

Independence while aging discussed during weekly broadcast

By **KAYE BAKER**
PRODUCER
 SPECIAL TO THE GLENDALE STAR

As we age, the fear of losing our independence is huge. Giving up the car keys and dealing with memory loss means just that; the need to rely on others. These topics are why radio hosts John Wenzlau and Millie Oakeson bring expert guests to their weekly radio show "Successful Aging" on Independent Talk 1100 KFNX. This past week, they spoke with the COO of DrivingMBA Maria Wojtczak on driving assessments and Dr. Linda Sasser on memory and aging.

DrivingMBA uses a combination of simulation labs, classroom and on-road instruction for novice drivers as well as experienced drivers. It offers a two-hour assessment for older drivers when a family member or doctor feels it may be time to give up driving.

"The results vary and there are times when the driver just needs a refresher course on safe driving tips, and other times when the driver or family member realizes it is time to retire the keys," Wojtczak said.

DrivingMBA helps facilitate tough conversations between family members and the older driver when the assessment shows it's time to give up the keys.



John Wenzlau and Millie Oakeson

"Our employees are empathetic and understand how delicate this subject is, and discuss alternative options with the family," Wojtczak said.

She stressed the importance of having conversations early and having a plan in place before it's time to stop driving. If you or a loved one think you may need to have an assessment, you call 480-948-1648 or go to www.drivingmba.com and DrivingMBA will help navigate the delicate journey.

As we age, most of us fear losing our cognitive abilities. After all, our memories are the biggest reminder of the life we've lived. Over the age of 50, we have a few

more glitches in memory. Attention can't be attained as easily as when we were younger for several reasons ... vision and hearing loss along with stress, anxiety and depression. Those factors can impact our ability to form memories.

"The processes of memory are encoding, storing and retrieving," Sasser said.

As we age, we need to work at those processes a bit harder than we did when we were young. There are tricks to help with that. Sasser uses the mnemonic enhancer PAVE. P: Pay attention, A: Associate (try to connect to something familiar), V: Visualize, E: Elaborate. In other words, memory can be enhanced by working at it and making a genuine effort to listen and pay attention.

There is hope in the fact that we can improve our memory-making abilities by getting sleep, exercising, eating nutritious foods and lowering our stress. Sasser has published BE! Brain Enrichment, a curriculum to help people learn about brain health and improve memory and other cognitive skills. For more information, visit www.brainandmemoryhealth.com.

For more information on these topics or to ask a question, visit www.successfulaging.info. Tune in from 11 a.m. to noon every Tuesday to Independent Talk KFNX 1100 as we continue to explore "Successful Aging."

Every three seconds...
 someone needs blood.

Kristin needed 471 transfusions.
 That's 471 blood donors to save one life.

If you don't give blood, who will?

To schedule an appointment, please call
1-877-448-GIVE (4483)

Give blood. Be a hero.

A Help Button Should Go Where You Go!

MobileHelp Traditional Help Buttons

<input checked="" type="checkbox"/> At Home	<input checked="" type="checkbox"/>
<input checked="" type="checkbox"/> In the Car	<input checked="" type="checkbox"/>
<input checked="" type="checkbox"/> On a Walk	<input checked="" type="checkbox"/>
<input checked="" type="checkbox"/> On Vacation	<input checked="" type="checkbox"/>
<input checked="" type="checkbox"/> At the Park	<input checked="" type="checkbox"/>
<input checked="" type="checkbox"/> Shopping	<input checked="" type="checkbox"/>

MobileHelp

Order Now & Receive a FREE Lockbox!
1-877-625-0954

Service availability and access/coverage on the AT&T network is not available everywhere and at all times. Current GPS location may not always be available in every situation.

AARP Auto Insurance Program from **THE HARTFORD**

AUTO INSURANCE

DESIGNED FOR AARP MEMBERS

IF YOUR CURRENT INSURANCE IS:	YOU COULD SAVE:
GEICO	\$380
ALLSTATE	\$477
STATE FARM	\$383

\$370*
 AVERAGE SAVINGS WHEN YOU SWITCH

TO SPEAK WITH AN AGENT AND REQUEST A FREE QUOTE CALL:
1-877-882-8359

*Savings amounts are averages based on information from The Hartford's AARP Auto Insurance Program customers who became new policyholders between 1/1/16 and 12/31/16 and provided data regarding their savings and prior carrier. Your savings may vary. AARP and its affiliates are not insurers. Paid endorsement. The Hartford pays royalty fees to AARP for the use of its intellectual property. These fees are used for the general purposes of AARP. AARP membership is required for Program eligibility in most states. The AARP Automobile Insurance Program from The Hartford is underwritten by Hartford Fire Insurance Company and its affiliates, One Hartford Plaza, Hartford, CT 06155. In Washington, the Auto Program is underwritten by Hartford Casualty Insurance Company. Auto program is currently unavailable in Massachusetts, Canada and U.S. Territories or possessions. Specific features, credits and discounts may vary and may not be available in all states in accordance with state filings and applicable law. Applicants are individually underwritten and some may not qualify.

TV Program Guide May 11 to May 17, 2018							
For descriptions of Glendale 11 shows visit: http://www.glendaleaz.com/glendale11/descriptions.cfm .							
	Friday 5-11	Saturday 5-12	Sunday 5-13	Monday 5-14	Tuesday 5-15	Wednesday 5-16	Thursday 5-17
12:00	Opportunity Arizona	Air Quality	Arizona Wildlife Views	ADOT Quarterly	Maricopa Now	Arizona Wildlife Views	Today Turner
12:30	Veterans Business	Arizona's Economy	Glendale Insider	Arizona Wildlife Views	In the Fight	Arizona's Economy	Easy Riders
1:00	ADOT Quarterly	Talking the Walk	Maricopa Bicycling	In the Fight	Glendale Insider	Talking the Walk	Maricopa Now
1:30	Talking the Walk	Glendale Insider	Air Quality	Opportunity Arizona	Opportunity Arizona	ADOT Quarterly	Veterans Business
2:00	Glendale Insider	ADOT Quarterly	Maricopa Now	New Police Chief	Air Quality	In the Fight	Glendale Insider
2:30	What to Expect	Maricopa Now	What to Expect	Glendale Insider	What to Expect	Opportunity Arizona	In the Fight
3:00	Maricopa Now	Opportunity Arizona	New Police Chief	Veterans Business	Maricopa Bicycling	What to Expect	ADOT Quarterly
3:30	New Police Chief	Glendale Civic Center	Glendale Insider	ADOT Quarterly	Glendale's Best	Maricopa Now	Arizona Wildlife Views
4:00	Arizona Wildlife Views	Arizona Wildlife Views	Veterans Business	Songwriters Showcase	Your Legislative Link	Easy Riders	Opportunity Arizona
4:30	Songwriters Showcase	Glendale Insider	Songwriters Showcase	Arizona Wildlife Views	Glendale Hispanic	Glendale Insider	Road to
5:00	Easy Riders	Maricopa Now	Easy Riders	Glendale Hispanic	Network	Glendale Hispanic	Recovery
5:30	Glendale Insider	Glendale's Best	Glendale Insider	Network	Westmarc	Network	Songwriters Showcase
6:00	Cesar Chavez	Your Legislative Link	Cesar Chavez	New Police Chief	Workforce	Glendale's Best	Veterans Business
6:30	Celebration 2018	Glendale Hispanic	Celebration 2018	Songwriters Showcase	Development	Your Legislative Link	Glendale Hispanic
7:00	Songwriters Showcase	Network	Songwriters Showcase	Veterans Business	Songwriters Showcase	Songwriters Showcase	Network
7:30	Cactus Corner	Glendale's Best	Glendale's Best	Glendale's Best	Glendale's Best	Glendale's Best	Glendale's Best
8:00	Your Legislative Link	Your Legislative Link	Your Legislative Link	Your Legislative Link	Your Legislative Link	Your Legislative Link	Your Legislative Link
8:30	Today Aldama	Beyond the Headlines	Cactus Corner	Today Malnar	Out & About	Today Turner	Glendale's Best
9:00	City Council	City Council	City Council	City Council	City Council	City Council	City Council
9:30	Budget Workshop	Budget Workshop	Workshop	Budget Workshop	Budget Workshop	Workshop	Budget Workshop
10:00	5/1/18	5/1/18	5/8/18	5/1/18	5/1/18	5/8/18	5/1/18
10:30			Glendale's Best			Glendale's Best	
11:00			Your Legislative Link			Your Legislative Link	
11:30	Glendale's Best	Glendale's Best	City Council	Glendale's Best	Glendale's Best	City Council	Glendale's Best
12:00	Your Legislative Link	Your Legislative Link	Meeting 5/8/18	Your Legislative Link	Your Legislative Link	Meeting 5/8/18	Your Legislative Link
12:30	City Council	City Council		City Council	City Council		City Council
1:00	Workshop	Workshop	Glendale's Best	Workshop	Workshop	Glendale's Best	Workshop
1:30	5/8/18	5/8/18	Your Legislative Link	5/8/18	5/8/18	Your Legislative Link	5/8/18
2:00	Glendale's Best	Glendale's Best	MAG 50th	Glendale's Best	Glendale's Best	MAG 50th	Glendale's Best
2:30	Your Legislative Link	Your Legislative Link	Arizona Wildlife Views	Your Legislative Link	Your Legislative Link	Arizona Wildlife Views	Your Legislative Link
3:00	MAG 50th	City Council	Planning Comm.	MAG 50th	City Council	Planning Comm.	MAG 50th
3:30	Arizona Wildlife Views	Meeting 5/8/18	Meeting 5/3/18	Arizona Wildlife Views	Meeting 5/8/18	Meeting 5/3/18	Arizona Wildlife Views
4:00	City Council			City Council			City Council
4:30	Meeting 5/8/18	Glendale's Best	Glendale's Best	Meeting 5/8/18	Glendale's Best	Glendale's Best	Meeting 5/8/18
5:00		Your Legislative Link	Your Legislative Link		Your Legislative Link	Your Legislative Link	
5:30	Glendale's Best	Planning Comm.	City Council	Glendale's Best	Planning Comm.	City Council	Glendale's Best
6:00	Your Legislative Link	Meeting 5/3/18	Budget Workshop	Your Legislative Link	Meeting 5/3/18	Budget Workshop	Your Legislative Link
6:30	Planning Comm.		5/1/18	Planning Comm.		5/1/18	Planning Comm.
7:00	Meeting 5/3/18	Glendale's Best		Meeting 5/3/18	Glendale's Best		Meeting 5/3/18
7:30		Your Legislative Link			Your Legislative Link		
8:00	Glendale's Best	MAG 50th	Glendale's Best	Glendale's Best	MAG 50th	Glendale's Best	Glendale's Best
8:30	Your Legislative Link	Veterans Business	Your Legislative Link	Your Legislative Link	Veterans Business	Your Legislative Link	Your Legislative Link
9:00	City Council	City Council	City Council	City Council	City Council	City Council	City Council
9:30	Workshop	Workshop	Meeting 5/8/18	Workshop	Workshop	Meeting 5/8/18	Workshop
10:00	5/8/18	5/8/18		5/8/18	5/8/18		5/8/18
10:30	Glendale's Best	Glendale's Best	Glendale's Best	Glendale's Best	Glendale's Best	Glendale's Best	Glendale's Best
11:00	Your Legislative Link	Your Legislative Link	Your Legislative Link	Your Legislative Link	Your Legislative Link	Your Legislative Link	Your Legislative Link
11:30	Today Aldama	Beyond the Headlines	Cactus Corner	Today Malnar	Out & About	Today Turner	Glendale's Best

Glendale 11 TV Guide printed weekly courtesy of The Glendale Star.