

Senior Living

FALL 2016

Marge McNare from Fairfax is one of 22 women to bowl in the Senior Olympics at Bowl America Shirley on Edsall Road on Sept. 12. She is bowling in the 90-94 year old age group. McNare is bowling on lane 10 wearing a Senior Olympics 1987 green shirt but says, "I started bowling the year before that but I lost that shirt." McNare says she used to bowl about 140 until she hurt her shoulder last month. Her first game this time was 124. "I'll take what I can get."

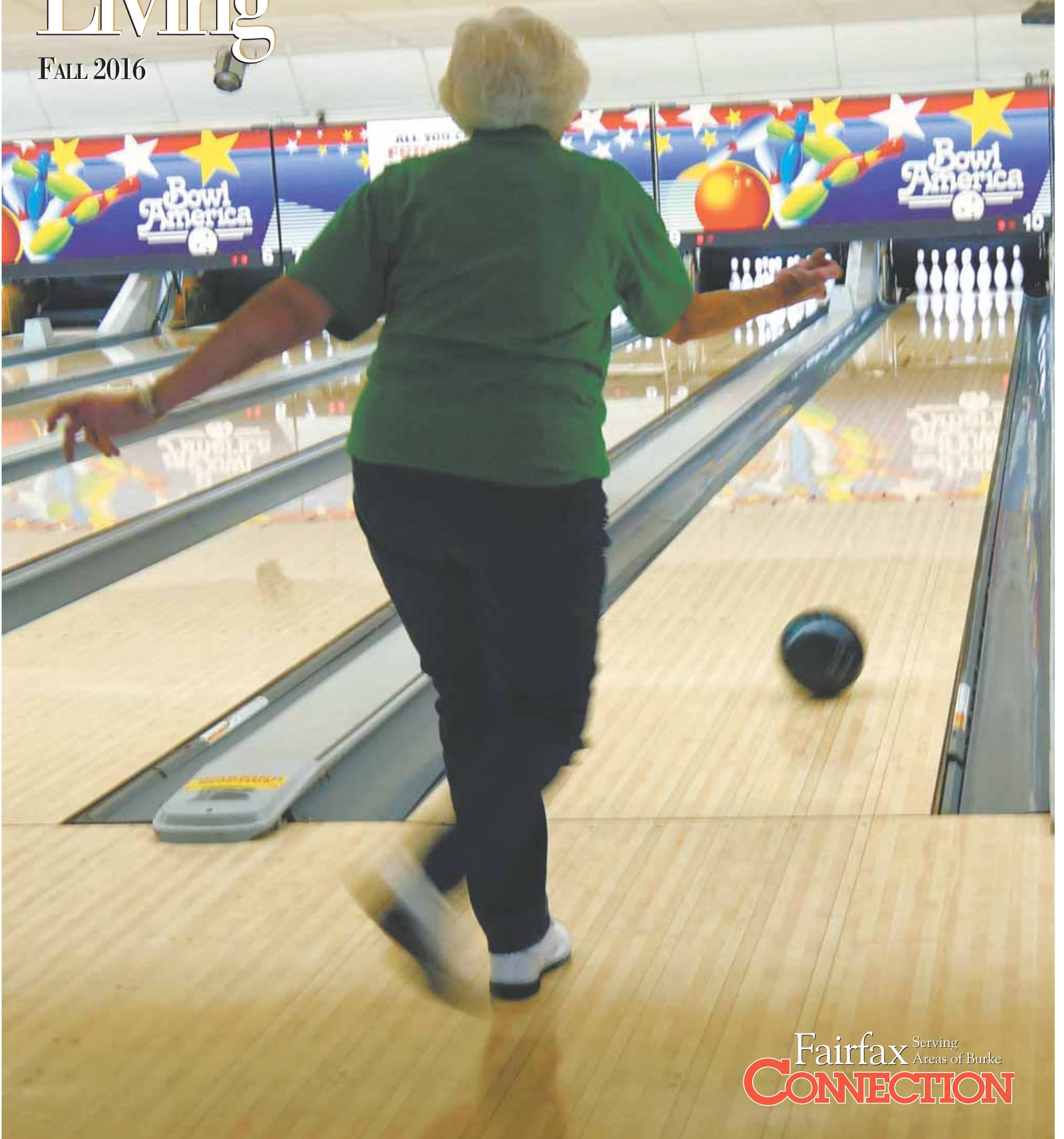


PHOTO BY SHIRLEY RUHE/THE CONNECTION

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Senior Living

From the Beginning to the End

982 participants signed up for 2016 Northern Virginia Senior Olympics.

The Northern Virginia Senior Olympics (NVSO) opened Sept. 10 and ran through Sept. 21 with another record registration of 918 participants. Saturday opening day ceremonies were followed by track and rowing events at Thomas Jefferson Community Center in Arlington and diving competition at Yorktown High School Aquatic Center.

Fifty events were held at 25 different venues across Northern Virginia including horseshoes and bocce at Fairfax Senior Center-Green Acres, field events at Stone Bridge High School Stadium, swimming at Claude Moore Recreation Center, tennis mixed doubles at Wakefield District Park and Wii Bowling at Greenspring Retirement Community Center in

Springfield. There were two 100+ age group entries this year, Vera Punke from Arlington and Hilda Gross from Burke entered in the duplicate bridge competition held at St. Andrew's Episcopal Church in Arlington.

— SHIRLEY RUHE



PHOTO BY SHIRLEY RUHE

Marge McNare from Fairfax bowls in the Senior Olympics in the 90-94 year old age group.

PHOTO BY TOM MANNING/
THE CONNECTION

Springfield resident Kathy Wilson sports a Bryce Harper jersey as she competes in the Softball Hit event in the 55-59 age group at Wakefield District Park in Annandale on Sept. 14. Wilson hit the softball 97' 10" to take home a silver medal.



Phil Doherty from Burke and his doubles partner Neil Lane from Reston won bronze medals in the men's doubles semi-finals match in the 80-89 age group held on Sept. 15 at Wakefield District Park in Annandale. They lost their match 9-7 (8 game pro set) after battling back after a slow start.



PHOTOS BY TOM MANNING/THE CONNECTION



PHOTO BY TOM MANNING/THE CONNECTION

Phil Doherty from Burke playfully uses a towel to fan Bob Shellhouse from Alexandria and Wayne Bell from Annandale during a changeover during their 80-89 age group championship match on Sept. 14 at Wakefield District Park in Annandale.

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Senior Living

Park Authority Offers 50+ Web Portal

The Fairfax County Park Authority has launched a website specifically for residents age 50 or older. The 50+ Engage-Connect-Play portal provides one-stop shopping for information on Fitness & Wellness, Arts & Learning, Gardening & Adventure, Giving Back, and more that's geared toward Baby Boomers and active seniors.

The Park Authority is making it easier for older residents to find new ways to engage as family and work demands change. In Fairfax County, 23.2 percent of households include adults who are 65+, and this group represents 11.5 percent of the county's total population.

Go to www.fairfaxcounty.gov/parks/fifty-plus/ to see which of the thousands of Park Authority classes are most popular among Baby Boomers and the 50+ crowd. Find out about concerts, fairs, festivals and other park events that appeal to older residents. Book a tee time at a golf course, register for an art or gardening program, or find activities to entertain the grandchildren. Visitors to the site can also explore ways to give back to their community through paid and volunteer opportunities in the parks.

This initiative is part of the larger, countywide effort aimed at addressing the needs of a rapidly aging population in Fairfax County. U.S. Census figures show that there is a net in-migration to Fairfax County of persons age 85+. Among Fairfax County residents age 80 or older, 47.5 percent have one or more of the following: serious difficulty with walking and/or climbing stairs, difficulty dressing and/or bathing, or a cognitive disability.

Seminars on Downsizing

The Retiree Real Estate Education Association announces free public service seminars for October on Decluttering, Aging in Place, and Downsizing, given at McLean, Falls Church, and Marshall High schools. These are part of a series of eight free seminars on real estate issues relevant to retirees.

Seminars are free to the public and are presented in the evenings at Fairfax County public schools. For more information, or to register for a seminar, go to RetireeRealEstate.org.

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Senior Living

Regaining Mobility

Local orthopedic surgeons offer keys for successful joint replacement surgery.

BY MARILYN CAMPBELL
THE CONNECTION

Tired of the limited mobility and pain that have thwarted her love of foreign travel and fall hiking, Lynda S. Johnson, 72, scheduled a knee replacement surgery for later this month. She chose a doctor, found a pet sitter to watch her Cairn terrier, and enlisted her sister to live with her while she recovers.

"I had been debating for months about whether to have it," she said. "I was in so much pain, though, that I don't really think I have anything to lose."

For Johnson and approximately 7 million other Americans living with a hip or knee replacement, the decision to undergo such a surgery is fueled by a quest for less pain, more mobility and an overall boost to their quality of life.

Nearly 90 percent of patients who have knee replacement surgery experience less pain and 85 percent of the replacement joints still work after 20 years, according to the National Institute of Arthritis and Musculoskeletal and Skin Diseases. Most patients will feel better, and feel better quickly.

Addressing overall health issues like high blood pressure, diabetes and obesity can boost the chances that a joint replacement surgery will be successful, says Dr. C. Anderson "Andy" Engh orthopedic surgeon, Anderson Orthopedic Clinic at Inova Mount Vernon. "Work on both your overall health and conditioning," he said.

Patients should be up and out of their hospital beds as soon as possible. "Patients are walking with assistance hours after their surgery. The reason patients do better when they get up and move around is that they decrease the risk of pneumonia and blood clots," said Dr. Mark P. Madden, an orthopedic surgeon with OrthoVirginia. "We start out with patients using a walker and having someone assist them in walking, and they generally progress to become fully weight bearing without any assistance at all."

Also, have a support system in place prior to surgery, whether it's a significant other, grown child or close friend. Often dubbed coach or advocate, that person might at-

tend medical appointments with a patient prior to surgery, serve as their point of contact the day of surgery and provide morale support throughout the recovery process.

"The more eyes and ears in addition to the patient's, the better," said Engh, explaining why it's so helpful to have someone with the patient at appointments and throughout the recovery. "We approach things that we have to do with set expectations, and sometimes those expectations can keep us from hearing other things. Having another person there is a good reality check and note taker."

The coach should be able to spend a significant amount of time with the patient during the early recovery period. "That person can expect to be with you 16 hours a day for two to five days after surgery," said Engh. "I don't want someone alone by themselves all day during work hours. The coach or advocate is like a safety marshal who keeps the patient safe and reminds them to take their time during their recovery."

Dr. George Aguiar, an orthopedic surgeon at Reston Hospital Center, advises patients to determine how they will get help with grocery shopping, transportation, pet care and house cleaning in advance. "Having these types of things handled before you go into surgery can only help the recovery process."

Patients should plan ahead to safety-proof. "Do everything you can do to avoid a fall within the first two to three months after your surgery," said Engh. "Have clear pathways and be aware of rugs that can catch your feet. Have good, secure handrails on stairways to help prevent falls."

Timing also plays a role in the success of joint replacement surgeries. "Some patients ask if they're too old to have surgery," said Engh. "Don't wait until you're home bound to have this surgery because the recovery will be quite long."

To decide whether joint replacement surgery is the best option, says Madden, work with a physician and weigh the effect the pain is having on one's quality of life.

"There's no right answer for every patient," said Madden. "The real answer is to work with your doctor to find the right treatment."

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