



Putting the CARE back in Healthcare...

By Nikki Troisi, AristaCare at Whiting

Frank B. writes: There are many trips planned for Atlantic City throughout the year. I have never been a big gambler but it is a good source of entertainment. I am 70 years old, is it possible for me to become addicted?

Addiction does not discriminate by age. The elderly are at a high risk for a gambling addiction, 5 to 10 percent of elderly gamblers will become addicted which is twice as likely as young gamblers. In fact 65% of Atlantic City's revenue comes from the Elderly.

It is easy to think "How can I become addicted at this stage of life?" The bottom line is that Casinos market to the elderly and make it very easy and accessible. All casinos are wheelchair accessible and easy to navigate with a cane or walker. Casinos also provide inexpensive buffet options and coupons which are appealing to the elderly because many are on a fixed income. Many retirement communities provide regular transportation to casinos therefore making them very accessible and easy source of entertainment.

Those are the facts, now how can you keep your innocent fun from turning into addiction? Contrary to popular belief gambling amongst the elderly is not for the love of the game or the urge to win it big. Many people go to casinos and gamble due to loneliness and boredom. There is no hurt in taking an Atlantic City trip once a month but try to get more involved with the surrounding community groups. Whiting especially has so much to offer that I can't imagine anyone having time to gamble. There are so many groups and events to get involved with, anything from the gardening club to the photography group. There is surely not a lack of bingo games in the area that can certainly whet your appetite for the game without risking losing it big.

It seems that every time you look in the paper there is always something going on. Here at AristaCare we have regular exercise classes, events, Community Bingo, and health screenings. We provide a nice atmosphere for you to come and get involved even if you would like to volunteer.

The idea is not to cut out all of your trips down to Atlantic City but to fill your schedule with enough activity that going down to the casinos do not consume your life or day. Find satisfaction and fun in other activities. Having a nice balanced social life is the key to keeping your healthy thirst for the slots at bay.

To find out about more about our events at AristaCare please contact our receptionist for more information.

**IF YOU HAVE A HEALTHCARE RELATED QUESTION,
WE'D LOVE TO HEAR FROM YOU. PLEASE WRITE TO:**

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