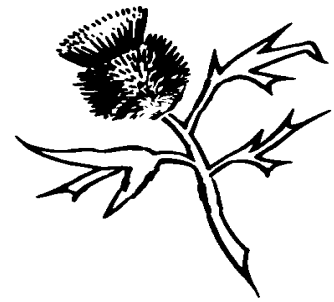


# The Bullthistle Bulletin

Quarterly Newsletter July-August-September 2014

Chenango County Area Agency on Aging  
5 Court Street  
Norwich, NY 13815  
607-337-1770



Lawrence Wilcox  
Chair, Board of Supervisors

[www.chenango.ny.us](http://www.chenango.ny.us)

Debra Sanderson  
Director



## CELEBRATING VOLUNTEERS!



On May 6, 2014 New York State celebrated Senior Citizen Day, recognizing seniors from across the state for their contributions to their communities through volunteerism and civic engagement. The event, held at The Egg in Albany, underscored the Senior Citizen Month theme for 2014, “Safe Today. Healthy Tomorrow”, recognizing the positive impact of community involvement on an individual’s physical and mental health. The two volunteers chosen for their contributions to Chenango County communities are Gladys Benjamin from New Berlin and Linda Clark from Norwich. We thank them, and many other volunteers throughout the county, for the many hours of dedicated service to the Area Agency on Aging and to the other organizations they assist. Their service is a tremendous contribution, positively impacting many lives on a daily basis.

As a native of Bainbridge, NY, Linda Clark has lived all but six months of her life in Chenango County. The day after her high school graduation she started working at NBT Bank and later worked for Blueox Corp., the NYS Department of Environmental Conservation, the NYS veteran’s Home in Oxford, Chenango County Mental Health and for 30 years was a Tupperware Sales Consultant. Linda was married for 44 years to her husband Jim, after meeting on a blind date following his return from military service. Linda grew up with 2 bothers and one sister and has a son, a daughter and two grandchildren. She is an avid country & western dancer and Pickleball player and loves to volunteer.

After losing her husband Jim to cancer, Linda became a Hospice volunteer in 2005 serving in both the administrative office answering phones and in the homes of patients. Since 2009 she has been a volunteer with American Red Cross Blood Drives, serving at an average of 6 events each month and works with RSVP on a committee that organizes a Senior Day celebration at the county fair. She has volunteered at three different community lunch programs, answered phones for the Area Agency on Aging and since 2010 has been the friendly face, with meal in hand, at the door of countless Home Delivered Meal recipients.

Linda started volunteering at Hospice after receiving support from that organization during her husband’s illness. Knowing first-hand the value of that support she wanted to give back to someone else in need. Volunteering fills her time and her reward is knowing that what she’s doing helps others. And in Linda’s words, “You can’t give love and support without receiving the same back. By helping others it helps me!”





## CELEBRATING VOLUNTEERS!



Gladys Benjamin was born in the small town of Columbus, NY and she and her husband Russell worked the farm where she was raised. As a “domestic engineer” and farmer’s wife she had to be a “jack of all trades”. Gladys has four children, nine grandchildren and eight great- grandchildren. After her husband’s unexpected death in 1986, Gladys moved into an apartment in the neighboring Village of New Berlin. Her hobbies include crocheting, knitting and making crafts which she has put to great use in various volunteer opportunities.



The move into town was to an apartment complex across the street from the Chase Memorial Nursing Home. The nursing home needed help and Gladys needed something to do. Since the start of her volunteer experience 27 years ago Gladys has served the residents of Chase in a variety of ways including reading mail, playing games with residents, running a Talking Book program, delivering menus and activities calendars, assisting the hairdressers, making deliveries to nurses and residents, acting as evening receptionist and helping residents with access to community special events. Gladys crochets mittens for community children which are donated through Chase, has made lap robes for residents at the NYS Veteran’s Home in Oxford and makes and donates crafts for fundraising activities for various organizations. She volunteers two days each week at the New Berlin Senior Center/Meal Site and is a member of RSVP and the American Legion Auxiliary.

Although she has held the distinction of giving the highest number of hours of service of all volunteers at Chase, that isn’t the motivation behind the service. It comes from knowing that she has made a difference, no matter how small, in the life of someone who needed a friend, a companion, and a helper.

For Gladys the greatest reward is “I am happiest when I am keeping busy and being useful. I consider myself very fortunate to live in an area that affords me the opportunity to do what I love best...Help Others. I will continue to do so as long as I am able.”

so as long as I am able.”



## SENIOR FARMERS MARKET NUTRITION PROGRAM

Farmers Market Coupon Booklets (\$20.00 value) will be available through our Agency again this summer! The booklets are available at NO CHARGE to you. Eligibility for the booklets is based on income and they are intended for Chenango County residents 60 years of age or older. Participating Farmers Markets accept the coupons for locally grown FRUITS and VEGETABLES.

We expect the booklets by the middle of July. You may contact the Area Agency on Aging at 337-1770 for more information. Staff will also be issuing booklets at our Senior Centers and at various Senior Housing complexes throughout the County.

## Is It Dementia or Normal Aging? How to Tell the Difference

As more brain researchers are finding that subjective cognitive complaints may be the earliest sign of Alzheimer's disease, how can you tell the difference between normal age-related memory problems and early Alzheimer's? The following 10 warning signs from the Alzheimer's Association will help you differentiate the two.

- 1. Significant memory changes.** Forgetting important dates, events or appointments and repeatedly asking for the same information. *If you are aging normally, you may sometimes forget names and doctor appointments, but not important events. Once you are reminded, you will continue to remember them.*
- 2. Difficulty solving problems or making plans.** Difficulty doing things that were once easy such as keeping track of bills, working with numbers or following a recipe. *When you age normally, you may occasionally make mistakes on these tasks but not routinely.*
- 3. Difficulty completing familiar tasks at home, work and play.** Completing normal daily tasks, trouble driving a car to and from a familiar location or difficulty remembering the rules of a favorite game becomes difficult. *An age-related issue would be needing help to work an HD television or change settings on a microwave.*
- 4. Confusion with time or place.** Losing track of the passage of time, forgetting day and year or not knowing how one arrived at a destination. *With age-related changes, a person can be slightly confused about the day of the week but will figure it out when given clues and then retain it.*
- 5. Trouble understanding visual images and spatial relationships.** Difficulty with judging distance, reading and determining color or contrast. Vision difficulties may be a sign of Alzheimer's for some people. Recognizing familiar places or people, not just family or friends but even famous people, may become difficult. *Blurred vision or changes in eyeglass prescription are typical age-related changes.*
- 6. New problems with words in speaking or writing.** Increasing trouble joining a conversation, calling things by the wrong name or repeating oneself. *Occasional trouble finding the right word is a normal age-related issue.*
- 7. Misplacing things and losing the ability to retrace steps.** Putting things in unusual places, losing things and being unable to find them or accusing people of stealing. *Misplacing things from time to time but being able to retrace steps to find them is not an uncommon age-related issue.*
- 8. Decreased or poor judgment.** Difficulty dealing with money or giving money away, often to strangers, when this is not a life-long behavior. *Making a bad decision once in a while is a normal age-related problem.*
- 9. Withdrawal from work or social activities.** Becoming weary of work, family and social obligations: trouble remembering how to complete a favorite hobby or how to keep up with a favorite sports team. *People with normal age-related complaints will sometimes complain of work, family and social obligations but their activity level does not dramatically decrease.*
- 10. Changes in mood and personality.** Becoming confused, suspicious, depressed, fearful or anxious. *A normal age-related change entails doing things a certain way and becoming irritable when the routine is disrupted.*

## 4th Of July Fun Facts

On this day in 1776, the Declaration of Independence was approved by the Continental Congress, setting the 13 colonies on the road to freedom as a sovereign nation. As always, this most American of holidays will be marked by parades, fireworks and backyard barbecues across the country.

2.5 million

In July 1776, the estimated number of people living in the newly independent nation.

316.2 million

The nation's estimated population on this July Fourth.



56

Numbers of signers to the Declaration of Independence.

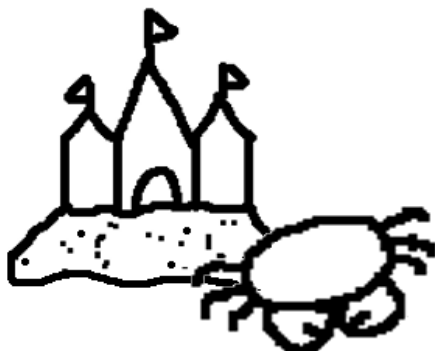
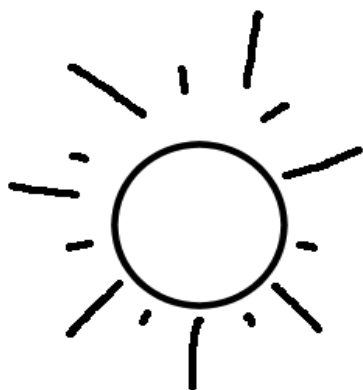
\$231.8 million

The value of U.S. manufacturers' shipments of fireworks and pyrotechnics (including flares, igniters, etc.) in 2007.

\$302.7 million

Dollar value of shipments of fabricated flags, banners and similar emblems by the nation's manufacturers in 2007.

SUMMER



Y J V I J K S P F Z N C U K F  
 P E A X A A M U G A O O V P Y  
 I M C Y P A A G N O M D X T I  
 C D A M C G S S K L S I L K K  
 N M T Z A L M O G W O L L O X  
 I S I H A E U J O L W T H Y W  
 C E O D C T R G N I M M I W S  
 R M N Z S A J C S L O O P O K  
 D A S U M M E R E F V S S G N  
 S G O E T S E B W C U N G I P  
 H L G F U P L A Y Q I N O F U  
 G Y E N J I G Y K N C H D X R  
 U Z N W A M B M Y T G W T C M  
 R Y Z T R V S J V S F J O L K  
 T F U R H X Y W Y I Z J H D E

BEACH  
 FAMILY  
 HOTDOGS  
 PLAY  
 SUMMER  
 SWIMMING

CAMP  
 FUN  
 ICECREAM  
 POOLS  
 SUNLOTION  
 VACATION

COOKOUTS  
 GAMES  
 PICNIC  
 SANDALS  
 SUNNY

## **Berries are Powerful Antioxidants and Rich Sources of Vitamins and Fiber.**

**By Dina Lawson, Registered Dietitian, Chenango County Area Agency on Aging,  
July/August/Sept 2014**

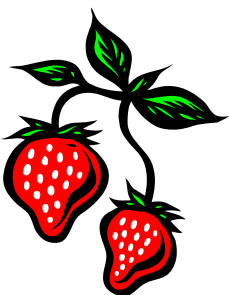
- \* You probably already know that berries are good for you. They are considered one of the healthiest foods to eat. Berries are generally low in carbohydrates and calories and high in Vitamin C and fiber. That makes them a great help in weight management.
- \* Berries also have antioxidants called phytochemicals that may help defend against chronic diseases such as heart disease and cancer.
- \* Berries are delicate so be careful to choose firm plump fruit without bruises. Choose berries that are dry and not leaking juice. Moisture from juice can cause them to spoil quickly. Always wash your berries just before eating them.
- \* Berries are the perfect snack! Add them to yogurt, hot or cold cereal in the morning, toss them in your garden salad or eat them plain. If you can't get fresh, choose frozen or dried fruit. Usually ½ cup of dried berries is equal in calories to 1 cup fresh berries. Vitamin C loss is minimal in the processing of frozen and dried berries.

### **The most popular varieties are strawberries and blueberries, but did you ever try these varieties?**

- Boysenberry: Possible hybrid of raspberries, loganberries and blackberries; High in Vitamin K; Excellent source of Fiber and Folate; slightly sweeter than raspberries.
- Currents: Native of Europe; Available in colors of black, red and white varieties; Tart; High in Vitamin C and fiber; Black currents are used mainly in jams and jellies.
- Gooseberry: Native of Europe and parts of Asia and North Africa; High in Vitamin C; Very tart when picked early; Eaten raw later in the season when they soften and sweeten.
- Blackberry: Sweet berries; High in Vitamin C and Fiber.
- Cranberry: High in Vitamin C and Fiber; Releases their full flavor when cooked; Eaten year round dried or frozen.

**Whether they are fresh, dried or frozen, enjoy your berries year round!**

**Source:** Kerry Neville, MS, RD, Nutrition Communications Consultant, Seattle. May/June 2014, FoodandNutrition.org. Academy of Nutrition and Dietetics.



# **MEDICARE RECIPIENTS**

*regardless of age*

If you use medications long-term and you  
DO NOT have prescription coverage,

or

If you have Part D (prescription) coverage,  
but your co-pays are too high  
for you to afford,

**WE MAY BE ABLE TO HELP!**

Call

**CHENANGO HEALTH NETWORK**

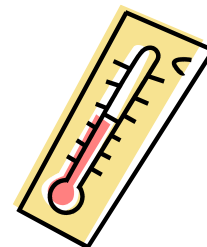
**607-337-4128**

to get screened.



## Prevent Hyperthermia A Hot Weather Hazard

Warm weather and outdoor activity generally go hand in hand. However, it is important for older people to take action to avoid the severe health problems often caused by hot weather. “Hyperthermia” is the general name given to a variety of heat-related illnesses. The two most common forms of hyperthermia are heat exhaustion and heat stroke.



### What can be done to prevent hyperthermia?

- Drink plenty of liquids, even if not thirsty.
- Dress in light-weight, light-colored, loose-fitting clothing.
- Avoid the mid-day heat and do not engage in vigorous activity during the hottest part of the day (noon-4pm).
- Wear a hat or use an umbrella for shade.
- If possible, use air conditioners liberally or try to visit air-conditioned places such as libraries, shopping malls, and theaters.
- If not used to the heat, get accustomed to it slowly by exposing yourself to it briefly at first and increasing the time little by little.
- Avoid hot, heavy meals. Do a minimum of cooking and use an oven only when absolutely necessary.
- Ask your physician whether you are at particular risk because of medication.

**Heat exhaustion** is a warning that the body is getting too hot. The person may be thirsty, giddy, weak, uncoordinated, nauseous and sweating profusely. Heat exhaustion may be treated in several ways:

- \* Get the victim out of the sun and into a cool place - preferably one that is air-conditioned.
- \* Offer fluids but avoid alcohol and caffeine. Water and fruit and vegetable juices are best.
- \* Encourage the individual to shower or bathe, or sponge off with cool water.
- \* Urge the person to lie down and rest, preferably in a cool place.

**Heat stroke** can be **LIFE-THREATENING!** A person with heat stroke may exhibit symptoms of confusion, combativeness, bizarre behavior, faintness, staggering, and a strong rapid pulse, dry flushed skin, lack of sweating, possible delirium or coma. If the victim is exhibiting signs of heat stroke, seek **EMERGENCY ASSISTANCE IMMEDIATELY.**

Adapted from: “Hyperthermia-A Hot Weather Hazard for Older People”, U.S. DHHS, National Institute on Aging

## Staying Hydrated: How Much Should You Drink?

**We need water to keep our bodies functioning properly. But, as we get older, our thirst-response system diminishes and we may not feel thirsty even as dehydration sets in. Dehydration can lead to constipation, balance problems and falls, urinary tract infections, kidney failure and slower healing from wounds, ulcers and orthopedic injuries.**

**How much water do we need?** Contrary to popular belief, no research exists that says exactly how much fluid we should drink. However, many experts suggest that healthy adults should strive for six to eight 8-ounce servings of liquid a day.

Hydration can come from a variety of sources, including fruit or vegetable juice, nonfat milk, low-sodium soup, even coffee or tea. Many fruits and vegetables, such as watermelon, berries, grapes, peaches, tomatoes and lettuce, are almost 100 percent water. Even meat is chock full of water. Water from foods typically accounts for 20 percent of the recommended total fluid intake.

If you have kidney disease, diabetes or a thyroid disorder, you may be at higher risk for dehydration since these conditions can cause the body to excrete more water. You may also be more prone to dehydration if you take certain medications. These include antihypertensives, such as diuretics and angiotensin-converting enzyme (ACE) inhibitors, and antipsychotic drugs and cholinesterase inhibitors, used to treat Alzheimer's disease and other dementia-related illnesses.

Instances in which you should increase your fluid intake beyond the suggested amounts include:

- While you exercise. For an hour of light to moderate exercise, two to three cups of fluid are recommended for sufficient rehydration.
- If it's unusually hot. You'll naturally lose more fluid and need to drink more to compensate for it.
- If you're constipated. Increasing fluid intake adds moisture to the large intestine, which helps your body eliminate waste.
- If you're prone to urinary tract infections or kidney stones. Fluids may prevent infections and kidney stone formation.
- If you're sick. High fever, vomiting and diarrhea can cause rapid dehydration, a condition that can be life threatening.

**Warning signs of dehydration.** If you notice you're urinating less than usual or if you don't feel thirsty very often, check the color of your urine. It should be the color of straw if you're properly hydrated. If it's much darker, it's a sign that you need more fluids. Other warning signs include dry mouth, decreased salivation, dizziness, sunken eyes, rapid pulse and a loss of skin elasticity.

Posted in [Healthy Living](#) on July 11, 2012





HAPPENINGS AT OUR SENIOR CENTERS  
CHENANGO COUNTY AREA AGENCY ON AGING  
JULY-AUGUST-SEPTEMBER 2014

**GREENE.....(607) 656-4789**

Brightman Senior Center  
25 Birdsall Street  
Greene, NY 1378  
Hours: M-W-F 10-2pm  
Lunch Served at Noon

**Daily Activities:** Cards, Bingo and Puzzles.  
Every other week: Crossword  
Puzzles, Word Searches and Trivia Plus

**Special Activities:**

July 4 - Office Closed Holiday  
July 16 - Celebrate Birthdays!  
Dina Lawson, RD, CDN Visit  
Aug 13 - Celebrate Birthdays!  
Sept 1 - Office Closed Labor Day  
Sept 10 - Celebrate Birthdays!

**COVENTRY.....(607) 656-8602**

Windy Hill Senior Center  
Coventry Town Hall  
1839 Route 235  
Coventry, NY 13778  
Hours: Tues & Thurs 10-2pm  
Lunch Served at Noon

**Daily Activities:** Bingo and Cards  
Every other week: Crossword Puzzles,  
Word Searches and Trivia Plus

**Special Activities:**

July 15 - Celebrate Birthdays!  
August 12 - Celebrate Birthdays!  
Aug 14 - Blood Pressure Clinic  
Sept 9 - Celebrate Birthdays!

**NORWICH ..... (607) 334-2910**

First Baptist Church  
10 West Park Place  
Norwich, NY 13815  
Hours: M-F 9-1pm  
Lunch Served at 11:45AM

**Daily Activities:** Cards (Tues/Fri), Crossword  
Puzzles, Word Searches, Trivia Plus and Bingo on  
Thursday

**Special Activities:**

July 4 - Office/Site Closed Holiday  
July 16 - Celebrate Birthdays!  
July 17 - Dina Lawson, RD, CDN Visit  
Aug 13 - Celebrate Birthdays!  
Aug 15 - Blood Pressure Clinic  
Sept 1 - Office/Site Closed Holiday  
Sept 10 - Celebrate Birthdays!

**SOUTH OTSELIC ..... (607) 337-1770**

Plum Valley Forever Young Center  
Methodist Church  
102 Clarence Church Street  
S. Otselic, NY 13155  
Hours: One Evening Dine a Month 3-8pm  
Dinner Served at 5 PM

July 25 - Evening Dine 5:00 pm  
Dina Lawson, RD, CDN Visit  
Aug 21 - Evening Dine 5:00 pm  
Sept 26 - Evening Dine 5:00 pm



HAPPENINGS AT OUR SENIOR CENTERS  
CHENANGO COUNTY AREA AGENCY ON AGING  
JULY-AUGUST-SEPTEMBER 2014

**SHEBURNE.....(607) 674-4600**

The Welcome Center  
12 Knapp Street  
Sherburne, NY 13460  
Hours: M-W-F 10-2pm  
Lunch Served at Noon

**Daily Activities:** Cards and Puzzles

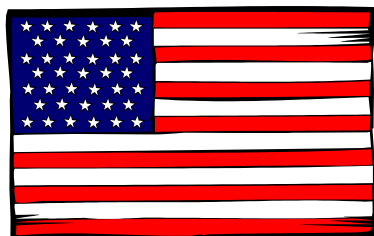
**Special Activities:**

July 4 - Site/Office Closed Holiday  
July 16 - Blood Pressure Clinic  
Celebrate Birthdays!  
Aug 13 - Celebrate Birthdays!  
Sept 1 - Site/Office Closed Holiday  
Sept 10 - Celebrate Birthdays!

**MCDONOUGH ..... (607) 337-1770**

Genegantslet Activity Center  
McDonough United Methodist Church  
County Route 5  
McDonough, NY 13801  
Hours: Two Evenings Dines a Month  
3-8pm/ Dinner Served at 5:30PM

July 10 - Evening Dine 5:30 pm  
July 24 - Evening Dine 5:30 pm  
Dina Lawson, RD, CDN Visit  
Aug 7 - Evening Dine 5:30 pm  
Aug 21 - Evening Dine 5:30 pm  
Sept 11 - Evening Dine 5:30 pm  
Sept 25 - Evening Dine 5:30 pm



**NEW BERLIN .....(607) 847-6350**

Unadilla Valley Senior Center  
First United Methodist Church  
51 S. Main Street  
New Berlin, NY 13411  
Hours: Tues & Thurs 10-2pm  
Lunch Served at Noon

**Daily Activities:** Cards (Pitch & Golf) and  
Puzzles

**Special Activities:**

July 15 - Celebrate Birthdays!  
Aug 12 - Blood Pressure Clinic  
Celebrate Birthdays!  
Sept 9 - Celebrate Birthdays!

**Knock, knock.**

*Who's there?*

**Nose.**

*Nose Who?*

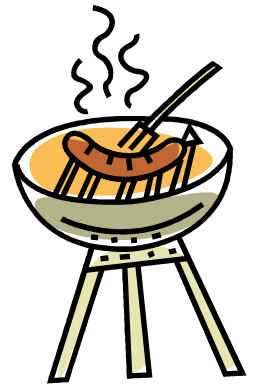
**I nose plenty of  
knock-knock jokes, don't worry!**



FOURTH OF JULY FLAG TRIVIA

There are eight sites where flags are flown 24 hours a day according to an executive order. They are The White House, Washington Monument, Iwo Jima Memorial in Arlington, VA, Winter Encampment Camps in Valley Forge, PA, Fort McHenry in Baltimore, MD (after a battle here in the War of 1812, a flag flying inspired Francis Scott Key to write *The Star-Spangled Banner*), The Star-Spangled Banner Flag House in Baltimore, MD, All points of entry to the U.S., and Battleground in Lexington, MA (where the first shots of the Revolutionary War were fired).

## **BARBECUE FOOD SAFETY TIPS!**



Many people enjoy outdoor grilling in the summer months. Here are some tips to avoid food poisoning caused by germs growing too quickly in the summer heat.

- ⇒ Wash your hands and forearms thoroughly before preparing or serving food. Use warm water and soap for at least 20 seconds. Always wash hands again after touching raw meat.
- ⇒ Meats must be cooked to the proper temperature to assure safety. Use a meat thermometer.

Chicken 165° F	Hamburger 160° F
Pork 150° F	Hot Dogs 140° F
- ⇒ Serve the first cooked meats first. Make sure the food is used before the temperature drops under 140°, and within two hours.
- ⇒ Cold foods need to be kept cold. Keep them refrigerated (at 40° F) or stored in coolers with lots of ice until ready to eat.
- ⇒ Marinate food in the refrigerator. Don't taste the marinade or re-use it after raw meat has been added.
- ⇒ Keep flies away!
- ⇒ Do not store food containers out in the open; rather, place them in the shade.

State of New York Department of Health

**SENIOR DAY AT THE CHENANGO COUNTY FAIR! MARK YOUR CALENDARS!**

***AUGUST 7 10AM - 3PM***

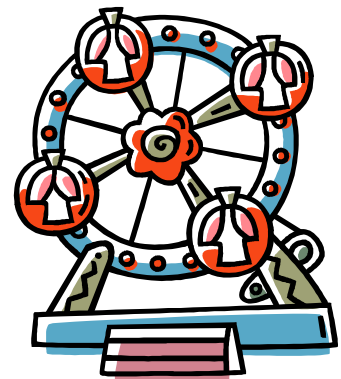
**DAYLONG ENTERTAINMENT!**

**GIVEAWAYS! GAMES! DISPLAYS!**

**FREE BLOOD PRESSURE CHECKS!**

**EXHIBITS!**

**MUCH MORE!**



WAYS TO SAVE \$\$\$\$ ON MEDICARE COSTS!

The Medicare Savings Program can help pay for your health insurance premiums and copays. The **Qualified Medicare Beneficiary (QMB)** program pays for Medicare Part A and B premiums, deductibles and copays. The **Specified Low Income Medicare Beneficiary (SLIMB)** and the **Qualifying Individual (QI)** programs will both pay for Medicare Part B premiums. There are no asset or resource limits for these programs, but there are **monthly income requirements**.

	<u>Single</u>	<u>Couple</u>
Qualified Medicare Beneficiary (QMB)	\$978	\$1,313
Specified Low Income Medicare Beneficiary (SLIMB)	\$1,169	\$1,571
Qualifying Individual (QI)	\$1,313	\$1,765

**EPIC (Elderly Pharmaceutical Insurance Coverage)** is a New York State program that provides secondary (additional) coverage to your prescription plan.

EPIC has two plans based on annual income. The **Fee Plan** is for members with income up to \$20,000 if single or \$26,000 if married. The **Deductible Plan** is for members with incomes ranging from \$35,000 to \$75,000 if single or \$50,000 to \$100,000 if married.

EPIC helps pay for the Medicare Part D drug plan premiums for members with income up to \$23,000 if single or \$26,000 if married. Higher income members are required to pay their own Part D premiums but EPIC provides premium assistance by lowering their EPIC deductible.

At the pharmacy, seniors present both their EPIC and Medicare Part D drug identification to their pharmacist. The EPIC co-payments range from \$3.00 to \$20.00 and is based on the cost of the prescription remaining after billing the Medicare Part D drug plan.

For help with these programs please call Chenango County Area Agency on Aging at  
607-337-1770

## August Is National Eye Exam Month

It's a fact of life that vision changes occur as you get older. But these changes don't have to compromise your lifestyle. Knowing what to expect and when to seek professional care are important steps to safeguarding your vision.

As you reach your 60s and beyond, you need to be attentive to warning signs of age-related eye health problems that could cause vision loss. Many eye diseases have no early symptoms. They may develop painlessly and you may not be aware of changes to your vision until the condition is quite advanced. But wise lifestyle choices and regular eye exams can significantly improve your chances of maintaining good eye health even as you age.

Safeguarding your vision as you age can have a tremendous impact on your quality of life.

You may not realize that health problems affecting other parts of your body can affect your vision as well. Individuals with diabetes or hypertension (high blood pressure), or taking medications that have eye-related side effects, are at greatest risk for developing vision problems.

Therefore, regular eye exams are even more important as you reach your senior years. The American Optometric Association recommends annual eye examinations for everyone over age 60. See your doctor of optometry immediately if you notice any changes in your vision.

In the years after you turn 60, a number of eye diseases may develop that can change your vision permanently. The earlier these problems are detected and treated, the more likely you can retain good vision.

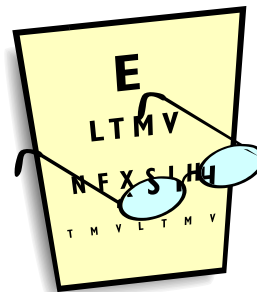
The following are some vision disorders of which you should be aware:

**Age-related macular degeneration (AMD)** is an eye disease affecting the macula, the center of the light sensitive retina at the back of the eye, causing loss of central vision. Although small, the macula is the part of the retina that allows us to see fine detail and colors. Activities like reading, driving, watching TV and recognizing faces all require good central vision provided by the macula. While macular degeneration causes changes in central vision, peripheral or side vision remains unaffected.

**Diabetic retinopathy** is a condition occurring in people with diabetes. It is the result of progressive damage to the tiny blood vessels that nourish the retina. They leak blood and other fluids that cause swelling of retinal tissue and clouding of vision. The condition usually affects both eyes. The longer a person has diabetes, the more likely they will develop diabetic retinopathy, which can cause blindness.

**Cataracts** are cloudy or opaque areas in the normally clear lens of the eye. Depending upon their size and location, they can interfere with normal vision. Usually cataracts develop in both eyes, but one may be worse than the other. Cataracts can cause a decrease in contrast sensitivity, a dulling of colors and increased sensitivity to glare.

**Glaucoma** is a group of eye diseases characterized by damage to the optic nerve resulting in vision loss. People with a family history of glaucoma, African Americans and older adults are at higher risk for developing the disease.





## SUMMERTIME HUMOR



AUGUST 16 IS NATIONAL TELL A JOKE DAY!

- \* Why do gardeners hate weeds? **GIVE WEEDS AN INCH AND THEY'LL TAKE A YARD**
- \* Why do frogs have it made? **BECAUSE THEY EAT WHAT BUGS THEM**
- \* Why does a hummingbird hum? **HE DOESN'T KNOW THE WORDS**
- \* Why is grass dangerous? **IT'S FULL OF BLADES**
- \* Where do cats like to go on vacation? **THE CANARY ISLANDS**
- \* How do you keep a skunk from smelling? **HOLD ITS NOSE**
- \* Why would you iron a four-leaf clover? **TO PRESS YOUR LUCK**

### August Dates to Remember!

August 3- Friendship/Sisters Day (Have a Lunch)

August 9- Book Lover's Day (Grab A Book!)

August 16- National Tell A Joke Day

August 21 - National Senior Citizens Day



### **August 3rd is National Watermelon Day! Fun facts about this popular summer food!**

- \* Watermelon is a vegetable, not a fruit! It is related to cucumbers, pumpkins, and squash.
- \* It is grown in approximately 100 countries.
- \* This ideal health food contains no fat or cholesterol but plenty of fiber, potassium, and vitamins A, B6 and C.
- \* For the perfect watermelon, choose a firm, symmetrical shape that is bruise-free, heavy for its size, and has a yellow spot on the underside from ripening in the sun while still on the ground.

## Caregiving: 6 Steps to Help You Cope

Each year, about 44 million Americans devote much of their time providing care for older, sick, or disabled family members or friends. For many of these people, being a caregiver is a second full-time job. Not surprisingly, the stress and strain can take a physical and emotional toll. Here are six simple steps to help you stay healthy while caring for a loved one.

### Caregiver Tip 1. Ask for help

Avoid being the sole caregiver, if possible. This may mean asking adult children or siblings to help with groceries or car rides or even hiring a professional caregiver to perform difficult tasks like bathing your loved one. Short-term respite care, programs that send a healthcare professional to your home to provide temporary care for your family member or friend, is also helpful. Some long-term care insurance policies will cover this. Federal and state programs may also provide funding. Check with your local Area Agency on Aging (AAA) for Eldercare options in your area.

### Caregiver Tip 2. Let it all out

Talk to a family member, friend, minister, or counselor about what you are experiencing, or seek out a local support group. It's all too easy for a caregiver to withdraw from family and friends, but research shows that those with emotional outlets report less stress and fewer health ailments than those without such connections.

### Caregiver Tip 3. Get up to speed

Specialized health organizations, such as the Alzheimer's Association or the American Cancer Society, can provide detailed information on the disease your friend or family member is facing.

### Caregiver Tip 4. Remember your health needs

Remembering your own doctor appointments and when to take your medicine can be difficult enough without having to juggle someone else's schedule as well. Keeping a calendar of your appointments, writing yourself reminders, or even setting an alarm when it's time to take your medications can be cues to help you stay on top of your health issues.

### Caregiver Tip 5. Get moving

Physical activity is good for the body and the brain. Getting 30 minutes of physical activity, such as walking, on all or most days of the week, along with regular, well-balanced meals that are high in vegetables, fruits, and whole grains and low in fat will help you stay fit and avoid excessive weight gain.

### Caregiver Tip 6. Have a hobby

Carve out some time each week to do something you enjoy, such as reading a book, watching a movie, or gardening.

## Grandparents Day! - September 8

- ◇ To Honor Grandparents
- ◇ To give Grandparents an opportunity to show love for their children's children
- ◇ To help children become aware of the strength, information, and guidance older people can offer

## September Dates to Remember!

Sept 1- Labor Day

Sept 9- Grandparents Day

Sept 23- Checkers Day

(Have a Game!)



## *Why the American Flag is Folded 13 Times*

**First Fold** - Symbolizes life

**Second Fold** - Symbolizes belief in eternal life

**Third Fold** - Honors veterans

**Fourth Fold** - Reminds us that humans are weak and in need of divine guidance

**Fifth Fold** - Is a tribute to our country

**Sixth Fold** - Represents the love for America

**Seventh Fold** - Is a tribute to the armed forces

**Eighth Fold** - Honors mothers

**Ninth Fold** - Honors all women

**Tenth Fold** - Honors fathers

**Eleventh Fold** - Symbolizes the God of the Old Testament

**Twelfth Fold** - Represents Christian belief in the Trinity, God the Father, the Son, and the Holy Spirit

**Thirteenth Fold** - When the flag is completely folded, the stars are uppermost reminding us of our nation's motto, "In God We Trust."

## Labor Day Job Humor!

A plumber attended to a leaky faucet at a neurosurgeon's house. After a 2 minute job, he demanded \$75.

Neurosurgeon: I don't charge this amount even though I'm a neurosurgeon.

Plumber: You're right. That's why I switched from surgery to plumbing!



"Autumn is a second spring when every leaf is a flower." - Albert Camus