



**APR**

**2021**



# ADVOCATES For Seniors

**Corbett Paralegal Services, LLC**

Law  
Health  
Finance  
Est. 1998

April 2021 Vol,13 Issue 4

**Supporting You in Making Choices You Can Live With**

*Still Celebrating 23 Years of Advocating For Seniors*



Dear ,

Our official anniversary was March 1<sup>st</sup>, but this has been such a non-traditional year, we decided to keep the party going. You can benefit from it, too. Check out our drawing for two tickets to a Royals game at the K below. You may be the lucky winner, and you only need to enter once.

This issue addresses singles in retirement, a somewhat overlooked group. AFS serves as agents under durable powers of attorney and health care powers for people who don't have a ready-made person in their lives to act on their behalf. We're always looking out for those who need extra support.

Remember Take Back Day is this Saturday, April 25, from 10-2. Go to your local police station to safely get rid of those old prescriptions that have been sitting around gathering dust. It's always a special day.

It's not too late to celebrate National Gardening Month, so get out there and dig! We have resources for you to get the latest information on gardening in your area. Enjoy!

As always, we have resources for where to get vaccinated. If you've already been vaccinated, congratulations! If not, now is your chance.

*Marcia Corbett*  
Founder, General Manager



## 4 Steps to a Happy Single Retirement

Kiplinger  
By Alina Tugend

**The number of seniors who are single and childless is growing. This group needs to be purposeful as they think about their health and finances and fostering companionship as they retire.**

As her parents grew older, Carol Marak saw how they relied on their three children for care and knew that wouldn't be an option for her. Without a partner or children, she would have to build a different future for herself. Marak, 69, of Dallas, decided she had to learn as much as possible about how to age without close relatives to lean on. As one prong of that effort, in 2016 she started the private Facebook group Elder Orphans. Within a month, the site attracted about 1,000 members. It now has close to 10,000, who offer each other advice, resources and sometimes a shoulder to lean on. "It just keeps growing," says Marak, who also runs a website with tips for the "solo and smart."

[Continue Article Here!](#)



National Drug Take Back Day

**Take Back Day!**

DEA



**Lets Get Dirty!**

April Is National Gardening

The National Prescription Drug Take Back Day addresses a crucial public safety and public health issue. According to the 2019 National Survey on Drug Use and Health, **9.7 million people misused prescription pain relievers, 4.9 million people misused prescription stimulants, and 5.9 million people misused prescription tranquilizers or sedatives in 2019.** The survey also showed that a majority of misused prescription drugs were obtained from family and friends, often from the home medicine cabinet.

The DEA's Take Back Day events provide an opportunity for Americans to prevent drug addiction and overdose deaths.

[Find Collection Site Near You!](#)



**The Big Number: 94 percent of older Americans take medications that could increase their likelihood of falling**

The Washington Post  
*By Linda Searing*

The vast majority of older adults, 94 percent of those 65 and older, are taking medications that are known to increase the likelihood of falling, research has found. Though prescribed to treat such

Month

USDA

Nothing says springtime more than the sprouts and shoots of a garden. Secretary Vilsack has declared April, 2015 as National Garden Month. The official proclamation celebrates the great American tradition of gardening at home, at school and in the community.

USDA's commitment to gardening has deep roots. The USDA People's Garden Initiative, was launched in 2009 and since 2,116 gardens have registered as People's Gardens in communities across the United States and its territories and in 12 foreign countries. The First Lady's Let's Move! Initiative has great information about starting a kitchen, school or community garden and the Plant Hardiness Zone Map, developed by USDA's Agricultural Research Service, is a go-to guide for gardeners across the nation.

[Find More Info Here!](#)



**Find a COVID-19 vaccine near you!**

We recommend contacting your primary care physician and/or specialists directly if you have trouble getting an appointment

conditions as high blood pressure, depression, sleep problems or pain, the drugs often come with potential side effects that can lead to falls, including lightheadedness, reduced alertness, slowed reaction times and drowsiness. The research notes that, in an 18-year span, older adults filled more than 7.8 billion prescriptions for such medications, increasing how many take these drugs from 57 percent in 1999 to 94 percent in 2017. In that same time period, the rate of deaths caused by falls among older adults more than doubled.

[Continue Article Here!](#)

elsewhere.

Your medical portal such as [MySaintLukes](#), [AdventHealth](#) or [MyHealthOne](#) can also help you set an appointment with ease!

[Vaccine Finder](#)



***Keeping Up With the Home Team!***

***Slide in and send us an email to enter for the drawing to win 2 free tickets to a Royals home game at the K!***



**Jessica's Journal Attempt at Short + Sweet**

**Unexpected Benefits of COVID-19**

It is difficult to stay positive, test negative and to spread the love around all at once. So, this month I will still share but also keep it as short and as sweet as possible! There have been several occasions that I have enjoyed the very unexpected benefits of COVID-19.

Throughout all the horror and sadness, my "grateful list" is below. Or at least parts of it!

- DMV appointments that only take 4 minutes (Literally, scheduled and 9:10am and back in my car by 9:14)
- Efficient hospital intake. (Literally, did not even bring in my ID, walked in and was already prepped and ready for the OR within 10 minutes)
- Working from home. (Literally, do not have to put my real pants on)
- Getting to know my bubble. - The people whom I not only love and enjoy but also trust with my life, and visa versa.
- Not having to touch anything sticky or questionable and not feeling like a brat.
- Eye contact. Plain and simple.
- Self-check-out lanes, that's a big one!
- Learning how to do more things myself without help.
- Masks to cover blemishes (that one is a little personal 😊)
- Light to moderate traffic now being considered A LOT of cars on the road.
- Phone calls. - I suppose that has to do with the bubble as well but still, reaching out across the world and not just across the room.

That's it for now, I think. I will let the rest of the team keep you company as the hot weather rolls and see you again in July!

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ENJOY  
everyday

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Thanks for sharing the time with us again. We hope you've learned something. And don't forget to enter the drawing for two Royals tickets! Until next time, stay positive—test negative.

Sincerely,  
Team Advocates  
Jessica Ashley, *Editor*

**[Visit us at www.Advocates4Seniors.com](http://www.Advocates4Seniors.com)**

Send comments and suggestions to [info@advocates4seniors.com](mailto:info@advocates4seniors.com)

