Suddenly your favorite brand of shoe just doesn't feel right. Not as comfy. Seems kind of snug. What did that company do to change the best shoe they made?

Maybe nothing. Our feet change and they change as we age. That can come as a surprise because everyone expects their appearance or hair to change in later life, but feet?

Sadly, yes. According to orthopedists, it's not that feet actually grow, but they can flatten and become wider and longer.

Those with rheumatoid arthritis might realize it early, since they can see ligament and bone changes in their body as a whole.

Diabetics, who must be monitor their feet for circulation and sensation, might not be surprised to see their shoe fit change.

Ligaments loosen up, making the foot wider.

Still, everyone of a certain age, has to recognize that their shoe size might be changing or has changed.

What happens is arches tend to flatten, making the foot longer.

In fact, over time, we all see our shoe size increase by at least a half size and maybe more.

Here is what you can do:

- Don't keep buying the same shoe size.
- Try on shoes at the end of the day, when feet are a little swollen.
- Consider an orthotic insole if you notice a loss in the arch height.

Installation of New Board—June 7th

Exciting news for Chapter 77. We will install a new Board of Directors at our June 7th meeting. Elected at the May meeting were:

President—Dianna Amberg
Vice Pres.—Kerry O'Day
Treasure—Stan Alameida
Secretary—Melanie Nieto

Dianna, Stan and Melanie all stepped up to the plate and volunteered to serve. Please come to the June 7th meeting to support them. As usual, we'll meet:

Adventist Hospital Bakersfield
2615 Chester Ave.
11:00 am to 1:00 pm
Kern River Room (Basement)
Lunch will be served.
Airports, hotels taking a new look at senior-friendly designs

Airport torture. Enormous concourses 100-miles long. No benches. Dragging a suitcase.

The flight schedule is unreadable. The flight announcements are mumbles.

By the time you haul your suitcase out of the luggage carousel, you're finished.

Something should be done. People aged 65 or older are becoming a very large group and will outnumber children in just 16 years. About 40 percent of travelers flying in and out of the Tampa airport are over 55, according to The New York Times.

What can be done to make airports more senior-friendly?

Airports are training staff to recognize travelers who are having trouble managing distances. Even if you don't need a wheelchair in daily life, one might look like heaven as you walk a half-mile to a terminal.

Other solutions are design dependent. Architectural firm Corgan has recommended lowering signs and installing more concessions closer to the gate. Fewer shiny floors, which can be dizzying and seem slippery. And more benches.

Some changes are pretty technological. At Detroit and Rochester airports, new systems will allow hearing aids to directly pick up announcements.

In Seattle, passengers arriving from Alaskan cruises can have baggage sent from the ship to the departing flight.

Across
1. ___ roll
4. Geologic period
9. Draft pick
10. "So ___!"
11. Dead heat
12. Inventor McCormick
13. Draws out
15. They hire their relatives
19. One political type
20. Attempt
23. H.S. biology topic
24. Calcutta’s home
25. Serving of corn
26. Spurs on
27. Building wing

Down
1. Consumed
2. Coast
3. Command to a horse
4. Miscellanies
5. Prefix with therapy
6. "Star-Spangled Banner" preposition
7. French vineyard
8. Guys
14. Dunce-cap-shaped
16. Landslide debris
17. Harmonious
18. Tangle

20. Band booking
21. Plastic ___ Band
22. Rx watchdog

The headline is a clue to the answer in the diagonal.

"I drew it in school. Can I hang it on Dad?"
**Remembering what we love about Dad**

What funny things do you remember about your Dad? Did he have any memorable sayings?

No doubt he did because Dad’s excel in certain things:

**Story-telling**

Dads are perfect for story-telling and story reading. Deep voices make the characters come to life (and the listeners giggle).

**Things that make Mom go "Eww!"**

Dads make a great counterpoint to moms. There are things she hates: Pull my finger! We know what happens there. Toe lint: Use your imagination.

**Dad magic tricks**

The ever-popular thumb removal trick, which works best on 4-year-olds but continues well past its shock value.

The lift trick: Lift me up! You can do it! You grab Dad around the legs and lift. Dad stands on tip toes. You did it! Suddenly you are a strong man.

**Dad fun**

Dad’s driving down the highway. Passes a go-kart track. Makes a U-turn. Because who can pass up a go-kart track? Or Dad, taking you someplace boring, until Dad sees an ice cream place and just like that, it’s a great Saturday afternoon.

Or the day he teaches you to fish.

**Dad sayings**

Contribute! (That was Motivational Dad.)

I have to go hold down my chair so it doesn’t get away. (After work Dad)

Remember this: I love you. Your Mom loves you. And God loves you. (Eternal Dad)

**Facebook quizzes: Think before taking one**

Facebook quizzes, polls, and trivia games are fun to take, but some are schemes to steal your profile, hack your identity, or just send spam.

Suppose you see a quiz about family origins. So, what is your mother's maiden name? The app will reveal all! But... didn’t you just use that info as a bank security question? If so, you just gave unknown people access to the answer, along with all of the info on your Facebook profiles and page. One notoriously evil app that did this asked for the names of concerts people attended -- another common security question.

Pet names, birth places, best friends, first car, first teacher, vacation destinations—you are revealing answers you may have given for security or may give in the future. You’ll forget about the quiz, but the quiz makers are never going to forget YOU.

**Hearing aids as a fashion accessory. Really?**

Most hearing aids on television commercials confidently claim..."And no one can see them!"

But what if you could see them and they were like ear jewelry?

Audicus has introduced a designer line of hearing aids that don't hide. They stand out and shine.

Behind the ear fixtures are decorated in glitter, polka dots, little inlaid beads, and even leopard skin patterns.

The hearing aids made for the most severe hearing loss are priced at about $700.

**Strive for 10 minutes a day of exercise, study says**

Just 10 minutes of moderate exercise per day each day for six days can ward off disability, a study finds.

Northwestern University researchers analyzed 1500 adults with osteoarthritis in lower extremities: hips, knees, and ankles.

The participants were not disabled and the researchers wanted to know what minimum activity could prompt health benefits.

The pain of osteoarthritis often makes movement a daunting experience, leaving patients inactive. But those who did complete 10 minutes per day of activity had an 85 percent lower risk of mobility disability. This also gave the adults less risk of being unable to perform daily activities such as getting dressed or walking across a room.
# June 2019

<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></td>
<td>7 Chapter 77 Meeting 11:00-1:00</td>
<td>1</td>
</tr>
<tr>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>8</td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
</tr>
<tr>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21 Summer Begins</td>
<td>22</td>
</tr>
<tr>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
</tr>
<tr>
<td>30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Mended Hearts, Inc.
Chapter # 77
Kerry O’Day
5913 Burke Way
Bakersfield, CA  93309