

# Rebecca Heath

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## Mane Attraction Salon to Host Boot Camp for Parents

Calling all parents and their children. Have you ever had to style your son or daughter's hair and just didn't know what to do? Mane Attraction Salon is hosting a boot camp for parents and their children to teach them the tips and tricks to style their children's hair, on Wednesday, August 12th.

Parents and their children are invited to come into the salon for a night full of fun. Parents will learn the best tips and tricks to style their children's hair from Mane Attraction's expert stylists. Parents and children will also learn the best ways to take care of their hair and how to recreate the style at home.

The event will begin at 6:00 p.m. on Wednesday, August 12th. The boot camp costs \$20, redeemable in products to style your child's hair.

Mane Attraction Salon is located on 32nd Street and Camelback. For more information, visit [www.maneattractionsalon.com](http://www.maneattractionsalon.com) or call (602) 956-2996. ♦



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## Staying in Place.

By Tina Mellino, Interior and Lifestyle Designer, Allied ASID

As I thumb through my latest edition of the magazine *AARP* I am inspired by the stories of seniors who defy their age and are living strong happy inspired lives. Among the featured age busters is a 63 year old fashion model and a race car granny named 'Bunny Burkett' who at 70 years old is known as the 'First Lady of Funny Cars.'

These are but a few of the incredible accomplishments some seniors are making. As we age, we all want to do so gracefully and hopefully remain in our homes and yet, there are aspects like impaired vision and limited mobility that can make staying put a challenge. 'Aging in Place' has become a specialty designation in the homebuilding/re-model industry as well as 'CAPS' Certified Aging In-Place Specialist which certifies re-modelers to build tasteful, barrier-free living spaces suited to the needs of older adults.

According to Bonnie Lewis, 55+ TLC Interior Design a Senior Living/Aging in Place Specialist, "Good design makes life better!" Aging in place modifications are more than just adding grab bars. Lewis suggest the following tips when making changes for aging in place:

- Kitchen cabinet and counter updates should include lowered shelving and lower counters for easier access as well as adding pull-out drawers and base cabinets.
- 'French-door' style refrigerators are more accessible as are appliances with more manageable front controls.
- Material finishes in kitchen and baths with contrasting color, texture and patterns provide visual cues for those with vision impairment.
- Flooring selections should include tiles that are smooth and eliminate rugs which are a tripping hazard.
- Doors and doorways often need to be widened to accommodate wheelchairs, and lever handles rather than door knobs can make opening doors much easier for those with arthritis.
- Electrical modifications should be made with added lighting and lower wall mounted light switches.

Aging in place modifications are not only designated towards seniors but also those with a disability regardless of age.

For interior and lifestyle design services, contact Tina at [tmellino@cox.net](mailto:tmellino@cox.net) or visit [www.zlainteriors.com](http://www.zlainteriors.com). ♦