

# LIVINGWELL



Many seniors and their families need help to navigate the hospital discharge experience.  
GETTY IMAGES

# A ROADMAP TO RECOVERY

Medical care after a hospital stay is critical for seniors' needs

Special to Fort Myers News-Press | USA TODAY NETWORK – FLORIDA

Transitioning from hospital to home is often a complex, stressful time for seniors and their families. ● In many cases, returning home after a hospitalization or surgery simply isn't feasible – or safe – for a senior. The long-term care needs of older adults evolve over time as they face new and ongoing health challenges. Even in situations where family members live nearby, they may not have the time, skills or expertise to effectively manage their loved one's medical needs. **See RECOVERY, Page 2C**

## Why warming up, cooling down, stretching are a must

**Angie Ferguson**  
Guest Columnist  
USA TODAY NETWORK – FLORIDA

Is warming up, cooling down and stretching really necessary? The jury is still out when it comes to this area of your training.

I believe, however, all three are an important part of any exercise program and here's why.

Warming up increases body temperature and blood flow to muscles, prepares the musculoskeletal system for exercise, reduces the chance of muscle injury, increases the heart rate and respiration rate and improves blood circulation which helps you perform your workout to the best of your ability.

It's extremely important that we increase the blood flow into the muscles to avoid injury. For this reason, dynamic warm-ups before you work out are the



Without stretching, muscles will gradually lose their flexibility, leading to a greater risk of injury when you place them under a workload. GETTY IMAGES

best option. Think of it like activating your muscles – by moving around and getting your muscles warm and ready for action, you will keep yourself strong and injury free.

Doing a dynamic warm up can also help activate your central nervous system, preparing your muscles for a great workout that will produce your best effort.

When your body is properly warmed up, your muscles and joints are ready for maximum flexibility, which means you can perform each exercise with correct form that maximizes results and minimizes risk of injury. The warmup is also a great tool to mentally prepare for a tough workout, not only getting your body ready, but your mind too.

Due to time constraints many exercisers neglect the cool down at the end

**See WARM UP, Page 5C**



WE'RE PROUD TO ANNOUNCE THAT **Jonathan M. Frantz, MD, FACS** has been named one of the **BEST CATARACT SURGEONS IN AMERICA FOR 2023**



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**CONGRATULATIONS** to Dr. Frantz and his team for this achievement!

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TODAY'S CROSSWORD | ANDREWS MCMEEL

- ACROSS**
- 1 Shark movie
  - 5 Nautical term
  - 10 Run
  - 14 Of the ear
  - 15 Rome's river
  - 16 Go ballistic
  - 17 Parlor piece
  - 18 — a customer
  - 19 Regular
  - 20 Thin and weak
  - 22 Soiled
  - 24 Lackluster
  - 25 — soda
  - 26 Lucifer
  - 29 Diner offerings
  - 34 Role models
  - 35 "On — Majesty's Secret Service"
  - 36 Highlander
  - 37 Not high
  - 38 Sends out
  - 40 Work in verse
  - 41 Military base — 51
  - 43 Roman god
  - 44 Combine
  - 46 Dregs
  - 48 — sanctum
  - 49 Zodiac animal
  - 50 Treaty
  - 52 Made with care
  - 56 Boise native
  - 60 Corporate emblem
- DOWN**
- 1 Chinese idol
  - 2 Above
  - 3 Hotspot offering (hyph.)
  - 4 Outrageous incident
  - 5 Pacific island
  - 6 LPs and 45s
  - 7 Honest —
  - 8 Jells
  - 9 Pants
  - 10 Garden frame
  - 11 Sitar player — Shankar
  - 12 S molding
  - 13 Manage
  - 21 Demands payment
  - 23 Varnish ingredient
  - 26 "— Marner"
  - 27 Love
  - 28 Hauled
  - 29 Jersey
  - 30 Animal friend
  - 31 Oak-to-be

PREVIOUS PUZZLE SOLVED

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- 32 Hunter's cabin
- 33 Direct
- 38 Components
- 39 Chess piece
- 42 Jet wing
- 44 Flaky mineral
- 45 Show excitement
- 47 Doily
- 50 — de resistance
- 51 Snake
- 52 Stave symbol
- 53 Memory alone
- 54 Chills and fever
- 55 — the Explorer
- 57 Aquatic mammal
- 58 Algae extract
- 59 Earns
- 62 Storage unit

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ASK CAROLYN | CAROLYN HAX

# Husband mulls unemployment as preferable to 'step down' job

Carolyn Hax is away. The following first appeared Jan. 13, 2010.

**Dear Carolyn:** My husband has been offered a job (hooray!) with a decent salary, but he doesn't want it. I'm trying to be sympathetic: It is a step down, the boss is a bit nuts, and it really doesn't capitalize on his incredible skills (PhD plus years of cutting-edge research). He's awfully bummed this is his only option and feels like he's letting everyone down who supported him in his career. He's considering not taking the job.

I want to be empathetic, but I just feel anger. Everyone I know (including me) thinks they're the lone sane person in a dysfunctional office. It's bringing up old angst: He's from a privileged background and never had the awful minimum-wage job. I've cleaned toilets (and everything else) to put myself through school. I know that through his eyes, it looks like stepping down, and there's a bit of an identity crisis here; I see his reaction as entitled and smug. If I share these feelings with him, I think he'll feel wounded and pressured into a dead-end job. If I don't share, I feel like I'm being dishonest. I want to be supportive, but I also want to give him a swift kick.

We're in a small town with very few job options. I think declining this job means a long bout of unemployment. He would fill the time beautifully (he's not prone to laziness), but I have a healthy amount of money anxiety and prefer the security this job will afford us.

*No Name, Calif.*

**No Name, Calif.:** You don't say whether you and he can afford a long unemployment, and that's too bad. It's really everything here.

By your account, you and your husband have two very clear, very different motivations: He wants fulfilling work, and you want security. Before you push to have your emotional need filled, it's only fair to see whether he can realistically get his need met, too. If you two have the savings to manage it, his holding out for a job that offers more prospects, fulfillment and money might be worth the extra months of lost income. In fact, this "dead-end job" could hurt your security more over time if it slows his career and/or drains his soul (and consequently strains your marriage). That's just one possibility, of course. This decision in-

volves everything from your savings to his marketability to the local job market to your mobility as a couple. And if you're flirting with financial ruin, that shoves all other variables aside. But if your need for his paycheck is more emotional than financial, then expressing your anger now would only SEEM more honest; it wouldn't be the capital-T Truth. You're seeing his reluctance to take this job as an exercise of his vestigial privilege, and that hits you right in the toilet brush. Meaning, you're responding emotionally — so you at least have to consider that you aren't reading his motives clearly.

Find out what he's planning, right down to the details of where, how, for how long and for how much he expects to seek this more suitable job. If his "plan" genuinely consists of entitlement and expectations, then by all means say how you feel about that. If he has ideas and money and discipline, though, then he deserves your faith and support.

*Email Hax at tellme@washpost.com.*

**Kubok 16** By Davide Coppo Difficulty: EASY

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Solution to Monday's puzzle

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10	3	4	9

Enter the missing numbers from 1 to 16 without repetitions so that the sum of the four numbers in each row and column is the same as the corresponding circled number.

# Recovery

Continued from Page 1C

Many seniors and their families need help to navigate the hospital discharge experience. Florida Senior Consulting, for instance, collaborates with hospital care providers to support families, creating a roadmap for seniors' immediate and long-term care needs. Working with hospital providers, such as Lee Health, allows Florida Senior Consulting to provide transition management, eliminating potential gaps in care following discharge.

"As an extension of the health care team, we meet seniors and their families where they are on their journey," said Stephen Hill, vice president of operations for Florida Senior Consulting. "Our senior care experts work closely with case workers at Lee Health and other providers to connect with seniors preparing for discharge. This ensures a smooth transition to rehabilitation, a senior living community or back home with resources to support their recovery. In cooperation with their physicians or social workers, we're looking not only at their immediate needs, but also at what they will need down the road. Ultimately, we support the hospital team and bring peace of mind to patients and their families during a stressful time."

Florida Senior Consulting provides a personal, in-depth and compassionate approach to guiding seniors in exploring options such as independent living, assisted living, memory care, skilled nursing, rehabilitation and home health care and other senior resources throughout Florida. All team members are Certified Dementia Practitioners and earned a range of academic degrees and professional certifications. Most importantly, they bring years of compassionate experience working with seniors and their families in health and geriatric administration, gerontology and nursing.

Doctors, nurses and the medical staff at hospitals and outpatient clinics across Southwest Florida provide world-class care while patients are under their care. Just because seniors are medically cleared for discharge, though, does not mean they are ready to live independently at home and resume activities they enjoyed before checking into the hospital. Lee Health has a process in place to en-



**Just because seniors are medically cleared for discharge, though, does not mean they are ready to live independently at home and resume activities they enjoyed before checking into the hospital.** GETTY IMAGES

sure seniors aren't just discharged and left to fend for themselves.

"A discharge plan begins when patients are first admitted, and for seniors, that can be more complex and involves collaboration with a team of experts, including those who can create a long-term care plan beyond the hospital setting and more immediate transition home or to another care setting," said Joseph Welvaert, director of care management for Lee Health's Lee Memorial Hospital and The Rehabilitation Hospital. "Organizations like Florida Senior Consulting act as an extension of our health care team and serve as a valuable resource in our toolbox for discharge planning for older patients."

The firm aims to make life's transitions a little easier by helping seniors understand their options, properly navigating the next stage of life while getting the best care possible. An important part of a discharge plan includes identifying the ideal care setting, arranging for rehabilitation, therapy or home care needs, coordinating with healthcare professionals and planning for more comprehensive, longer-term care needs.

"One of our goals in the health system is to avoid patients returning or being readmitted to the hospital," Welvaert said. "Studies show that when seniors have a comprehensive plan for care and living arrangements that's specifically tailored to their needs, abilities and social support, and there's continued follow-up care, hospital readmission rates are reduced for older patients."

More information about Florida Senior Consulting's services is available at FloridaSeniorConsulting.com.

WHAT TO WATCH | CONTENT BY TV WEEKLY

Network broadcasting shows are listed in Eastern/Pacific Time, unless noted otherwise. Shows air one hour earlier in Central/Mountain Time. Cable broadcasting shows are listed in Eastern Time.



**Fixer to Fabulous: Italiano** HGTV, 8 p.m. • New Series

This new six-episode spinoff series will document Dave and Jenny Marrs, who first visited Italy as newlyweds, as they execute a monumental restoration of a centuries-old property. Inspired by the rich history, rolling hillsides and leafy olive groves of the region, Dave and Jenny will rely on the help of local builders, architects and artisans to meet historic building regulations and source authentic materials such as handmade terracotta tiles, olive wood floors and Carrara marble as they renovate this behemoth.

**Night Court** NBC, 8 p.m.

Surprises are in store for Dan (John Larroquette) when the Wheelers return to court after more than 30 years. Meanwhile, Abby (Melissa Rauch) seeks a psychic in hopes of ending an argument she had with her late father. Brent Spiner, Annie O'Donnell, Kate Micucci and Julia Sweeney guest-star.

**Extended Family** NBC, 8:30 p.m.

When Jim (Jon Cryer) embellishes his yoga abilities to impress a woman, Julia (Abigail Spencer) must step in to save him from looking like a fool.

**The Voice** NBC, 9 p.m.

The coaches continue their search for

the best undiscovered voice in America on the final night of Blind Auditions.

**Little People Big World** TLC, 9 p.m.

In "A Complete and Total Surprise," Zach and Tori deal with a challenging revelation from Jackson. Amy reacts to seeing Matt's new house being built. Matt has a surprise for Caryn that will change their relationship forever.

**Password** NBC, 10 p.m. • Season Premiere

Jimmy Fallon and Emmy-winning host Keke Palmer are back for Season 2 of this latest incarnation of the classic game show. Hourlong episodes will include two back-to-back games with recurring player Fallon paired with a contestant competing against a celebrity guest/contestant duo for cash prizes by guessing a secret password using only one-word clues. This season's celebrity guests include Chance the Rapper, Laverne Cox, Lauren Graham, Jimmy Kimmel, Howie Mandel, Meghan Trainor and more.

**7 Little Johnstons** TLC, 10 p.m. • Season Premiere

In "The Rest Is Still Unwritten," Elizabeth makes a big decision about her relationship with Brice. Amber and Trent try out body painting. Anna buys a new home and starts the process of moving in. Jonah and Alex write love letters to their girlfriends.

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