

Summer 2013

Issue 2

July-August

Inside this issue:

Note from the Editor	1
Up and Coming!	1
Did You Know?	1
Emotional Distress	2
Our Place	2
Summer Fruits and Vegetables	3
Active Minds	3
A Laugh A Day	4
Travelling Safely	4

Legacy Corps



Note From the Editor

Ahhhhh...it's summer! I mow several pieces of property each week. One of them is down by the covered bridge. I do a great deal of thinking when I'm mowing. It's good therapy for my soul.

We are excited to announce that Our Place is one year old now. I am so pleased and am so grateful to all those that have made it happen but also continue supporting the center whether by volunteering or offering their time and talents. I

really believe it is making a surmountable difference in many lives.

Being the weather is getting into the muggy stages and the heat can be quite oppressive, don't forget your sunscreen, hats, breathable fabrics and staying hydrated. Remember, caffeinated beverages, such as coffee, can act as a diuretic so make sure you drink a goodly portion of water too.

Once you begin to perspire it is not unusual to feel a little chilled as your

body is trying to cool itself off. My mother always thought I was a little strange as I would often wear a sweater when it was 85° out because I'd feel cool after the breeze would pick up. However, I found out when I went to nursing school. this is actually very normal to feel a little cool especially if you are perspiring. It was a good thing my mother was patient with my quirkiness. Happy Summer!

Kit



Up and Coming!

July 31st - Picnic at Hamden Town Pavilion. Bring a dish to pass. Beverages will be provided. 11:30am to whenever. (More info on page 2!)

August 29th - TBA

September 26th - TBA

*PSB=

Public Safety Building,
Phoebe Lane, Delhi, NY



Did You Know?

Chocolate can be good for you!

However, not all chocolate is good for you. The more ingredients that are added, the less healthy it becomes. For the best benefits, dark chocolate is the way to go! Chocolate is a champion antioxidant, which helps rid the body of - those mean molecules who run amok and contribute to aging and disease! Chocolate can even help to lower blood pressure, therefore promoting cardiovascular health.

Switzerland consumes the most chocolate per capita. Each person, on aver-

age, eats 10 kilos per year. That's equal to just over 22 pounds!

I am very happy to announce the hiring of my part-time assistant, Lisa Sayman. Lisa is well know for her full-time position at Price Chopper-Delhi but has many talents, such as being very artistic, a good organizer and computer geek.

Lisa will con't. her studies at SUNY Delhi in August for Vet Science.

Welcome!



“Never explain. Your friends do not need it, and your enemies will not believe it anyway.” ~ Elbert Hubbard

Signs of Emotional Stress in Older Adults

Geriatric Mental Health Alliance Network of New York

Sometimes we may not notice a change in our loved ones right away, or just chalk it up to their disease or simple aging, but depression is not a normal part of aging.

As caregivers or as friends we need to be looking out for each other’s well-being.

Be on the lookout for these changes from the norm:

- Disheveled appearance, such as unkempt clothing or dirty hair.
- Body odor.
- Losing or gaining weight rapidly.
- Wounds or injuries that are not being cared for.
- Not wearing or using *needed* assistance devices (dentures, hearing aids, glasses, etc.).
- Irritability or angry outbursts.
- Not engaging in normally enjoyed activities.

- Verbal reports of feeling sad, worried, angry or lonely.
- Reporting that “no one cares about me” or “it doesn’t matter what happens to me”.
- Rapid changes of mood.
- Forgetting to keep and/or make necessary appointments.

What can you do?

Spending time with others, exercising (even if it’s only a walk), getting enough sleep, eating healthy, volunteering, caring for a pet, and learning new skills can help overcome the feelings of depression.

If someone you know is in danger of harming themselves, call the National Suicide Prevention Lifeline.

1-800-273-TALK(8255)



Our Place

On Wednesday May 29th Our Place celebrated it’s one year anniversary! We are so blessed to have the help and support of our volunteers, staff, and our participants. Without your help and dedication, we couldn’t have made it this far, thank you. To celebrate we hosted a pot luck luncheon!

On July 31st, Legacy Corps & Our Place will having their Annual Picnic at the Hamden Town Pavilion. The festivities start at 11:30 and will include some fun games of all sorts, and of course, lunch! This will be a dish to pass event, so bring your very best picnic recipe for everyone to enjoy. Beverages will be provided.

Should our picnic be rained out, it will still be held on July 31st, but we will relocate to the Hamden Town Hall and enjoy ourselves inside.

While at three different conferences over a course of a two week period, a few of our participants were hospitalized. Two of the ladies were in DVH and one in O’Connor Hospital. On my visit to the DVH I enjoyed wonderful conversations but also found that “Our Place” has made a tremendous impact on these individuals. “My life revolves around going to Our Place on Wednesday.” Another comment was, “I never had so many visitors.” Many of our participants have really begun to benefit from Our Place and not feel such isolation anymore. They talk to each other outside the center and even go out for coffee from time to time. Upon not feeling well, one of the ladies called one of her new found friends and told her she was going to the emergency room. You can not imagine how these statements made my heart sing!

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. We’re always happy to see new faces!



24 Hour Helpline: 800.272.3900

www.alzneny.org

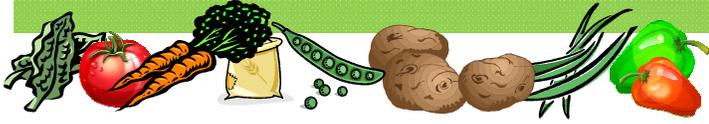
Email: ann.thayer@alz.org

On May 6th, **Dorothy Kubik** passed away. Thank you for all your kind wishes, sentiments and prayers.



Melba Hammond, one of our regular Our Place participants and previous Legacy Corps volunteer, has passed away June 18th, after a serious stroke. Condolences may be sent to Kathy Hessinger and family: 15 East River Rd., Walton, NY 13856

Summer Fruits and Vegetables



Summer is the time for fruits and vegetables! Most of our favorite vegetables come into their season about now. In addition to being more plentiful, did you know that when eaten in their season, fruits and vegetables are more nutritious?

It's true! When grown outside their normal season, fruits and vegetables need a lot more intensive care and special conditions. Because the conditions aren't ideal, the plant itself isn't as healthy. Could you grow a tomato plant in the dead of winter? Probably not. The lack of sun would make it sickly and unhealthy.

Maybe you've started a garden this year. That's a great step! Even if you haven't, you still have time. If limited space or mobility is your problem, try growing something easy, like lettuce, in a windowsill. Lettuce can be cut and eaten all season

long and keep on producing.

What are some other sources for fresh fruits and vegetables besides growing them?

Farmers markets of course!

Farmers markets are getting more and more easy to find as more of the public discover the delectable and often rare treats these farmers offer.

Farmers markets can give you the opportunity to try new foods and get excellent advice on preparing right from the person who grew it.

Buying from the farmers market also helps support the people in your community and your neighbors.



To find local farmers markets refer to the June edition of The Dispatch.

An Active Mind is a Healthy Mind

Every night in homes across America, parents ask their children, "So, what did you learn today?"

We want our children to learn and grow everyday, but often neglect our own mental health. Personal intellectual growth is important for our overall well-being. Intellectual health means opening our minds to new ideas, experiences and lifelong learning to keep life interesting.

A new hobby can be anything, such as photography, gardening, woodworking, learning a foreign language, cooking, or baking - anything that keeps your mind moving and grooving!

Community colleges often offer classes for foreign languages, art, and computer-related hardware, software, and general use.

Friends and neighbors often know a skill and would be happy to take the time to teach you, or know someone that will. You might even be able to swap skills.

Reading is another way to keep your mind active and in good shape. Reading with stretch your memory, comprehension, and your vocabulary "muscles".

Crossword puzzles, word finds, Sudoku puzzles, and fill-in-the-blanks are all sold in books at the local gas station or convenience store and are a fun and challenging way to keep those mental wheels turning.

Improving your mental health can also be as simple as being more positive, becoming more physically active, getting enough rest, eating well, and caring for your spirit, all of which reduce stress and improve your satisfaction with life.



In terms of days and moments lived, you'll never again be as young as you are right now, so spend this day, the youth of your future, in a way that deflects regret. Invest in yourself. Have some fun. Do something important. Love somebody extra. In one sense, you're just a kid, but a kid with enough years on them to know that every day is priceless.

- Victoria Moran

I've enjoyed every age I've been, and each has had its own individual merit. Every laugh line, every scar, is a badge I wear to show I've been present, the inner rings of my personal tree trunk that I display proudly for all to see. Nowadays, I don't want a "perfect" face and body; I want to wear the life I've lived.

- Pat Benatar

Delaware County

Office for the Aging
6 Court Street
Delhi, NY 13753

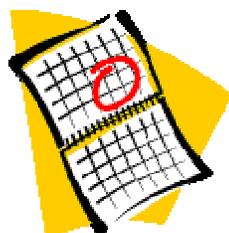
Phone: 607.746.6333

Fax: 607.746.6227



Have a Laugh!

Sitting on the side of the highway waiting to catch speeding drivers, a State Police Officer sees a car puttering along at 22 MPH. He thinks to himself, "this driver is just as dangerous as a speeder!" So he turns on his lights and pulls the driver over. Approaching the car, he notices that there are five old ladies -- two in the front seat and three in the back -- wide eyed and white as ghosts. The driver, obviously confused, says to him, "Officer, I don't understand, I was doing exactly the speed limit! What seems to be the problem?" "Ma'am," the officer replies, you weren't speeding, but you should know that driving slower than the speed limit can also be a danger to other drivers." "Slower than the speed limit? No sir, I was doing the speed limit exactly... Twenty-two miles an hour!" The old woman says a bit proudly. The State Police officer, trying to contain a chuckle explains to her that 22 was the route number, not the speed limit. A bit embarrassed, the woman grinned and thanked the officer for pointing out her error. "But before I let you go, Ma'am, I have to ask... is everyone in this car OK? These women seem awfully shaken and they haven't muttered a single peep this whole time," the officer asks. Oh, they'll be all right in a minute officer. We just got off Route 119."



"You can get along with last year's cars and clothes, but you must have this year's calendar."

- Unknown

Travelling and Safety

Summer is often the time that road trips and vacations are planned for. The weather is nicer and sometimes the flights and gas are cheaper.

However, safety while on the road or on the plane or boat is often over-looked in the planning process.

It's easy to be safer when travelling! Here's how:

Emergency Plan/Supplies

-An emergency plan can be as basic as a designated meeting place that everyone knows and can get to. Even if you're just checking into a hotel for the night, take some time to look around and find a good spot to meet should there be a need to.

-An emergency supply kit should always be kept in your car or trunk and should include the very basics such as a warm blanket, water, a flashlight, road flares, road map, extra money, and a cell phone (and charger) if you don't already carry one with you. Some other things you might want to add are: power bars, a knife, compass, batteries, matches, candle, and extra food for your pet (if you brought him along).

-If you're on a plane or cruise ship, follow all safety instructions and use all provided safety equipment.

Keeping Valuables Safe

The best way to keep your valuables safe, is not to bring them or wear them at all. But not everything can be left at home.

-A money belt/fanny pack will make it much harder for someone to steal from you.

-Keep your camera close to your body, never leave it loosely gripped in one hand. If it doesn't have a case, make sure the loop is secure over your wrist.

-If you travel with your laptop, make sure it is never out of your hands (unless locked safely away in the hotel room) and consider carrying/storing it in an unusual case, so someone might not think it was a computer right away.

-Make back-up copies of all important papers and identification you are bringing with you, and leave them with a friend or family member back home. If the worst should happen, it will be easier to replace them if there are copies. Bring and list of credit card company phone numbers.

For more tips and tricks regarding safety for travelling visit:



"Write injuries in sand, kindness in marble." - French Proverb