



A quality lifestyle for residents 55 years of age or older.

PRAXIS of Deerfield Beach
A Senior Community

1450 S.W. 11TH WAY • DEERFIELD BEACH, FL 33441
Conveniently located near the beaches, medical facilities and nearby shopping.
Make Praxis your new home today and see how comfortably you can live.

ONE BEDROOM FLOOR PLANS FROM \$640 INCLUDING UTILITIES!*

One/two bedroom • Swimming pool & Jacuzzi • Limited access entry
Clubhouses • Computer Business Lab • Activities & Healthwatch

*Maximum annual income limits- 1 person \$25,260. 2 people \$28,920
Directions: From I-95, exit east on S.W. 10th St. to S.W. 11th Way and turn right.

We are one block ahead on the left, next to the Cracker Barrel. **Office Hours:** M-F, 10:00-3:30.

(954) 428-3480

http://www.praxis2.com



**Health, Fitness and Fun
Are Yours As A Member of
H2U at Aventura Hospital**

*Low Impact Aerobics, Line Dancing, Ballroom Dancing,
Yoga Classes, Luncheon Meetings, Health Information,
Hospital Benefits, and Social Activities.*

h2u

\$15 annual membership fee
20900 Biscayne Boulevard
Call: 305-682-7390

Cooking With Tom
Banana Lovers Energy Shake

By Tom Blair

Versatile, nutritional and widely available, the banana can be eaten alone or it can be used as flavoring for a variety of foods. Bananas are an ingredient in many foods including candies, ice cream, cakes and cookies.

Originally native to Malaysia the banana followed the ancient trade routes and migrated with other products to all the tropical regions of the Old World.

In 1516, Franciscan Monk Tomas de Berlanga brought bananas to the Caribbean island of Santo Domingo and from there the banana spread throughout the Caribbean and Central America.

Bananas first appeared in the United States in 1875 at a Centennial Celebration in Pennsylvania. Wrapped in tin foil the bananas sold for ten cents, a princely sum for 1876.

The banana is one of the world's

healthiest fruits so enjoy this sweet and vitamin packed shake.

**Banana
Lover's
Energy
Shake**



Ingredients:

- 2 medium bananas
- 1/2 cup of fat-free milk
- 2 tablespoons sugar
- 1/2 teaspoons ground cinnamon
- 4 tablespoons uncooked oatmeal

1. Place the following ingredients in a blender: peeled bananas, fat-free milk, sugar, cinnamon, oatmeal.
 2. Liquify for about 30 seconds.
 3. Chill and serve.
- Makes 2 servings of 6 oz. each with approximately 220 calories each.

Tom is a nationally syndicated columnist specializing in antiques, cuisine and pets. He can be reached at TomBlairScribe@aol.com © Tom Blair 2005

A BUNCH OF BROCCOLI

If you notice broccoli that's so dark it's almost purple, grab it and put it in shopping cart! That purply color means it's packing a mother lode of beta-carotene, the nutrient proven to slash your risk of heart disease and cancer. But if the broccoli is yellowish, don't buy it. It's lost its vital nutrients.

(From: Growing Younger)

They were there for you.

Now you need to be there for them.

Helping elders live their later years with the care they need to ensure their health and well being is your first priority.

At Heritage Park Retirement Communities, it's our only priority.

Full service independent and assisted living, short-term rehabilitation and home health, and a 20-year commitment to providing gracious care with dignity and respect.

**For information/referral
(561) 496-4440
www.heritageparkfla.com**

5861 Heritage Park Way Delray Beach, FL 33484

Independent Living Assisted Living
Short Term Rehabilitation Home Health Care

New Territory: Caring For Aging Parents

Never before have children in their 30's and 40's had to think about their parents' old age. This is certainly not the case as we enter into the new millennium.

With parents living longer than ever before, a new stage in the development of the family called "taking care of our aging parents" has become a sobering reality. "I can't go on a long vacation because my Dad's in a nursing home." "I can't go to aerobics because I have to take my Mom to the doctor," or "I'm taking the day off from work because Mom's aide didn't show up" are practical manifestations of what this new stage is about.

For most children, there will come a time when they will have to make some kind of health or financial decision for their elderly parents. Consequently, they must educate themselves in the complexities of eldercare. They might consider learning about long-term care insurance, the differences between Medicaid and Medicare and referral services like Area Agencies on Aging, Children of Aging Parents and the National Family Caregivers Association.

What being prepared means is that children, while their parents are still healthy, must talk to them about what plans they have for their old age and what they expect from their offspring in the way of care. Dodging or denying the inevitable crises of old age may be easier than confronting the re-

alities, but the costs—and not just in money—of those evasions are high.

And they ought to above all, talk to their parents about where they would like to live should they have to leave their home. It is a good idea for children to be well versed in alternate living options—from assisted living to continuing care to nursing facilities.

Let's I give the impression that such conversations are of a cold, business-like nature, they are not! As poignant encounters that give parents the precious reassurance that their children are there for them, and children the profound gratification of being helpful to those who reared them, they signify the very essence of deep family connection.

And in case you're wondering how to start this difficult conversation, you could say something like, "I read an article that I would like to share with you..."

(Excerpt from www.primeseason.com, by Vivian Greenberg, ACSW, LCSW, courtesy of Peter Catania)

Comment: The time is now! Make sure you are prepared! Call your trusted insurance professional today to develop a Long-Term Care plan that's right for you and your loved one.

Mr. Catania has a Bachelor's degree majoring in finance from the University of South Florida. He has worked with the senior population in Florida for more than sixteen years. Call him for more information on long-term care, Medicare supplements, life insurance and annuities.



Peter Catania

Call Peter Catania at 800-566-0662 to develop a plan that's right for you. Today's policies are affordable and may be the only thing between you and a financially devastating situation.

Affordable Long-Term Care insurance to fit YOUR needs...

Long-Term Care insurance used to be "one size fits all" and most benefits covered only nursing home care. Today, Mutual of Omaha Insurance Company lets you choose the type of services you wish to receive. Because long-term care services are expensive, each of our three new policies can help you keep your financial plans intact and remain independent.

Home Health Care Policy- Benefits include home health care, homemaker/companion services, adult day care services, caregiver training and outpatient hospice services.

Long-Term Care Policy- Benefits include assisted living facilities and an optional Home Health Care rider because most people prefer the comfort and dignity of their own home.

Long-Term Care Policy for Married Couples- Benefits include care in an assisted living facility, personal care facility, residential care facility, Alzheimer's center or adult day care center, survivorship benefit, adjustment period benefit, spousal waiver, and an optional Home Health Care rider.

Each policy is affordable, easy to apply for and is available with a variety of features and options.

Who needs Long-Term Care Insurance?
Nursing home costs average \$38,000 a year and costs are expected to triple in the next 20 years, and 43% of people over 65 will spend time in a nursing home at some point.¹

These policies have exclusions and limitations. For costs and complete details of coverage, call or write us.

Call us today for no-obligation information about affordable Long-Term Care insurance that lets you choose the care you want!

¹Source (1) Dow Jones & Company, Inc., Feb. 2000.
Long-Term Care insurance underwritten by Mutual of Omaha Insurance Company, Mutual of Omaha Plaza, Omaha, NE 68175-0001

Call Peter Catania at 1-800-566-0662