

Office for the Aging News

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Director's Column

Long Term Care Point of Entry. You may not have heard of it until now, but you are going to be hearing a lot about it in the coming year. "So what is it?" you may be asking. I'm glad you asked!

We have known for some time now that the ranks of the senior population are going to swell considerably over the next fifteen years or so. We have also known for some time that regardless of how much healthier we are staying as we live longer, many of us will still require some form of long term care as we age. This can be at-home care, assisted living care, nursing home care, or anything in between.

The idea behind creating a Long Term Care Point of Entry system is to give everyone a single, common doorway to enter the long term care system. Everyone enters through the same door and is assessed according to their situation and needs, and then they are connected to the appropriate resources in their area. In many ways, it's what we already do at the Office for the Aging in our Information and Assistance program, which is why it makes sense that we are being asked to be the lead agency in setting up this system in our service area.

We will be working hand-in-hand with the local Departments of Social Service and

Health to insure a comprehensive, seamless system.

So, now when you start to hear or see the term Point of Entry - or POE for short – you have some idea what it's all about. Have a great summer!

Sincerely,

Chris Richbart, Director



Try a Strawberry Smoothie

In a blender combine fresh strawberries, milk, ice cubes, dash of sugar or sweetener (to taste). If you have a banana, yogurt, fruit juice or cool whip, go ahead and add it! Enjoy!

Health and Nutrition Update

Strawberry Season

What can you do with strawberries besides topping them with whipped cream? The possibilities are endless, try these combinations:

Add diced strawberries to pancake and muffin batters.

Combine chopped strawberries; apricot jam and cinnamon, and then serve over hot cereal.

Stir sliced strawberries and low-fat granola into low-fat yogurt for a quick, nutritious lunch.

Toss spinach with strawberries, walnuts, red onion and vinaigrette.

Mix strawberries with pineapple, black beans, cucumber, cilantro and lime juice for a flavorful salsa or summer side dish.

Mix strawberries with bananas, peaches, kiwi, pineapple, red onion, fresh ginger, olive oil and lime juice to serve over fish.



Berry Quiz

Strawberries are the only fruit with seeds on the outside. T F

There are on average how many seeds?

- 100
- 200
- 400

Strawberries are members of the rose family. T F

Strawberries are grown in southern and mid-west states only. T F

How are strawberries harvested?

- by hand
- by machine

Strawberries are low in fat & calories.

- T F

Answers see page 6



Lite Strawberry Mousse

Ingredients:

- 4 cups fresh or frozen strawberries, quartered
- ½ cup sugar or Splenda
- 1 package of sugar free instant vanilla pudding mix
- 1 (8oz.) cup fat-free whipped topping

Directions:

In a food processor or blender combine strawberries and sugar until smooth. Add pudding mix and process until smooth. Transfer to a large mixing bowl if necessary and fold in whipped topping. Spoon equal amount (1/2 cup) into dessert dishes.

145 calories, 3 grams fat(3 grams saturated), 27 grams carbohydrates, 2 grams fiber.

Source: *Living Well in Western New York: A Four Season Recipe book and Activities Guide*

Information and Assistance – Call 438-4020

The Office for the Aging Information and Assistance staff are available in many locations in the county on a regular basis. They visit all of the senior centers and nutrition sites, and are available at some large club meetings and special events. If a home visit is needed an appointment can be made and someone will come to

the home. To find out how to contact the Information and Assistance worker serving your area or schedule a home visit call Susan Christian at 438-4020 at the Office for the Aging.

Most Information & Assistance workers work part time. Their schedules and locations are as follows:

Marie Conde: John Duke Center – Monday through Friday.

Donna Miller: North Tonawanda Senior Center, Wednesday and Thursday from 10 to 12; Bishop Gibbons, Friday from 10 to 12.

Keesha Fields: St. John's AME, Tuesday from 11 to 1; Family Resource Center, 3001 9th St, Thursday from 11 to 1.

Wenonia Myles: Niagara Towers, 3rd Tuesday from 11 to 12; LaSalle Nutrition, 2nd Tuesday from 10:30 to 12:00.

Janice Williams: Sanborn Seniors at Sanborn Fire Hall, 1st Wednesday every 3 months from 10:30 to 12:00; Wheatfield Seniors, every other month the last Wednesday; Lewiston Seniors the 3rd Tuesday from 10:30 to 12:00.

Tina Cur: Barker Fire Hall, quarterly; Lockport Senior Center, 1st & 3rd Tuesday from 10:00 to 12:00 and the 2nd Thursday from 10:00 to 12:00; Gasport Seniors last Wednesday every other month from 10:30 to 12:00; Newfane Seniors (Miller Hose) the 4th Thursday from 10:30 to 12:00; Olcott Fire Hall, quarterly 1st Thursday from 10:30 to 12:00; Wilson Seniors (Fire Hall) 1st Tuesday from 12:30 to 1:30.

Information and Assistance workers visit others sites in the county. To find further information please call the Office at 438-4020.

Questions regarding health insurance can be answered by Information and Assistance staff at the locations mentioned above or by HIICAP volunteers by appointment, and at the Lockport Senior Centre, North Tonawanda Senior Center and John Duke Center. (Call 438-4020 for times).



Products help older folks deal with aging.

As we get older, health problems, failing memory and other issues can make it more difficult for us to age at home.

To help, Good Housekeeping and the Good Housekeeping Institute came up with these tips and product recommendations

Problem: Limited movement

Replace round doorknobs with levers – they're easier to manipulate. Attractive varieties range in price from \$25 to \$100.

Or, buy a Leveron Doorknob Lever Adapter (\$28.95 for a package of two): it lets you fit a plastic lever over an existing doorknob. You can also get lever faucets for the sink and bathtub.

Get a reacher, a long pole with a claw-

like grabber at the end. It will help pull down and pick up items and you don't have to worry about falling off a stepladder. The Good Housekeeping Institute's testers like the Ettore Grip n' Grab (\$22), which boasts a comfortable handle, a rubber end that grips securely and a head that swivels so it can get into tight spaces.

For easy access to medicine bottles, check out the PuffFect Opener (\$9.95). It removes twist off caps, pierces the foil and pulls out the cotton.

The Cuisinart Can Opener (\$40) scored well with the Institute's testers too. It's sturdy, simple to use and a cinch to clean.

For opening jars, the Good Housekeeping Institute recommends the Oxo Good Grip i-series Jar Opener (\$11.99). It comes with a base to help eliminate slipping.

Problem: falls

Install grab bars in the bath and shower. Make sure the one you pick says "meets ADA (Americans with Disabilities Act) Guidelines" on the package. That's your guarantee that with proper installation, the bar can hold the weight of an adult. The Good Housekeeping Institute recommends the Moen Decorator and Kingsley series (\$60.50 to \$120.95 for one). They're sturdy, available in an assortment of sizes and are more attractive than traditional grab bars.

Take out the plastic mat in the tub. When these mats lose their suction, they can slide around and cause a fall. Instead,

use adhesive safety stripes on the bottom of the tub or shower floor. Try Home Care by Moen Decorative Tread Stripes (\$5 to \$6).

Remove throw rugs. These are a common cause of falls because they can bunch up and slide around.

Problem: failing eyesight

Look for products that have large, easy-to-read displays.

In the Good Housekeeping Institute's test, seniors like Ameriphone's Amplified Photo Phone P300 (\$44.95). The numbers on this corded model are twice as big as those on a regular phone. It also has nine speed-dial pads with photo displays. You can program each pad so that when you touch the button, the phone will dial the person in the photograph.

Get an oversized remote for the TV. The Institute's elderly testers liked the Tek Partner Universal Remote Control (\$39.99). It weighs just under a pound, and the keypad lights up when you push any button.

FOR MORE INFO....

Leveron Doorknob Lever Adaptor
(877) 750-0376

www.arthritissupplies.com

Ettore Grip n' Grab
(800) 438-8673

www.ettore.com

PuffFect Opener
(800) 708-6736

www.pufffectopener.com

Cuisinart Can Opener
(800) 726-0190

www.cuisinart.com

Oxo Good Grips i-Series Jar Opener
(800) 545-4411

www.oxo.com

Moen Decorator & Kingsley series
(800) BUY-MOEN

www.moen.com

Home Care by Moen Decorative Tread Strips

(800) BUY-MOEN

www.moen.com

Ameriphone's Amplified Photo Phone P300

(800) 426-3738

www.clarityproducts.com

Tek Partner Universal Remote Control
(866) 243-8020

www.smarthome.com



The Legal Corner

The Office for the Aging has a legal assistance program for anyone 60 and over living in Niagara County. There are no fees, but contributions are accepted. There are many legal topics that our legal program addresses on a regular basis including wills, estate planning, tenant/landlord problems, and consumer fraud. Our lawyer, Gary Billingsley, is available at various locations in the County on a regular basis, including the

Office for the Aging office on 111 Main Street in Lockport on Wednesday afternoons. Call the Office for the Aging for his schedule.



Gambling in the Golden Years Don't let your "Nest Egg" Disappear

Golden Years Gambling

The majority of New York's older adults gamble as a form of entertainment and fun. Gambling activities include betting at casinos and wagering on bingo, cards, mahjong, horse racing, raffles, sweepstakes and lottery games.

Thousands of seniors turn to various forms of gambling in order to escape from loneliness or boredom, to be socially accepted, to increase fixed incomes or to forget the past.

Many older adults gamble due to feelings of unhappiness associated with the loss of their partners or close friends, geographical separation from loved ones or concerns brought about by retirement. Problem gambling can interfere with the attainment of goals and objectives planned for the Golden Years.

Problem Gambling Prevalence

During the past decade, at the same time that legalized gambling has expanded throughout the Northeast, problem and compulsive gambling has increased dramatically in New York State.

While New York has fewer legalized gambling opportunities than several other states, it has the unfortunate distinction of having the highest lifetime prevalence of problem gambling measured so far in the US.

Since 1986, problem gambling prevalence in New York has nearly doubled among the State's population and has grown among residents age 65 and older.

The Hidden Illness

Problem and compulsive gambling is called the "hidden illness" because there are no physical or visible symptoms associated with the addiction. Unlike other addictions, compulsive gamblers will often go undetected until they have progressed into the late stages of their illness.

While compulsive gambling affects men and women of all ages, races and social classes, it is particularly progressive for older adults. Family members and friends will typically view unusual gambling activities as a temporary phase or refuse to acknowledge that an actual problem exists.

Warning Signs

1. Do you experience mood swings based on winnings and losses?
2. Do you neglect other responsibilities in order to concentrate on gambling activities?
3. Do you experience impatience with loved ones because they are interrupting your gambling activities?

4. Are you willing to eat less or go without food so that you can gamble?
5. Do you gamble with money designated for necessary expenses such as household supplies, groceries, medication, electricity and telephone?
6. Have you ever thought about cashing in your insurance policy for gambling money?
7. Are you spending your retirement funds to gamble?
8. Do you fantasize about big winnings and believe you will win back all your losses?

If you answered "yes" to any of the above questions, you may have a problem with gambling.

Help is Available

Programs for problem gamblers, their families and loved ones in New York include the self-help groups Gamblers Anonymous and Gam-Anon, local gambling treatment and education providers, mental health care professionals.

Call the 24 hour Problem Gambling Helpline at 1-800-437-1611.

Answers to Berry Quiz

1. T, 2. b, 3.T, 4. F they are grown in all 50 states, 5. a , 6. T



Preparing for those Summer Outdoor Workouts

Dehydration is a real concern for individuals with the warmer temperatures and humid weather.

Temperatures alone are not the single issue to be aware of while outside. The heat index which factors in the combination of heat, humidity and dew point is what you need to consider before any outdoor activity. Being prepared and properly hydrated prior to any activity is what will prevent an illness. If you already have a sensation of thirst, you are already dehydrated.

Certain drugs can cause water loss – such as water pills or diuretics used for high blood pressure or some heart conditions. Natural diuretics, such as caffeine and alcohol, cause you to need

to use the bathroom more and often, and increases your need to replace fluids. Total body water lessens as we age about 50% as opposed to 55-75% in younger adults.

Water alone is not enough to re-hydrate your body. If you try to replenish the fluids with just water you risk flushing the body's nutrients as you continue to drink. The most effective way is to incorporate a mixture of electrolytes and carbohydrates to refuel your tired muscles. The sports drinks that are available can be mixed with water in a 50/50 ratio to meet your needs.



Jury Duty Scam

This has been verified on Snopes.com and by the FBI.

Please pass this on. This is spreading so fast so be prepared should you get this call. Most of us take these summons for jury duty seriously, but enough people skip out on their civic duty, that a new and ominous kind of scam has surfaced. Fall for it and your identity could be stolen, reports CBS.

In this con, someone calls pretending to be a court official who threateningly says a warrant has been issued for your arrest because you didn't show up for jury duty. The caller claims to be a jury

coordinator. If you protest that you never received a summons for jury duty, the scammer asks you for your Social Security number and date of birth so he or she can verify the information and cancel the arrest warrant. Sometimes they even ask for credit card numbers. Give out any of this information and bingo! Your identity just got stolen.

The scam has been reported so far in 11 states. This scam is particularly insidious because they use intimidation over the phone to try to bully people into giving information by pretending they're with the court system. The FBI and federal court system have issued nationwide alerts on their web sites, warning consumers about the fraud.

Wise Choices Tips for an Aging Mind

Here are some strategies to help your brain as it changes with age:

- ▶ Don't make rash decisions. Give yourself time to think.
- ▶ Write things down. Memory can be fallible for people of any age.
- ▶ Structure your day and surroundings to help you remember things.
- ▶ Imagine a future action in as much detail as you can.
- ▶ Keep your brain active with activities requiring mental effort, like reading.
- ▶ Stay physically active.

Reprinted from the *Broome County OFA Senior News*.



Look What You Can Do with Alka Seltzer.....

- ◆ Clean a toilet – drop in two Alka Seltzer tablets wait 20 minutes, brush and flush. The citric acid and effervescent clean vitreous china.
- ◆ Clean a vase – to remove a stain from the bottom of a glass or cruet, fill with water and drop in two Alka Seltzer tablets.
- ◆ Polish jewelry – drop two Alka Seltzer tablets into a glass of water and immerse jewelry for two minutes.
- ◆ Clean a thermos bottle – fill the bottle with water, drop in four Alka Seltzer tablets, and let soak for an hour (or longer, if necessary).
- ◆ Unclog a drain – clean sink drain by dropping three Alka Seltzer tablets down the drain followed by a cup of Heinz White Vinegar. Wait a few minutes, and then run hot water.

Makes you wonder about ingesting Alka Seltzer, doesn't it?

Trivia

In 1895 the speed limit in New York City was 8 mph.

Kleenex was originally invented as gas mask filters during World War I.



Sowing a Change for the Better

By Carol Roeder-Esser

Kansas Senior Press Services

The other day I got a Fortune cookie message that reminded me of spring. It said, "With every deed you are sowing a seed, though the harvest you may not see".

For months, the real gardeners among us have been pouring over seed catalogs and thinking about what they will plant. They take special care to prepare the ground and spend hours tending their seedlings. They know exactly what harvest they expect and how to grow it.

On the other hand of the continuum are the people who will buy a few plants, stick them into pots and hope they survive. Maybe they'll remember to water and fertilize them and maybe they won't. They really have no idea what their harvest will be but they hope for the best.

What if we thought about our lives as a series of deeds that lead to a harvest? Maybe the smile we give the store clerk could counteract the last customer who gave her a hard time about something minor. Maybe the kind word or hug we give a friend will keep him going when times are tough.

With summer upon us, let's think about what kind of harvest we want and what deeds will get us to that harvest.

Have you wanted to do something but just not taken the time? Has something been nagging at you but you haven't taken care of it?

Here are some examples of things to thinkabout:

- ☺ Patching up a conflict with a family member or friend
- ☺ Contacting an old friend just to see how she/he is doing, even though you contacted her the last time
- ☺ Deciding you are worth taking care of and taking necessary steps to nurture yourself
- ☺ Helping someone who is down on his luck and really needs a hand up
- ☺ Scheduling the medical test your doctor's been telling you to have
- ☺ Learning a new skill just because it's something you've always wanted to try

These may not seem like big things but how will you feel once they're done? Will you have a sense of accomplishment? Will you feel you've done what you needed to do?

How will you feel if you do nothing?

Some people live with all kinds of regrets for the things they wish were different. They rehash what they should have said or what they should have done. They think about “what if” and “if only”.

If you have a regret, is it too late to take care of it, or is there still time for you to harvest the results of your deed? If it's too late, let it go and focus your energy on something you can take care of. But if you still have time to take care of it, why wait any longer?

“There is no upper limit to what individuals are capable of doing with their minds. There is no age limit that bars them from beginning. There is no obstacle that cannot be overcome if they persist and believe.”

E.F. Wells



Handy Cleaning Tips

Dirt – Layers of dirty film on windows and screens provide a helpful filter against harmful and aging rays from the sun. Call it an SPF 15 and leave it alone.

Cobwebs – Artfully draped over lampshade reduce the glare from the bulb, thereby creating a romantic atmosphere. If someone points out that the light needs dusting, simply look confused and exclaim “What? And spoil the mood?”



Who to call at the Office for the Aging

Did 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/ofa.

Director, Christopher Richbart 438-4021
Information and Assistance Program, Susan Christian

Health Insurance Counseling (HIICAP), Susan Christian 438-4023

Expanded In-home Service to the Elderly Program (EISEP), Tim Sexton 438-4039

Legal Services, Gary Billingsley
Home Delivered Meals, Thomas Chapman 438-4031

Congregate Meal Program, Nutrition Education and Counseling, Glenda Reardon 438-4030

Weatherization, Referral and Packaging (WRAP), Lee Puzan 438-4036

Home Energy Assistance Program (HEAP) Lee Puzan

Caregiver Program, Nancy Smegelsky 438-4033

Newsletter Editor, Nancy Smegelsky
Senior Van, Jennifer Schumacher 438-4038