

Spring 2013

Issue 1 April-June

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Legacy Corps



Note from the Editor

I'm sure some have noted that you haven't received a newsletter since the end of 2012. Time constraints and illness have made this difficult to get out but hopefully, I will be able to catch up and we can get back into the swing of things. You will notice that this issues encompasses three months. That is just so I can be back to my every two month routine come July-August.

Now that spring is

peeking out of the bitters of winter we begin to feel a little more vivacious and our moods seem to be getting cheerier. Many may have suffered with seasonal affective disorder also termed, winter blues or winter depression. This is a mood disorder in which people who have normal mental health throughout most of the year experience depressive symptoms in the late fall and winter or late spring and summer. It really depends on the person but, I am hopeful that with the

sun being out a little longer and the weather warming up a bit, being outside will be a little more pleasurable for those that don't care for the cold. There is nothing like seeing mother nature renew itself and begin to bloom; the first crocus, the sprouting of tulip and daffodils and the first robin red-breast hopping about the lawn. In the newsletter are some articles of suggestion on how to enjoy your day.

Kit



Up and Coming! Mtg. 10:00-noon

April 18– End of Life with Hospice's Mary Burgen

May 23– TBA

June 28– Tentatively– SafeTalk Suicide Prevention Training **10-1**

July 25– TBA

*PSB= Public Safety Building,
Phoebe Lane, Delhi, NY

alzheimer's association

24 Hour Helpline: 800.272.3900
www.alzneny.org.

Did You Know?

Potassium helps all cells, tissues, and organs in your body to work the way they should. But that's not all; potassium is also a electrolyte and conducts electricity in your body, along with sodium, chloride, calcium and magnesium. Potassium is crucial for your heart and plays a key role in muscle contraction.

Potassium sources:
Bananas Citrus juices Avocados

Cantaloupes Tomatoes Potatoes
Lima beans Dairy products
Chicken and other meats Some fish such as salmon, cod and flounder.



Potassium can also be found in multi-vitamins, however, most people don't need supplements. People taking blood pressure medications and people with kidney problems should be careful about taking in too much potassium. Check with your doctor if this may apply to you.



A bump on the head or a brain injury?

Center for Disease Control and Prevention.

If your bonked on the head or hit your head during a fall, don't just shrug it off and head back to whatever you were doing. Make sure you don't have a concussion.

A concussion is a head injury that changes how the brain normally works. A concussion is caused by a bump, blow, or jolt to the head.

Be on the lookout for:

- Difficulty thinking clearly, concentrating, or remembering
- Feeling sluggish, hazy, foggy or groggy
- Nausea or vomiting
- Balance problems or dizziness
- Fatigue or feeling tired
- Blurry or double vision
- Sensitivity to light or noise
- Numbness or tingling
- Not "feeling right"
- Feeling irritable, sad, nervous, or more

emotional than usual.

What you should do for a concussion:

- Get medical attention immediately. A health-care professional experienced in evaluating a concussion can determine how serious the concussion is and when it's safe to return to normal activities, including physical activity.
- Take time to get better. A brain needs time to heal. Limit activities. Exercise or activities involving tremendous concentration, such as studying, working on the computer, or playing video games, may cause concussion symptoms to reappear or get worse.



Our Place

On February 6th Our Place celebrated it's Grand Opening! Amongst the guest were Bovina's Supervisor Tina Mole' who also represented Senator John Bonacic and Rodney Decker, representing Assemblyman Clifford Crouch, Andes Supervisor, Martin Donnelly and Hamden Supervisor, Wayne Marshfield . We appreciated the good media coverage as Bob Cairns of the Walton Reporter editor. Our event made front page news! Office for the Aging, Wayne Sheperd, NY Connects program coordinator, Drue Brenner and Alzheimer's Association's Ann Thayer also joined the festivities.



We are so excited for the continued growth at Our Place. The individuals that are in need of one on one care and those that are just looking for socialization, now called the Golden Dream Catchers Club, are increasing in numbers and everyone enjoys the camaraderie of their peers, the crafts, exercise and entertainment.

One Wednesday, the cosmetology class came down from BOCES and offered free



Bea Bennett, Janice Kehr & Alice Blackman
(rt. Side of table)

manicures and haircuts or styling. Some said that they had never experienced a manicure before in all their 80+ years. All looking mighty fine, we decided that BOCES will have to make this a regular visit. We expect they will work it into their schedule again in May.

If you'd like to experience a trial visit, please call and make arrangements at no cost to you the first time. You can contact Kit 607.746.6333 or Patsy @ 607.865.5175.

Dorothy Kubik, one of our previous Legacy Corps volunteer, has had some health issues that have made it necessary to relocate to a nursing home. Please remember her by sending a card to:



NEW!

Fox Nursing Home
1 Norton, Rm. 209
Oneonta, NY 13820
607.433.2840

Lucille Whiting, also is having some serious health issues. Her address is as follows:

Fair Street, Apt. # 9
Deposit, NY 13754

It's never to late to get healthy

It's not just how you live in your younger years that affects your quality of life and how long you'll live. According to a British Medical Journal study, healthy habits after age 75—especially being physically active, having a rich social network and not smoking—can extend survival by five years for women and six years for men.

Swedish researchers collected information about the lifestyles, leisure activities, and social networks of 1,810 adults ages 75 and older, then followed them for up to 18 years. Lifestyle measures include smoking, alcohol consumption, and body weight. Leisure activities included exercise as well as mental activities, social pursuits, and things like volunteering. Social networks were measured by marital status, living arrangements, and the quality and quantity of contact with children,

friends, and relatives.

The median survival of people whom the researchers classified as having a low-risk profile (nonsmokers, those who drank a moderate amount of alcohol, those who participated in at least one leisure activity, and those who had at least a moderate social network) was 5.4 years longer than that of people with a high risk profile (unhealthy behaviors, no leisure activities, and a limited or poor social network). Of the leisure pursuits, physical activity—gymnastics, swimming, or walking regularly—had the strongest association with survival, increasing the median age of death by more than two years. Those who drank alcohol survived a median of 1.3 years longer than people who never drank. And half of the participants with a rich social network living at least 1.6 years longer than those with a limited or poor

Explore the Outdoors

(excerpts from Douglas MacArthur article)

Caregivers that have the opportunity to receive respite while caring for their loved ones really need to take advantage of the opportunity. Here are some suggestions on what you may consider doing with 'your day off'. These are also some activities the care recipient may enjoy doing with you.

Gardening: This is one of the best activities that you can indulge in. Gardening, and spending time with nature will not only refresh you but also keep stress at bay. You could even start a gardening competition amongst your friends. This way you can get to impart and hone your skills in gardening.

Walking a Pet: Offer to walk your neighbor's or even your family pet. This way you will get some exercise as well as meet interesting people on the way. If you find this activity too tiring, just opt for a group walk together. If you don't have a pet, the humane society is always looking for volunteers to help walk their homeless.

Theatricals: Get together a group of people who share the same passion as you and start a theatrical group. You can write and perform stage shows once every month according to your convenience. You can even indulge in training youngsters in the art of performing.

Church Activities: The church is always on the lookout for people who are ready to offer their services for the different activities that they organize. Take the opportunity to share your talent and passion with those that are less fortunate. You can even volunteer to conduct catechism classes for both the young and the old.

Treasure Hunting: Well, to say, treasure hunting is a fantastic idea to bond with your grandchildren. If you can get your hands on a metal detector, this activity would be even more fun. All you got to do is, let the metal detector do the talking, and then fetch out whatever it is that made your detector beep. The plus point is that you could find anything from metal scraps, coins to gold.

Go Sporty: There is nothing that will beat the turf and the joy of golfing. If you do not know the nuances of the sport, it is a great time to start learning. Besides, the outdoors has lots of sports to offer for the adventurous spirit. Counting the options that are there, you will never be bored.

Fishing: Spending time at the river bank, reeling in the catch of the day and then, grilling it for friends and family. That sure calls for a picnic, now doesn't it? It's double whammy, you get to enjoy the outdoors as well as indulge in your favorite pastime.

... Years may wrinkle the skin, but to give up interest wrinkles the soul. You are as young as your faith, as old as your doubt; as young as your self-confidence, as old as your fear; as young as your hope as old as your despair. In the central place of every heart there is a recording chamber. So long as it receives messages of beauty, hope, cheer and courage, so long are you young. ~Douglas MacArthur

Delaware County

Office for the Aging
6 Court Street
Delbi, NY 13753

Phone: 607.746.6333

Fax: 607.746.6227



Taking Refuge Indoors

We do agree that age doesn't permit being outdoors at all times. Apart from keeping yourself active, you also need to keep your mind fresh and sharp. Here are some ideas:

Community Library:

You love reading and you have a wonderful collection of books. It would help if you open up a community library service right in your own garage or home. Spread the word around and lo! You won't have to sit alone ever again. This is one way you can interact with people of all ages.

Grandmother's Secret Recipe:

Start a cooking class for youngsters, supervise and train them in what you like doing the best. Now, this doesn't mean you are restricted to only cooking; on the contrary, start classes for whatever you believe you do best.

Tea Party: Remember those days of your childhood where you played house with your dolls. Well, time has surely gotten on. You can now have a

tea party in the comfort of your home. Bake a bunch of cookies and cakes, and invite your circle of friends over. A perfect time to bond and remember fond memories. You may even decide to liven it up and add some karaoke singing!

Get Crafty: Why sit idle when you know to knit and sew. Get your friends involved for a few hours daily and make something beautiful. You can even think of organizing a fair once you have sufficient ware or donate the item to a non-for-profit organization to auction off to raise money for their operating expenses.

Gaming Championships:

Do you have a stocked pile of board games and jigsaw puzzles. Dust them off and challenge your friends to one of your favorite games. Just become a child once again, believe me there is nothing better than doing just that.

More suggestions: <http://www.buzzle.com/articles/fun-activities-for-the-elderly.html>

Osteoporosis: Men-the Forgotten Sex

When was the last time you were asked what your bone density was? Did you know that incidence of osteoporosis takes off like a rocket starting at age 60 in women and age 65 in men? Men have historically been ignored when the issue of osteoporosis is discussed. For years medical conferences concerning osteoporosis focused exclusively on women. There are reasons for this but, as time passes, and we gain more experience in the detection and treatment of osteoporosis, men are finding they will have their day.

In the mid 1990's we had a convergence of two significant breakthroughs. We had the release of the first highly successful drug for osteoporosis, Fosamax. We also saw the release, simultaneously, of a commercially available, accurate, easy to use, low dose x-ray machine the "DEXA" scanner. When the ability to treat collided with the ability to detect, we witnessed an explosion in the field of osteoporosis. The DEXA scanner measures bone mass.

In spite of the fact just as many men are dying each year from osteoporotic hip fractures as women, men are not being screened for osteoporosis making it undetected and untreated.

According to the New Eng-

land Journal of Medicine, the same drug that was successful in treating osteoporosis in women is working just as well in men. It became clear that the calcium and vitamin D requirements to prevent osteoporosis in men are the same as those for women.

Respected international societies are beginning to publish recommendations that men undergo screening for osteoporosis and the insurance companies have approved DEXA scanning in males.

Osteoporosis screening for males should start at age 65. So gentlemen, when you are old enough to get a routine flu shot, or get that Medicare card, it will also be time to talk to your doctor about osteoporosis screening.

Osteoporosis must be detected and treated before it results in devastating spine and hip fractures. Almost one third of men who suffer a hip fracture die within one year due to complications directly related to the fracture. Of those who survive, half move into a nursing home or relative's home. With timely detection and treatment, osteoporotic fractures in men would be preventable. With all the strides that have taken place in the last decade, it is doubtful men will be the forgotten sex much longer.