



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

OFFICE FOR THE AGING



Who to call at the Office for the Aging

Do you ever wonder who to ask for when you call the Niagara County Office for the Aging? You can always call our main number, **438-4020**, and ask who can best answer your question, or you can call the same number and ask for one of the people below. Also you can go to our web site at www.niagaracounty.com/aging.

Director, Ken Genewick 438-4021
Information and Assistance Program,
 Susan Christian 438-4023
Health Insurance Counseling (HIICAP),
 Susan Christian 438-4023
Expanded In-home Service to the Elderly Program (EISEP),
 Tim Sexton 438-4013 or 278-8612
Legal Services,
 Gary Billingsley
Home Delivered Meals,
 438-4031
Congregate Meal Program, Nutrition Education and Counseling,
 Glenda Reardon, RD, CDN 438-4030
Home Energy Assistance Program (HEAP)
 Lee Puzan 438-4036
Weatherization, Referral and Packaging (WRAP),
 Lee Puzan 438-4036
Caregiver Program,
 Nancy Smegelsky 438-4033
Newsletter Editor,
 Nancy Smegelsky
Medical Van,
 Jennifer Schumacher 438-4038
NY Connects,
 438-3030

Message from the Interim Director

Since July 1, 2010, I have had the privilege of serving as Interim Director of the Niagara County Office for the Aging. These last 8 months have certainly flown by, but now it is time to say goodbye. I am pleased to announce that Kenneth M. Genewick has been appointed Director of the Office for the Aging. Ken will be taking over in early March.

Ken comes to the County after nearly 6 years in a key management position at the Weinberg Senior Assisted Living Community. He has much experience dealing with senior needs and developing programs to accommodate those needs. He has a great sensitivity to the many scenarios facing seniors and their families and much experience in accommodating the unique issues they may encounter. Ken is a resident of Lockport and a graduate of the State University of New York at Buffalo. He is very active in his community in many different capacities.

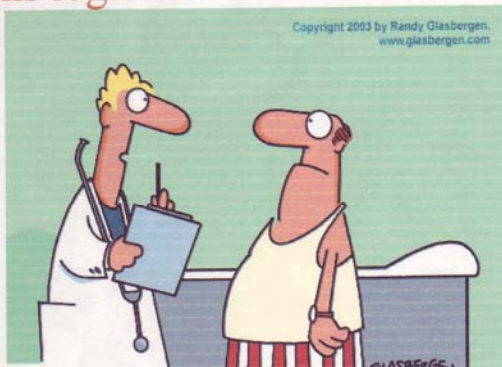
I will be spending several days with Ken in this office and touring the congregate meal sites, our kitchen, and most County buildings, helping him feel as comfortable as possible in his new position. I know you will be in good hands.

We certainly have been busy for the last 8 months. Besides streamlining various operations here at the Office for the Aging, we recently accepted the retirements of our Head Cook, Dorene Zielinski and our Home Delivered Meals Coordinator, Thomas Chapman. John Angelucci is now our Head Cook. We will most likely fill the Home Delivered Meals Coordinator position in the next several weeks. Very shortly we will be reorganizing our floor plan here at the Office, to provide for a more efficient and user friendly arrangement. There is still much work ahead, as we utilize more advanced technology in the process of preparing and delivering meals and certain other tasks in this office. I am very proud of our staff here and the things we have accomplished. They are a wonderful group of very dedicated men and women who share a mutual passion for excellent senior care in Niagara County. I will miss them very much.

With that, we will turn the page. I offer a fond farewell to all of you. May our paths cross again. Until then, let's all be healthy, happy and grateful for the gifts that come in the company of each other.

Best wishes,
Dave Watroba

I love this logic!!!



"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"

Health Insurance Questions

Question: Does Medicare cover physicals?

Answer: Routine physical exams with your primary care doctor can be used to screen for many illnesses and conditions that, if caught early, can be treated and managed, and can result in far fewer serious consequences.

Medicare covers an initial physical examination (also known as the Welcome to Medicare physical exam) during the first 12 months after you enroll in Part B, regardless of your age.

The Welcome to Medicare physical exam includes:

- ✓ Review of medical and social history
- ✓ Review of potential for depression or other mental health conditions
- ✓ Review the ability to function safely in the home and community
- ✓ Check your height, weight and blood pressure, and body mass index and vision test
- ✓ Discussion of end of life planning (advance directives)
- ✓ Education, counseling and referral related to other preventive services covered by Medicare

The Welcome to Medicare physical may also include an electrocardiogram (EKG) to detect problems of heart disease.

Also, starting January 1, 2011, Medicare will begin covering yearly **wellness visits**.

The annual wellness visit is different from the one-time Welcome to Medicare physical. You cannot receive your Welcome to Medicare physical in the same year you have an annual wellness visit.

During the annual wellness visit you and your doctor will create a prevention plan

During the visit your doctor will:

- Update your medical history and make a list of your list of your current doctors and medications
- Create a 5-10 year screening schedule
- Identify risk factors and discuss ways to possibly avoid them
- Check your height, weight, blood pressure, and body mass index
- Screen for cognitive issues

Starting January 1, 2011, Original Medicare will pay 100 percent of the Medicare approved amount and there will be no deductible for the Welcome to Medicare physical and for yearly wellness visits if you see doctors who take assignment. Doctors who take assignment cannot charge you more than the Medicare approved amount. If you are in a Medicare private health plan, you should check with your plan to see what rules and costs apply.

Question: Mr. L has diabetes. He needs to monitor his glucose levels but is having trouble paying for his supplies he needs to do so.

Answer: Mr. L found out that Medicare helps pay for his diabetes monitoring supplies. Medicare covers blood glucose monitors for both types of diabetes, Type I or II. If the diabetes is treated with insulin, Medicare covers 100 test strips and 100 lancets every month. If it is not treated with insulin, Medicare covers 100 test strips and 100 lancets every three months. In order to have continuous Medicare coverage of his supplies, Mr. L must receive a prescription from his doctor every six months and buy his supplies from a

Medicare-certified supplier. Medicare will not pay for supplies that are automatically shipped.

Source: Medicare Interactive website

Texting for Seniors

Since more and more Seniors are testing or tweeting there appears to be a need for a STC (Senior Texting Code). If you qualify for Senior Discounts this is the code for you. Please pass this on to your children and grandchildren so they can understand your texts.

ATD: At the Doctor's

BTW: Bring the wheelchair

BYOT: Bring your own teeth

CBM: Covered by Medicare

CGU: Can't get up

CUATSC: See you at the Senior Center

FWIW: Forgot where I was

GGPBL: Gotta go, pacemaker battery low

GHA: Got heartburn again

IMHO: Is my hearing aid on?

LWO: Lawrence Welk's on

TTYL: Talk to your louder

WAITT: Who am I talking to?

WWNO: Walker wheels need oil

Aging

Eventually you will reach a point

When you stop lying about your
age

And start bragging about it....



Preparing for Caregiving

(Article from Aging Arkansas by Erin P. Lang with Arkansas Hospice)

Caring for someone is a decision borne of love and compassion, but it also can be difficult and stressful. Preparing yourself to care for a spouse or other loved one can make the situation much easier to handle.

Decision making

Knowing and understanding your loved one's values and wishes will be important as you become responsible for making decisions for them. Advance-care planning helps you make decisions about the care you would want if you become unable to speak for yourself. Advance directives enable you to express your preferences on a legal form and appoint someone to speak for you. A living will, health care power of attorney, financial power of attorney, and a plan for funeral arrangements can help ensure peace of mind for your loved one and for you, the caregiver.

Quality of life

To help enhance your loved one's quality of life and physical and emotional well-being, consider these tips:

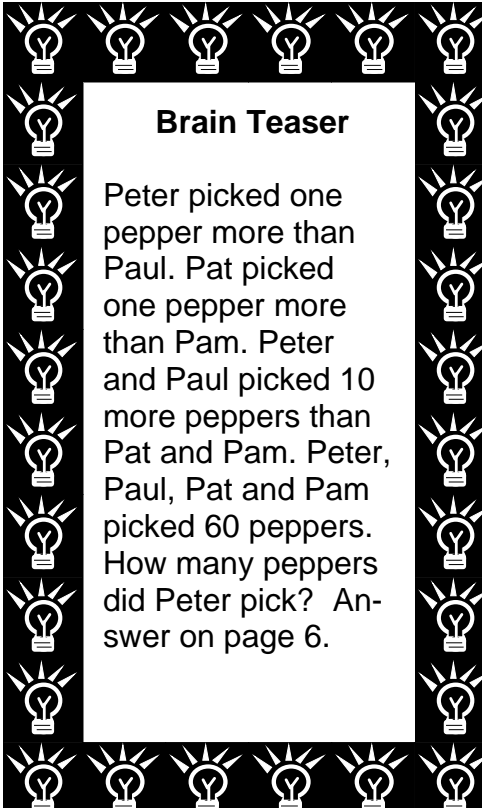
As people age, their taste buds diminish and their desire for food changes. They can experience problems chewing and swallowing. If this is a problem, contact your doctor and ask for a nutritional consultation.

In the last weeks of life as the body naturally shuts down, your loved one will need and want less food. Offer small amounts of the food they enjoy. Since

chewing takes energy, they may prefer milkshakes, ice cream or pudding.

Regardless of age or physical condition, we want to look and feel our best. When buying clothing, make sure slacks and skirts have elastic or draw-string waist bands. They are easier to get on and off and are more comfortable. Buttons, snaps and zippers down the front of a shirt are much easier to manipulate. Select wrinkle-free fabric that can be washed. Choose shoes that have a non-skid tread and won't slip off easily.

Exercise, even to those bed and wheelchair bound, can help improve circulation, lung and heart function, posture and mental alertness. It is also important for you as a caregiver to get plenty of exercise, as it vastly improves mood and well being.



Brain Teaser

Peter picked one pepper more than Paul. Pat picked one pepper more than Pam. Peter and Paul picked 10 more peppers than Pat and Pam. Peter, Paul, Pat and Pam picked 60 peppers. How many peppers did Peter pick? Answer on page 6.

Fall Prevention

One Step at a Time

Every year, approximately one third of people 65 years and older experience a fall. If you're injured as a result of a fall, your ability to perform regular daily activities is affected.



There are many simple things that you can do to reduce your risk of falls.

In your home

- * Remove area rugs that can trip you, or use grippers under rugs
- * Wipe up spills quickly
- * Clear your home of clutter, especially in your pathways
- * Tie up and secure cords/wires (from your TV, phone, computer, etc)
- * Use a nightlight or flashlight when getting up in the dark
- * Make sure stair rails are secure and that stairs are well lit at top and bottom
- * Count the number of stairs so you will know when you are at the bottom
- * Add grab bars in bathrooms near toilets and tubs to help you get up safely
- * Use rubber-soled shoes and slippers with good support and traction
- * Ask for help and try to avoid using step stools and ladders. Use a reacher
- * Don't carry items that block your view of the pathway in front of you

- * Lift your feet higher when walking over thresholds
- * Increase the wattage in your home to ensure you can see clearly
- * Rise slowly from your chair and wait for any dizziness to pass
- * Consider getting a Personal Emergency Response button

Other recommendations to reduce falls:

- * Exercise on a regular basis. Strength training, flexibility, coordination and balance exercises are best
- * Exercise your feet and ankles before rising from your bed
- * Use proper body mechanics when lifting, bending and rotating
- * Walk at a regular pace. Don't rush to the door or the phone
- * Eat a well-balanced diet and drink water on a regular basis. Even mild dehydration can impair your balance

If you DO fall:

- * Try to get up on your knees and crawl to the nearest sturdy piece of furniture and try to pull yourself up. Get help as quickly as you can
- * **If you hit your head, even if you do not have an open wound, bruise or bleeding, always call your doctor to report it and ask for recommendations on how you should proceed.**

Source: Living Well for MVP Medicare Advantage members, Winter 2010

Answer for Brain Teaser
Peter picked 18 peppers.

March is National Nutrition Month
“Eat Right with Color”

Glenda Reardon, RD, CDN

The new Dietary Guidelines of 2010 just came out. It is no surprise to us that one of the important changes we need to make in our diets is to add more foods with color- meaning vegetables and fruit.

Three reasons support the recommendation for Americans to eat more fruits and vegetables:

- 1) Fruits and vegetables are major contributions of a number of nutrients that are underconsumed in the United States, including folate, magnesium, dietary fiber, potassium, vitamins A, C and K.
- 2) Consumption of fruits and vegetables is associated with reduced risk of many chronic diseases. Evidence indicates that an intake of at least 2.5 cups of vegetables a day and fruits per day is associated with reduced risk of cardiovascular disease, including heart attack and stroke. Some fruits and vegetables protect against cancer.
- 3) Most vegetables and fruits when prepared without added fats or sugars, are relatively low in calories. Eating them instead of high calorie foods can help adults and children achieve and maintain a healthy weight.

Beans and Peas are excellent sources of protein. They count as part of your vegetable consumption for the day. They provide other nutrients such as iron and zinc, similar to meat, fish and poultry. They are also excellent sources of potassium and folate.

For this reason, beans and peas are considered both as a vegetable and a protein food.

@from the “Dietary Guidelines of 2010”

Questions- call Glenda Reardon 438-4030 or email me: Glenda.reardon@niagaracounty.com



Broccoli Salad

1 head of fresh broccoli, chopped into about ½ to 1 inch pieces (trim off bottom stem and discard or use for soup)

2 T. lemon juice

1/2 - 3/4 cup light mayonnaise

2 teaspoons sugar or 1 tsp.Splenda

½ cup golden raisins, dark raisins or Craisins

¼ cup red onion, chopped fine (use if desired)

¼ cup sunflower seeds (buy without the shell in the bulk section of store)

Optional: 2 T. Bacon Bits or 2 slices fresh bacon, cooked and chopped

Mix all ingredients together and marinate for an hour before serving. This will keep for 2 days in the refrigerator. Note: this is a low-sodium recipe (if you skip the bacon!)

* * * * *
 * **Keep this Date** *
 * **Senior Walk in the Park will** *
 * **be on June 2, 2011** *
 * **9:00 to 12:00** *
 * **At the John Duke Center** *
 * **1201 Hyde Park Blvd.** *
 * **Health Fair, entertainment** *
 * **and walking.** *
 * * * * *



2011 Needs Assessment for the Niagara County Office for the Aging

We greatly appreciate your participation in our survey. Your responses will be confidential and anonymous. Please encourage others to participate in this important process. Please return this form to the Office for the Aging, 111 Main St., Suite 101, Lockport, NY 14094. Please tell us which of the following services are very important, somewhat important, or not very important to you, or could be concerns to you in the next five years.

Place an X in the box that best describes how important each service is to **you personally**.

	<u>Very Important</u>	<u>Somewhat Important</u>	<u>Not Very Important</u>
1 Health Care			
a. Finding a doctor who accepts Medicaid	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Having enough health insurance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Not being able to go to Dr. or dentist because of cost	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Paying for prescription drugs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. Understanding health insurance coverage or filling out forms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 Income			
a. Having enough money for food, shelter, clothing or medical expenses	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Know where to get help handling finances.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Know about Senior Employment possibilities.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 Housing			
a. Being able to pay for heat/other utilities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Cleaning/tidying your home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Doing outside chores (shoveling, mowing, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Finding reliable help with household repairs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. Financial help with home repairs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4 Security			
a. Feeling anxious or afraid	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Feeling lonely or depressed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Feeling unsafe in your own home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Knowing where to turn for help	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 Transportation			
a. Being able to get to Doctors, dentist	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Being able to go shopping	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Using public transport	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Being able to drive my own car	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6 Legal			
a. Availability of legal assistance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Know where to find help with Wills, Power of attorney, Health care proxy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>