



Niagara County Office for the Aging
 111 Main Street, Suite 101
 Lockport, NY 14094
 438-4020
www.niagaracounty.com/aging

Office for the Aging News

We're looking for one special Senior

2009 is off to a great start with many vibrant new and continuing programs for seniors and caregivers! The month of May seems far away, but we know it will be here in the blink of an eye. It's been a long, cold winter and we – like you – are looking forward to spring.

Each May brings us Older American's Month, and 2009 will be no different.

In Niagara County, we also have the tradition of recognizing our Senior Citizen of the Year in May. The award will be presented at the County Legislature meeting, along with the requisite pomp and ceremony. If you know of someone you'd like to nominate for Niagara County Senior Citizen of the Year 2009, please let us know by mailing, faxing or e-mailing in the nomination or just call us. Please include Name of nominee, your name and phone number and why you think you nominee should receive the award. Whatever method you choose, we need all nominations by **March 31st**.

Thank you.

Chris Richbart, Director



SWEET POTATO WEDGES WITH ROSEMARY

Here is an interesting take on baked sweet potato "fries." Coat the wedges with a little soy sauce, which gives the potatoes nice color, and chili powder, which provides a little kick. A little fresh rosemary sprinkled on after baking offers a vibrant finish. Serve the wedges hot, straight from the oven. In addition to being an interesting side dish, they make an unusual cocktail nibble. Serves 6 to 8

3 1/2 pounds sweet potatoes (about 10 ounces each), scrubbed

3 tablespoons olive oil

1 1/2 teaspoons chili powder

1 1/2 teaspoons soy sauce, preferably Japanese tamari or shoyu

Freshly ground black pepper

1 heaping tablespoon chopped fresh rosemary

Set two racks in middle section of oven. Line two lipped baking sheets or large, shallow roasting pans with foil. Preheat oven to 450 degrees. Halve potatoes crosswise (no need to peel). Cut each piece in half lengthwise. Then cut each piece into wedges about 1/2-inch thick. Sprinkle olive oil on top and stir to coat fries. Add soy sauce, chili powder, pepper and rosemary. (For less sodium, skip the soy sauce) Spread out on baking sheets.

Bake about 15-20 minutes until easily pierced with a fork.

Note- to prepare this for one or two, simply use 1 or 2 sweet potatoes

* Source- Edible Buffalo web site

Try This!!!

This will boggle your mind and you will keep trying over and over again to see if you can outsmart your foot.

1. Without anyone watching you (they will think you're goofy) and while sitting at your desk in front of your computer, lift your right foot off the floor and make clockwise circles.
2. Now while doing this, draw the number '6' in the air with your right hand. Your foot will change direction. I told you so!! And there's nothing you can do about it! Try double checking it with your left foot.

You and I both know how stupid it is, but before the day is done you are going to try it again, if you've not already done so.



March is National Nutrition Month

“Eat Right!”

The theme this year for National Nutrition Month is “Eat Right”. You may try to “eat right” on a daily basis. Sometimes we are successful, and sometimes it is normal to get side-tracked. If we have success at least 50% of the time or more, this can positively impact your health. I always say that the concept of good nutrition is similar to your religious faith- you have to believe what you cannot see. We have to have faith that “eating right” will affect our bodies and impact our health in positive ways.

Eating right can:

Trigger positive thinking

Effect how we feel

Give us energy

Aid in digestion

Help prevent colds, illnesses and chronic diseases

Help us to come up with the right words

Power the brain and prevent dementia

Tips for Eating Right:

1. Lighten Up – losing even a few extra pounds will help unburden your heart
 2. Be Fat Savvy – Trim saturated fat and cholesterol by choosing lean meats, skinless poultry and low-fat or fat-free dairy products. Look for foods with no or little trans-fats.
 3. Slash Sodium – Look for salt-reduced and no-added-salt versions of canned soups, vegetables and prepared foods. Add less salt to foods.
 4. Load Up on Produce – Enjoy colorful fruits and vegetables – their fiber, vitamins and minerals are great for your heart and blood pressure
 5. Go for Whole Grains – Eat at least 3 ounces daily of whole grained foods such as whole-grain cereal, whole-grain bread and pasta and brown rice.
 6. Get Hooked on Fish – Eat omega-rich fish such as salmon, trout and herring at least twice a week.
- Visit the ADA web site at: www.eatright.org to learn more about eating well for a healthy heart. If you need assistance in “eating right”, contact Glenda Reardon, Registered Certified Dietitian, Niagara County Office for the Aging, 438-4030

Beware of Promised Credit Fixes

Desperate times can lead to desperate action, and in the case of a downturn in the economy this can lead to disastrous mistakes where people lose more money than they can afford to lose. When people are worried about making credit card payments or max out their limits, they are likely to fall victim to fast talk about easy fixes. There is no easy fix to a credit problem.

Candice Twyman, Executive Director for the Better Business Bureau Education Foundation warns people to be very careful when considering offers from debt consolidation or debt negotiating companies. "Be sure and check out the companies very carefully. Use your Better Business Bureau, but read the report carefully," states Twyman. Twyman says the things to look for in the report are :

1. How long has the company been in business
2. The rating the company has with BBB
3. The number of complaints
4. How the complaints were resolved.

The length of time the company has been in business is very important because they may not have had time to establish a track record, good or bad. They may be so new, the BBB does not have a report on them or they could have been in business only a few months, and the complaints have not started coming in.

The best advice is to do your homework before giving away your money. Use the resources available to you through the Better Business Bureau at www.bbb.org, **C o n s u m e r r e p o r t s** at www.consumerverreports.org, and the

Federal watchdog agencies such as the Federal Trade Commission at www.ftc.gov. They all have valuable information that can stop you from making a costly mistake.



New Web Site for Caregivers

To improve the working relationship between family caregivers and health care providers, the United Hospital Fund has launched the Next Step in Care website: www.nextstepincare.org/.

The website offers a range of guides and checklists-most intended for family caregivers of persons with serious illness, with some specifically for health care providers-designed to make patients' transitions between care settings smoother and safer.

The website is the first stage of a larger campaign, called Next Step in Care, which will engage hospitals, nursing home rehabilitation facilities, and home health agencies, as well as patient advocacy groups and other family caregiver-focused organizations, in addressing a range of transition-related challenges. Many studies have shown that miscommunication and lack of coordination in transitions lead to errors, particularly around medication changes. The tools are expected to reduce confusion and anxiety for family caregivers-family members or friends who provide or manage care-as well as improve patient outcomes and reduce unnecessary rehospitalizations.

"Family caregivers are the invisible workforce in health care," said Carol Levine, director of the Families and Health Care Project at United Hospital Fund. "They are usually responsible for coordination

of care after a stay in a hospital, nursing home, or after home care services end. Yet they are rarely trained, supported, or included in transition planning. These guides are intended to give them basic information to navigate an increasingly complex system."

Guides and Checklists For Family Caregivers

Admission:

--HIPAA: Questions and Answers for Family Caregivers

--Your Family Member's Personal Health Record

--Medication Management Form

--Advance Directives

--A Family Caregiver's Planner for Care at Home

--Planning for Discharge

--Medication Management

--What Do I Need as a Family Caregiver?

--Hospital-to-Home Discharge Guide

--Going Home after Rehab

Discharge:

--Medication Management Form

--Going Home: What You Need to Know

--What Do I Need as a Family Caregiver?

--When Home Care Ends

Next Steps:

--Emergency Room (ER) Visits

--A Brief Guide to Home Care

--and

--Home Care: A Family Caregiver's Guide [detailed version]

--Planning for Inpatient Rehabilitation (Rehab) Services

--Admission to Inpatient Rehabilitation (Rehab) Services



NY Connects Niagara County...What Is It and What Does It Mean for Me?

For many people, trying to navigate through the long term care system can leave a person confused and not sure where to turn for help. NY Connects Niagara County provides free information and assistance, helping people make informed choices regarding long term care.

Long term care is not just for older adults. It also includes disabled children and adults. Our goal is to help a person make informed care choices, remain in their home as long as possible and when necessary, transition into a residential placement.

We help individuals, their families and/or caregivers, as well as people employed in the helping service professions. One phone call can help to identify available long term care options, provide names and phone numbers for possible service providers, and help make navigation through the long term care system easier.

Please contact NY Connects Niagara County at (716) 438-3030, Monday through Friday, from 9:00 am to 4:00 pm with any questions you have regarding long term care services in Niagara County. We have the information to help.