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The advances in medical science are having a dramatic effect on how we live. Cures are being found for maladies which not long ago were considered incurable, such as pneumonia, tuberculosis and typhus. Today, scientists are eyeing the next Nobel Prize by trying to develop drugs to combat diseases such as cancer and AIDS.

In addition, some scientists are developing diagnostic devices that help doctors analyze illnesses, while others are developing methods to help people cope with disabilities.

The advances in medical science are also increasing life expectancy. We have already reached a point where being over 100 years old is no longer a rarity. The increase in life expectancy is having a dramatic effect on social values and an even more dramatic effect on the economy.

In the US, life expectancy in 1850 was 38.3. In 2014, it was over 81. In Europe, life expectancy in the mid-19th century was just over 30. Now it is over 80. In Israel, the average life expectancy is high at 82.7.

Many consider the increase in life expectancy a boon, but it can only be a boon if the society is adapted accordingly. In addition, it can only be considered a boon if an octogenarian or a centenarian can enjoy a good quality of life.

In Israel, the increase in life expectancy is creating problems for the economic system. It has created pressures that are unsustainable in the long term.

One of the major economic problems of our era is the fact that pension funds in the Western world are suffering large actuary deficits. The reason is simple. The amount of money paid in during one’s working life does not cover the costs of paying out monthly pensions for a period of 25 to 30 years and perhaps more.

This does not hold true for Israel because in this country, the pension funds must by law maintain an actuarial balance. In practice it means relative small because increasing monthly contributions which stand at 17.5% of income tax and social insurance would be prohibitive. The solution would be to increase the pension age. In Israel, it stands at 67 for men and 62 for women (that will gradually be raised to 65). The retirement age could easily be increased to 75 and even 80 for both genders.

In a democracy, increasing the compulsory retirement age is difficult to implement; but under the circumstances the alternative of not increasing retirement age and maintaining the current monthly payments is either the bankruptcy of the pension funds or, in the case of Israel, small monthly pensions for the pensioners.

The increase in life expectancy is also creating problems for the health industry, and these must be adapted to the changing demographic scene. Life expectancy is increasing, but that doesn’t mean that health issues associated with age have disappeared. With age, the body’s ability to withstand illness diminishes, and the need for dental treatment increases. And this raises financial problems.

The cost of medicine has risen dramatically, and the budgets allocated to healthcare are not keeping up.

Israel is regarded as a country with a very well-developed health infrastructure and pharmaceutical industry. But to maintain that health infrastructure and to make the required medical attention and services available to senior citizens, the government must increase the budgets allocated to healthcare.

Drugs are becoming more expensive because the development and testing of new medications cost a lot of money. The same holds true for medical devices. This means that it is very expensive to cure illnesses.

The rise in the cost of medical devices is affecting the amounts of money that must be allocated to develop preventive medicine. Most of the new medical devices are diagnostic. They are used to diagnose illnesses and thus prevent the development of a certain illness to a stage where it will become more difficult and more expensive to treat. There are many illnesses that if not detected at their early stages could reach the mortal stage. Consequently, these devices could lower medical costs in the long run, but they require a large initial investment.

Israel is at the forefront of the global medical device industry. More than half of the start-ups are developing health-related products and technologies. Medical devices incorporate the most cutting-edge technologies in computer science, biotechnology, nanotechnology, optics, etc.

In addition, there are many start-ups that are developing clean technologies. These have a bearing on health because living clean and green promotes health and prevents illness. And preventive medicine is one of the means to prevent illnesses and lower overall health costs.
Located in historic and picturesque Jerusalem, Nofei Yerushalayim is a senior housing facility that is managed and run by its residents, who are responsible for policy-making, decision-making and the acceptance of new tenants. The House Committee is comprised of nine democratically elected residents of the facility, who determine the policy and nature of life in the home and employ a professional manager and a skilled staff who carry out the decisions and provide service to the residents.

The staff at Nofei Yerushalayim advocates three principles – protection, accessibility and belonging, and its character is pluralistic. Nofei Yerushalayim residents are religious, secular, veterans and newcomers.

Avigail Duke, Executive Director of Nofei Yerushalayim, explains, “The residents are part of a cohesive and caring community and continue to determine their lifestyle even in their later years. They set the annual budget and are involved in volunteer activities such as operating the library and cafeteria, learning languages and publishing a local newspaper. They are active and involved in a variety of fields and enjoy a healthy, active, integrating, productive, independent and meaningful old age, and a pleasant quality of life.”

Nofei Yerushalayim offers a range of apartments of different sizes, suitable for couples and singles – cozy studio apartments, large two-room apartments, spacious three-room apartments and expansive four-room ones. All apartments come equipped with panic buttons in the rooms and bathroom, telephone and air conditioning. (Use is included in the maintenance fee).

New residents may remodel their chosen apartment according to their individual tastes. Residents who choose to renovate their apartment are assisted by the Nofei Yerushalayim staff, including selecting the designer and contractor and supervising the contractor’s work until the renovation is completed. Residents can even avail themselves of an in-house designer who specializes in designing spaces for assisted living.

Nofei Yerushalayim residents appreciate living in a pleasant environment while benefitting from protected housing and support services. Residents lead an independent lifestyle, and most can enjoy an active retirement while contributing to the community.

The home provides its residents with first-class medical services when needed, including 24-hour medical care and supervision, administered by a highly qualified team of physicians, nurses and medical interns, all of whom are personally acquainted with the residents. The range of services provided includes ordering prescriptions, checking blood pressure and glucose levels, dressing wounds, injections and more. All residents are subscribed to an emergency ambulance service.

A full range of convenient amenities is available for Nofei Yerushalayim residents, including a 24/7 maintenance service, a mininarket on the premises, a fitness room, a synagogue, a dining room, a swimming pool and more. Residents enjoy a wide range of classes, such as sports, art, painting, ceramics, crafts, chess and choir, as well as activities, lectures, shows, concerts, gift and clothing fairs and dancing. Nofei Yerushalayim provides a wide range of stimulating social and cultural activities that promote social interaction among the residents. Outings are organized for tours, movies, theatre, concerts etc. Lunch is offered daily, as well as Friday night dinner. In addition, breakfast is provided at the adjoining hotel.

There are also a number of public rooms which residents may use to hold small private family or social events, as well as guest rooms for family members. All of these features contribute to a comfortable and tranquil lifestyle.

Entrance criteria for Nofei Yerushalayim include independent and cognitive functioning upon entry and a desire to be a part of the community. A number of entry options are available for prospective residents, which can be selected to suit the financial ability of each applicant. These include monthly rental, single payment entry fee or a deposit. These options can be switched from one to another even after the applicant has moved into the building. The monthly maintenance fees are identical for all programs and include the costs of electricity, water, heating, air-conditioning and cultural activities.

Nofei Yerushalayim hosts a unique and high-quality nursing wing, serving people with needs such as long-term care and supervision, physiotherapy and occupational therapy, convalescence following accidents, fractures, strokes or hospitalization. The unit is spacious and has a large, pleasant and comfortable adjoining garden and patio. Each room has two beds (there is an option for a private room), closets, toilet, shower, air-conditioning, TV and telephone.

“Nofei Jerusalem community exists in a pleasant, warm, inviting, sharing and accepting atmosphere,” says Executive Director Duke. “It is not an institution – it is a home. Residents are free to formulate their preferred lifestyle, and their daily agenda is up to them. They are free to go about their own business, go to activities, volunteer, and do for themselves and for others. Life here is full of interest and meaning.”
Dryness in the feet is a well-known phenomenon among women and men, especially the elderly, who suffer from hard, cracked and rough skin on their feet. To stop this phenomenon, Dr. Fischer offers the U-Lactin series, a product developed by Dr. Fischer’s research laboratories, which is the most recommended series by doctors for intensive treatment in cases of dry skin. The series includes the U-Lactin foot preparations for the treatment of dry, thickened and particularly rough skin, and it helps maintain foot hygiene and prevent bad body odors. The preparations contain a high percentage of Urea and Lactic Acid (AHA) - moisturizing ingredients that are naturally found in healthy skin, enriching and rebalancing the moisture level in dry skin. They also contain Salicylic Acid (BHA)- which helps in removing dead cells that clog the skin pores and cause dry and rough skin.

The Eye-Care series is a series of unique wipes that are the most advanced of their kind in Israel and in the world for cleaning and maintaining the health of your eyes. The products are intended for thorough cleaning of the eyelids and eyelashes from fatty secretions and sticky membranes.

The series includes Eye-Care Sensitive FORTE, extra gentle wipes with a reinforced formula for intensive cleaning of the eye area, eyelids and eyelashes. The wipes contain ingredients that help maintain the hygiene of the eye area from oily secretions and make-up, contain particularly gentle cleaning ingredients suitable for the eye area, are enriched with an extract from the chamomile plant to soothe the around the eye and also contain glycerin PVP, which help prevent dryness maintain moisture and shielding in the eye area.

Dr. Fischer Genesis - Age Control, an innovative series of cosmetics for dry to extremely dry skin, developed by Dr. Fischer’s research and development laboratories, combines advanced anti-aging technology, high, broad and especially increased protection from UVB rays (SPF 30) and UVA together with an innovative and unique complex that helps treat the 10 signs of aging that damage the skin: 1. wrinkles and fine lines, 2. skin laxity, 3. skin dryness, 4. roughness, 5. lack of elasticity, 6. spots, 7. a tired and lackluster appearance, 8 enlarged pores, 9. uneven tone, 10. redness. In the Genesis - Age Control series there are four products: a restorative and protective day cream, a restorative night cream, a concentrated restorative oil serum, and an eye mask for a bright look. The products of the series are adapted to mature skin known to suffer more from dryness.
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life changing solutions
The demographic reality of our times is that the number of seniors is increasing. It is also a reality that for many, their only source of income is their pension. Consequently, since a pension is always less than the pensioner’s average salary during his or her lifetime, in the best case scenario pensioners live constrained lives. In the worst case scenario, they find it difficult to make ends meet.

In the latter case, they may be entitled to assistance from the National Insurance Institute (NII), a government institution that helps people who have limited resources.

Yarona Shalom, the managing director of the NII, says, “Generally speaking, the current situation of seniors in Israel is good. I say that with caution because it depends on many factors, such as the size of the pension, one’s health, and one’s social circle. There are seniors who may be living under constrained financial circumstances but are not destitute. Every senior receives an old age allowance from the NII. In addition, those whose NII pension is their only income receive an additional sum. And seniors are entitled to receive domestic help for a certain number of hours a week, according to their situation. Some of these hours can be translated into a fixed amount of money added to their NII pension and the supplemental amount.

“We understand that retirees have to adjust to a smaller income. That’s why we have a program called Shovar Le’atid, or ‘Coupon for the future.’ In it, retired seniors are taught how to manage their financial affairs. I believe that the NII provides residents with the necessary funds to maintain a viable standard of living. That is why I say there are no destitute seniors in Israel.”

There are many seniors who say that their NII pension is insufficient, especially when they have been making monthly payments into a pension fund for nearly all their working lives.

The NII management has always agreed with those who say that the NII pensions should be increased, since they have not been increased for more than a decade and consequently do not take into account the changes in the economic, social and demographic spheres. The monthly payments do constitute payments that workers paid into a pension fund, and the amounts they receive upon retirement do not correspond to those payments. We have repeatedly made our views known to the government. The issue has been brought up in the cabinet more than once.

Labor Minister Yoav Ben Zur says he would like to increase the monthly pension payments and that it is part of his agenda.

Nowadays, loneliness is a major problem among seniors. How is the NII helping to deal with that issue?

It is a major problem, and it is more difficult to address than monetary problems. Nevertheless, we are doing our bit in that regard. The nursing law by which the NII finances domestic help is one of the ways we help seniors and their families. We also have an extensive network of consultancy services. It is manned by some 5,000 volunteers and can be reached at phone number 9696.

Seniors now make up some 12% of the local population, and the numbers are rising. Since life expectancy is increasing, the number of seniors is increasing.

Do you think the retirement age of 67 should be raised?

When a person is retired at 67 and is eligible for a pension, he or she may well have another 20 productive years. Consequently,
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the retirement age has become an issue. Retirement age for women was raised recently, but it was a long process. With life expectancy in this country at 83.5 and rising, retiring at 67 may not be sustainable. But I see many problems.

Retirement age at 67 may not be logical for those employed in sedentary jobs, but it may well be for those employed in heavy physical work such as construction or agriculture. For example, by age 67 these people may be totally washed out and deserving of retirement. I think the retirement age should be low for those engaged in heavy physical work but high for those engaged in sedentary positions.

**Seniors have more specialized needs, such as healthcare and housing. Since their numbers are rising, what should the government do to prevent a possible crisis?**

Healthcare is one of the most critical issues. The increase in life expectancy is meaningless unless there is a good quality of life, and remaining healthy is one of the main ingredients of a good quality of life. Therefore, the medical establishment should invest in preventing illnesses and promoting healthy living.

And seniors themselves should do their best to keep in shape. A brisk walk, for example, does wonders to keep one's body healthy and active. And a balanced diet is essential as well.

Seniors should have regular medical check-ups. Early detection of illness can save long and costly treatment and avert further complications.

Seniors should also do their bit to prevent accidents at home. The NII has a program, still in the pilot stage, to prevent seniors from falling in their home and breaking a limb. Financing domestic help also benefits the health of seniors because it minimizes the danger of home accidents because seniors have fewer household chores to do.

Seniors also have special housing needs. For them, it is not a question of having a roof over their heads because many own the homes they live in. It is more a question of adapting their place of residence to their special needs.

Researchers have found that it is beneficial for elderly people to remain in the home they live in, as they are in a familiar environment among people they know. To encourage seniors to remain in their home, we have several programs in conjunction with some municipalities. One is called Age-friendly Town, whereby we promote remote control surveillance, as well as communal programs.

Another one is called Muni 100. Here, experts from the NII’s nursing sector and the municipality create a model for the best way to grow old gracefully from economic, social, and physical aspects.

However, not all seniors can continue to live in their homes. That is where sheltered housing projects, retirement residences and nursing homes come into the picture.

Retirement residences are a matter of choice and pocket, as they are costly. Those moving into such a residence do so by choice because they are healthy and mobile and do not require the help of a caretaker.

In a sheltered housing project, seniors can live completely independent lives as well. They will have a comfortable compact home that is serviced by the management, weekly housecleaning services, and any problems with electricity or plumbing is dealt with by the management. It is also a safe communal environment.

Old age homes and nursing homes are a different matter. They are not a question of choice but of necessity. Old age homes are designated for seniors who cannot lead independent lives. They are cared for in an environment that provides them with meals, recreation, etc.

A nursing home is designed for seniors who require assistance with their most basic needs.

In light of the rise in life expectancy and the increase in the number of seniors, the government should ensure that more of these facilities are constructed in accordance with the demographic projections.

**In this digital age, life is becoming more and more automated. Banks are closing branches, commerce is being done via the Internet, as are government services. For elderly people, this can be very traumatic. What can be done to prevent seniors from being excluded from many aspects of modern life?**

That is a very weighty problem. I would hope that organizations that want to go modern by closing branches or eliminating services will consider those seniors who cannot adapt to the digital age.

At NII, we are digitalizing. But we are not closing branches, and we are allowing people, who so desire, to continue using the familiar methods. But it is only natural that with time, using a computer to communicate will be as common as writing a note or a letter on a sheet of paper.
Beth Juliana is a very special assisted living establishment. Founded in 1979 by a group of Dutch Israelis who wanted to create a retirement home for the local Dutch community. Holland has always been famous the world over for the quality of its retirement establishments. The founders wanted a retirement complex akin to the high standards pertaining to such establishments in Holland.

At those times there were no “sheltered housing” establishments in Israel, the only option were old age homes which was not what the founders of Beth Juliana—had in mind. The result was Beth Juliana a non-profit high quality retirement complex with the high standards of similar establishments in Holland, and named it in honor of the then Dutch monarch Juliana.

It is one of the leading sheltered housing facilities in this country, with a high level of service, some of which are not offered by similar local establishments.

Residents can get 24/7 excellent medical assistance, with an emphasis on geriatric care both physical and psychological.

In addition to excellent and caring service the complex offers a warm intimate atmosphere, a win-win solution for seniors.

The facility itself is not overlarge with 120 residential units of from 1.5 to three rooms. It also has accommodation for an additional 60 beds to accommodate 60 residents in the two assisted living wards. Its location is excellent located in the city of Herzliya, in a quite leafy neighborhood of single-family homes with private gardens and with easy public transport links to other parts of the city, and from there to the national road and rail grid.

The management pride themselves on its diversity, and the high cultural level they offer residents. When founded most residents were Dutch, not any more, now its residents are of a much more diverse background, people from all backgrounds and places of birth. It is a multi-lingual home with Dutch, Hebrew and English widely spoken with a large library of over seven thousand volumes in those three languages. The management also organizes cultural events for the benefit of the residents. The diversity in the makeup of its residents also includes those who want to maintain a Jewish religious way of life.

There is an active synagogue in which services are conducted on a regular basis, while the management organize lectures on Judaism.

Residents that live an independent life may prepare their meals independently, but for those who may want to have their meals prepared for them in facilities kitchen and served in its dining room, all food is strictly kosher.

Incidentally Beth Juliana prepares three excellent meals a day plus two light meals, one in the late morning and the other at teatime.

The quality of Beth Juliana is well known. During the past 20 years the Council for Israel Yafa (beautiful Israel) has awarded Beth Juliana three times a five star rating. It was also awarded the “Degel Hayofi” prize, a prestigious award, awarded to only one retirement establishment a year.

So, if you are looking for a place to retire which is out of the ordinary has varied cosmopolitan environment, a very cultured atmosphere in an open social community in which will be able to maintain on religious principles, give a thought to Beth Juliana; you will not be disappointed.

For Further information 09-9704737
Tali Bar, CEO of the Mediterranean Towers Jerusalem:

“Our residents are at the heart of the activities in the Jerusalem Mediterranean Towers. Our role is to provide them the professional tools and the right and high-quality platforms to continue doing things that are of interest, continue to create, to initiate, to learn, to discover new things, and to continually add many more good experiences all the time”. Bar added, “The perception of life in the communities at the Mediterranean Towers has changed over the years and we are proud to be leaders and pioneers in this field. Today we establish the frameworks and activities according to the needs and desires of our residents and not as was customary in the past and it was prevalent to try to make the elderly fit into existing and predefined frameworks. Today, our residents take initiative, constantly wanting to discover and experience new things and fulfill their dreams, and it seems that their peak is still ahead”.

Let us make a brief introduction to several activities led by our residents: Languages Studies

Language studies at the Jerusalem Mediterranean Towers have gained momentum in recent years and have become popular and in demand among our residents, who constantly want to deepen and enrich their knowledge even in languages that are not their original mother tongue. The mix of residents in the Mediterranean Towers in Jerusalem is diverse and heterogeneous and you can find residents from Jerusalem and all over Israel, alongside residents who came from the USA and Europe. Residents, who serve themselves as the teachers to other residents and the staff, lead the language studies program. For example, our resident Ruth Josephson opened a Hebrew studio in the compound, where she teaches Hebrew to the Anglo-Saxon residents. We also opened another Hebrew course for beginners that is open not only for our residents but also to the elderly community outside the Towers (aged 70+). In addition, our resident Bat-Sheva Huppert taught Hebrew to the staff working at the Towers. Another resident, Janice Rothman, taught English to the staff and currently she teaches English to residents who wish to strengthen and improve the language.

Communication Studies

Among the various fields of study at the Towers, as part of the Mediterranean Towers media school, "Mekusharim", the residents study communication and journalism, even at the age
of 70, 80 and 90 years old. The "students" receive practical tools for writing, photography, podcasts and content editing, and they also receive the opportunity to be exposed to the behind the scenes of the Israeli media. The students who participated in the communication studies got to practice what they have learned when they became the ones who lead the writing and editing of the Mediterranean Towers newspaper, which is distributed to all the residents. For example, the residents, are a significant part of the publication of the newspaper, starting with creating interesting content, receiving the materials from the residents, performing the editing work, and designing its graphics. In addition, the resident Shelli Mashiach, one of the active residents in the Towers, after completing her communication studies, became a regular reporter in the national network newspaper of the Mediterranean Towers, and she regularly provides fascinating articles on various topics.

If we mentioned writing and editing, we must mention also the residents that are currently responsible for writing and editing the Tower's new community book, a project led by our resident, who came up with the idea. The community book, which compiles the essence of the life story of each of our residents, is a fascinating and exciting documentary project about the life journey that the residents have gone through until today. The job of interviewing and collecting personal materials is led by a team of residents who interview in detail each of our residents. Wirshup leads the team, and she is responsible of the task of collecting the materials, editing and collaborating with the printing house on the production of the book. The new community book will be completed in the near future, and there is definitely something to look forward to.

In addition, the residents also take an active part in leading the lectures that take place in the Towers. For example, our resident Shlomo Huppert regularly gives lectures to our residents on the topic of opera. Huppert, who has worked in the field for many years, is considered an expert in the field of opera. He dedicates each lecture to a certain opera and elaborates on it in a very professional manner, in both Hebrew and English.

For the community

Neighbors for the community. The Jerusalem Mediterranean Towers and The Traditional high school, which are located in close proximity, hold joint social activities for the community in Israel's capital. Recently, the residents of the Mediterranean Towers joined a special project of the high school, in which the students provide hot meals for families in need that live in the city. Under the leadership of the resident Rachel Malul, the Tower's management and Naomi Shabbai, the coordinator of the 10th grade at the high school, the residents, together with the students of the high school, prepared about 25 cakes in one of the Tower's complexes, which became a real pastry shop. Despite the large age differences, the residents (ages 75+) and the students worked in full and true collaboration and acted as if they were one big family. The delicious cakes were delivered with the hot meals to those families.
As people get older, their physical abilities diminish, such as eyesight and hearing. The same holds true for the limbs, especially the legs. With age, the more difficult it is to walk around, thus impacting greatly on one’s mobility. Advancing age is not the only reason for loss of mobility. It can result from accidents or illness. Whatever the cause, a reduction in mobility has a very negative effect on one’s quality of life.

Improving the quality of life for people with mobility concerns is where MovingLife comes into the picture. It is an innovative Israeli company that develops and sells advanced mobility scooters.

Avi Lev-Ari, the sales manager of MovingLife, says: “For years, the mobility scooter market was stagnant. Many people with mobility issues – whether age related or due to illness – avoided buying a scooter for daily use because of the clunky appearance and the feeling that it made the user look old. The scooters also required a lot of space when they were not in use, and they could not be taken along when traveling by car or on public transportation. All this changed when MovingLife came on the scene. The scooters we designed and build, which go by the brand name ATTO, are created for ultimate convenience and are sleek and elegant.”

ATTO scooters are indeed sleek and attractive, but they are much more than just pleasing to the eye. One of their most attractive features is that they are portable. ATTO scooters can be folded into a compact trolley and wheeled around. They can also be divided into two lightweight parts for easy lifting and storage. Designed to unfold and be ready for use in less than 10 seconds, they are also adaptable to the physical dimensions of the user. The seat height and handlebars can be adjusted to suit the client.

Thanks to their light weight and portability, they can be used when traveling on trains or planes.

ATTO are the only flight-approved scooters in the world. Due to the advanced design, users can ride right onto the plane and up to their seat. The two separate parts can be easily stored in the overhead bin, and the batteries are permitted on board. This is a real game-changer for people who rely on wheels to get around and don’t want to feel restricted.

ATTO scooters work on an electric motor which, when fully charged, gives them a range of 20 kilometers and a maximum speed of 10 kph (available in the ATTO Sport model). ATTO scooters are faster and more technically advanced than any other mobility scooter on the market. They give one the confidence that comes with mobility independence and the dignity that comes with riding around town in style.

MovingLife markets four ATTO models:
• ATTO Classic
• ATTO SPORT with enhanced performance
• ATTO MAX with superior weight capacity
• SHABBATTO for those who are religiously observant

The SHABBATTO has all the advantages of the ATTO SPORT, with an exclusive command mechanism that is suitable for use on Shabbat and religious holidays. The SHABBATTO model was developed in collaboration with engineers and rabbis of the Zomet Institute, an Israeli hi-tech nonprofit organization that specializes in developing IT equipment and electronic appliances designed to meet the requirements of Halacha.

For more information about ATTO scooters or to test drive an ATTO, call 077-4447059. In the US, call 1-855-957-3030. Website: movinglife.co.il/jp
NOT JUST FOR YOUNG PEOPLE: THE SOLUTION TO A PROBLEM THAT MEN OF ALL AGES SUFFER FROM

SOME DEGREE OF ERECTILE DYSFUNCTION (ED) IS A COMMON PHENOMENON AMONG MANY MEN, EVEN THOUGH, NATURALLY, THOSE AT AN ADVANCED AGE SUFFER FROM IT MORE. THE EXISTING SOLUTIONS HAVE PREVENTED MANY FROM BEING TREATED - UNTIL NOW. INTRODUCING THE ISRAELI MEDICAL DEVELOPMENT THAT WILL ALLOW EVERY MAN, OF ANY AGE, TO IMPROVE THE QUALITY OF HIS ERECTION.

AGE TAKES ITS TOLL, AS WE ALL KNOW, AND A CONSIDERABLE NUMBER OF US HAVE ALREADY DISCOVERED THAT OVER THE YEARS WE HAVE MORE AND MORE PHYSIOLOGICAL DIFFICULTIES OF ALL SORTS. SOMETIMES IT'S OUR MUSCLES, SOMETIMES OUR VISION LETS US DOWN, BUT ONE OF THE MOST DISTRESSING ISSUES OF ALL, AND PROBABLY THE MOST EMBARRASSING, IS THE ISSUE OF SEXUAL DYSFUNCTION.


MANY TREATMENTS - BUT NOT ALL OF THEM ARE SUITABLE

THE BEST-KNOWN SOLUTION IS THE VIAGRA PILL AND PILLS THAT ACT SIMILARLY. UNFORTUNATELY, DRUG THERAPY IS NOT SUITABLE FOR EVERYONE: THOSE WITH UNDERLYING DISEASES CAN'T TAKE IT. FURTHERMORE, DRUG TREATMENT ONLY TREATS THE SYMPTOMS THEMSELVES, AND NOT THE CAUSE OF THE PROBLEM. ANOTHER SIGNIFICANT DISADVANTAGE IS THAT DRUGS OFTEN HAVE SIDE EFFECTS, AND MANY MEN (ESPECIALLY THOSE OF ADVANCED AGE), PREFER TO AVOID THEM, AND THIS TYPE OF TREATMENT ALTOGETHER.

THERE ARE OTHER TREATMENTS, BUT MOST OF THEM ARE INVASIVE (SUCH AS PENILE INJECTIONS AND VACUUM PUMPS). HERE, TOO, MANY MEN PREFER TO AVOID THE TREATMENT, AS THEY FEAR IT WILL DAMAGE THEIR ORGAN OR WILL CAUSE PAIN IN A SENSITIVE AREA. IT IS ALSO POSSIBLE TO IMPLANT A PROSTHESIS IN THE ORGAN, BUT NATURALLY, MEN OF AN ADVANCED AGE ARE AFRAID OF SUCH A COMPLEX PROCEDURE.

THE WORLD BELONGS (NOT ONLY) TO YOUNG PEOPLE


THE INNOVATIVE DEVICE IS THE NEXT GENERATION OF TREATMENT FOR ED. IT HAS ALREADY RECEIVED THE APPROVAL OF THE ISRAELI MINISTRY OF HEALTH, AS WELL AS THE STRICT EUROPEAN MEDICAL STANDARD AND IS CURRENTLY IN THE PROCESS OF FDA APPROVAL. VERTICA HAS RECEIVED GREAT INTEREST FROM THE GLOBAL MEDICAL COMMUNITY, AND IS NOW DISTRIBUTED IN SEVERAL COUNTRIES IN EUROPE AND ASIA.

VERTICA IS SUITABLE FOR POPULATIONS THAT UNTIL NOW HAD TO AVOID TREATMENT SINCE ITS USE IS ALSO ALLOWED FOR THOSE WITH UNDERLYING DISEASES (SUCH AS DIABETES). IT HAS NO SIDE EFFECTS, THE TREATMENT IS NON-INVASIVE, AND IS PERFORMED AT THE PATIENT'S HOME AT HIS OWN TIME. THESE ADVANTAGES ARE PARTICULARLY SIGNIFICANT FOR THE OLDER PUBLIC, WHICH IS WHY IT IS VERY POPULAR WITH THEM.

YOU DON'T HAVE TO - BUT IF YOU WANT, THERE IS SOMEONE TO TALK TO

ANOTHER ADVANTAGE IS THE ABILITY TO BUY THE DEVICE WITHOUT A DOCTOR'S PRESCRIPTION, ON THE COMPANY'S WEBSITE AT 04-9036999, AND WITH THE ASSISTANCE OF A SERVICE REPRESENTATIVE AT 04-9036999.
It’s been another rainy winter, and the Kinneret (Sea of Galilee) is as full as it’s been in many years. And as spring comes upon us, the weather is warming up. But the other cost of a long, cold winter is a lot of added calories consumed, much less activity and exercise, and the end result is added weight. Now that all of this is behind us, it is time to take advantage of pleasant weather and start working off the added weight and get all the benefits of our health that exercise provides.

All year long, we look forward to spring and summer when we have more daylight hours and more outdoor exercise time. Spring is the best time to begin getting in shape, shedding some weight, and improving your overall health. Going outside for a daily walk, jog, or bike ride is a great way to get started. The easiest way to begin is by walking. It’s simple, it’s free, you can do it alone or with others, and you can fit it into your daily routine very easily. Walking is something that we take for granted. In today’s fast-paced world, most people just don’t do enough of it.

GO FOR A GOOD WALK

Scientists have concluded in countless studies that exercise is essential for good health and disease prevention. The simple act of walking, if done properly and regularly, can be beneficial in many ways. Brisk walking can contribute to the prevention of heart disease, stroke, diabetes, osteoporosis, arthritis, cancer and depression. Along with healthy eating, walking is essential for weight control and weight loss.

How often should you walk and at what pace? The answer depends on your personal goal. For instance, if weight loss is your goal, then you should walk every day. If cardio-vascular fitness is your aim, then every other day (four times a week) may be enough. Obviously, the longer and faster you can go, the more beneficial it will be. But be careful that you don’t overdo it. People who have been sedentary must start slowly and build up gradually. It is essential that before you begin a walking program, you visit your doctor for a complete medical evaluation. Once you have the approval of your physician, you can begin.

Start at a comfortable pace; walk as though you are slightly late for an appointment. Use the “talk test.” If you can’t say your name three times in a row while walking, you are pushing too hard. You should aim for a minimum of 3.5 miles per hour. For those who want to work up to a power walk, you will want to eventually reach 4.5 mph or more. The recommended minimum time for walking is 30 to 40 minutes, however, if you are a beginner, start off slowly and build up to that amount.

Maintain good posture while you are walking and look straight ahead. Swinging your arms will increase your caloric burn greatly, but make sure your arms are going in a forward direction and not crossing in front of you. A good sturdy pair of walking shoes is essential. They need to be replaced about every...
400 to 500 miles of walking. If you don't have proper shoes or your shoes are worn out, you will probably suffer some type of injury in the lower extremities.

When most people think of exercise, they envision gyms and health clubs with lots of equipment and expense. It is thought of as strenuous and time-consuming. Walking is a way to get in your exercise, spend time with a friend or family member, and it easily fits into your daily routine. Enjoy the company and the fresh air!

There are endless excuses people have for not exercising. Weather is often a popular excuse. It's too hot, too cold, too windy. And these days, when you can go to the gym or simply put on a DVD or video clip of exercise in your house, it's almost too easy not to go out. This time of year, the heat can be a justification for skipping a walking session, but with a little bit of creative thinking and adjusting the times of day, you can do your outdoor workouts and remain fit and healthy throughout spring and summer. Let's look at some of the issues you should take into account when planning your workout.

**HYDRATION**

Like any type of workout indoors or out, it is important to make the proper preparations before you start. First, make sure you are hydrated properly. Exercise performance decreases with just a one percent loss of bodily fluid. Going into a workout dehydrated causes exhaustion and inhibits performance. As the percent of water loss increases, the severity of symptoms increases and time to exhaustion decreases. Water is necessary for a number of bodily functions, including the regulation of your body temperature. Make it a point to stay hydrated before you head out for your training bout. In addition to the 8 to 10 cups of water per day you should be drinking, you should drink two cups of water within an hour before exercising, consume 4 to 8 ounces of fluid every 10 to 15 minutes during the workout, and consume two cups of fluid for every .5 kilogram lost during exercise at the conclusion of the workout.

**FOOD AS FUEL**

Not only is hydration important, but eating properly before your workouts is central to a good workout. There is a long-standing debate about whether it’s best to perform aerobic exercise before or after eating. Although fasted cardio can help tap into fat stores, this doesn’t necessarily translate into the best or most intense workout. If you think about it, the body’s main source of energy is carbohydrates, which it can use during high-intensity exercise because it requires less oxygen to metabolize.

Carbs are quickly digested and absorbed into the muscles via the bloodstream. This provides the muscles with energy, which allows you to train harder, faster and longer. Fruits and juices are good options that can allow you to go into a workout feeling fueled, but not overly full.

Try to eat about an hour before your workout.

**VITAMIN D BENEFITS**

One of the great benefits of outdoor exercising in the spring and summer is that sunshine is the primary source of vitamin D. In recent years, numerous studies have shown that having adequate amounts of vitamin D in our bodies may be a key ingredient in disease prevention.

A little sunshine can go a long, long way: 20 minutes per day without sunscreen four days a week any time from 9:30 a.m. to 4:30 p.m. should do the trick. More than 20 minutes in the peak heat of the day is not advised.

**THE BEST REASON OF ALL**

A 2011 study revealed that outdoor workouts showed an improvement in mental well-being compared with exercising indoors. Exercising in natural environments was associated with greater feelings of revitalization, increased energy, and positive engagement, together with decreases in tension, confusion, anger and depression. Participants also reported greater enjoyment and satisfaction with outdoor activity and stated that they were more likely to repeat the activity.

**CAUTION IN THE SUN**

Because the weather is now warmer, take care to start early in the day or do your walking or jogging toward the evening hours. Drink plenty of water before, after and during your walk. Wear clothing that is loose-fitting and covers much of your body on sunny days. Wear a hat or cap to protect yourself from the sun and to retain water, as most perspiration escapes through the head. Sunglasses are good protection for your eyes.

Being able to exercise when it is safer and the effect of the sun is minimal may mean changing your schedule around. Personally, I get up earlier in order to get my aerobic session in. If it is evening you prefer, adjust your schedule accordingly. You might want to eat supper a little earlier and exercise later, or do the opposite — do your routine when you get home, and then have supper.

Exercising outdoors has so many benefits, so give it a try at least a few days a week. Making the proper adjustments in order to exercise outdoors will add hours to your day, days to your year, and years to your life.

The writer is a certified personal trainer and behavioral change and wellness coach with over 19 years of experience. He can be reached at (02) 651-8502 or 050-555-7175 or by email at alan@alanfitness.com. Website: www.alanfitness.com. US line: 516-568-5027.
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Amorphical is an innovative Israeli bio-tech company that develops revolutionary drugs and supplements with the potential to treat and prevent bone metabolic disorder, as well as inflammatory diseases.

Groundbreaking technological advances have enabled the company to develop products that allow nano-particles of carbonate minerals to be effectively absorbed into the body.

Amorphical is the only company in the world that has successfully developed such products. Not that others haven’t tried. According to medical records of drugs and supplements under development, more than 400 companies have tried and failed.

Until the groundbreaking developments of Amorphical, the possibility of carbonic amorphic minerals reaching the environment of individual human cells was very limited. But not anymore. The scientific developments pioneered by Amorphical allow active vital matter to penetrate the body.

The supplements developed by the company are assumed to have anti-inflammatory properties, based on the ability of carbonate (which transforms into bicarbonate) to restore homeostasis, which in turn deals with chronic inflammatory ailments.

It is important to bear in mind that the amount of bicarbonate developed by the body is limited and consequently cannot effectively combat infections such as those emanating from fractured bones, as well as curing injuries in general. Ultimately, increasing the amount of bicarbonate in the body is necessary for the successful treatment of chronic inflammations.

The company completed a series of clinical and pre-clinical studies which showed that its products successfully treat chronic inflammation and pain caused by bone metabolism.

These clinical tests were conducted in some of Israel’s leading hospitals, such as Ichilow, Ziv, Shamir, and Kaplan. They included treating COVID-19, which is essentially an inflammation of the lungs.

These tests proved their 100% effectiveness in treating those maladies. In addition, the company is conducting additional tests to check their effectiveness in treating other maladies.

Amorphical is gaining world renown. Consequently, it is being requested to conduct clinical tests in Europe, Asia, and the US. These include such well-known medical institutions as Rochester University in New York and the Fraunhofer Society in Germany.

The company is also doing its bit in space age developments. It has performed two experiments at the International Space Station in the US, showing that amorphous calcium carbonate had beneficial effects on bone and muscle cells in space in an environment of cosmic radiation and reduced gravity.

When astronauts return from a sojourn in space, they have to undergo a relatively long period of recovery because in space, they experience a substantial loss of muscle and bone density; consequently, their potential for contracting chronic inflammatory ailments increases.

The results of these tests were nothing short of spectacular. They showed a growth in cells in an amorphous calcium carbonate environment -- an important discovery which shows great promise for Amorphical products to help astronauts while in space.

For more information, call 077-8047317; or 1-700-70-95-24; or visit our website: https://amorphicure.co.il
SEEING THE WORLD IN COMFORT

By JOHN BENZAQUEN

In the 19th century and the first half of the 20th century, the rich and beautiful of Europe, mostly titled aristocrats, were called the leisure class because they had the time and the money to tour the world. That is what many of them did because the major part of their substantial income was derived from rent on their land and that did not require much effort on their part, as they usually employed estate managers.

Today, there are many wealthy people all over the world, but they are not the idle rich. They work hard, which means that most of them do not have the spare time necessary for leisure activities.

The modern leisure class in our time constitutes primarily those seniors who have generous pension plans. Many seniors who are now on pension were employed at a time when the social democratic parties and the trade unions in the West made sure that employees would be able to retire if not in style, then at least in great comfort.

That is why pensioners are the new leisure class. They have steady incomes and no longer have to work for a living. Consequently, they have a lot of free time. And, like the leisure classes of yesteryear, they enjoy traveling.

When seniors travel, they like the tempo to be slow, and they prefer classical tourism. In many ways, a cruise is the ideal mode of recreation. Most long cruises -- from two weeks to three-month voyages around the world -- are patronized mainly by seniors. The pace is very leisurely, and the itinerary, at least in the Mediterranean and northern European, is oriented toward classical destinations.

One of the many advantages of a cruise is that one avoids the hassle of airports. But it is not always possible to avoid airports, especially for Israeli travelers, because very few passenger cruise lines have cruises that call at Israeli ports.

The only exception is the Israeli cruise company Mano and Royal Caribbean. They have ships embarking and disembarking passengers in Haifa.

And for Mano Cruises Haifa is their home port.

Mano has been doing this for the past 30 years. It pioneered cruising on Israeli ships. In fact, the founder and CEO of Mano Shipping was awarded the Freedom of the City Haifa for his services to shipping in general and maritime tourism in particular and the benefits it has accrued to Haifa, the home port of Mano maritime.

Royal Caribbean, in contrast, is a newcomer and has only started using Haifa as a home port this year.

Mano has Mediterranean cruises that range from seven to 14 days. The company also has two-, three-, four- and five-day cruises. But for those who have the time and the money, a long cruise is preferable. Mano’s flagship the Crown Iris is a large and luxurious GRT 45,000-ton ship. It is very popular because it is Israeli.

In general, most people enjoy a holiday in foreign lands. But no matter where they come from, when they are holidaying abroad, they are attracted to things that remind them of home.

This season, one of Mano’s longer voyages is an 11-day cruise with Malta as its centerpiece. These cruises usually sail after the High Holidays in the months of autumn.

CRUISING DOWN THE RIVER

When planning a holiday abroad, another option is a leisurely river cruise. One has to fly to the point of departure, but it is well worth the consideration.

Currently, there are river cruises that ply the rivers of Central Europe, such as the Rhine, the Danube, the Mosel, and the Elbe. These cruises range from four to 14 days. The itinerary includes the historic capital cities of Central and Western Europe, such as Vienna, Budapest and Bratislava on the Danube, as well as Strasbourg, Amsterdam and the cities on the Rhine.

These river cruises offer seniors the best of both worlds. Most Israeli seniors prefer to visit the cities of the old Austro-
Hungarian Empire and with a river cruise they can do so in comfort.

Seniors are attracted to the capital cities in Central Europe, most of which are located on waterways. But when planning a river cruise, consider taking one that visits some of the more exotic regions of the world, such as the Mekong River in Southeast Asia; the Ganges and the Brahmaputra in India; the Yangtze in China; the Amazon in South America; and the Nile in Egypt.

The Brahmaputra, at 2,900 kilometers, is one of Asia’s longest rivers. It is a navigable length, with headwaters in Tibet. It flows through India and finally through Bangladesh into the Bay of Bengal. Most cruises center in Assam, but they also sail through Bangladesh.

India offers river cruises on the Ganges. It is the holiest river in India and, at 2,525 kilometers, it is one of the longest in the world. There are various cruise options because the river stretches the entire breadth of northern India. Its source is north of New Delhi in the west to the Bay of Bengal in the east. The rich culture of India developed along its banks.

Another rewarding river cruise is on the Mekong. The river is 4,500 kilometers long, and the source is in the Himalayas in Tibet. From there, it flows through China, Myanmar, Laos, Cambodia and Vietnam. The cruises on the Mekong sail through Cambodia and Vietnam.

One can also take a 13-day cruise on the Yangtze. Stretching 6,300 kilometers, it is the longest river in Asia. This cruise starts at cosmopolitan Shanghai, China’s most cutting-edge, modern city. It sails between Wuhan and Chongqing through the scenic Three Gorges and beautiful Lesser Three Gorges. Its itinerary includes the Three Gorges Dam, an engineering marvel that has changed the face of China; the necropolis at Xian, where you encounter the thousands of Terra Cotta Warriors; Beijing, to explore imperial treasures like the Forbidden City and the Great Wall; and historic Tiananmen Square, the world’s largest public venue.

And then there’s the Amazon. This waterway also offers interesting river cruises. While not the longest river in the world, it is 6,437 km. long. It is the largest in terms of discharge of water, with 209,000 cubic meters a second. Every year, the Amazon empties 6,509 cubic kilometers of water into the South Atlantic Ocean. In contrast to most other river tours that visit historic sites, this cruise is based on nature and ecology, the river itself and the surrounding forest.

Another fascinating river cruise is on the Nile. At 6,853 km., it is the longest river in the world. The Nile has two major tributaries -- the White Nile and the Blue Nile. The source of the first is Ruanda and of the second Ethiopia. The two merge in Khartoum, the capital of the Sudan. Before Khartoum, it is called the Lower Nile, or Southern Nile. From there, it is the Upper or Northern Nile, which empties into the Mediterranean Sea in northern Egypt.

This is a historical cruise. Egyptian civilization has been based on the river since ancient times. Most of the population and cities of Egypt lie along those parts of the Nile Valley north of Aswan. Nearly all the cultural and historical sites of ancient Egypt are found along the riverbank. A 12-day cruise starts at Cairo and ends at Aswan. It does not continue to Khartoum. Since the building of the Aswan Dam, this is impossible. But since most of Egypt’s historical monuments are north of Aswan, it is a very interesting cruise. It includes Cairo, the Valley of the Kings and the Valley of the Queens. From Aswan, passengers sail by another ship across Lake Nasser, the vast lake created by the dam, to the monumental statues of Ramses II, Ramses III and Nefertari at Abu Simbel.

> Upper deck pool (Courtesy of Mano Maritime group)

> The Crown Iris in the Turkish port of Marmaris (Courtesy of Mano Maritime group)
A dog is generally regarded as man’s best friend, and this is doubly true for of the retired segment of the community. For seniors, a pet – be it a dog or a cat – can be a godsend.

Loneliness is a common problem encountered by people of an advanced age. Many may be lonely because their family ties have weakened and the children or grandchildren rarely visit. And, as seniors no longer work for a living, the workplace, which was an environment in which they socialized with colleagues, is no longer part of their lives.

So what to do? One way for seniors to overcome loneliness is to have a pet. A pet mitigates one’s sense of loneliness and creates a regimen of activity for the owner. A pet dog or cat is loyal and gives unconditional love and affection; consequently, it is a very important element in the lives of seniors.

Having a pet is beneficial from a physical and a psychological perspective. Eti Altman is the spokeswoman of Let Animals Live, Israel’s largest nonprofit organization for the prevention of cruelty to animals. She says that pets have a very positive effect on older people.

“Today, many seniors prefer to live in their own homes. Modern lifestyles have greatly weakened the family unit. It is not the strong social network it was in the past; consequently, family ties are weakened, and seniors feel alienated,” she says.

“There is another element to this sense of alienation,” she continues. “The workplace is very important socially. There is an important aspect of social interaction among people employed in the same place of work. They spend a lot of time together, have common experiences, common ground for discussions, etc. This social interaction is no longer available to those who are retired and, understandably, they may feel lonely. This is especially true if one’s spouse has passed away. In that case, a pet dog or cat can offer warm companionship.”

This companionship is very beneficial. A study by a group of Canadian doctors and psychologists revealed that seniors who had pets were healthier, more well-balanced mentally, and had a greater sense of security than those who did not. The study also showed that they had a normal rate of pulse and blood pressure. They were less apathetic, less depressed, and more active.

One the most important aspects about having a pet is that the animal requires attention. It needs care, thus creating a sense of purpose for the owner.

Pets have to be fed. And a dog has to be walked outside the home two or three times a day. A cat’s litter box has to be cleaned at least once a day. Pets require attention. In return, they give the owner unconditional love and affection.

There is no difference between having a cat or a dog. Both require care, and that is the essential aspect. A dog requires more care than a cat, as it has to be walked and taken to a park where it can exercise and do its business. Hence, a dog owner must be mobile and active.

Altman adds, “There is no doubt that pets, especially dogs, are good for seniors. I would advise seniors who want a dog or a cat not to adopt a puppy or a kitten but rather an older pet, one that has lived in a loving home and is house broken.”

For seniors who are lonely, a pet will become a close friend and companion. However, pet owners must show their gratitude by ensuring that the pet will not become destitute. When a senior adopts a pet, the animal may outlive the owner. To ensure that the pet is not left abandoned, the owner should make arrangements for the pet to be adopted by others or taken in by one of the organizations that take care of animals. Turning a pet into the street to fend for itself, especially one that has lived in a loving home, is cruel. Seniors should make sure that this does not happen to their beloved pets.
Seniors who have the financial means can retire in style, as Israel has a large number of fashionable retirement residences. They comprise high-quality apartments of various sizes, communal services, personal security, and round-the-clock medical supervision.

There are an estimated 14,000 units in these retirement residences, and the numbers are growing because demand is strong. Longevity being what it is, this market is expanding rapidly. In Israel, the number of people over 65 is expected to reach 950,000 by 2020.

Most of these apartments are situated in large multi-story buildings that incorporate hotel style public rooms that are adapted to the needs of seniors. There are also several one-story country-style residences, where each unit has its own garden. At present, there are five such residences, and the number is expected to increase.

The sheltered residences mentioned are affordable for middle-class seniors. Many seniors own their apartment and, when sold, there is enough money to enter a retirement residence, while their pension or accumulated capital can pay for the monthly maintenance fee.

A deposit is made because the majority of units in retirement residences are not sold outright; they cannot be resold when no longer in use. The deposit does not yield interest. It is linked to the US dollar and has an annual depreciation rate as specified in the contract.

Most depreciate for the first 10 to 15 years of residency, but there are payment plans with no time limit on the depreciation. When the apartment is evacuated, the deposit or what is left of it is returned to the family. Depreciation can amount to some 30 percent of the original deposit, and inflation -- though now at a very low rate -- further depreciates the real value of the deposit.

The Country style sheltered housing facility in Nordia (Photo by Udi Goren)
Time has a way of moving quickly and catching you unaware of the passing years. It seems like just yesterday that I was young, just married and embarking on my new life with my mate. Yet in a way, it seems like eons ago, and I wonder where all the years went. I know that I lived them all. I have glimpses of how it was back then and of all my hopes and dreams.

But, here it is, the winter of my life, and it catches me by surprise. How did I get here so fast? Where did the years go, and where did my youth go? I remember well seeing older people through the years and thinking that those older people were years away from me and that winter was so far off that I could not fathom it or imagine fully what it would be like.

But here it is. My friends are retired and getting gray. They move slower, and I see an older person now. Some are in better and some worse shape than me, but I see the great change. They are not like the people that I remember who were young and vibrant but, like me, their age is beginning to show, and we are now those older folks that we used to see and never thought we’d be.

Each day now, I find that just taking a shower is a real target for the day. And taking a nap is not a treat anymore, it’s mandatory. Because if I don’t it of my own free will, I just fall asleep where I sit.

And so now I enter into this new season of my life unprepared for all the aches and pains and the loss of strength and ability to go and do things that I wish I had done but never did.

Yes, I have regrets. There are things I wish I hadn’t done, things I should have done, but indeed there are many things I’m happy to have done. It’s all in a lifetime.

So if you’re not in your winter yet, let me remind you that it will be here faster than you think. So whatever you would like to accomplish in your life, do it quickly! Don’t put things off too long. Life goes by quickly. So do what you can today, as you can never be sure whether this is your winter or not. You have no promise that you will see all the seasons of your life, so live for today and say all the things that you want your loved ones to remember and hope that they appreciate and love you for all the things you have done for them in all the years past.

Life is a gift to you. The way you live your life is your gift to those who come after. Make it a fantastic one. Live it well! Enjoy today. Do something fun. Be happy. Have a great day.

Remember, it is health that is real wealth and not pieces of gold and silver.

And consider the following: Today is the oldest you’ve ever been, yet the youngest you will ever be. So enjoy this day while it lasts.

- Your kids are becoming you, but your grandchildren are perfect.
- Going out is good. Coming home is better.
- You may forget names, but it’s okay because other people forgot they even knew you.
- The things you used to care to do, you no longer care to do, but you really do care that you don’t care to do them anymore.
- You sleep better in an easy chair with the TV blaring than in bed. It’s called “pre-sleep.”
- You miss the days when everything worked with just an ON and OFF switch.
- You tend to use more four-letter words: “What?” “When?”
- Now that you can afford expensive jewelry, it’s not safe to wear it anywhere.
- What used to be freckles are now liver spots.
- Everybody whispers.
- You have three sizes of clothes in your closet, two of which you will never wear.

But old is good in some things: old songs, old movies, and, best of all, old friends. So stay well, old friends.

It’s not what you gather but what you scatter that reveals what kind of life you have lived.

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When asked to describe healthy living, most people would say it means physical health, to be free of disease. But that is not the whole story. Healthy living also means having a rewarding, satisfying and happy life.

The ancient Romans based their philosophy of life on developing a healthy mind in a healthy body. That wise philosophy is now more relevant than ever. When the Romans spoke of healthy minds in healthy bodies, they were referring to the wealthy or leisure class that did not have much to do; consequently, there was a danger that they would become soft and flabby, a virtual disaster for a nation that made warfare its pastime. This did not hold true for the majority of the population that was hard at work trying to make ends meet. For them, physical exercise was not a pleasurable pastime but the hard labor required to meet the necessities of life. The Romans knew that because of so much leisure made possible by great wealth, the governing class was in danger of degenerating physically.

Nowadays, we are threatened by a combination of the absence of physical labor and the fast and often frustrating environment in which we live. Most people do a lot of work, but it is not physical work. For many, the body does not have to exert itself to produce. All one has to do is sit opposite a computer screen and type on a keyboard. The most active parts of the body are the eyes looking at the screen and the fingers punching the keys.

Furthermore, the employment environment has become a very unstable place with very little job security. During the 20th century, the workforce had a certain amount of security; in most of the second half of the century, they had practically total security. Employees could not be fired at will, and in many cases they could not be fired at all. This gave people a sense of personal and financial security. Life was not so stressful because people weren’t worried that in the future they would not have the means to pay their mortgage or put food on the table.

But things have changed and, from an individual perspective, not for the better. The rapid advances in technology have dramatically changed the way we make products, grow food, consume goods, etc. Furthermore, technology has automated much of the means of production and consumption.

Many industries are winding down, and employees are being made redundant. In many industries, machines have replaced people; consequently, many workers are being laid off.

When this affects people who are comparatively young, they can be retrained. But for older people, their chances of finding alternative employment drop dramatically. And looking for work is not easy. There is a very high element of uncertainty, which creates anxiety and even fear. And that creates stress.

Today, healthy living is not just having physical health but also being able to adapt to the exigencies of the modern age. Unlike the leisure classes of ancient Rome who did no productive work, the current “endangered” species does a lot of productive work, but it is sedentary. It starts from childhood with youngsters glued to their computer screens instead of running around in a playground, up to people doing most of their work on a computer.

The body did not develop through millennia to sit in a chair. It is meant to make use of the muscles of the arms and legs, etc. Lack of physical exercise increases the propensity for illnesses and consequently has a bearing on one’s mental health.

In a study published in the *Journal of the American Medical Association* called “Survival of the Fittest,” the doctor deduces that no matter what illness a person has, those who have done physical exercise will suffer less.

Thus a sedentary lifestyle goes against the natural scheme of things. The only way to counter its effects is by doing physical exercise and making active use of the muscles.

Another way of overcoming stress is by relaxing. That is, taking a break from the rigors of daily life. This means doing something different from what one does on a daily basis, preferably as far away as possible from one’s place of work. For a person glued for hours at a time to a computer, relaxing can mean going mountain climbing or taking a holiday in which physical activity is the order of the day. But it can also mean having a pleasant respite in a resort or on a cruise. Healthy living means taking regular vacations and getting away from it all.

Healthy living also entails looking our best. In an age when one changes one’s place of employment often and appearing before a selection committee is a common occurrence, looking fit and well groomed may help one be selected for the job.

Furthermore, as life expectancy increases, people want to look as young as possible. This means that businesses that specialize in aesthetic products will flourish because looking good is an important element in holistic healthy living.
According to the law, senior citizens in Israel are entitled to a number of perks. This applies to men aged 67 and over, and women aged 62+. A long list of organizations—governmental, municipal and private—offer benefits for senior citizens, while legislation provides for the statutory rights of seniors. Full information about seniors’ rights is available through the senior citizen call center at *8840 or online at www.vatikim.gov.il.

One of the organizations ensuring that seniors are not left out in the scheme of things is the Federation of Labor the HISTADRUT. The Histadrut is essentially a trade union organization that defends the rights of employees. But as Shmuel Mizrahi the Chairman of the Histadrut ha Gimlaim (which literally translates into the Pensioners Trade union) explains we in the “Histadrut are also fighting for the needs and rights of those of our members which are no longer employed over 62 for women and over 67 for men. They now live on a pension which is less of what they were making when employed and because of age may also have special needs. We at the Histadrut care for them and improved the quality of life of seniors. We were instrumental in obtaining a 25% discount on municipal taxes on free public transport for the over 75. Incidentally this perk is set to include all seniors and not only those over 75. We have also increased the payments paid out by the Bituah Leumi for those in need of nursing care and they have arranged for a 15% discount on the capital gain tax.

And last but not least seniors only pay NIS 12 for membership in the Histadrut against NIS 25 for the unemployed and a percentage of ones monthly salary for the employed.

In addition to the benefits seniors enjoy courtesy of the Histadrut seniors have other benefits. When one reaches retirement age, one is eligible for a Senior Citizen Card, which entitles the holder to a long list of benefits, concessions and discounts. New olim who are seniors receive a special absorption basket to assist them in making Israel their home. This includes living allowances for the first six months and a rental subsidy for the first 12 months. Senior new immigrants are also entitled to a special monthly allowance from the National Insurance Institute (NII). Health insurance premiums are deducted from the old age allowance.

New olim who come to Israel between the ages of 60 and 62 are not eligible for normal old age allowance but instead are eligible for special old age allowance, subject to the conditions specified by the NII.

Israelis receive monthly payments from the NII upon reaching retirement age, but those who have no other income may be eligible for income supplementation, subject to a personal income assessment. Alongside income supplementation, recipients are entitled to an array of concessions with their health service provider, municipalities, and the electric corporation. Recipients are also entitled to a heating provision—a one-time payment made to a family unit with the old age allowance during the month of October in cold areas of the country.

People who require the assistance of a caretaker for carrying out routine activities or for supervision as the result of a medical condition are eligible for long-term care benefits. These payments are subject to one's income level.

Senior citizens enjoy a wide range of benefits and tax breaks. They can apply for an up to 30% rebate on municipal taxes (arnona) on apartments of less than 100 square meters. In addition, they receive tax benefits on their pensions.

With age, the use of medical services increases. Most health funds (kupat holim) give discounts to their senior members. This includes a 50% discount on medications, as well as discounts on some services. Those suffering from hearing problems are entitled to government participation in the purchase of hearing aids. Those in need of rehabilitation and mobility aids are entitled to participation of 75% to 100%, depending on their income level. Seniors should obtain the information regarding their benefits from their health fund branch, since each of the four health funds have different benefits for their senior members.

It is important to note that benefits for seniors are not granted automatically when one reaches the mandatory age. Seniors must apply for them. While the Senior Citizen Card is sent automatically when one reaches the right age, one must apply for the other benefits. That is, one must apply to the municipality, the electric and water companies, the transport authority, etc.

With all the possibilities available, it is well worth the effort.
Ankinder is undergoing a demographic revolution. The number of people over the age of 65 is increasing rapidly. Sixty-five is currently the global average age at which most people go on pension. I say currently because the constant rise in life expectancy is pushing the retirement age up. In Israel, for example, the retirement age for men was raised to 67 a decade ago.

But whatever the official retirement age, people get older. And with age, one’s faculties lose their potency, thus seniors have special needs. These needs are met by the private sector, which adapts itself accordingly.

One usually associates the special needs of seniors with pension funds and increased medical services and less with housing needs. However, seniors have special housing needs. It is less a question of housing that is physically adapted to their needs and more about the changing social and family environment.

In the not so distant past, the family unit was very strong. Children felt committed to look after their elderly parents’ social and economic needs. But not anymore. While some families remain close knit, many others are less so. This means that many elderly people are lonely and feel they have lost their usefulness.

This is where housing comes into play. Housing options adapted to the needs of the elderly provide a safe environment that addresses the problem of loneliness.

The most independent style of living is called virtual sheltered housing. The apartments are wired and connected to a central monitoring office. The apartments are located in an urban environment inhabited by a large number of seniors. They have special audio and monitoring equipment which allows the monitoring office to verify if anything out of the ordinary is happening. In addition, the apartments are equipped with emergency push buttons to ask for help if necessary. The main advantage of this option is that it allows for a completely independent style of living. However, it does not totally solve problems related to social issues or personal safety.

The second residential option and the most popular is sheltered housing. This constitutes a relatively large complex of apartments of various sizes in a communal environment. This afford seniors not only a safe, well protected roof over their heads but also provide a dynamic social environment.
Such housing may comprise a few hundred dwellings, a small enclave of seniors in itself.

The residents live in a quasi communal environment. The compound has communal halls such as a lobby, lounge, restaurant, library, workshops and coffee shop. Most of have a fully equipped gymnasium and swimming pool. The management organizes cultural events and outings to keep the residents occupied and entertained. Plus the shared activities foster new friendships and companionship.

Sheltered housing projects have developed greatly over the years. When they first came on the scene, the residential units were small and cramped. The facility supplied the activities and companionship of the more modern sheltered housing establishments, but for many seniors it meant moving from their large spacious homes to a small studio like unit. Thus they were not very popular.

Today, sheltered housing offers large residential units of two, three and four rooms, and many have terraces. There are country style sheltered housing projects, where residents have their own private gardens.

Moving from one’s home of many years is never easy, but it is much easier when moving to a spacious unit, where residents can bring many of their favored and valuable possessions.

The new sheltered housing complexes located in urban areas can be compared to apartment hotels. That is, the apartments are in a central building with hotel like facilities. Those located in the countryside can be compared to a country club with the addition of family homes.

There are many advantages to such an arrangement. Residents can lead a practically independent lifestyle. They have social contact with people their own age, there is an in-house infirmary to deal with health problems, and there is 24-hour surveillance.

A third residential option for seniors is an old age home -- a residence for those who cannot lead completely independent lives. This type of facility supplies all the daily needs of its residents, which includes three meals a day.

A fourth option is a nursing home for people who are in a delicate health situation and require medical care.

As one can see, seniors have a wide range of residential options adapted to their level of activity and state of health.

Moving from one’s longtime home to a retirement residence is never easy. In most cases, it is a lifelong decision, so seniors should make sure that they are moving to a place where they will feel comfortable and at ease. Therefore, it is advisable to make an arrangement with the management of a residence to stay for a certain period of time to see if one fits in.

Here are some of the important elements that should be taken to account:

- How will you keep busy? Are the activities that are offered ones that you will enjoy doing?
- Take a look at the social mix of the residents and decide if you would fit in with the social networks that have been formed. In this context, it is worth mentioning that one should have the financial resources to maintain a standard of living that is more or less accepted in that milieu. One should not be made to feel poor. In such a close environment, that is a recipe for social disaster.
- Ascertain whether the environment is one that you are used to. Is the food the kind of food you’re accustomed to? Is the cultural environment familiar? Religious retirees, for example, will want to live in a religious retirement residence, and English speakers will choose one where English is spoken or at least understood.

We are living in very dynamic times. Consequently, the environment in which we live must adapt to these changes. This holds true for the system of laws that holds society together.

In 2017, the Continued Power of Attorney Act was included in the law books. This allows people to choose who among their family members or acquaintances would be empowered to manage their personal, financial and medical affairs if they become incapacitated.

The law allows people to make out a continuing power of attorney in front of a lawyer licensed to do so, empowering a family member or an acquaintance to act in their name and make decisions in all personal, financial and medical matters. The law allows the continuing power of attorney to include limiting clauses such as preferred place of residence or the preferred medical provider, as well as what the empoweree can do and not do with one’s assets.

If one is incapacitated without designating power of attorney to a trusted person, it can create big problems. If a person loses the ability to make decisions and manage his/her own affairs, someone else must do it. In order to do so, he or she require a court order, which is expensive. Under this law, the interests of the potentially incapacitated person are paramount, and the power of attorney can be limited to whatever conditions are set by the empoweree. It therefore benefits both the empowerer and his/her family. The former will have peace of mind with regard to the future, while the latter will not have to deal with debating among themselves about who will have power of attorney and obtaining the necessary court authorization.

An active lifestyle that includes exercise can cause the erosion of cartilage, which is the connective tissue that covers the bones. Strenuous physical activity combined with an active lifestyle can, over the years, lead to cartilage-tissue damage. It can also lead to joint pain, such as severe knee pain.

In addition to cartilage damage, one may also suffer from cartilage erosion. How do we know if we have cartilage damage? What can we do to reduce the causes of cartilage erosion, to stop the process and reduce its painful results?

Cartilage is a connective tissue composed of cartilage cells, collagen, elastin fibers and other components. The cartilage wraps itself around the ends of the bones at their point of contact with the joints. In the knees, they act as shock absorbers, reducing friction between the bones and joints, thus allowing flexibility, stability and smooth, unhampered movement.

Cartilage is also the foundation for building bones when children are in the process of growing. However, with the years and for various reasons, the cartilage erodes. The causes may include obesity, which puts too much pressure on the joints; sports injuries; and various degenerative diseases, some of which occur naturally with age.

Cartilage erosion impairs joint function, disrupts and restricts movement, impairs stability and can cause great pain and suffering when performing simple activities such as standing up and walking up the stairs, not to mention sports activities.

Cartilage is an important tissue. When a fetus develops, cartilage tissue is the precursor of bone. According to the initial cartilage pattern of the fetus, the initial bone cartilage pattern is converted into mature bone tissue. Parts of the cartilage will become the growth plate that will allow the growth of fetal and child bones up to adulthood. Some of the cartilage will become articular cartilage, which is the cartilage that covers the joints.

In recent years treatment have been developed that contribute to joint rehabilitation, taking nutritional supplements that include structural components of the joint -- glucosamine and chondroitin.

In 2018, the International Olympic Committee stated that the use of supplements containing collagen peptides could encourage collagen build-up, collagen thickening and pain relief.
like all modern societies, Israel is a country where the number of those who have reached pensionable age is growing because life expectancy is increasing. In Israel, there is an added factor. Some of the new immigrants are elderly, and many of them have limited economic resources.

Most countries would bar entry to immigrants who would be a potential economic burden on the state. But Israel is special in that respect. It was founded as a refuge for the Jewish people, and the government will not turn any Jew away, regardless of their health or financial circumstances.

Elderly immigrants who come to Israel with the necessary financial means can always find accommodation in communal housing. These offer adequate and even luxurious accommodation, but they do not come cheap and consequently are not a solution for all.

To deal with the housing situation for the elderly, the state initiated a program of hostels for the elderly in the late 1990s. At that time, a large number of Jews immigrated to Israel from the former USSR and among them were a substantial number of elderly. To handle the large influx, the government built what were called hostels. In essence, they are sheltered or communal housing that offer basic accommodation and services and are administered by the state through the Housing and Construction Ministry.

While the hostel program was initiated for the benefit of elderly immigrants, it quickly spread to the whole senior population of the country. Now it offers accommodation to elderly Israelis whether longtime citizens or newcomers who do not have an apartment of their own.

At present, 16,000 people reside in approximately 12,000 units in some 100 such residences all over the country. The northernmost is located in Safed, and the most southerly is in Eilat. Each residence has 10 to 100 units, of which two-thirds are studio type apartments for singles, and one-third are two-room apartments for couples.

The residences are built by the private sector and are then leased long term to the state. The state, in turn, rents them to those who are eligible at highly subsidized prices. Singles pay a monthly rental of NIS 213, and couples pay NIS 319. The idea behind the hostel concept is that those who live on the National Insurance old age pension will have affordable housing in their old age.

These state residences have a communal room, hobby workshops, a garden and all the services necessary for seniors. They do not provide meals; residents must prepare their own food. Consequently, these residences are suitable only for those who can take care of themselves.

The Housing Ministry is keenly aware of the housing needs of the elderly. Thus the Israel Land Administration (ILA), which is the legal owner of most of the land in Israel and an arm of the Housing Ministry, is constantly selling land earmarked for building hostels.

HOW TO APPLY FOR A RESIDENTIAL UNIT IN A HOSTEL

The criteria for attaining accommodation in a hostel are very specific. A male applicant must be over 67 years of age, and a female over 64. They must be able to take care of themselves, and their main income must be derived from an old age pension of the National Insurance or other payments by the NII.

To be eligible, one must not have owned a dwelling either in whole or in part since June 1971.

Applications must include proof of one’s income and any other relevant documents. These can be submitted to one of the government-controlled companies, such as Amidar, which cater to the needs of those eligible to rent dwellings from the government.

The application is then passed on to the Housing Ministry, where a special committee makes the final decision.
As we get older, our body undergoes changes which have a direct impact on our organs. One of these changes is that our bones become thinner and more brittle. It is called osteoporosis. Joseph Ben is the CEO of Amorphical, a local innovative developer and producer of drugs and supplements that are able to manufacture a stable form of amorphous calcium carbonate (ACC). This is the only supplement of its kind on the market.

At Amorphical, they have managed to do what some 400 other research institutes in the world have not been able to do: stabilize the amorphous calcium. It is the only amorphous calcium supplement on the market. Calcium is an essential mineral for the body. ACC is manufactured today at Amorphical’s plant in Israel’s Arava desert. It has unique properties, such as its primary particles are in the nanometric range (10-100nm). It has increased solubility and bioavailability compared to the crystalline form of calcium carbonate.

Ben explains that osteoporosis (calcium deficiency) is a common problem that causes bones to become thin and brittle and break more easily. The female hormone estrogen helps maintain the density and structure of bones; therefore, women are more liable to develop osteoporosis, especially after menopause due to decreased levels of estrogen in the blood. This usually happens between the ages of 45 and 55. It can sometimes occur earlier naturally or for reasons such as surgery to remove the ovaries (oophorectomy) or the uterus (hysterectomy), cancer treatments like chemotherapy or a genetic reason. In general, both men and women reach peak bone density around the age of 30. After that, bone loss begins to develop. It starts slowly and gradually, but for women it begins accelerating during menopause and for men after middle age.

How is it diagnosed, or must one wait until the bone fractures after a fall, for example?

Today, there is a recommendation to women over 50 to perform a bone density test called a DEXA scan. Usually it does not display any symptoms. It is considered a ‘silent’ disease that is difficult to identify unless a medical examination is performed. Of most concern is the increased risk of incidences of osteoporotic bone fractures. An osteoporotic fracture is a fracture in which falling down may incur a hip fracture. The most common osteoporotic fractures are in the lumbar spine (lower back), the femoral neck, and the longer bones in the limbs. These fractures involve great pain and suffering, a decline in quality of life, difficulties functioning on a daily basis, and sometimes even disability and death. It is estimated that the risk of fracture in a 50-year-old woman at some point during the remainder of her lifetime is very high. There is a 20% risk of a hip fracture and up to a 50% risk of some kind of osteoporotic fracture.

If someone has already had an osteoporotic fracture in the past, there is an even greater risk of a future fracture.

How can you maintain healthy bones?

The answer can be divided into two: prevention and medication. Amorphous calcium carbonate was evaluated in several preclinical and clinical studies with regard to its solubility, bioavailability and bone densities. It has been found in an animal model for osteoporosis that consuming ACC resulted in increased bone densities compared to calcium citrate and crystalline calcium carbonate treated animals. Moreover, a clinical study on post-menopausal women showed that consumption of amorphous calcium carbonate resulted in higher bioavailability compared to crystalline calcium carbonate.

In another clinical study performed on people with hypoparathyroidism, a condition that causes low calcium levels, patients were able to reduce their daily calcium intake by half when replacing their current calcium supplement with ACC.

One can maintain strong and healthy bones by consuming sufficient calcium either in one’s normal everyday diet or by taking calcium supplements. Most calcium from one’s diet is derived from dairy products. It is recommended that young men and women ingest at least 1,000 mg of calcium per day, and postmenopausal women should ingest at least 1,200 mg. In addition, one should take a daily intake of vitamin D for both older men and women, stop smoking and consuming excessive amounts of alcoholic beverages.

If there is a diagnosed drop in bone density, the use of medication is recommended. It can slow down the rate of bone loss or even increase bone density. If after a number of years there is an improvement in bone density, one’s doctor may be able to recommend a temporary reprieve from taking these medications.
As one grows older, the skin undergoes changes. One aspect is aging due to internal factors such as hormonal influence. As years go by, the skin loses more collagen, and the fat in the skin decreases. Thus the skin becomes drier, thinner and less firm.

Collagen is important for the health and appearance of the skin. Over time, the body’s collagen production slows down, and signs of aging begin to appear.

At the same time, the skin ages due to external factors such as accumulated sun damage, smoking and environmental pollution. This negatively affects the body’s ability to redress the damage to the skin.

The amount of collagen can be increased with the use of products that help the skin increase its ability to produce more collagen. One of the most effective are peptides. They help collagen firm up, in addition to giving the skin flexibility, elasticity and tone.

Collagen loss of 1% per year is the minimum rate, which occurs regardless of environmental factors. However, factors such as exposure to UV radiation, free radicals, smoke and environmental pollution accelerate the rate of decomposition.

It’s not only the quantity but also the quality of the collagen that deteriorates over the years so that the fibers provide less support and stability to the skin, and it becomes looser and less flexible.

How can one encourage the skin to produce more collagen? On the one hand, it is necessary to reduce its rate of decomposition. On the other hand, the skin must be provided with building blocks that will form a reservoir to facilitate the skin’s ability to produce more collagen.

The writer is a doctor specializing in dermatology.
he number of seniors as a percentage of the population is rising fast. On a global level, the number has reached 9%. In the countries of the EU it is 20%; and it is 16% in the US. In Israel, it has reached 12%.

The relatively small number of seniors in Israel is due mainly to our being an immigrant absorbing country, and immigrants tend to be young. Nevertheless, the number of seniors in Israel is increasing. Here are a few figures. Since 1955, the local population has risen fivefold. During those years, the population of those over 65 has risen 12 fold, which means that the number of seniors is rising twice as fast as the increase in the population as a whole.

The rise in the relative number of seniors raises big challenges, especially for health service providers. As people get older, the body’s ability to withstand ailments diminishes. The older one gets, the more one is prone to get sick. But currently, monetary exigencies prevent seniors from getting the medical treatment and drugs they may require.

A recent survey has found that 8% of seniors in Israel cannot afford medical treatments, 43% forgo dental treatment, and 60% cannot afford the cost of supplementary health insurance. The inability of some seniors to afford the medicines they need is aggravated by lack of proper information. Surveys conducted in the US revealed that 34% of drugs consumed by seniors are superfluous, and the surplus consumption had a negative effect on health.

There are no comparative studies for Israel, but the situation is probably similar. This means that increased knowledge about health issues among seniors will save them money and prevent the negative effects of consuming unnecessary drugs.

Seniors are generally prone to more illnesses than younger people in general, but there are some ailments that are much more common to seniors than to younger people.

Here are some of those ailments:

OSTEOARTHRITIS (OA): This is a type of joint ailment that results from the breakdown of joint cartilage and underlying bone. The most common symptoms are joint pain and stiffness. Usually the symptoms progress slowly over years. Initially they may only occur after exercise but can become constant over time.

Other symptoms may include joint swelling, decreased range of motion, and, when the back is affected, weakness or numbness of the arms and legs. The most commonly involved joints are the two near the ends of the fingers and the joint at the base of the thumbs; the knee and hip joints; and the joints of the neck and lower back. Joints on one side of the body are often more affected than those on the other. The symptoms can interfere with work and normal daily activities. Unlike some other types of arthritis, only the joints, not internal organs, are affected.

HEART DISEASE: With age, the heart weakens, and diseases of the heart increase. Heart diseases are the major cause of death for those over 65. One-third of men over the age of 65 suffer from some kind of heart trouble, and one-quarter of women.

Cancer: The chances of getting cancer increases with age. Cancer is very unpleasant, but today it is not necessarily a death sentence. New treatments and drugs can minimize some of the effects of cancer.

PULMONARY MALADIES: Health problems of the lungs increase with age. This includes COPD (chronic obstructive pulmonary disease). It is a type of obstructive lung disease characterized by long-term breathing problems and poor air flow. The main symptoms include shortness of breath and a cough with sputum production.

COPD is a progressive disease, meaning it typically worsens over time. Eventually, daily activities such as walking or getting dressed become difficult. Smoking is the main cause of COPD.

FALLING: People fall down all the time and at all ages; but with age, people fall more often because they tend to lose some of their sense of equilibrium. Falling is the main cause of morbidity and disability in seniors. More than one-third of people 65+ fall every year, and in half of the cases the falls are recurrent. The risk doubles or triples in the presence of cognitive impairment or history of previous falls.

In Israel, approximately 1,000 seniors fall each day, many of them in the home. To prevent such falls, one should remove as many objects as possible that could cause a fall. Seniors are also advised to be as physically active as possible, which will improve their sense of equilibrium

Influenza: Seniors are more apt to catch the flu, as the immune system weakens with age. It is strongly advised that seniors be vaccinated at the start of winter.
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