

This information is forwarded by the **Love Thy Neighbor Ministry** at Saint Rose of Lima Catholic Church, Milton FL.
Source of Information: The Catholic Foundation of Northwest Florida. Due to the many references, some may not be current but have many useful reference sources. Emails are sent using the Blind Carbon Copy (BCC) method.

This quality of life series focuses primarily on senior citizens plus other supplemental information. You do not have to be a Senior to make use of this information. If you know of a Senior, a parishioner or a neighbor who could use this information you are invited to give them a copy of this email. Fellowship through improved communications is guided by the second greatest commandment. Sometimes an act of kindness can be as simple as a phone call, a visit, or receipt of an email.

Suggestion: Create a separate folder of this information for ease of future reference.

For information about our Parish, click on the following link: <http://parishesonline.com/scripts/HostedSites/Org.asp?ID=14423>

Our parish spirit is rising, is rising

Adaptive Equipment for Aging Golfers

http://www.legacygifts.org/savvy_senior.jsp?WebID=GL2004-0129&D=200724

Dear Savvy Senior,

Do you know of any good golfing gadgets or equipment that can help a stiff, old, less mobile golfer? I love to play golf but at age 74 I struggle with arthritis and a few other health conditions. What can you tell me?

Aging Golfer

Dear Aging,

No matter what your handicap or physical limitations are, there are a variety of golfing gadgets, gizmos and equipment on the market that can help with almost every problem.

Adaptive Golf

As we age, changes in our strength, flexibility, range of motion and vision make most things in life more difficult, including golf. Here are some of the key areas that can cause older golfers problems and some adaptive products that can help keep them playing longer and maybe even improve their game.

Gripping

Being able to grip a golf club can be challenging for seniors who struggle with arthritis or have limited hand strength. To help alleviate this problem there are specially designed golf gloves and jumbo grip golf clubs that can make a big difference. Here's what's available. Power or Sure Grip Gloves: These use a Velcro strap to secure the club to your hand which increases grip power and prevents the club from slipping in your hands. Visit www.powerglove.com and www.suregripsportsglove.com.

Bionic Golf Gloves: Ergonomically designed to improve grip with less effort. Visit www.bionicrogloves.com or call 877-524-6642.

Jumbo golf grips: Oversized cushion grips (sizes vary) can make gripping the club much easier and more comfortable. To get jumbo grips installed on your clubs, a good resource is the Professional Club Makers' Society which provides a nationwide list of club makers on their web site at www.proclubmakers.org or call 800-548-6094. The cost per grip is \$5 - \$10.

Bending and Stooping

Golf is a game that requires a lot of repetitive bending and stooping that can create problems if you have a bad back or limited flexibility. To address this problem, the Uprightgolf company (www.uprightgolf.com or 319-268-0939) offers a variety of affordable products (most are under \$40) that eliminate the bending and stooping that comes with teeing the ball up, repairing divots, marking the ball while on the green, retrieving the ball, picking a club up from the ground and more.

Adaptive Clubs

To help golfers with limited mobility, custom-made adaptive golf clubs are a great option to consider. Two types you should know about include:

Flexible shaft clubs: Ideal for golfers who have lost some of their strength and range of motion. The flexible shafts increase club head speed for greater lift and more distance on your shots, making for a more enjoyable round of golf. The cost range is \$50 - \$85 per

club.

Flat lie clubs: For handicapped golfers, these clubs are angled outward at the club head, which makes for better ball contact from a seated position. Cost is around \$75 per club. Again, the best resource to get these custom clubs is the Professional Club Makers' Society (www.proclubmakers.org).

Riding Carts

For golfers with mobility loss or who have problems with balance or stamina, there are several ergonomically designed (single riding) golf carts that offer the ability to play from a seated position (see www.usagpi.com or www.solorider.com). Golfers just swing the seat out to the side of the cart to take their shot and turn the seat back to the forward position to drive to the next shot. These carts are light weight and precisely balanced so they can be driven on tee boxes and greens without causing any damage. By law, they must be allowed on public golf courses nationwide. Price ranges from \$7,000 to \$8,500.

Extra Golfing Goodies

For golfers who like to walk, a terrific ergonomic walking golf cart is the three-wheeled Kaddy Stroller (\$180, www.kaddystroller.com). And if you could use some help finding your golf ball from time to time, take a look at www.radargolf.com for \$200.