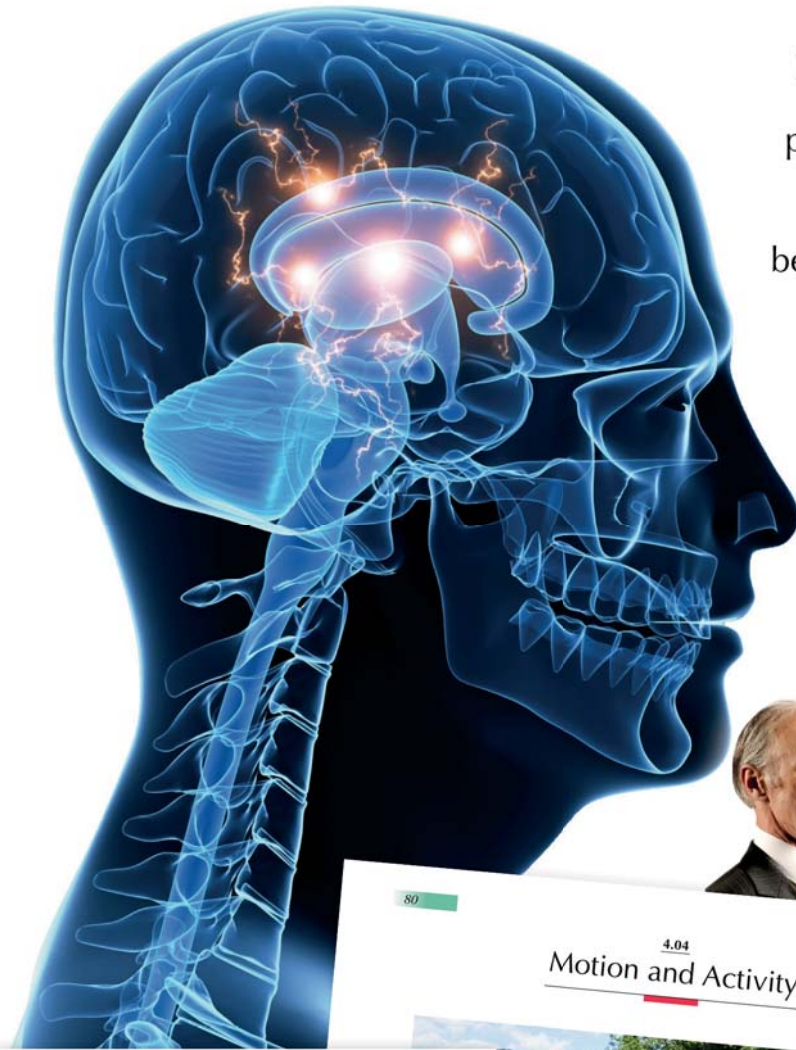


There are people who are dependent upon the retirement with anticipations months and days that can retire. Still others can work part time or even They may volunteer work.

All these options have disadvantages and should be examined on the individual's own. We will examine along with advantage

where to live, should one continue to work at least part time, and how can one enrich life through family relationships.

The next four chapters, from four to seven, provide useful information and ideas about physical health with an emphasis on the promotion of healthy lifestyles. All take into consideration natural changes in eyesight, hearing and other bodily functions, while bearing in mind that certain aspects of passing time, although inevitable, can be



4.02 Special Care for Hair, Skin, Feet and Mouth



4.03 Healthy Habits

A large majority of elderly benefit from a healthy lifestyle. Carrying out daily activities in a predictable and methodical way provides a sense of accomplishment upon finishing the activity successfully.

But, what habits should an elderly person maintain in order to conserve complete health? What routines are best suited for this? The reality is that there are no simple answers to answering this question.

RECOMMENDATIONS OF CALCIUM AND VITAMIN D IN LIFE STAGES



Age	Calcium	Vitamin D
Birth - 6 months	210 mg	200 IU
	270 mg	200 IU
		200 IU

5.01 Loss of Vision



"WHAT CAN I DO TO PREVENT CATARACTS?"

I am a 50-year-old woman and I know I have a high probability of developing cataracts to be operated for. However, I would like to avoid this problem so I will not need to have an operation... What can I do?

Although there is no guarantee of results, here are some things that can help to delay or even prevent cataracts:

- **Protect your eyes from UV light and excessive exposure to sunlight or wind.** During the strong hours of the sun, use a hat and sunglasses that protect from ultraviolet rays.
- **Do not smoke.** The rate of cataracts is higher among smokers.
- **Include the following in your daily diet.** Scientific findings show that consumption of these helps to prevent cataracts:
 - ✓ **Vitamin C and Beta Carotene**, which are found in citrus fruits, carrots, squash, papaya, and yellow peppers.
 - ✓ **Lutein**, found in Swiss chard, spinach, broccoli, Brussels sprouts, bell peppers, and green, leafy vegetables.



- ✓ **Vitamin E**, which is found in virgin olive oil and almonds.
- ✓ **Bilberry** (*Vaccinium myrtillus*), a type of blueberry with strong protective effects. If this is not available fresh, it can be obtained in extract or pill form.
- ✓ **Rosemary** (*Rosmarinus officinalis*), as an herbal tea can return life to the tissues, including the muscles that surround the lens.
- **Maintain an exercise program**, and if possible, it should be strenuous, since today we know that exercise prevents cataracts.
- **Consult with your physician** if you are taking steroids, tranquilizers, medicine for psoriasis, or any other medicine that can aggravate cataracts.
- **If you are diabetic**, be extremely careful with your blood sugar levels.

4.04 Motion and Activity



7.04 Parkinson's Disease

Parkinson's Disease (or simply PD) is a degenerative disease of the nervous system that manifests itself in tremor and difficulty speaking. A precise cause is not yet known, but it is believed to be related to a loss of certain cells in the brain.

The disease is incurable, but treatment can slow its course and improve quality of life. It is typical to start with medicines (levodopa, L-dopa, etc.). However, natural products can also be used with growing success, as they contain substances that help to regenerate the lost cells.

The following practical guidelines for Parkinson's patients are provided. Remember that people who follow a vegetarian diet already have more protection from neurodegenerative disorders than those who eat meat (see box on p. 141).

Living Day to Day

1. **Prevent falls.** Take the time to avoid falls. A person's situation is very different from a healthy person's (p. 132).



5.05 Rheumatism and Back Pain



Although a complete cure is difficult, we have a number of steps, which we will describe below, that can considerably reduce the symptoms.

- **Eliminate stress.** One of the first steps to combat rheumatism is to find quiet places. If there is too much noise in the house, excuse yourself and take a walk.

RESEARCH RESULTS Elimination of Free Radicals

In a study (Takumida and Anniko, 2009) of elderly Japanese patients that was carried out by two otorhinolaryngologists specialized in surgery, it was shown for the first time that substances that eliminate free radicals can **strengthen auditory capacity**. Forty-six subjects between the ages of 70 and 91 were given rebamipide, alpha lipoic acid and Vitamin C for 13 weeks. These substances neutralize free radicals. The effect of the treatment showed:

- Significant clinical improvement in 40 ears.
- No change in 49 ears.
- Loss in 3 ears.

Although results are not completely conclusive (since this is only one recent study), we can say that there is no risk in this treatment and there is a **certain probability of improvement** that there is no risk in this treatment that is easily accessible since the agents used are antioxidants that are readily available.

OMEGA-3 FATTY ACIDS

I frequently hear that cold water oily fish (sardines, mackerel, etc.) are the ideal source of omega-3, which helps to keep joints in shape and relieves rheumatism. I am a vegetarian for many years and prefer not to eat animal products.

Is fish the only food that contains this fatty acid?

No. Other foods also contain omega-3 fatty acids, but in moderate amounts. For example:

- Tofu
- Walnuts
- Linseed or linseed oil
- Rapeseed or rapeseed oil

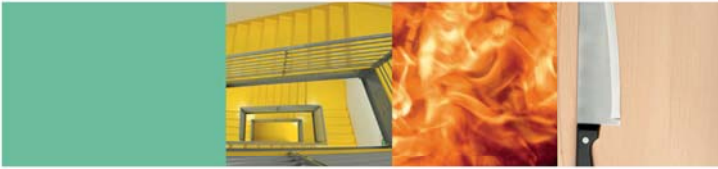
Regular use of some of these foods will provide enough omega-3 fatty acids.

Remember that people who follow a vegetarian diet already have more protection from rheumatism disorders than those who eat meat (see box on p. 141).



The sixth chapter addresses how to prevent accidents and is especially noteworthy. It provides useful advice to reduce risk from inside and outside the home.

6



How to Prevent Accidents

6.01

Prevent Falls

Falls represent a high risk for the health and life of the elderly. It is estimated that among those over 65, 70 percent of accidental deaths have something to do with a fall.

The risk of falling to the floor, either at home or on the street, increases with age and the reason is not always known.

Sometimes there is a specific obstacle to blame. But in other cases, the person falls as a result of general health problems and weakness.



HOW TO PREVENT ACCIDENTS

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TEST YOURSELF ::

We include here a list of items to check in order to avoid accidents in the bathroom. Not all the questions are applicable for everyone, but it is good to examine them regularly. Be sure that the questions that are relevant for you can be answered in the AFFIRMATIVE.

Personal Inventory of Safety in the Bathroom

	YES	NO
1. Is the door handle elongated (as opposed to a knob)?	<input type="radio"/>	<input type="radio"/>
2. ¿Puede abrirse la puerta desde fuera en caso de emergencia?	<input type="radio"/>	<input type="radio"/>
3. Is the door's threshold flat, without a ledge or small step, so that you will not trip?	<input type="radio"/>	<input type="radio"/>
4. Does the floor have wall-to-wall carpeting?	<input type="radio"/>	<input type="radio"/>
5. Is the floor completely free from objects and wires?	<input type="radio"/>	<input type="radio"/>
6. Is the light bright enough to read the instructions on medicine bottles or cleaning products?	<input type="radio"/>	<input type="radio"/>
7. Is the toilet at the correct height so that you can sit and rise easily?	<input type="radio"/>	<input type="radio"/>
8. Are safety rails firmly installed on the wall or in the bathtub or shower?	<input type="radio"/>	<input type="radio"/>
9. Have you tested the water to be sure that it is not dangerously hot?	<input type="radio"/>	<input type="radio"/>
10. Is the floor of the bathtub or shower made of anti-slip, textured surface?	<input type="radio"/>	<input type="radio"/>
11. Are the gels, soaps and creams properly stored on a firm shelf and at the correct height?	<input type="radio"/>	<input type="radio"/>
12. Is there an appropriate stool so you can take your shower while seated?	<input type="radio"/>	<input type="radio"/>
13. If you have difficulty getting into the tub, is it equipped with an access door?	<input type="radio"/>	<input type="radio"/>
14. Are all electrical outlets grounded?	<input type="radio"/>	<input type="radio"/>
15. Are all appliances (blow drier, shaver, etc.,) adequately stored, with surfaces free of clutter?	<input type="radio"/>	<input type="radio"/>
16. Is there a telephone there or some way of calling for help in case of an emergency?	<input type="radio"/>	<input type="radio"/>



6.06

How to Prevent Accidents Outdoors and in the Yard

Although most accidents among the elderly occur in their own home, those that occur outdoors are the second most commonplace.

This is especially true in regions and seasons of the year where the weather is pleasant and being outdoors is not only enjoyable but healthy and, therefore, recommended. Thus, it is very important to review preventive measures related to this subject.

On Public Roads and Walkways

The highest risk in these areas is falling, followed by traffic accidents, which will be discussed later.

A fall can result in other health problems.



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How to Prevent Accidents in the Bathroom



- Install safety handrails in the bathtub, the shower and by the toilet. These should be securely attached to the wall with sufficient ability to resist the weight of any user. Having fixed support is vital to avoid or break a fall.
- Be sure that anything that is attached to the wall (shelves, etc.,) is well anchored.
- It is normal that the light switch is located close to the door. If this is not the case, find an electrician who can make the necessary changes so that you can turn the light on and off when entering and exiting.
- The door into the bathroom should open outwards in order to allow a quick exit in case of an emergency. In any event, the door should be well maintained.

The following two chapters, nine and ten, provide us with a complete view of psychological disorders from depression to Alzheimer's disease.



9.03 Anxiety



self-help

FIGHTING YOUR OWN DEPRESSION

If you are the one suffering from depression, it is possible that you may not have too many people nearby or that those who are near can only give limited help due to their daily obligations. Do not think that because of this you must give yourself up to destiny or that you cannot do anything. Just the opposite is true.

If you force yourself to do some simple activities, such as those we list in this box, you can prevent depression or improve it if you are already affected by it:

- **Engage in social life.** Get out of the house, talk with a friend, or find people to talk to. Limit your alone time; from now on force yourself to relate to others socially.
- **Make yourself be active.** There must be something that you enjoy doing: pastimes, activities, tasks, sports, shows, reading, or visiting certain places... Whatever it is, reignite and maintain an active interest in it.
- **Relate with children.** If you have grandchildren, visit them, share stories with them, or take them for a walk. Children provide a multitude of satisfactions and promote a positive attitude as



long as you do not have sole responsibility for them.

- **Care for a pet.** If you enjoy domestic animals, get a pet (cat, dog, bird, fish...) and spend time with it, giving it the care that it needs.
- **Look for something new to learn.** Join a class or art class, learn a new game or pastime, or begin to learn a new language... New experiences will awaken your enthusiasm and small achievements will help you to forget the sad times.
- **Practice your sense of humour.** See the funny side of things, play tricks, tell funny jokes... and spend time with people who are positive and fun. Breathe life into yourself and say to yourself: "Today I am going to be in a good mood!"
- **Maintain a healthy diet.** Eat ripe fruit and vegetables, prepared without excessive fats and condiments. Eat less dessert and meat. Always eat in moderation.
- **Do physical exercise.** The benefits of exercise against depression have been proven. Check with your doctor and do what your health allows. But remember: will is power. You can exercise your muscles while remaining seated or even from bed.



self-help

HOW TO HELP AN ELDERLY PERSON WHO IS TRAUMATISED

If, as a friend or family member, you have the opportunity to provide help to an elderly person who has been traumatised, here are some ways to do it:

- **Listen to her with your full attention.** Concentrate when she speaks. Observe her expression, gestures, and movements in order to better understand her pain.
- **Demonstrate that you understand.** Let her know with your words and gestures that you are capturing her message and that you are interested in her wellbeing.



- **Let her talk.** When she is willing to talk, let her speak as long as she wishes. Do not ridicule her or remind her that she has already told the story.
- **Project safety.** Ensure that the environment is warm and humane. Assure her of her confidentiality.
- **Do not force her to talk, but do not abandon her, either.** Respect her feelings if she does not want to talk, but remain available.
- **Assure her that she is not to blame.** This person is the victim and it is not acceptable for her to feel at fault. Be sure this message is clear.
- **The goal is self-control.** The person needs to control the memory and not allow it to control her. To achieve this, help her to talk about the incident in a peaceful setting, since talking is a large step on the road to recovery.
- **Care for the practical things.** Be sure that the necessary things are covered: protection, money, food, medical care... this will bolster feelings of security.



Generalised Anxiety

To diagnose generalised anxiety syndrome, the DSM-IV-R manual has established the following four criteria:

1. **Excessive anxiety or generalised apprehension** most days during 6 months.
2. **Difficulty controlling anxiety;** that is, anxiety comes to dominate the person rather than the other way around.
3. Anxiety is related to at least three of the following symptoms:
 - State of excessive sensibility or excitability.
 - Fatigue.
 - Difficulty concentrating.
 - Irritability.
 - Muscular tension.
 - Sleep alterations.
4. The problem causes **serious interference** in daily life.



The author shows us how an attitude of joy, warmth and contentment is the best way to preserve mental health.

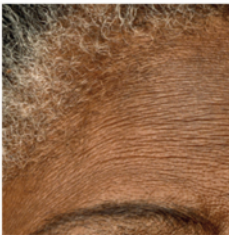
Abuse and negligence towards the elderly is discussed in the tenth chapter with a general but serious overview of this sad reality.



10



Abuse of the Elderly



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10.01

Physical Abuse

Thousands of physical abuse cases of the elderly are reported, but many thousands more go unreported. These are the years of life suffering. The elderly are often abused by family members, friends, or even strangers. Abuse can take many forms, including physical, emotional, and financial abuse. Physical abuse is the most common form of abuse against the elderly. It can range from simple slaps and pinches to more severe acts of violence. Physical abuse can cause physical injury, pain, and suffering. It can also lead to emotional distress and a loss of self-esteem. Physical abuse is a serious problem that needs to be addressed.

Abuse Within the Intimacy of the Elderly Couple

Abuse of the elderly occurs more often at the hands of children, grandchildren or others who care for them. However, there are enough cases of spousal abuse that they can be classified into one of these two patterns:

- Violence which is a continuation of a history of aggression within the life of the couple.
- Violence that begins in old age and happens due to significant changes, such as retirement, weakness, disability, sexual desire and others that cause anger and frustration in the aggressive partner.



to occur more often to women who begin intimate relationships late in life.

What to do? In most cases, help must come from outside the relationship. A person who is trained (a psychologist with expertise in domestic violence) or someone who understands well the steps of prevention and recovery and who is respected by the couple (a doctor or religious minister who is friends with the couple). This person will talk with the couple and set up rules for stopping the behaviour. If the problem continues, the abuser must be removed and prosecuted; and the victim must be protected.

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10.03

Financial Exploitation of the Elderly



SIGNS OF FINANCIAL EXPLOITATION

Signs of financial exploitation can be identified by the elderly person's banker or by those who have access to his bank statements or properties. Once having discovered the signs, one must intervene to stop the abuse. Here are the signs:

- Decrease in deposits or increase in withdrawals from the person's bank account.
- Disappearance of valuable objects or money from the home.
- Hidden changes in the will or in the names of those with authorized access to the person's bank accounts.
- Power of attorney unexpectedly given to someone.
- Transactions that the person could not do personally. For example, credit card charges.

Financial exploitation of the elderly is a relatively common problem. It is well known that half of the elderly are in the hands of those older than 55. To this, a large number of elderly do not

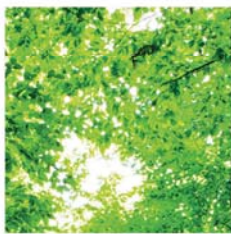
Other times, an opportunist makes contact with the elderly person with the supposed purpose (excuse) of providing home care or medical assistance. This provides the abuser with the trust of the elderly person and makes the commission of the

medication. The elderly person is being constrained. The elderly person needs medical attention at various times. The abuser takes the person to the doctor so that he is not suspicious of the doctor. He also tends to make the doctor believe that the elderly person is in danger and takes the necessary

Chapter eleven concentrates on spirituality. It highlights the role of religion in the lives of older people and offers a balanced view of life after death.

11

How Spirituality Improves Health



increased their life satisfaction, self-esteem and optimism through the R/S factor, and this served as support during times of trouble and adver-

HOW SPIRITUALITY IMPROVES HEALTH

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11.03 The Meaning of Life or Life without Meaning



As we get older, it is important to clearly make sense of our personal existence and of the world, in general. Without this, we will end up with a superficial and vain analysis that is merely biological, in which the human being is equipped as the plants or animals, only at a more complex level. If we don't have these things clear, we can feel unsatisfied, unhappy and hopeless.

How to Find Meaning in Life

To find meaning and significance in life, we must look back and observe the path we have taken. It will never be perfect, but we will surely find our own personal or professional achievements as well as those of others and society.

According to the Burbank survey (1992) given to older patients who attended psychological consultations, people find meaning in life through:

- personal relationships,
- service to others,
- religion,
- leisure.

Look for satisfaction and purpose in these areas. Once you have found it, continue in this line of activity, convincing yourself more and more that there is meaning in life. If not, continue your search while reinforcing these areas of relationships, religious experience and activities in your free time.

It is also helpful to enjoy a hope projected towards the future that helps one to see a fulfilling period of life prior to death. Life after death and the possibility of eternity are not irrational. However, final certainty can only be appreciated with the eyes of faith, following divine revelation.

(2008), at Yale University, studied on elderly patients. Those who were entering the disease were more likely to accept risky treatment. This attitude was not. This attitude was not. This attitude was not.

Harvey (2008) (University of Illinois) in which 492 women and 96 participated, was a study.

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11.06 Accessing the Fifth Age*

In the past, people referred to the third age as the time between retirement and death. With the increase in longevity, people began to speak of the fourth age, in order to identify the very elderly among the retired (see p. 60). The term usually refers to those over 85 years of age.

The fifth age is a symbolic way of expressing the time after death. All past and present cultures give an important place to hope in a better life, an eternal life where evil and its consequences cease to exist.

Who Reaches the Fifth Age?

Access to the fifth age is not based on luck or even upon good behaviour. The Bible clearly states that "there is no one righteous, not even

one" (Romans 3:10). 'Righteous' in this language means perfect acts of goodness.

Therefore, if salvation depended on good behaviours, not one person would be allowed to enjoy the fifth age. The way to this age is, according to the Scriptures, the personification of Jesus of Nazareth, the personification of God who offered himself as a substitute for humanity and died on behalf of humanity and offered eternal life. Accepting this is the only way to gain access to the fifth age.

Faith, Hope and Love

Once we have accepted the sacrifice of Jesus, we are saved through the sacrifice of Jesus. We are saved through the sacrifice of Jesus. We are saved through the sacrifice of Jesus.



Chapters twelve and thirteen discuss how older adults can ensure a high quality of life. Finding quality in a variety of social relationships is the focus of chapter twelve, while maintaining a positive and independent attitude is the central point of chapter thirteen.



How Social Relationships Improve Health

12.02 Time of Freedom and Relationships



12.01 Loneliness Among the Elderly



Instead of reducing loneliness, the...
explosion alone...

12.05 Enjoy the Grandchildren

RESEARCH RESULTS

The More Recreational Activities, the More Life

A study by Neda Agahi and Marti Parker (2008), from Karolinska Institute (a centre of investigation on old age) at the University of Stockholm (Sweden), studied the relationship between participation in recreational activities and mortality. The study included 1,265 men and women between the ages of 65 and 95. The authors did a 12-year follow-up to observe the expected connection.

Results showed that the higher the number of recreational or entertainment activities the lower the risk of mortality. This relationship continued to be present even when variables such as age, education, mobility and other health indicators were controlled.

They observed that the correlation was even more notable in women than in men. That is, recreational or entertainment activities had a stronger effect on prolonging life in women than in men.

Another interesting gender difference was that women benefitted more from social activities while men gained more benefit from solitary ones.



13.05 Building Self-Esteem

According to a useful study in which changes in self-esteem across the lifespan were studied...
adolescence and that are more susceptible to change.

Building self-esteem is a reason is that in the eyes of self-worth.

By no longer retiree can begin to his production.

my money is...
person...
that...

How to Build Self-Esteem

The task of strengthening...
in old age...

HOW MUCH SHOULD I BE INVOLVED IN THE CARE OF GRANDCHILDREN

I am retired, and am 73 years old. I am physically and mentally strong. My son and daughter-in-law have children aged 2 and 4. I offer for the little ones, but I notice that she is not very pleased. I am afraid that she thinks I want to take over raising them. How can I set the limits of my relationship with my grandchildren?

The best thing you can do is to talk directly with your daughter-in-law in a calm and peaceful moment. In a positive emotional tone, ask her directly what she really wishes you to do, and then talk about the possibilities. No matter what happens, you should follow these steps:

- Be wise. Do not offer too much so as not to harass.

- Guide yourself by what the parents ask from you, not from what you think is needed.
- Avoid the role of expert. Do not give unsolicited advice. There are many ways to raise children and sometimes young parents need to discover things for themselves.
- Avoid adopting the parental role. Educating and raising the children is the responsibility of the parents. They are the ones who will choose the habits, values and principles, as well as the method of teaching their children. Support their efforts whenever you are in agreement.
- Adjust yourself to the role of grandparent. Your real responsibility as a grandparent is to love and enjoy your grandchildren. Visit them frequently, play with them, and make them happy without undermining the principles that their parents have.

Benefits of Volunteering

A study carried out by Allen Luks (1992), the Big Brothers/Big Sisters organization provided care to the homeless and to AIDS victims. Of these, 95 percent expressed feelings of liberation and an increase in their self-esteem. They also reported how their problems had disappeared.

Other studies demonstrate a list of advantages for those who volunteer their services, especially for the elderly person who

13.04 Social Benefits and Solutions for the Elderly

12.06 Social Volunteer Work



The book's final chapter, chapter 14, is dedicated to nutrition. It is made up of an analysis of the fundamental principles of nutrition, including the food pyramid for the elderly along with ample advice and dietary recipes.



Antioxidant Foods

RECIPES HIGH IN ANTIOXIDANTS

Following the colour patterns in the previous box and using additional ingredients of proven antioxidant action, we recommend these recipes to preserve your health in a simple and effective way. All of them are for two persons.

Carrot Tofu

- Ingredients**
- ½ chopped onion
 - 1 grated carrot
 - 200 g of firm, fresh tofu, drained and crumbled into small pieces
 - 1 tablespoon of soy sauce
 - Salt
 - 1 tablespoon of sesame seeds

- Preparation**
- Sauté the onion, adding in the carrot and finally, add in the tofu until the drops of water evaporate.
 - Season with the soy sauce and salt.
 - Sprinkle sesame seeds over it and serve with rice.

Roasted Sweet Potatoes in Pecan Sauce

- Ingredients**
- 2 sweet potatoes
 - 2 tablespoons of margarine
 - 8 chopped pecan nuts
 - 1 small beaten egg white
 - 2 tablespoons of brown sugar
 - Salt and a pinch of pepper

- Preparation**
- Bake the sweet potatoes in the oven at 200°C for approximately one hour.
 - While the sweet potatoes are baking, mix the other ingredients to make the sauce.
 - Cut the sweet potatoes in half and mash them with a fork. Make a grooved pattern over the top.
 - Pour the sauce over the sweet potatoes and return them to the oven for 10 to 15 minutes. Serve.



Espagueti con salsa de tomate casera

- Ingredients**
- 150 g of spaghetti
 - ½ chopped onion
 - 1 clove of chopped garlic
 - ½ teaspoon of basil
 - ½ teaspoon of oregano
 - 2 ripe, chopped tomatoes
 - ½ tablespoon of sugar
 - 1 tablespoon of olive oil
 - Salt

- Preparation**
- Boil the pasta "al dente."
 - In a frying pan, sauté the onion and garlic in the olive oil for 5 minutes over a low flame.
 - Add chopped tomatoes, sugar, salt, basil, and oregano.
 - Cook until the tomatoes are soft.
 - Drain the pasta well and mix with the sauce.
 - Serve with a salad and garlic bread.



Strawberry and Raspberry Slush

- Ingredients**
- 3 or 4 strawberries
 - 6 or 8 raspberries
 - 1 tablespoon of honey
 - 1 pinch of ground cinnamon
 - ½ cup of apple juice
 - ½ cup of crushed ice

- Preparation**
- Place the ingredients in the same order in the blender.
 - Blend until achieving a smooth mixture.
 - Serve.



How to Be Well Nourished in Old Age

List of Antioxidant Foods

It is important to be able to identify and regularly consume foods that contain antioxidants. Be aware of this list and enrich your diet with these foods. Do not worry if some are unavailable or too expensive since not all geographic regions have access to all of them. There are many foods that are not listed here but that are traditionally used in many regions that also contain antioxidants.

Vegetables

These cabbage, tomatoes, alfalfa sprouts, broccoli, cauliflower,

HOW TO BE WELL NOURISHED IN OLD AGE 329



Cranberry and Blackberry Jam

Ingredients

- ¼ kg of mixed cranberries and blackberries
- 4 tablespoons of sugar
- 4 tablespoons of cornstarch
- 1 teaspoon of vanilla
- A pinch of salt
- A pinch of cinnamon

Preparation

- In a small pot, mix all the ingredients (except the fruit) with 3 tablespoons of water and put it to boil, stirring constantly.
- Boil for a minute.
- Add fruit and continue to boil until it is soft.
- Remove from the fire and allow it to cool. Serve on slices of whole grain bread.
- The leftover can be kept in the refrigerator for later use.



Life Expectancy at Birth (European countries and other regions of the world)

	Men	Women	Difference
Germany	78.1	83.8	5.7
Belgium	78.6	84.2	5.6
Spain	78.5	84.8	6.3
France	78.1	84.8	6.7
Italy	77.5	83.6	6.1
Portugal	75.5	81.9	6.4
United Kingdom	78.6	83.6	5.0
Sweden	79.6	84.6	5.0
Africa	54.3	55.4	1.1
Asia	68.9	73.6	4.7
Latin America/Caribbean	74.1	80.6	6.5
North America	76.3	82.3	6.0
Oceania	75.3	80.0	4.7
World	66.8	71.4	4.6

Source: United Nations: World Population Prospects: The 2002 Revision.



RESEARCH RESULTS

Why do women live longer than men?

Traditionally the difference in longevity between men and women was explained saying that the life style of men (alcohol, tobacco, overeating, work risks, etc.) punished their health, cutting their lifespan in comparison to that of women. However, new investigative trends are providing another explanation. John Tower, from the University of Southern California, has proposed a genetic model which shows that, even if women and men were to live the same lifestyle, women would continue to live more years than men. Here are some of his arguments:

- Many mammals and even insects and plants show a pattern of female longevity that is superior to that of the male.
- The difference not only occurs in senescence, but also among boys under the age of one, who have higher mortality rates than girls.
- There are differences (already noticeable within a few days after conception): the male mitochondrion, which engages in the production of energy, suffers higher biological depletion and has a more reduced cellular function in the male cell than in the female cell.
- In cellular heredity, only the woman transmits the genome that controls the mitochondrion, and this may be the reason why the mitochondria in the female cells function better and for longer than those in men.
- In any event, the lifestyle of any person, whether man or woman, significantly affects not only length but also quality of life.



Famous Quotes

"Superstition is to religion what astrology is to astronomy, the mad daughter of a wise mother." (Voltaire).

Gems of Ancient Wisdom

"Let him not deceive himself [the wicked] by trusting what is worthless, for he will nothing in return." (Job 15:31).

RESEARCH RESULTS

Exercise Is not Only for Young People

Physical exercise as a tool to reduce depressive symptoms has been noted in studies of young people and adults. And recently it has also been demonstrated to help the elderly combat depression. Noora Sjosten and Sirkka-Liisa Kivela (2006), from the University of Turku (Finland), analysed recent studies. All of them were experimental studies; that is, they systematically observed the variations in depressive symptoms among participants with or without physical exercise and they controlled for other variables. The programs:

- were organised by hospitals, universities or local communities for elderly people.
- were supervised by qualified personnel.
- included participants who were between the ages of 64 and 94 and had been diagnosed with depression.
- included aerobic exercise (low or medium-level intensity rhythmic muscular activity).
- incorporated exercise two or three times a week for 3-6 months.

The effects of organised physical exercise produced regular relief of depressive symptoms among these patients, compared with the control groups. Sixty percent of those doing aerobic exercise experienced improvement as opposed to 20 percent of those who did not do exercise.

After the experiment, if the exercise stopped, the improvement tended to disappear. From this we conclude that in order to prevent and improve depression, **physical exercise must be an integral part of daily life.**



Proverbs

- "There's no point worrying over spilt milk."
- "He who sings scares away his woes."
- "Danger and adversity is the best university."

Ageing by Gender

1.03

Men and women experience retirement differently. For some women who have not worked outside the home or who have worked part time, retirement does not represent something new. For most men, however, the beginning of this stage of life can be shocking.

Other differences exist as we will see. Regardless of gender, it is more important for you or for those with whom you live to learn to adapt to the changes rather than focusing on them.

Differences in Relationships

The social network of women tends to be smaller than that of men and its nature is very different. However, in regards to emotional support, retired women tend to have someone other than their spouse in whom they can trust. Men, on the other hand, obtain their necessary support within the confines of their marriage.

On the other hand, friendship for women is concentrated in communication (meeting with conversation), while men engage in activities (join with friends to play a game).



Differences

Men view life positively than women, report suffering from ailments and illness more often.

Am I Independently Mobile?

Specialists are interested in knowing whether an elderly person has the capability and independence to satisfy his or her daily needs. And if the person does not have this capability, how much assistance is needed?

The Barthel Index provides a way to measure the person's capability.

Preferred Daily Activities

Of the list, choose 15 activities that you enjoy and that you tend to do regularly, or at least that you would like to do.

- | Activity | Yes | No |
|--|-----------------------|-----------------------|
| 1. Take a half-hour walk | <input type="radio"/> | <input type="radio"/> |
| 2. Meet with friends | <input type="radio"/> | <input type="radio"/> |
| 3. Do housework | <input type="radio"/> | <input type="radio"/> |
| 4. Read the Bible (or a devotional book) | <input type="radio"/> | <input type="radio"/> |
| 5. Take up a yearly budget | <input type="radio"/> | <input type="radio"/> |
| 6. Pray before going to bed | <input type="radio"/> | <input type="radio"/> |
| 7. 17. Knit (or other forms of needlework) | <input type="radio"/> | <input type="radio"/> |
| 8. 18. Read the Bible (or a devotional book) | <input type="radio"/> | <input type="radio"/> |
| 9. Take up a yearly budget | <input type="radio"/> | <input type="radio"/> |
| 10. Do housework | <input type="radio"/> | <input type="radio"/> |

QUESTIONS OF THE ELDERLY

RESULTS FROM A BLOOD TEST

When I receive the results of my blood test I trust what my doctor tells me, but I do not understand the results. Can you explain to me the basics of how to interpret the results? Although there are many details in a blood test, here are some of the more common ones.

(W = Women; M = Men) (US = United States measurements)		
Exploration	Possible problem	Normal results
Erythrocytes (Red blood cells)	Anemia	W: 4.7-4.9 ml/ml M: 5.4-5.6 ml/ml
Platelets	Thrombosis or insufficient coagulation	150,000-450,000/ml
Leukocytes (white blood cells)	Problems with the immune system	4,500-10,800 per ml
Mean corpuscular volume (MCV)	Lack of iron or chronic disease	26-28 mg per kg of body weight (US: 80-99 fl)
Hematocrit	Anemia, internal or external haemorrhaging, nutritional deficiency, tumours or infections	W: 0.37-0.47 (US: 37%-47%) M: 0.41-0.43 (US: 41%-50%)
Hemoglobin	Vitamin B12 or iron deficiency	27-31 g per 100 ml erythrocytes (US: 12-17 g/dl)
Uric Acid	Kidney, gout, arterial hypertension	3-7 mg per dl
Bilirubin (direct)	Liver and circulatory system	Less than 0.4 g/l (US: 0-0.3 mg/dl)
Calcium	Deficiency of this mineral	8.5-10.5 g per l
LDL Cholesterol	Arteriosclerosis, heart attack, embolism	Up to 1.3 g per l (US: Less than 100 mg/dl)
HDL Cholesterol	This is the cholesterol that helps the circulation and prevents heart disease	W: 0.50-1.20 g per l M: 0.40-1.10 g per l (US: 60 mg/dl and above)
Glucose	Diabetes, risk of cancer	0.65-1.10 g per l
Sodium	Kidney, pituitary gland, hypothyroidism	135-145 mg/100 ml
Aspartate aminotransferase (or SGOT)	Hepatic problems related to alcoholism	5-32 units per l
Alanine aminotransferase (or SGPT)	Idem	7-33 units per l
Triglycerides	Coronary disease	40-150 mg/100ml

Proverbs

- "Prevention is better than cure."
- "Hidden disease, never fully healed."









In all chapters, the text is accompanied by many photographs (*), explanatory boxes (*), various self-help tests (*), exercise boxes (*), and medical charts. It also includes a valuable collection of "Gems of Ancient Wisdom" (*), proverbs (*), and famous quotes, all related to this special stage of life.






ENJOY LIFE

In summary, Dr. Melgosa has developed a practical, beautiful guide for the third age that will be helpful for the general public and professionals. We believe that you can enjoy life, from beginning to end, in each and every stage.

MEDICINAL PLANTS FOR OLD AGE

Although therapeutic at all ages, the following herbs and plants are especially useful for the elderly person because they are suited for the more common problems found at this age and because they can be found easily and are simple to use. Try them and use them frequently, not as if they were potions to cure a disease, but as a habitual part of caring for your health: at meals, as a condiment or as a tea instead of coffee.

Plant	Properties	How to Use
 Garlic	Reduces cholesterol, prevents hardening of the arteries and the formation of blood clots and relieves flu or cold-like symptoms.	Condiment in all types of boiled, roasted or fried dishes, in salads and on toast....
 Alfalfa	Digestive tonic that stimulates the appetite and helps digestion. Strengthens bones.	Sprouts in salads or added to soups; also can be used in juice.
 Green Anis	Opens the appetite and cleans the mucous of the bronchia, as well as calming digestive problems.	Tea or condiment.
 Oats	Complete and easy to digest. Helps to sleep and fight fatigue as well as reducing cholesterol.	Soup or cereal, salad or dessert.
 Horsetail	A diuretic which also strengthens the urinary mechanism. It is also an herb that possesses strong digestive and purifying properties.	Tea.
 Cumin	Digestive tonic that also strengthens the immune system.	Tea. Also used as a condiment in the kitchen.
 Echinacea	Strengthens the immune system and cures sores and infections in the mucous membranes (throat and mouth).	Tea. Also available in envelope pills, and extracts..
 Eucalyptus	Antipyretic, balsamic and expectorant.	Tea, pills, extracts, and ointment for tonics.

 Ginkgo	Stimulates general circulation, brain and memory functions.	Tea and herbal preparations.
 Ginseng	Strengthens the immune system and stimulates memory functions.	Tea, pills, extracts.
 Hypericum (St. John's Wort)	Highly effective antidepressant. It can also help with asthma, colds, bronchitis as well as the digestion.	Tea, extracts, pills.
 Ginger	Prevents nausea, dizziness and stimulates circulation to the extremities.	Decoction of the root to use the liquid as a drink or condiment, instant tea envelopes.
 Aloe Vera	Helps to soothe dry skin.	Tea to drink or to apply to the skin.

TEST YOURSELF ::

Answer YES or NO depending on whether you do or do not generally agree with the following statements:

Am I a Pessimist?		
	Me	YES NO
1. I do not trust my own abilities.		<input type="radio"/> <input type="radio"/>
2. I can hardly do any of the things I did when I was young.		<input type="radio"/> <input type="radio"/>
3. When I think of my age and circumstances, I see only obstacles and difficulties.		<input type="radio"/> <input type="radio"/>
4. Almost all of my friends and companions have had more luck in life.		<input type="radio"/> <input type="radio"/>
5. I tend to be sad and alone, and I cannot change this.		<input type="radio"/> <input type="radio"/>
Others		
6. People see me as an old person who is incapable of doing anything useful.		<input type="radio"/> <input type="radio"/>
7. Almost everyone thinks that the elderly are a burden to society.		<input type="radio"/> <input type="radio"/>
8. My children and grandchildren treat me well because they expect to get something from me.		<input type="radio"/> <input type="radio"/>
9. It is difficult to get along well with others.		<input type="radio"/> <input type="radio"/>
10. True friendship does not exist because everyone looks out for their own interests.		<input type="radio"/> <input type="radio"/>
The world		
11. There is so much crime in my country that I will undoubtedly become a victim of violence.		<input type="radio"/> <input type="radio"/>
12. Capitalism and civil servants are selfish.		<input type="radio"/> <input type="radio"/>
13. The world no longer exists.		<input type="radio"/> <input type="radio"/>
14. In our environment, we have reached the point of no return.		<input type="radio"/> <input type="radio"/>
15. I would like to live in another time, different from my own generation.		<input type="radio"/> <input type="radio"/>
The past		
16. I have suffered more disasters of my life more than the good things that happened to me.		<input type="radio"/> <input type="radio"/>
17. I am sorry for what I am now suffering.		<input type="radio"/> <input type="radio"/>
18. I wish "any time in the past was better."		<input type="radio"/> <input type="radio"/>
19. I regret the wrongs that certain people have done to me.		<input type="radio"/> <input type="radio"/>
20. I wish that things happened the way they did in my life.		<input type="radio"/> <input type="radio"/>
The future		
21. I have nothing left for me to do.		<input type="radio"/> <input type="radio"/>
22. My life will become worse and worse until I die.		<input type="radio"/> <input type="radio"/>
23. My life will be one of solitude and suffering.		<input type="radio"/> <input type="radio"/>
24. I am now on.		<input type="radio"/> <input type="radio"/>
25. It is not impossible for my grandchildren's generation.		<input type="radio"/> <input type="radio"/>

It is always good to have a first aid kit on hand. But what should a good kit for an elderly person contain?

The first aid kit of an elderly person should be complete and should contain things that until now were considered unnecessary. It is also important to check the contents of the kit every three or four months to be sure it is still complete and to replace any medicines that are out of date. This is a general list that will be very helpful to care for the most common injuries and emergencies:

- Q-tips;
- bandages of various sizes;
- topical antibiotic cream;
- medical tape;
- gauze;
- sterile gloves;
- safety pins (pins with the point protected to avoid injury) of various sizes, to pin bandages;
- disinfectant gel or soap;
- suction syringe to clean wounds;
- laminated list of what to do in the case of an emergency;
- first aid manual;
- povidone-iodine or Mercurochrome;
- anti-itch cream;
- clips;
- saline solution to clean the eyes;
- thermometer;
- scissors;
- antiseptic cleansing wipes;
- Vaseline;
- adhesive bandages (band-aids);
- ordinary bandages;
- elastic bandages;
- basic medicines (analgesics, antipyretic, antacids, anti-flu, etc.);
- medicines specific to treatments being followed (as a reserve in case the normal medicine gets lost).



If you answered YES:

On 5, you are an optimist. On 15 times, you see some things in a positive light, but there are many others though they are probably not so. On 16 of the statements, you are fundamentally a pessimist and you should take care of your own mental and physical health.



ENJOY LIFE



The concept of ageing has changed more in the last 50 years than in the previous 200 years. In light of this greater longevity and productivity among the elderly, early and all-encompassing planning becomes necessary. It is very important to plan the material aspects of retirement. How much pension will I draw? What can I do to guarantee good deposits? Where will I live? What will I do with my time?

But it is even more important to prepare mentally for the changes that retirement will bring. Will I be able to preserve a positive approach in my thinking and actions? How will I respond when my abilities decrease significantly? What attitude will I project towards the generations that observe me? Will I maintain faith and hope, or will I fall into despair and dissatisfaction?



"Julian Melgosa has provided an extremely helpful guide to adult development and ageing from an international perspective. It provides a sound framework of both research and practical advice on how to maximize the odds of a healthy, productive period of life."

JOHN C. CAVANAUGH, PH.D.

Chancellor, Pennsylvania State System of Higher Education



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