

Keeping TRTA Members and Friends Safe

Safety should be intuitive for older citizens, but many of us often procrastinate—you know—putting off for tomorrow what we should for today. For example, your doctors want to schedule a wellness check for you, but somehow, it seems senseless to go to the doctor when you're feeling fine. But do it!

Wellness Checkup

The irascible Mark Twain once mused “The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not.”¹ There may be a sliver of truth in Twain's writing but eating and drinking healthy makes good sense just like that wellness check. The doctor or nurse practitioner may check your weight, ears, pulse, heart, lungs, arteries in the throat, swelling in your legs and feet, and stomach. The health professional may also order blood and urine tests. Some of us may be given a memory test, like the famous three words that have no association with each other. The health professional will give you the three words and then ask you about those three words when the rest of the exam is over. Since you know the question is coming, it is wise to say the three words in your mind to plant them there.²

Medical Alert System

Along with being safe with wellness checkups, the senior adult needs to purchase a good medical alert system. If you walk with a cane, walker, or simply stumble and trip, the medical alert system will monitor you 24/7. It protects you in a home emergency. A Wisconsin news station reported that a young mother Kayla Mohr had a seizure and hit her head. Her four-year-old son Logan Mohr grabbed her cell phone and spoke to 911 when he saw her having a seizure.” Her son had no training. He simply had watched his mother talk to Siri. The boy saved his mother's life.² We older folks who live alone don't have a child or anyone else to help us call for help. Life Alert reports that a potential catastrophe occurs every eleven minutes. Go online and investigate the Life Alert necklaces that may save your life.

Pros and Cons of Walk-in Tubs

The television commercials make us covet those lovely walk-in tubs. Older adults may want a walk-in tub for several reasons. This reporter recommends that you get a good sturdy waterproof chair and place it in your shower if you do not have the funds for a walk-in tub. You may pay up to \$12,000 for your luxurious walk-in tub. However, one positive point about the walk-in is that you don't have to lift each leg over the tub. You will spend an inordinate amount of time in your walk-in tub because you must enter it before you put the water in. Then you must sit there while it fills and while it empties. It's possible that you will grow accustomed to the “over-heated water” and burn your skin. Most walk-in tubs are equipped with a built-in chair, bar handles to provide an extra layer of safety, and a hand-held shower head. The average step-over is between three and seven inches. Hydrotherapy, aroma therapy, and heated surfaces are more luxurious additions.

Please get your wellness checkup, a good medical alert system, and possibly a lovely walk-in tub.

1 WWW.TWAINQUOTES.COM/Health.HTML

2Why Your Yearly Wellness Exam Matters. June 7, 2022. Franciscan Health. <http://www.franciscanhealth.org>. . . blog

3 WCVB Boston. Hearst Television report shown on KVII-TV in Amarillo, Texas.

4 Life Alert -Help! I've fallen and I can't get up! (lifealertemergency.com).

5. Shuman, Taylor. "Walk-in Tubs: A Buyer's Guide." Senior Living. July 18, 2022. [The Complete 2023 Guide to Walk in Bathtubs for Seniors \(seniorliving.org\)](https://seniorliving.org)