LIFEWISE

Jefferson County Office for the Aging 175 Arsenal Street Watertown, New York 13601

Vol. 23 No. 53 Summer 2015

A Message from the Director
Peter J. Fazio

You've all heard that we are living longer, and hopefully healthier. In Jefferson County, the 60 plus age category is going to continue to increase until 2030.

A 176 page report dated 8/16/12 by the US Dept. of Health and Human Services included "Highlights of Older Americans" and I want to share them with you:

1. Increase labor participation by older women - In 1963, 17% of women 65-69 were in the labor force; in 2011, that had increased to 27%.

2. Declines in poverty, increases in income since 1974 – Between 1974 and 2010, the proportion of older people with income below the poverty thresholds fell from 15% to 9%.

3. Increased housing problems – The most significant issue by far is the housing cost burden which is steadily increasing over time.

4. Rising rates of obesity – In 2009-2010, 38% of people age 65 and over were obese compared with 32% in 1988-1994.

5. More use of Hospice- The percentage of people who died at home increased from 15% in 1999 to 24% in 2009.

So, seniors as a whole have made several steps forward, and a couple steps back.

Let's collectively, work to get everyone moving forward and reduce/eliminate the steps backwards.

ANNUAL SENIOR PICNIC

Office for the Aging is planning our Annual Senior Picnic. As usual, the picnic will be held at **Westcott Beach State Park on Wednesday, July 22nd, with a rain date of Thursday, July 23rd.**

We have already received a number of great donated prizes and will be entertained once again by "Twin Towers" DJ service.

Please complete the registration form **on page 7** and return it to Office for the Aging as soon as possible, as we have to limit attendance to the first 600 people.

The price will be $5.00 for individuals 60 and over and $7.00 for individuals under the age of 60 accompanying a senior.

The Registration Form must be completed in its entirety for each person attending and returned to OFA by 7/13/15 with payment.

Additional copies can be made.

2nd ANNUAL BEST JOKE CONTEST!
Send us your best joke with your registration form and maybe win a prize!!

Older American's Month

Every May, the NY State Office for the Aging hosts a luncheon in Albany in recognition of Older American's Month.

Each County in the State is encouraged to submit the names of local seniors who contribute back to their communities and especially to services/events that assist seniors.

This year, Jefferson County OFA submitted the names of Rose Reff and Ada Bartlett. Rose and Ada participated in the luncheon and tour of the Capital on May 5th and we want to thank them for all their previous and hopefully future efforts to help OFA and local seniors. For more on Older American's Month, see page 5. To see the full biographies on Rose and Ada, go to www.co.jefferson.ny.us (Aging)

Congratulations Rose and Ada!

HANDYMAN PROGRAM!!!

The Handyman Program provides up to $250.00 reimbursement to seniors for minor modifications to their home.

The changes must help the senior remain in their home and include, but are not limited to ramps, grab bars, door widening and cabinet lowering.

Funds cannot be available from any other program for the full cost of the work.

For more information call the Office for the Aging at 315-785-3191.

Do you speak a language other than English and need assistance???

WE CAN HELP!

Office for the Aging has no cost language interpretation services available.

NEED A LAUGH???

Reporter: "So you are 100 years old. How did you manage to live so long?"

The man replied "Well, son, I got married when I was 21. The wife and I decided that if we had arguments, the loser would take a long walk to get over being mad. I suppose I have benefitted most by 79 years of fresh air."

Osteoporosis: Not for Women Only

From: Berkeley Wellness Letter, Volume 31, Issue 4, January 2015

About one third of all osteoporotic hip fractures worldwide occur in men, according to a new report from the International Osteoporosis Foundation, which calls this bone-thinning disease one “that for far too long has been considered to be exclusively a problem for women.” Yet men are far less likely to be assessed and treated than women. The result is unnecessary pain, disability, income loss, and even premature death. In fact, compared to women, men are more likely to die after a hip fracture, with a one year mortality rate of 37% seen in one study. Other eye-opening stats: After age 50, one in five men will eventually suffer an osteoporotic fracture, compared with one in three women. Men are about twice as likely to suffer an osteoporotic fracture than be diagnosed with prostate cancer, and the number of hip fractures among men in the US is expected to increase by 50% between 2010 and 2030.

Risk factors for osteoporosis in both men and women include increasing age, family history, low calcium intake, vitamin D insufficiency, sedentary lifestyle, smoking, excess alcohol, and long-term use of glucocorticoids and certain other drugs. A risk factor unique to men is low testosterone levels that may, for example, result from prostate cancer treatment.

To reduce the risk of osteoporosis and fractures, men, like women, should consume adequate calcium, vitamin D, and protein; do weight-bearing exercise most days of the week; not smoke; and keep alcohol intake moderate. For men who develop osteoporosis, the good news is that there are several effective options, just as there are for women. The full report can be found at www.tinnyurl.com/osteomen. For more screening guidelines and bone health recommendations for men, go to www.tinnyurl.com/WLosteo.

When Home Care Ends: A Family Caregiver's Guide
From: www.nextstepincare.org

Preparing for the End of Home Care

Home care services that are covered (paid for) by Medicare and private insurance often last just a few weeks. Home care services covered by Medicaid can sometimes go on longer. Talk with your family member's social worker to find out whether your family member can get services paid by Medicaid. The nurse or case manager who opened (started) your family member's health care needs insurance or other factors.

Knowing in advance when services will stop gives you and your family member the opportunity to say goodbye to the nurses, home care aides, and therapists who came to the home.

You and your family member may have mixed feelings about home care services. At times, you may have felt that these services were very helpful. Other times, you may have felt it was hard to keep up with all the people coming into your home. You may have looked forward to the time when the services would end so you could have a more "normal" routine.

What You Can Do Before Home Care Ends

Most family caregivers have a lot more responsibility once home care services end. Here are some ideas that can help:

- Find out what type of care your family member will need. This may include follow-up visits with his or her doctor or additional physical therapy.
- Ask the nurses, aides, and therapists about tasks you now need to do. For instance, if the nurse managed your family member's medications, now you may need to do this. Or, if the home care agency ordered supplies, you may now need to be the one to buy them. Make sure you fully understand all tasks you need to do and how to do them.
- Think about whether you need and can hire public help. This might be paying someone to help with shopping and cleaning or providing care to your family member.
- Make a calendar of your family member's care. A good way to start is by listing all the tasks that must be done in the first few weeks after home care ends. If you want help doing this, ask the nurse.

Taking Care Of Yourself

When home care ends you may have additional responsibilities that were previously managed by the home care staff. Managing and providing care at home for someone who is chronically or seriously ill or disabled is often very difficult and can be overwhelming. Family caregivers often neglect their own health. It is important that you balance your needs with your family member's needs. You need to take care of yourself, not just your family member. This means paying attention to your feelings as well as physical health. It also means taking time for yourself – even if just for a short period of time.

How Family And Friends Can Help

Being a family caregiver is a big responsibility and a hard job to do. You do not have to do this alone. Now is the time to get help from other family members and friends. Talk with those who offered to help about what they can do. You might begin with small tasks so they do not feel overwhelmed. Here are some ideas about ways family and friends can help:

- Go grocery shopping
- Stay with your family member while you do errands
- Keep track of paperwork, such as bills and insurance claims

FARMER'S MARKET COUPONS!

It is almost time for Farmers Market Coupons. They should be in the office in July. Please call around the 1st of July to make sure we have them.

Keep Your Cool When the Weather Is Hot

From: Health Matters

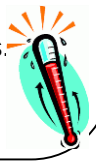
☼ Drink cool, non-alcoholic beverages. If your doctor generally limits the amount of fluid you drink or has you on water pills, ask him/her how much you should drink when the weather is hot. Also, avoid extremely cold liquids because they can cause cramps.

☼ Use air conditioning to cool down or go to an air-conditioned building or cooling center.

☼ Rest; Do not engage in strenuous activities.

☼ Take a cool shower, bath, or sponge bath.

☼ Wear lightweight clothing.



Brain Health – 7 Tips to Successful Aging
Via the Alzheimer's Association of America

1. *Successful aging starts at a young age and continues through old age.*

2. *Control risk factors for Alzheimer's disease*: Diabetes, obesity, depression, heart disease, and high blood pressure.

3. *The evil three*: Poor diet. Inactivity. Smoking. Eliminating the evil three results in an 80% less Alzheimer's disease risk.

4. *Good for the heart IS good for the brain*: Nourish your BODY (30 minute walk daily, no smoking), Nourish your MIND (do mental exercises, learn new skills), Nourish your SOUL (socialize, manage stress, spiritual involvement)

5. *Eat smart*: Say YES to colorful dark skinned fruit/vegetables, Vitamin E (blackberries, spinach), Beta Carotene (broccoli, sweet potatoes, whole grains, Omega 3 fatty acids in salmon, sardines) and Antioxidants (blueberries and walnuts). Say NO to red meat, fried foods, saturated fats, processed foods, salt, added sugar, and trans-fatty acids.

6. *See your doctor regularly*: Medicare Preventative and screening benefits for cardiovascular, diabetes and depression screenings. Also, get tobacco cessation counseling, medical nutrition therapy services and detection of cognitive impairment.

7. *Caregiver checkup*: Due to behavioral/cognitive symptoms of a loved one with Alzheimer's disease, caregivers most commonly:
   1. Give up time with friends/family and recreational activities.
   2. Suffer from fatigue, difficulty sleeping, weight gain, headaches or back pain.
   3. Mange by talking to someone, doing physical activity, doing mental activity, getting help from family, friends and volunteers, going to house of worship or using relaxation techniques.

About Older Americans Month

Each May, the Administration for Community Living (ACL) celebrates Older Americans Month to recognize older Americans for their contributions to the nation. This year, in honor of the 50th anniversary of the Older Americans Act, we focus on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others. This year's theme is "Get into the Act" and we hope you will join us in making this a month – and year – of action.

GET INTO THE ACT
OLDER AMERICANS MONTH
MAY 2015

Resources:

Staying Engaged Through Work and Play
Community Service Projects: http://www.serve.gov
Creative Activities for Older Adults: http://www.creativeaging.org
Re-Careering and Retirement: http://www.aarp.org/work/working-after-retirement/
Volunteerism: http://www.giveitbacktoseniors.org/

Injury and Abuse Prevention
Elder Abuse Prevention: http://ncea.aoa.gov/
Emergency Preparedness for Older Adults: http://www.acl.gov/Get_Help/Preparedness/
Falls Prevention: http://www.ncoa.org/improve-health/falls-prevention/
Financial Protection: http://www.consumerfinance.gov/older-americans/
Home Safety Checklist: http://www.cpsc.gov//PageFiles/122038/701.pdf

Healthy Living
Brain Health: http://www.acl.gov/Get_Help/BrainHealth/index.aspx
Exercise and Fitness: http://go4life.nia.nih.gov/older-americans/
Health Information for Older Adults: http://www.cdc.gov/aging.aginginfo/index.htm
Living with Alzheimer's Disease: http://alzheimers.gov
Nutrition Tips: http://www.nutrition.gov/life-stages/seniors

Older Americans Act (OAA)
About the Act: http://www.aoa.acl.gov/AoA_Programs/OAA/
AoA (OAA funded programs): http://www.aoa.acl.gov/

Tips and Techniques for The Senior Gardner

Agricultural Engineering Extension: Karen Funkenbusch, MA and Willard Downs, Ph.D.

Gardening is America's favorite leisure outdoor activity, enjoyed by more than 78 million people, according to the National Gardening Association. For most of us, gardening provides a welcome sojourn in the natural world, a sanctuary that promises relief from the challenges of life. Yet many feel the need to give it up as they become less physically able. Gardening can enrich the life of the senior gardener in many ways - physically, mentally, and spiritually. The following tips for modifying tools and gardening techniques can make all the difference for the senior gardener.

- Paint your garden tools with a bright color. This will enable the senior gardener to easily locate tools.
- Purchase seed and seed tape for easier handling and planting.
- Grow plants that heighten the sense of touch or smell.
- Use a vertical garden or trellis. This allows the senior gardener to plant and weed without stooping or bending.
- Build and design raised beds that provide a place to sit and garden.
- Try using a stool, chair, or bench to avoid constant stooping or squatting.
- Use the right length tools. Long handled or curved handled tools provide better grips and more leverage.
- For safety sake, garden early in the morning or late in the day. Avoid being out between 10:00 a.m. and 2:00 p.m. Drink plenty of decaffeinated fluids to prevent dehydration. Also, allow time for breaks in the shade.
- Wear lightweight clothing, long sleeved shirt, eye protection, sunscreen, a big hat to shade face, and gardening gloves.

Veteran's Corner

By: Peter J. Fazio

There have been 2 big changes in the National and local VA Health Care (HC) areas.

Nationally, a veteran will no longer be asked to provide their assets on a VA HC application. Due to the change, eligibility will now be determined based on whether or not a veteran has a service connected rating, their previous calendar year gross household income and out-of-pocket unreimbursed medical expenses. The VA estimates that due to the change, over a 5 year period, an estimated 190,000 veterans will become eligible for VA HC or have reduced costs. If a veteran has been previously denied enrollment in VA HC due to excess assets, they should consider reapplying.

Locally, the new primary care VA clinic opened at 144 Eastern Blvd., Watertown, NY 13601 (Northland Plaza). The phone number is 315-221-7026. Some VA specialty care will still be provided at the previous location in the C.A.N.I. building on Washington Street.

Summer Travel and Medicare Coverage

From: Senior News

Will you be traveling this summer? Whether traveling abroad or staying within the US, check your health and drug plans before you leave so you will know what they will cover when you're not at home. If you have Original Medicare, you can travel anywhere in the US and its territories and get the medical care you need from almost any doctor or hospital. If you are in a private health plan such as HMO, you are usually only covered for the care you get from doctors, hospitals and other health care providers that are in the plan's "network." Except in emergencies, if you use out-of-network doctors and facilities, you will pay the full cost of the care you receive.

Usually, Medicare does not cover medical care you get outside the country. There are a few exceptions. Medicare will cover your care if you are on a cruise if: (1) the ship is registered to the US; (2) the doctor is registered with the Coast Guard; (3) you get the care while the ship is in US territorial waters. This means the ship is in a US port or within 6 hours of arrival at or departure from a US port. Medicare will pay for emergency services in Canada if you are traveling a direct route between Alaska and another state. Medicare may also pay for non-emergency in-patient services in a foreign hospital (and connected physician and ambulance costs), if it is closer to your residence than the nearest US hospital that is available and equipped to treat your medical condition. This may happen if, for example, you live near the border of Mexico or Canada.

Dates To Remember

June 14th	Flag Day
June 21st	First Day of Summer
June 21st	Father's Day
July 4th	Independence Day
July 22nd	Senior Picnic
July 23rd	Senior Picnic (Rain Date)
September 7th	Labor Day

NEED AN AIR CONDITIONER?

DSS will begin accepting applications for the HEAP Cooling Assistance Component (CAC) beginning on Friday May 1st 2015 through Monday, August 31, 2015.

- Clients must have already filed a HEAP application or a new one must be completed for DSS.
- Current medical documentation stating medical need for an air conditioner must be provided by your Physician.

If you have questions or would like more information please call 315-785-3229.

HELP STOP MEDICARE/MEDICAID FRAUD

The US Dept. of Health and Human Services and the US Dept. of Justice operate a website for both consumers and providers. Go to www.stopmedicarefraud.gov for tips on how to prevent and report fraud.

If you have questions or would like to file a report to the Medicaid Fraud Control Unit, call the NYS Attorney General's hotline at 1-800-771-7755 or 315-523-6080.

Filing reports of suspected fraud saves money for taxpayers and patients and protects the quality of health care.

2015 Jefferson County Office for the Aging Picnic

Wednesday, July 22, 2015 Wescott's Beach State Park 10am-2pm
(Rain Date: Thursday, July 23, 2015)

By July 13, 2015

Send completed reservation form and your check made out to the:
"Jefferson County Treasurer" to Jefferson County Office for the Aging
175 Arsenal Street, Watertown, NY 13601

$5.00 for individuals 60 and over **$7.00 for individuals under age 60**

Menu
Pulled BBQ Chicken on a Bun
Salt Potatoes
Macaroni Salad
Pineapple Coleslaw
Watermelon Wedge
Beverages

One reservation form per person – This form may be copied if another registration is needed!!

Jefferson County Office for the Aging Picnic Participant Registration

Legal Name: _____ Date of Birth: _____
Address: _____ Telephone: _____
City/State: _____ **(Check one)** Male: _____ Female:_____
Zip Code: _____ Are you a veteran? Yes _____ No_____
Social Security # (or last four #):_____ Are you Frail/Disabled? Yes ____ No____
Number in Household: _____ Marital Status_____
Lives with: **(Circle one)** Alone Non-Relatives Relatives Spouse & Others Spouse only
Are you also known by a nickname? If yes, what is the nickname: _____

Race (Check one): ____2 or more races ____American Indian/Native Alaskan ____Asian
____Black/African American ____Native Hawaiian/Other Pacific Islander ____Other race ____White, Hispanic
____White, Not-Hispanic

Ethnicity (Check one): ____Hispanic/Latino ____Not Hispanic/Latino

Please check the category your monthly income falls within:
Single ____Below $981 ____$982-$1,225 ____$1,226-$1,470 ____$1,471-$1,814 ____$1,815+
Couple ____Below $1,327 ____$1,328-$1,658 ____$1,659-$1,990 ____$1,991-$2,455 ____$2,456+

Emergency Contact:
Name:_____
Telephone:_____
Address:_____
Relationship:_____

***Must be completed <u>if under 60</u>** (CIRCLE ONE)
Are you under 60 and the spouse of an eligible senior? Yes No
Are you disabled and living in senior housing? Yes No
Are you an eligible volunteer under 60? Yes No
Are you disabled and living at home with eligible senior? Yes No

Please answer the following questions:	Yes	No
Do you have an illness or condition that changes the kind and/or amount of food eaten?		
Do you eat fewer than 2 meals per day?		
Do you eat fewer than 2 daily servings of fruits?		
Do you eat fewer than 2 daily servings of vegetables?		
Do you eat fewer than 2 daily servings of milk products?		
Do you have 3 or more drinks of beer, liquor, or wine almost every day?		
Do you have tooth or mouth problems that make it hard to eat?		
Do you sometimes not always have enough money to buy needed food?		
Do you eat alone most of the time?		
Do you take 3 or more prescribed or over-the-counter drugs per day?		
Do you without wanting to, lost or gained 10 pounds in the past 6 months?		
Do you have a physical limitation that prevents you to shop, cook and/or feed yourself?		

The programs and services available under the auspices of the Office for the Aging are made possible by the contributions from program participants', the County of Jefferson, the NYS Office for the Aging and U.S. Administration on Aging.

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By: Sheila Kehoe, Long Term Care Coordinator

"Living a Healthy Life"

The Chronic Disease Self-Management Program

If you have one or more conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, the workshops offered through the Chronic Disease Self-Management Program can help you take charge of your life and ability to manage your health condition.

The small group workshop is for a 6 week period with classes lasting for two and a half hours. Classes are highly participative, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives. Caregivers are also welcome!

For more information on upcoming classes, please call Sheila Kehoe at 785-5081.