

***** Seniorresource.com E-zine *****
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A. MOM

Emily, renewing her driver's license at the county clerk's office was asked by the female recorder to state her occupation. She hesitated uncertain how to classify herself. "What I mean is, do you have a job, or are you just a?"

"Of course I have a job," snapped Emily. "I'm a Mom."

"We don't list 'Mom' as an occupation...'housewife' covers it," said the recorder emphatically.

I forgot all about her story until one day I found myself in the same situation, this time at our town hall. The clerk was obviously a career woman, poised, efficient, and possessed of a high sounding title like, "Official Interrogator" or "Town Registrar".

"What is your occupation?" she probed.

What made me say it, I do not know... The words simply popped out. "I'm a Research Associate in the field of Child Development and Human Relations."

The clerk paused, ball-point pen frozen in midair, and looked up as though she had not heard right. I repeated the title slowly, emphasizing the most significant words. Then I stared with wonder as my pronouncement was written in bold, black ink on the official questionnaire.

"Might I ask," said the clerk with new interest, "just what you do in your field?"

Coolly, without any trace of fluster in my voice, I heard myself reply, "I have a continuing program of research (what mother doesn't), in the laboratory and in the field (normally I would have said indoors and out). I'm working for my Masters, (the whole darned family), and already have four credits, (all daughters). Of course, the job is one of the most demanding in the humanities, (any mother care to disagree?) and I often work 14 hours a day (24 is more like it). But the job's challenges are more satisfying than just money."

There was an increasing note of respect in the clerk's voice as she completed the form, stood up, and personally ushered me to the door.

As I drove into our driveway, buoyed up by my glamorous new career, I was greeted by my lab assistants -- ages 13, 7, and 3. Upstairs I could hear our new experimental model, (a six-month-old baby), in the child-development program, testing out a new vocal pattern. I felt I had scored a beat on bureaucracy! And I had gone on the official record as someone more distinguished and indispensable to mankind than "just another Mom."

Motherhood....What a glorious career! Especially when there's a title on the door.

Does this make grandmothers "Senior Research Associates in the field of Child Development and Human Relations" and great-grandmothers "Executive Senior Research Associates"? I think so!!! I also think it makes aunts "Associate Research Assistants".

Sent, no author credited, by A.Colangelo to <http://www.seniorresource.com/jokes.htm>.

B. A BANANA A DAY KEEPS THE DOCTOR AWAY...

Sent to www.seniorresource.com unverified by medical research, but worth thinking about.

Banana. Containing three natural sugars - sucrose, fructose and glucose - combined with fiber, a banana gives an instant, sustained and substantial boost of energy. Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number-one fruit with the world's leading athletes. But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.

Depression: According to a recent survey undertaken by MIND amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.

Anemia: High in iron, bananas can stimulate the production of hemoglobin in the blood and so helps in cases of anemia.

Blood Pressure: This unique tropical fruit is extremely high in potassium yet low in salt, making it the perfect food to beat blood pressure. So much so, the U.S. Food and Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke.

Brain Power: 200 students at a Twickenham (Middlesex) school were helped through their exams this year by eating bananas at breakfast, break, and lunch in a bid to boost their brain power. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.

Constipation: High in fiber, including bananas in the diet can help restore normal action helping to overcome the problem without resorting to laxatives.

Hangovers: One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey. The banana calms the stomach and, with the help of the honey, builds

up depleted blood sugar levels, while the milk soothes and re-hydrates your system.

Heartburn: Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.

Mosquito bites: Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.

Nerves: Bananas are high in B vitamins that help calm the nervous system.

Overweight and at work? Studies at the Institute of Psychology in Austria found pressure at work leads to gorging on comfort food like chocolate and chips. Looking at 5,000 hospital patients, researchers found the most obese were more likely to be in high-pressure jobs. The report concluded that, to avoid panic-induced food cravings, we need to control our blood sugar levels by snacking on high carbohydrate foods every two hours to keep levels steady.

Ulcers: The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chronicler cases. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach.

Temperature control: Many other cultures see bananas as a "cooling" fruit that can lower both the physical and emotional temperature of expectant mothers. In Thailand, for example, pregnant women eat bananas to ensure their baby is born with a cool temperature.

Seasonal Affective Disorder (SAD): Bananas can help SAD sufferers because they contain the natural mood enhancer, tryptophan.

Smoking: Bananas can also help people trying to give up smoking. The B6, B12 they contain, as well as the potassium and magnesium found in them, help the body recover from the effects of nicotine withdrawal.

Stress: Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be re-balanced with the help of a high-potassium banana snack.

Strokes: According to research in "The New England Journal of Medicine," eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40%!

Warts: Those keen on natural alternatives swear that if you want to kill off a wart, take a piece

of banana skin and place it on the wart, with the yellow side out. Carefully hold the skin in place with a plaster or surgical tape!

So, you see, a banana really is a natural remedy for many ills. When you compare it to an apple, it has four times the protein, twice the carbohydrate, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals. It is also rich in potassium and is one of the best value foods around.

So maybe it's time to change that well-known phrase so that we say, "A banana a day keeps the doctor away!"

C. LAUNDRY DAY

From Sylvia Graves, author not known

Years ago a Kentucky grandmother gave the new bride the following recipe for washing clothes. It appears below just as it was written and found in an old scrapbook. and despite the spelling, has a bit of philosophy.

1. Bilt fire in backyard to heat kettle of rain water.
2. Set tubs so smoke wont blow in eyes if wind is pert.
3. Shave one hole cake of lie soap in bilin water.
4. Sort things, make 3 piles. 1 pile white, 1 pile colored, 1 pile work britches and rags.
5. To make starch, stir flour in cool water to smooth, then thin down with bilin water.
6. Take white things, rub dirty spots on board, scrub hard, and then bile. Rub colored don't bile, just rinch and starch.
7. Take things out of kettle with broomstick handle, then rinch, and starch.
8. Hang old rags on fence.
9. Spread tea towels on grass.
10. Pore rinch water in flower bed.
11. Scrub porch with hot soapy water.
12. Turn tubs upside down.
13. Go put on clean dress, smooth hair with hair combs. Brew cup of tea, sit and rock a spell and count your blessings.

Paste this above your washer and dryer and next time you think things are bleak read it again.

D. DID YOU KNOW?

Duct tape can remove warts. The Women's Health Initiative "WHI Matters" publication says: wear duct tape over a wart for 6 days, remove the tape, then soak the area in water and then take an emery board or pumice stone and scrape the spot. Reapply the duct tape in the morning, and continue the cycle. At the end of 2 months 85% of warts are gone. It's less painful than the liquid nitrogen method used to "freeze" warts", although more drawn-out. Both treatments are based on provoking an irritation to trigger an immune response" to destroy the wart virus.

Which state is best for retirement depends on how you weigh the differences. There's weather, distance to family, real estate costs, taxes on investments, taxes on pensions, property taxes, income taxes, and differences in Medicaid in case you think you might run out of money. Now, I've learned there are differences in the write-off states allow for long term care insurance. So if you are considering relocating to another state, research carefully the impacts upon what you anticipate will be your preferences and needs. I'm sure there is never only one best answer, just a lot of better answers. Some of the tax comparisons are covered in our state resources - they could be a starting point.

Costs considered, Jack Bergstrom and his wife Christine looked for a place to retire. They gave California a close look, ignored Florida altogether and discovered that South Carolina suited them best. "The white-sand beaches, relatively inexpensive real estate, restaurants, cultural opportunities and outdoor activities" drew them to retire in Charleston.

As reported in AARC News (American Association of Retirement Communities, Jacksonville State University, Winter 2004) a recent Census Bureau report revealed that although states like Arizona, Florida and Nevada still rank ahead of South Carolina for retirement relocations, South Carolina is catching up. The state is enjoying the impact retirees are having on the state, by paying school taxes without impacting schools and creating jobs. Pat Mason, co-founder of the Center for Carolina Living in Columbia says those over 65 now generate \$82 billion in economic activity in the state.

E. IT LOOKS RIDICULOUS IN PRINT

A car company can move its factories to Mexico and claim it's a free market
A toy company can outsource to a Chinese subcontractor and claim it's a free market.
A major bank can incorporate in Bermuda to avoid taxes and claim it's a free market.
We can buy HP Printers made in Mexico.
We can buy shirts made in Bangladesh.
We can purchase almost anything we want from many different countries.

BUT, heaven help the elderly who dare to buy their prescription drugs from a Canadian (or Mexican) pharmacy. That's called un-American!

And you think the pharmaceutical companies don't have a powerful lobby?

Think again!

Email from J.Saville

The reason Medicare gives for why it is illegal to import medications is there is no way to verify that you are ordering and receiving the same quality drugs the FDA approves for purchase in America. But then there was the cyanide-laced Tylenol scare several years ago, so impurities and contamination can happen anywhere. Surely there is a list of "reputable" pharmacies or pharmacy chains in Canada, Israel and even in Mexico.

Legal discounts on medications for those without coverage for medications can be obtained through a FREE Rx membership card from <http://www.seniorresource.com/destrx.php>

F. A WOMAN SHOULD HAVE...

Enough money within her control to move out and rent a place of her own even if she never wants to or needs to...

Something perfect to wear if the employer or date of her dreams wants to see her in an hour...

A youth she's content to leave behind...

A past juicy enough that she's looking forward to retelling it in her old age...

A set of screwdrivers, a cordless drill, and a black lace bra...

One friend who always makes her laugh... and one who lets her cry...

A good piece of furniture not previously owned by anyone else in her family...

Eight matching plates, wine glasses with stems, and a recipe for a meal that will make her guests feel honored...

A feeling of control over her destiny...

A Woman Should Know...

How to fall in love without losing herself...

How to quit a job, break up with a lover, and confront a friend without ruining the friendship...

When to try harder... and when to walk away...

That she can't change the length of her calves, the width of her hips, or the nature of her parents...

That her childhood may not have been perfect...but its over...

What she would and wouldn't do for love...

. How to live alone... even if she doesn't like it...

Whom she can trust, whom she can't, and why she shouldn't take it personally...

Where to go... be it to her best friend's kitchen table... or a charming inn in the woods...

when her soul needs soothing... What she can and can't accomplish in a day... a month...and a year...

Sent without named author to ["Thought For The Day"](#)

G. THOUGHT FOR THE DAY

So few men, so few who can afford me.

Sent to to ["Thought For The Day"](#) Visit to see what else has been sent to us by subscribers and friends.

a id="054H" a name="054H">

H. FREE

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Long Term Care Insurance and Auto Insurance catering to seniors can also be found in your state through [seniorresource.com.](#)

J. OH MY AGING FUNNY BONE

A man is recovering from surgery when a nurse asks him how he is feeling. "I'm O.K. but I didn't like the four-letter-word the doctor used in surgery," he answered. "What did he say?" asked the nurse. "OOPS!"

[Find much more humor](#) in our 10 categories of collected humor.

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