

# Activities For Seniors With Limited Mobility

Physical activity is a valuable tool in the fight against chronic disease and other conditions. In fact, the Cleveland Clinic highlights physical activity among its nine ways to prevent disease in an effort to live a long and rewarding life.

Children, adolescents, young adults, and even men and women in middle age may not face too many physical hurdles when they try to exercise, but seniors are not always so lucky.

Aging men and women with mobility issues may wonder if they can reap the rewards of physical activity, and thankfully there are many ways to exercise even if getting up and going isn’t as easy as it might have been in years past.

Sometimes referred to as “aerobic exercise” or simply “cardio,” cardiovascular exercise is an umbrella term that encompasses a wide range of physical activities that raise the heart rate and improve endurance. Seniors with mobility issues can look to various forms of cardio for inspiration as they seek to be more physically active without compromising their overall health.

- Walk your way to a healthier you. Walking is a

form of cardiovascular exercise that is ideal for older adults with mobility issues because it need not be physically demanding and it’s safe to walk just about anywhere. Walking in a place such as a local park can be particularly good for older adults because they can take periodic breaks on benches if aches, pains or stiffness is affecting their ability to keep moving.

- Take up swimming. Swimming might be tailor-made for seniors with mobility issues because it’s a great workout and exercising in water tends to be less taxing on muscles and joints. The Cleveland Clinic notes that swimming promotes heart health, strengthens the lungs, helps to burn calories, and builds muscle, among other benefits. And many seniors find swimming is just as fun in their golden years as it was in their youth, which means aging adults might not face problems with motivation when the time comes to get in the pool.

- Use an exercise bike or portable pedal exerciser. Cycling is a wonderful exercise but one that seniors with mobility issues may feel is no longer possible. If doctors advise against riding a



traditional bike, an exercise bike or portable pedal exerciser can provide many of the benefits of cycling without as great a risk for accident or injury. A portable pedal exerciser can be carried to a park, where seniors can still spend time in the great outdoors, which is one of the most appealing reasons to get on a bike and go.

- Take beginner yoga or tai chi. HelpGuide.org notes that gentle yoga or tai chi can help to improve flexibility and reduce stress and anxiety. Though yoga and tai chi can provide as much demanding physical activity as individuals allow, beginner classes in each discipline don’t require much movement but do provide enough

for seniors hoping to be less sedentary.

Even seniors with mobility issues can find safe and effective ways to be more physically active. Prior to beginning a new exercise regimen, seniors with mobility issues are urged to discuss activities with their physicians.

## Howard Was A Man Worth Knowing

By Van Yandell

Ephesians 1: 7 “In whom we have redemption through his blood, the forgiveness of sins, according to the riches of his grace.”

Howard and I met at the local coffee shop in our little town in Western Kentucky. He was a World War II veteran and had served in the Normandy invasion, June 6, 1944.

Many young Americans lied about their age in the World War II era to go and fight for their country. Howard hinted he may have been such a one but never actually confirmed that.

Howard was an original war hero. The word hero has been so misused in recent years it has partially lost its dynamics. The actual meaning of the word “hero” was demonstrated by the allied soldiers on D-Day.

A “hero” is defined as “A person that fights adversity through ingenuity, courage or strength to help others.”

Many of those that fought in World War II preferred not to talk about their experiences. Howard didn’t say much but occasionally he would share the horrors of his time spent fighting the Nazis.

I don’t remember the exact year but it was in the early 2000’s, Howard began asking me about traveling in Europe, specifically,

France. Having traveled there I had learned a few of the necessary techniques for navigating Europe.

I advised him on money exchange, passports, train stations and train travel. And of course, it would be necessary to learn to use the local transportation systems. Most of the larger cities have subways but local travel in smaller towns is usually by bus or renting a bicycle or motorcycle.

I had a map of Paris I’d brought back from one of my trips. I gave it to him to study. His dream was to go back to the area where he had served in the war. I warned him, it would not be the same and he would probably not even recognize the place.

Howard bought his plane ticket, put on his overalls and hit the road (or the sky). He flew into Charles de Gaulle airport in Paris and went from there. There are two train stations in CDG from which he proceeded south to Lyon (lee-ohn).

I couldn’t help but be concerned for him being in Europe alone. Often the wish that I’d gone with him crossed my mind. Being in Europe in the 21st century is like going to another planet compared to 1944.

The scars from the war are numerous. Vividly recalling my first time in Berlin, walking on a street out of the

Berlin Zoo train station, quickly noticed was the Kaiser Wilhelm Memorial Church. The bombed top of the church has been left as a reminder of the horrors of war. In many places in Berlin bullet holes are visible from the fighting decades ago.

Howard served mostly in the area of Lyon. When he returned, he told me he met a man that drove him around the area. They were together several days and the Frenchman took him to places he would not have otherwise found.

When the day came for Howard to leave for the airport in Paris to return home, he tried to pay the man for the hospitality he’d been shown. Payment was refused and the statement was made, “You and the other Americans that liberated France from the Germans is much more than payment. We are forever grateful.”

Gratitude is a mindset that has become scarce in the world today. Reasons are numerous but one is that our people are not being taught the tremendous price paid for freedom.

Howard is one of many of the thousands that have laid their lives on the line for everyone; yes, everyone, worldwide. Had the Axis powers of the 1940’s won the war, our world would be a different place and many of us would not be alive

today.

During World War II, the Axis powers were a coalition of nations. Germany, Italy, and Japan of over eight decades ago were different from today. Their desire to rule the world under a totalitarian regime cost thousands of lives and the destruction of infrastructure beyond measure.

To even begin to describe the sacrifice of allied military men and women to today’s generation is next to impossible. In the Battle of Normandy there were an estimated 209,000 casualties including killed, wounded and missing. Sad to say, freedom is taken for granted. Some things are not missed until they’re gone.

Seeing a young man missing an arm or leg is a stark reminder of the precious life we have and the opportunities of being an American that few in the world enjoy.

There are only two in the history of the world that have laid down their life for you and me. Those are the military men and women and Christ Jesus.

John 15: 13 “Greater love hath no man than this; that a man lay down his life for his friends.” The Word of God is powerful! This verse states a fact and a promise.

We must always teach that eternal salvation is attained by a faith

based belief (Ephesians 2: 8) in Christ Jesus crucified (Matthew 27: 35) for the remission of sin (1 John 1: 9) and resurrected (Matthew 28: 6).

Howard lived to see his 89th birthday. He passed away in Decem-

ber of 2015. He was one of the great ones.

*Van Yandell is a retired Industrial Arts teacher, an ordained gospel evangelist and commissioned missionary. His email: vmy3451@gmail.com*

### PUBLIC NOTICE

THE FOLLOWING SETTLEMENTS HAVE BEEN FILED IN THE UNION COUNTY DISTRICT COURT. A HEARING ON THESE ESTATES WILL BE HELD ON JULY 24, 2025. EXCEPTIONS OR OBJECTIONS THERETO MUST BE FILED IN SAID OFFICE NO LATER THAN JJULY 17, 2025.AT 8:00 A.M.

Estate of ANNE RYAN  
Type: Final Settlement

### PUBLIC NOTICE

THE FOLLOWING ESTATE HAVE BEEN PROBATED IN UNION DISTRICT COURT. PERSONS HAVING CLAIMS TO FILE AGAINST SAID ESTATES MUST FILE SAME NOT LATER THAN SIX MONTHS FROM THE DATE OF THE APPOINTMENT OF THE FIDUCIARY.

Estate of Amanda Kay Bumgarner, 3716 Hilltop Road, Uniontown, KY 42461. Administrator Rose Rochford, 1557 Moon Lane, Morganfield, KY 42437. Date of appointment May 29, 2025.

### PUBLIC NOTICE

The Union COUNTY, will be accepting bids through a Reverse Online Auction on 6/16/2025 10:00 AM EDT, for the procurement of 775 45 - Road Maintenance Salt for the 2025-26 fiscal year.

The Union COUNTY anticipates that it will require between 0 (zero) and 400 Ton of 775 45 - Road Maintenance Salt during the year.

The deadline to register for the auction is June 2. All bids must be submitted electronically through the reverse auction platform at [www.kacoauctions.com](http://www.kacoauctions.com). Bids submitted by any other means will not be accepted.

To register for the auction and obtain bid specifications, please contact KACo Auctions at (502) 208-1007 ext. 701 or visit [www.kacoauctions.com](http://www.kacoauctions.com).

For additional information, you may also contact the Union COUNTY at 2703891081 or via email at [kim.nance@union-countyky.org](mailto:kim.nance@union-countyky.org).

The Union COUNTY reserves the right to reject any or all bids in whole or in part.

### - PUBLIC NOTICE -

#### NOTICE OF SURPLUS PROPERTY

Sturgis City Council has voted to surplus and receive sealed bids on the following fire truck:

**1-1999 Pierce Ladder Truck**  
**Make-Pierce MFG, Inc. Model-Pierce**  
**VIN-4P1CT02S5XA001089**  
**Mileage 124,160**

Sturgis City Hall has a repair/maintenance estimate from Clarke Power Services in Henderson, KY on the above-mentioned vehicle. If you would like a copy of that estimate call City Hall with your email address.  
**City Hall, 270-333-2166**

Sealed Bids will be received up to June 11,2025 @ 12:00 pm and opened at the regular scheduled City Council meeting, June 11,2025 @4:00 pm

Bids can be delivered or mailed to:  
**Sturgis City Hall**  
**PO Box 98**  
**106 W 6th St**  
**Sturgis, KY 42459**

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### -- PUBLIC NOTICE --

#### PROPOSED USE HEARING FOR MUNICIPAL ROAD AID (MRA) PROGRAM AND LOCAL GOVERNMENT ECONOMIC ASSISTANCE (LGEA) PROGRAM FUNDS

A public hearing will be held by City of Waverly at City Hall on June 3, 2025 at 6:00 p.m. for the purpose of obtaining written and oral comments of citizens regarding possible use of Municipal Road Aid (MRA) and Local Government Economic Assistance (LGEA) Funds. The city currently has \$133,832 in carry-over MRA funds and \$80,944 in carry-over LGEA funds from Fiscal Year June 30,2025 and expects to receive \$6,500 in MRA funds and \$15,000 in LGEA funds during Fiscal Year ended June 30, 2026 for a total of \$140,332 in MRA funds and \$95,944 in LGEA funds.

All interested persons and organizations in City of Waverly are invited to the public hearing to submit oral or written comments on the possible use of these funds. Any persons who cannot, but would like to submit comments, should call the Mayor at 270-952-5245 so that arrangements can be made to secure their comments.

### PUBLIC NOTICE

A request for proposal for a Project 25 Public Safety Radio System will be received by the Union County Fiscal Court at the Union County Judges Office,100 West Main Street, Morganfield, Kentucky 42437, until 8:30 a.m. Central Standard Time on Thursday July 10, 2025, at which time they will be opened in the county courtroom located on the 2nd floor of the courthouse and publicly read aloud.

The Contract Documents, including technical specifications and drawings, may be examined at the following locations:

**Union County Judges Office,**  
**100 West Main Street**  
**Morganfield, KY 42437**

Copies of the Contract Documents may be obtained at the office of Union County Judge's Office, 100 West Main Street Morganfield, Kentucky 42437 or by emailing Jill Hunley at [jill.hunley@unioncountky.gov](mailto:jill.hunley@unioncountky.gov).

The Union County Fiscal Court shall reserve the right to waive informalities and to reject any or all RFPs.

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