Older people are working longer in life. Young people are working later in life. That adds up to an aging workforce that has companies balancing multiple retirements and loss of experience with the search for new employees, according to The Wall Street Journal.

According to U.S. News, in 1994, the median age of all U.S. employees was 37.7 years old which moved to 40.3 in 2004, 41.9 by 2014, and it is expected to rise further to 42.4 by the year 2024. The most significant driving factors for this trend are that people tend to work longer before retirement and young people are participating less in the workforce. This is true even though Millennials and Generation X workers outnumber the Baby Boomer workers.

The number of workers that were at least 55 years or older and still working ballooned by 48 percent between 1994 and 2004 and then another 47.1 percent between 2004 and 2014. This led to the average age of a retiree during that last year being 62. (For most of the Baby Boomer generation, the official social security retirement age is 66.)

The recession of the 1990s is thought to have hit retirement accounts, such as the 401K, hard enough to keep many in the workforce. This, coupled with life issues -- debt and spouses with chronic medical issues -- have impacted the decision of older workers to stay in the job.

Meanwhile, only 55 percent of people between the ages of 16 and 24 were either actively working or searching for a job in 2014 compared to more than 66 percent a decade prior. That number is expected to be less than half by 2024. Significant increases in summer school, college, and secondary school attendance have played a substantial role with individuals joining the workforce at a later age.

An aging workforce can lead to challenges for employers and employees alike as they struggle to find a balance between the need for new talent, the value of experience, and looming retirement dates.
Jobs after 60

Chances are that by the time a person reaches 60, they might relish a second career, something different that could bring in reasonable money while still being engaging.

Although getting a job after 60 is difficult, there are still some opportunities, according to US News.

- Teaching: Popular among women age 62 or over, teaching has attracted more than 10 percent of women who launch a second career. About 3 percent of older men have also entered the field, according to the Urban Institute. At this point, there are plenty of those jobs to go around. The Bureau of Labor Statistics projects an increase of up to 8 percent in teacher jobs by 2026. And the pay is actually pretty good: from $56,000 at elementary level to $59,000 for high school.

- Colleges: Professional schools and community colleges are two important areas for retirees. About 4.1 percent of men and 1.4 percent of women took postsecondary teaching jobs. The BLS estimates a 15 percent increase in postsecondary teaching by 2026. Median salary is $76,000.

- Administrative Assistants: Scheduling, information resources, accounting and bookkeeping are some of the areas an assistant in the office can help with. Also, there is a booming business in virtual assistants and virtual office staff to answer phones. This could even be a self-employment opportunity.

- Home health aide: A job that can require strength and a commute, home health and personal care aides are in demand, with an expected 15 percent increase coming during the next 10 years.

- Real estate: With lifetime contacts in a community, a senior can go into real estate with a built-in array of possible clients.

Columbus landfall

Across
1. Western omelet ingredient
4. Unexpected sports outcome
9. Sundial number
10. Baby grand, e.g.
11. Fling
13. Essence
14. Hoofed it?
16. Hello
17. Indochinese language
18. Exist
20. Like some cattle
22. After-dinner drink
24. One and only
25. Hemp fiber
27. Dutch tree
28. Easy to lift
29. Shade of green

Down
1. Thumb a ride
2. Garlicky mayonnaise
3. Soybean paste
4. "___ on the rooftop..."
5. Urban flock
6. Aforementioned
7. Lt.'s inferior, in the Navy
8. "Sesame Street" watcher
12. Stain
15. Duffer's goal
18. "Beauty and the Beast" beauty
19. Swelling
20. Rugged rock
21. Adversaries
22. Buddy
23. ___-Wan Kenobi
26. @

The headline is a clue to the answer in the diagonal.
Trading beyond known worlds

In 2013, residue of an oil from cinnamon was discovered in an ancient flask in Israel. The flask was 3,000 years old.

The trade in spices from the Far East to Egypt was known to be at least two thousand years old. But the discovery in Israel has extended the history of the spice trade by a millennia.

Cinnamon is obtained from the bark of various trees around Sri Lanka and India.

A distance of 3,000 miles separates Sri Lanka from Israel. From either vantage point, the cinnamon trade reached beyond known worlds.

To get to Europe, cinnamon changed hands at least 12 times, going by sea and land before it reached buyers in the West. These routes were a close secret of Arab traders for a thousand years.

In the first century, Roman author Pliny the Elder put the cost of a pound of cinnamon at equal to 50 months of labor.

Mouth health can be a sign of overall wellness

Taking care of your mouth health can also mean a healthier heart, according to WebMD.

Many illnesses such as diabetes, heart disease, respiratory disease, rheumatoid arthritis, and osteoporosis have been linked to gum disease. In fact, those suffering from periodontitis are three times as likely to have a stroke and twice as likely to suffer a fatal heart attack.

The connection between the mouth and the heart lies within the incredible amount of bacteria commonly found inside the human mouth, according to the Mayo Clinic. Most of these bacteria are harmless and can be controlled with daily flossing and brushing, but a lack of dental hygiene can allow them to get out of control and cause oral infections, tooth decay, and gum disease. Certain medications, such as antihistamines and painkillers, can also slow the flow of saliva which is one of the most significant natural defenses in the mouth against harmful microbes. Bacteria can move through the bloodstream to places like the heart, potentially leading to endocarditis and other issues.

Elsewhere in the body, oral health can show that something else is wrong inside the body such as through lesions for HIV/AIDS and through its ongoing link with chronic diseases such as diabetes. Because diabetes lowers the body's resistance to infections, gum disease is more frequent among those patients. People living with Alzheimer's have shown a similar tendency as the condition worsens. The American Dental Association recommends regular dental checkups to protect overall health and they urge immediate attention for bleeding, red, or swollen gums, loose or separating teeth, persistent bad breath, or any changes to how the teeth feel in the mouth.

What podcasts are and how you can find them

A podcast is much like a radio show, except that it is recorded and it is on the internet.

And podcasts are growing in popularity every day with millions of casts and even more listeners.

If you want to join the fun, you probably have everything you need right now. iPhone users can search for podcasts via the little purple podcast app that is loaded by default. Android users can listen through Google Play Music. Simply open a podcast app and search for topics: religion, politics, art, languages, or even full dramatic tales. You can also search by name for commentators, for example. You can also search through iTunes and Apple TV.

At least 44 percent of the American population has now listened to one, according to Podcast Insights. In fact, about 73 million people listen to podcasts at least once a month and 48 million tune in at least once per week. The ability to stream or download podcasts and listen to them later on a smartphone has been the primary driver of listener growth during the last several years, moving from 9.5 million listeners in 2014 to 23.9 million in 2017.

The popularity of podcasting is partly due to the fantastic diversity of content. There are about 525,000 active shows and more than 18.5 million single episodes, according to Fast Company.

You don't need much technical expertise or money to start a podcast, according to Mashable. Anyone can start a podcast and speak their mind.

On the other hand, not everyone can keep their podcast, especially political podcasts. Unlike radio, which is a public media, there is significant censorship in the private podcast world. Tech companies like Google, Apple, and Facebook, have united to eliminate podcasts not in keeping with their political ideologies. Political and cultural podcasts uploaded to sites such as Facebook or YouTube have been 'de-monetized' if opinions are contrary to tech company views so that their creators can't make money. Other podcasts are simply removed.
Do You Have a Birthday Coming Up?

Did you know that Mended Hearts and Mended Little Heart receives 100% of donations when members add the free ‘Facebook Giving’ option to their personal Facebook page during their birthday week(s)? Please consider adding this option to your page as a way to give to National programs.

These donations help us provide chapters and groups with HeartGuides and marketing materials for free! Donations given by credit card go directly from Facebook into either MLH or MH bank accounts.

Interested in becoming a Phone Visitor for our Patient Advocacy Network?

If you are currently a MH hospital visitor who is interested in becoming a phone visitor, or you are a member who is interested in finding out about how to become a phone visitor, we have the perfect opportunity for you.

The Patient Advocacy Network (PAN) is currently looking for compassionate members looking to help others over the phone. Reach out and support someone from the comfort of your own home! For more information, please contact Andrea Baer at Andrea.Baer@mendedhearts.org.

Cilantro pesto with roasted cashews

Tucked into Mexican salsas and guacamoles is the fresh, citrusy flavor of cilantro, a favorite all over the world. A favorite, that is, except for a group of people who are literally genetically disinclined to like it.

Strangely, this herb tastes soapy or even rotten to certain people. According to recent research at Cornell University, this is because the OR6A2 gene in the human body affects how the olfactory receptors handle the high levels of aldehydes contained in the herb. Folks with this gene have an aversion to cilantro.

Cilantro comes from the coriander plant, all parts of which are edible. Only the leaves make up the herb called cilantro. The plant produces dried fruits, known as coriander seeds, that are used as a spice. A native of Iran, coriander grows wild in Western Asia and Southern Europe. It has been cultivated for thousands of years. A half liter of coriander was found in the tomb of Tutankhamen, proving that the ancient Egyptians grew the herb. The Greeks were known to have used coriander since 2000 BC, based on archeological finds. The oldest find of dried coriander was in a cave in Israel dating to 6000 BC.

Here is a fresh take on a pesto recipe that substitutes cilantro for the basil that is traditionally used along with roasted cashews, compliments of ShowMeTheYummy.com

**Ingredients:**
- 2 cups of packed cilantro
- 2 cloves of garlic
- 1/4 cup of unsalted, roasted cashews (4-8 minutes in a 300 degree oven)
- 1 tablespoon lime juice
- 1/2 cup shredded parmesan cheese
- 1/3-2/3 cup of olive oil (you may substitute oil of your choice)

Salt to taste

**Instructions:**
1. Place all ingredients into a food processor and pulse until smooth.
2. Scrape down the sides and pulse again.
3. With the processor running, add the oil slowly until desired consistency has been reached.
4. Add salt to taste, combine with pulse, and serve with crackers, chips, pasta, etc.
5. Store covered in the refrigerator.

National Day of Remembrance

Mended Little Hearts will be remembering our CHD angels on October 15, our National Day of Remembrance, coinciding with National Pregnancy and Infant Loss Remembrance Day.

Please join us by lighting a candle in remembrance that day and by planning remembrance events. Check out our website and Facebook page for other ways to participate.
President's Corner
Well summer has gone, hopefully you came thru the storm with out much damage. Don't forget Walk With a Doc, also there will be a Duke Dash 5k run at the N.C. Research Campus in Kannapolis N.C. Oct., 13. The run is from 9am to noon. For more info visit www.murdock-study.com/dukedash5k/. Looking forward to seeing you at our meetings. Ken Ragan President Mended Hearts of Cabarrus

Active Accredited Visitors
Colon Faulkenbery        Deb Myers
Ken Ragan               Linda Neel
Priscilla Williams

Visiting Report August 2018

<table>
<thead>
<tr>
<th></th>
<th>2nd Patient</th>
<th>3rd Cath</th>
<th>Family</th>
<th>ACCU</th>
</tr>
</thead>
<tbody>
<tr>
<td>2018-08</td>
<td>12</td>
<td>0</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>YTD Total:</td>
<td>267</td>
<td>40</td>
<td>78</td>
<td>22</td>
</tr>
</tbody>
</table>

Chairs of Standing Committees
Editor - Deb Myers
Hospitality - Priscilla Williams
Membership Chair - Priscilla Williams
Visiting - Open
Visitor Training - Colon Faulkenbery

Chapter 397 Officers
President: Ken Ragan, 704-786-2254, cragan@carolina.rr.com
Vice President—Open
Treasurer: Colon Faulkenbery, 704-782-7002, agcwf@windstream.net
Secretary: Deb Myers, 704-788-3204 roogermyers1@Carolina.rr.com

Mended Hearts Mid-Atlantic Leadership
Regional Director – William Carter, (803) 270-2496, wmcar1939@gmail.com
Asst . Regional Director – Bill Voerster, (704) 310-8354, mendedheartsbillv@gmail.com

Free Learning Sessions
CHS Health & Fitness Rehab Institute: 1090 Northeast Gateway CT, Ste 102, Concord

Thursday, October 4, 2018
Topic: NorthEast Foundation

Thursday, November 1, 2018
Topic: Heart Exercise/Rehab

Thursday, December 6, 2018
Covered Dish Dinner

LOCATION: CHS Wellness Center is the same as Cardiac Rehab lectures (around & behind CHS Urgent Care Cabarrus)
ADDRESS: 1090 NE Gateway Ct., Ste 102, Concord, NC

We respect the time of our presenter, guests and members by using reasonable time management. Please try showing your appreciation by arriving a few minutes before the start of our meetings. We understand that some people simply cannot arrive before we start our meetings. Sometimes an unexpected crisis occurs. It’s ok to come in late if and when you must. If the choice comes down to arriving past 6:25 or staying home, “Come on down! We understand!”

Mark your calendar for meetings scheduled for the 1st Thursday of each month.

Oct. 4  Nov. 1  Dec. 6

The walks of 2018 continue at 9 a.m. at Les Myers Park, 130 Lawndale Ave SE, Concord. NC 28025 at 9 a.m. on Saturday, October 6th. The group gathers under the shelter beyond the softball’s leftfield. The Murdock Study actively support these walks. This is a free event. Arriving early will allow you to meet the doctors and meet a variety of participants.
For those who may not be aware of it Mended Hearts is a nonprofit organization dependent upon donations from interested people and dues from members. Mended Hearts of Cabarrus is Tax Deductible non-profit organization. Any contributions would be greatly appreciated. Thank you.
Ken Ragan President Chapter 397 Mended Hearts of Cabarrus

October 2018

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

ADOPT-A-SHELTER-DOG MONTH.
4M H Meeting
13 Duke Dash 5K Kannapolis

14 | 15 | 16 | 17 | 18 | 19 | 20
| Boss’s Day |     |    |    |    |    |    |

21 | 22 | 23 | 24 | 25 | 26 | 27

28 | 29 | 30 | 31 Halloween | FIRE PREVENTION MONTH

A few clues you’re not as young as you once was.
1. Everything hurts and what doesn’t hurt doesn’t work.
2. You feel like the morning after and you didn’t go anywhere.
3. You sit in a rocking chair but can’t get it going.
4. Your knees buckle but your belt won’t.
5. You’re 18 around the neck; 48 around the middle; and 95 around the golf course.

MARK YOUR CALENDARS NOW!

Collective Goods
Books and Accessories Sale
Around the Clock
Nov. 14 8AM thru Nov. 16 4PM

Masquarade $5 Sale
Around the Clock
Mon. Dec. 3rd 7AM thru Thur. Dec. 6th at 2PM