



Broward Meals on Wheels d/b/a
 **Complete Cuisine**
 Live Easy...Eat Well

Our New Fall Menu
 has over 45 delicious meals to choose from!
 Now delivering in Broward and Boca Raton.
Call 954-731-8770 ext 126 for a FREE CATALOG

FROM THE COVER

Ponderous Pachyderms Pluck Pretty Particles

My safari this summer to Botswana, South Africa and Zambia was once again spectacular. After 25+ years of traveling throughout the big game countries of Africa, I especially enjoy certain animals that make the trip so wonderful. It was August 26 and once again I found myself sitting in a Land Rover with camera in hand, happily watching what must have been my millionth elephant "being an elephant." Oh, yes, being an elephant is different than being any other animal. To begin with, what could possibly be bigger? Actually, nothing that lives on land. The largest elephant on recent record was an African elephant (*loxodonta africana*) weighing in at a most unbelievable 24,000 pounds. Yup, that's three zeros, no typo! That amazing pachyderm was 13 feet at its shoulders. Heck, that's only a few (4') feet shorter than a giraffe. Wish I could have seen that monster.



Photo by M. Appelbaum

Elephant blows sand and dirt over its back to protect its skin

The one I was watching this time was quite a bit smaller, only about 12,000 pounds, but that's incredible compared to anything else on the planet. This one had all the necessary equipment that makes the elephant so remarkable. The appearance of the elephant is based not only on its size and shape, but also its skin. Remember, it's a pachyderm, which means "thick skin." We all know what the skin looks like, kind of gray and wrinkly and very thick, but most people don't know how very sensitive it is. Did you know that it is so sensitive that an elephant can feel a fly when it touches its skin? I'm serious, it's that sensitive.

As a result of its sensitivity, the elephant likes to protect its skin from the sun and from insects, much as we do. So the elephant calls on its other unique equipment for that job. You probably guessed it...its trunk. This is probably the most distinguishable and useful part of the entire elephant. The trunk actually acts as an upper lip and a nose. It is made up of over 40,000 muscles and is capable of picking up a large tree, but it can also pick up a **single straw!** The elephant can drink with its trunk, but it only takes in water part of the way and then tilts its head, curls its trunk and pours it into its mouth.

Oh, I almost forgot...protecting its skin. The accompanying photo shows how this elephant used its trunk to take in a whole load of sand and then blew it over its back to clear it of insects and leave a protective layer to keep out the sun's rays. Pretty smart these elephant...If it was closer to water, the elephant would have taken a bath and then sprayed itself using its fire hose...I mean trunk. Well, there's no denying that the elephant is unique. Its tusks are actually its incisor teeth made of dentine, just like ours. Hmm, how come his are called ivory and are so valuable? Oh, well. Just another of those differences that make the elephant one of the most popular and fascinating animals you may ever happen to see. No wonder I spend so much time watching them. Stay tuned to this column and I'll share even more about the elephant with you in the future. Hmm, I wonder if anyone ever named their pet elephant Pinocchio.

Mike's next safari to southern Africa is being set up for Summer 2006. All the locations are chosen for comfort, safety and quality of wildlife experience. Contact him for more information at 561-499-4800. Mike Appelbaum is the owner of Wildlife Adventures, Inc., 3804 Lawson Blvd., Delray Beach, FL 33445. Go to his website: www.Safarimike.com



Mike Appelbaum and friend

High Tech For Bottoms

By Anita Finley

"As a woman who uses the SWASH, it has definitely kept me from having any urinary or bladder problems. It is wonderful—the cleanliness one feels."

Since my husband is a builder, all of our homes had to have a bidet for me, to keep peace in the family. I know I am one of the lucky homeowners, that is, until now.

I remember when my mother lived in an apartment, she complained that she did not have a bidet and since she was incontinent, it was very distasteful for her to have to try to remain clean. I didn't know about "Swash" then or she would've had one, just as this purchaser wrote about "Swash":

"I purchased this product for my mother who has limited dexterity in her hands, which limits her ability to establish good hygiene. The "Swash" has been a "God-send" in her own words, and has aided her in keeping "fresh" and clean, and needless to say, infections and irritations have almost come to a complete halt, due to the ability of maintaining a healthier hygiene program."



So you can imagine when I heard about this toilet seat that offers warm water to one's "bottom," my ears perked up. Even though it is too late for my mother, I wanted to know more about it for my other family members, my friends and for the readers of *BoomerTimes & SeniorLife*.

The more I investigated and learned about this marvelous combination of simplicity and high technology, the more I wanted to explore just how we could bring this new product to our South Florida population.

As the illustration of the "Swash" shows, it simply replaces your existing toilet seat and comes complete with all the parts you will need to bring warm water to clean those areas that are difficult to clean and for many, difficult to reach properly. Jim Van Huysse, President of Brondell, the company that makes "Swash," gave me letters from many of his satisfied customers that I have included in this article.

"It results in a cleaner body, the whole experience eliminates contortionist movements of wiping oneself,

which must get harder to perform as we get older, it saves water and paper, and it makes the whole experience more like washing teeth as opposed to dealing with feces."

Many people who live alone, struggle to remain independent and whenever we can find a product that will enhance their lifestyle, we are always enthusiastic about bringing it to our readers and radio listeners. Recently, Jim was interviewed on my radio show and he explained about people suffering from stroke and other physical disabilities and what a pleasure it was for them to be able to keep themselves clean. Here is a perfect example of one of Swash purchaser's responses:

"I live alone, and am an amputee. I also am recovering from a recent shoulder replacement, and find this product to be extremely beneficial in my everyday life. Your product is fantastic. You can't appreciate this product until you experience it. Believe me."

When I learned about "Swash," I suggested that Jim contact every senior retirement community in the country and tell them about "Swash," since all of their residents would probably move in with more enthusiasm. Jim said that he did have success with architects and he was going to be contacting facilities such as Hospice and nursing homes. Mark Carroll, a Swash user with experience in the senior care field, was

so enthusiastic he recommended the Swash to his contacts in Atlanta:

"I have already recommended the Swash to Hospice Atlanta. They take care of 1/3 of the Hospice patients in Atlanta—a large audience. The nurses are extremely impressed. I do not think you realize what a niche you have, nor the pain the elderly have with bathroom requirements, both men and women. Your product is a blessing in times of need. Every toilet in every nursing home in the U.S. should have a Swash. I am not only a caregiver, I am an architect. I have designed caregiving facilities, and have met the people living there."

Whether you're looking for a gift for your parents or something to promote independence, cleanliness and comfort in your own life, the Swash high-tech toilet seat provides a simple solution to meet your needs. For more information visit Brondell's website at www.brondell.com or call 1-888-542-3355.

Brondell, Inc. makes Swash, the high-tech toilet seats for the new bathroom experience. For more information, call 1-888-542-3355 or visit www.brondell.com

Look For Our December Issue

• HOT FLASH HOLIDAYS

Nancy Thayer wrote this hilarious novel, which will be our December Book of the Month.

• THE LANGUAGE OF ROSES

Roses have symbolized love across cultures throughout time. This beautiful flower ranks as the number-one choice of more than 85% of flower buyers and receivers.

• LEARN ABOUT LUPUS

Lupus is a serious disease and the proper treatment and lifestyle changes can mean the difference between life and death.

• DECEMBER IS THE TOP MONTH TO POP THE QUESTION.

Brides Magazine's annual nuptial survey recently reported that men choose to pop the question to their beloved in this holiday month.

