

November December

Newsletter

Issue #4

Late Fall — Early Winter

Inside this issue:

From the Coordinator	1
Up and Coming!	1
Did You Know?	1
Good Things - Aging	2
Our Place	2
Cooking Habits to Break	3
Winter Car Safety	3
Word Unscramble	3
A Laugh A Day	4
Beating Back Stress	4



Up and Coming!

10:00-noon-Public Safety Bldg.

November 21st– Room B.
DS&S Sharon Radtke on Long
Term Care and Medicaid/
Medicare

December 19th– Ellen Stewart
on “Uses of Art Therapy in the
Care of Seniors”
Jan. 30, 2014– 10-noon Rm. B.

280 Phoebe Lane, Delhi, NY

Legacy Corps



Note From the Coordinator

This has been an exciting couple of months as we signed up eleven students to participate in the Adopt a Grandparent program. One young man from Franklin HS and the balance from SUNY Delhi. We also had six potential ‘grandparents’ sign up for their assistance and companionship. The Adopt a Grandparent program offers the students an

opportunity to perform community outreach for their curriculums, but also many of the sorority sisters that applied are volunteering because they would like the opportunity to work with seniors.

We couldn’t have asked for a more beautiful autumn. The colors didn’t hang out too long but were pretty while they lasted. However, that is a lead into winter and

though we have been fortunate that it started a little later, those inevitable snowy and/or icy sidewalks and roads will appear. Lisa has added a piece on Winter Car Safety. Even walking about can be a little treacherous so if you needn't go out. Ask for help!

I hope everyone has a beautiful holiday season.

Kit

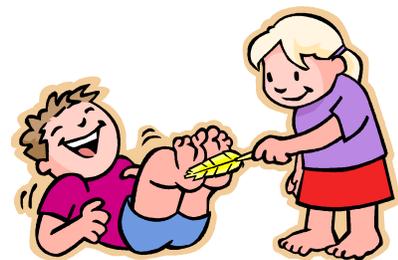
Did You Know?

Laughter increases the activity of the antibodies in the body by 20%, helping destroy viruses and tumor cells? **It’s true!** Laughter is a powerful antidote to stress, pain, and conflict. Nothing works faster to bring your mind and body back into balance than a good laugh.

- ◆ Laughter relaxes the whole body by relieving physical tension and stress, leaving your muscles relaxed for up to 45 minutes.

- ◆ Laughing triggers the release of endorphins. Endorphins promote a sense of overall well-being and can even temporarily relieve pain.

- ◆ Laughter also improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack.



“What sunshine is to flowers, smiles are to humanity.” ~ Joseph Addison

5 Good Things About Aging

Concerned about getting older? Now, there are fewer reasons to fret. Older people do experience changes and losses, such as retiring, bidding old friends goodbye, and declines in some cognitive skills. But the later years also offer some relief from stress and the rates of depression go down after 60 according to a Gallup Poll. Here are five ways *you* get better with age:

— **Less Anger, Stress, and Worry.** People in their seventies & eighties report being less troubled by those negative emotions than any other age group. As people grow older, they're more likely to stop and smell the roses, taking time to do little things that help them feel better.

— **Wisdom Grows.** The brain clings to experience-based knowledge well into old age. That's one reason wisdom doesn't seem to decline as do some other cognitive abilities.

— **Marriage Grows More Healthy.** Married seniors report greater satisfaction and more positive experiences with their mates than younger married couples do. One reason is senior spouses are more likely to show positive emotions and affection. Appreciation for each other increases as people grow older.

— **Satisfaction with Social Relationships Grows.** Social connectedness helps seniors stay healthy. That's why there's so many Seniors who volunteer—whether lending a hand to neighbors or doing community work— also reap cognitive health benefits.

— **Happiness Increases.** People who are happier in day to day life experience fewer negative emotions. Feelings of well-being not only improve your quality of life, but add years to it.

Consumer Reports — On Health May 2013



Our Place

We attended the American Cancer Society Harvest Festival at the Walton fairgrounds again this year. The weather was much nice then last so we enjoyed chatting with the public as they passed by and poked. Though we didn't sell a lot of items, Our Place still made our presence known.

The BOCES cosmetology students came down again to give haircuts, styling and manicures. They are always a big hit and are enjoyed by many.

On Wednesday the 30th, we had a great time dressing up in our Halloween costumes. Pauline Scherer assumed one of the volunteers identities dressing in a dark wig and exchanging name tags while Shirley Bowker was 'spooky' right down to her BVD's!



We received a generous donation from the United Presbyterian Church from their proceeds after the Turkey and Trimmings Dinner which was greatly appreciated. We thank the UPC for their generosity and belief in us to serve our senior population.

If you'd like to purchase a gift certificate to Our Place, we'd be happy to accommodate you. Each day a person attends as a Golden Dream Catcher (socialization) we ask for a suggest donation of \$5.00 a day and meal is a suggested donation of \$3.00. The group that needs a little more attention may attend for 4 hrs @ \$18. or 6 hrs. @ \$25.00. They also are offered dinner at a suggested donation of \$3.00.

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!

The Legacy Corps received a beautiful quilt handmade by the loving hands of Adela Nagel. Adela is one of our wonderful volunteers. As you can see from the picture, it has the Canadian geese from Legacy Corps' logo on it! Thank you Adela!



alzheimer's  association

24 Hour Helpline: 800.272.3900

www.alzneny.org

Email: ann.thayer@alz.org

“Go often to the houses of thy friend: for weeds soon choke up the unused path.” ~ Scandinavian Proverb

Cooking Habits to Break

The way you prepare your food can be just as important as what you buy. Follow these rules and **stop**:

— **Mistreating your veggies.** Boiling and overcooking certain vegetables robs them of vitamins, minerals, and antioxidants. Try steaming them instead. Studies show that this method preserves more nutrients than boiling, stir-frying, or even blanching them.

— **Salting food before you taste it.** Tasting, then salting (if necessary), will help you cut back. Don't be afraid to try something else if you're trying to cut the salt. Maybe a splash of balsamic vinegar or a dash of garlic powder will do the trick!

— **Baking with white flour only.** The milling process that produces white flour removes fiber and saps the flour of its

iron and several B vitamins. When baking try replacing some white flour with fiber-rich whole grain flour. Start by replacing just a quarter of the white flour with whole grain and work up from there.

— **Preparing fat-free veggie salads.** Using fat free dressing or a squeeze of lemon on salad saves on calories, but also prevents your body from absorbing all of the nutrients in the vegetables. That's because some nutrients are fat-soluble, and our bodies don't absorb them well without a bit of fat in the meal.

— **Mishandling olive oil.** Heat, air, and light can affect olive oil's flavor and its nutrients. Be sure to store it in a small, dark container that is tightly capped, away from the stove, and away from the sun.

Winter Car Safety

Winter is fast approaching, and we've already gotten a taste of her chill this year. To remain safe in the car during these winter months:

— **Keep the gas tank full.** Probably one of the easiest, but most overlooked safety features: a full gas tank will get you far, but in case you get stuck, it will also keep you warm much longer. The current advice is that when your car reaches half a tank, you should take it to the station and fill 'er up!

— **Keep an emergency kit in the car.** This should include a snow shovel, blankets, flashlight, water, and first aid kit. You can never be too prepared.

— **Let someone know where you're going, how you're getting there and when you'll arrive.** If you get stuck somewhere, or are in an accident, someone will know your general whereabouts.

— **Keep your cellphone with you.** But put it somewhere secure, like in the center console. Studies show that loose phones fly out of reach in most accidents.

— **If you get stuck, stay with the car.** Start the car and use the heater for 10 minutes every hour. Keep the exhaust pipe clear of snow so fumes don't back up into the car. Keep your arms and legs moving to keep blood circulating and stay warm.

Thanksgiving Word Search

- | | | |
|-----------|---------------|----------------|
| Autumn | Pilgrims | Family |
| Gratitude | Thanksgiving | Mayflower |
| New World | Cornbread | Puritans |
| Sail | Maize | Indians |
| Blessings | Plymouth | Wampanoag |
| Holiday | Thursday | Edward Winslow |
| November | Massachusetts | |
| Stuffing | Pumpkin pie | |
| Celebrate | Turkey | |



m y s g n o v e m b e r m t k n m t g k
a a n y k y a d i l o h h n p r f t r v
y d a s t t e s u h c a s s a m w n a l
f s t z t h a n k s g i v i n g o y t x
l r i t m v f d y f k m a i z e l r i s
o u r g n i f f u t s n g t p t s z t n
w h u r s d a e r b n r o c i c n n u a
e t p r a l m d f r b r d j l e i m d i
r f b r i c t p l k r l l t g l w u e d
t j l y l j r z k l x m r u r e d t n n
b l e s s i n g s v q y o r i b r u n i
r y l g a o n a p m a w w k m r a a r x
h f a m i l y r q y j n w e s a w l w n
k p u m p k i n p i e y e y t t d r h b
t t q h t u o m y l p b n t t e e m g t

Delaware County

Office for the Aging
6 Court Street, Delhi, NY 13753
Phone : 607.746.6333
Fax: 607.746.6227
Website: <http://www.legacycorps.org>
Email: kit@legacycorps.org



Have a Laugh!

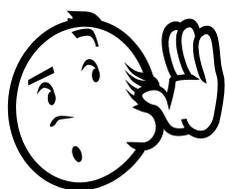
Sam goes to the doctor for his yearly checkup. "Everything is fine", said the doctor, "You're doing OK for your age." "For my age?" questioned Sam, "I'm only 75, do you think I'll make it to 80?" "Well" said the doctor, "do you drink or smoke?" "No" Sam replied. "Do you eat fatty meat or sweets?" "No" said Sam "I am very careful about what I eat." "How about your activities? Do you engage in thrilling behaviors like speeding or skiing?" "No" said Sam taken aback, "I would never engage in dangerous activities." "Well," said the doctor, "then why in the world would you want to live to be 80?"



Due to the fact that my elderly mother was constantly losing her cordless phone I bought her a phone with a clip. I was taken by surprise the next afternoon to find her standing in the kitchen holding her pants by her ear. "What are you staring at?" she snapped at me, "I couldn't figure out how to undo this silly clip you bought me!"



An old man went to the Doctor complaining that his wife could barely hear. The Doctor suggested a test to find out the extent of the problem. "Stand far behind her and ask her a question, and then slowly move up and see how far away you are when she first responds." The old man excited to finally be working on a solution for the problem, runs home and sees his wife preparing supper. "Honey," the man asks standing around 20 feet away "what's for supper?" After receiving no response he tried it again 15 feet away, and again no response. Then again at 10 feet away and again no response. Finally he was 5 feet away, "Honey, what's for supper?" She replies "For the fourth time it's lasagna!"



*Knowledge is knowing a tomato is a fruit;
Wisdom is not putting it in a fruit salad.*

Beating Back Stress

It's easy to overlook the symptoms of stress in everyday life. Most of us are so used to them, we shrug them off as normal. While some stress is indeed normal, the levels of stress present in our current-day society are unlike any before it.

Stress is detrimental to both your body and your mind. Chronic stress is widely believed to accelerate biologic aging and support comes from studies confirming its adverse effects on immune system function. Stress significantly reduces the immune response to influenza and pneumococcal vaccine in the elderly.

It has been established that stress destroys cells in the hippocampus, a brain site responsible for memory storage and retrieval. This happens to most of us as we get older, especially for recent events. A recent study that followed over 1200 senior citizens without such problems for 12 years found that those who began to exhibit mild cognitive impairment due to stress or depression were much more likely to develop Alzheimer's disease.

Of equal concern is strong evidence that memory loss is starting to surface in individuals in their forties due to increased stress. Fortunately, you can reduce these damaging effects of stress and improve focus, concentration, and productivity!

—**Attitude.** Stress is something we all experience and something we all have to deal with. By choosing a firmly cheerful disposition, and **maintaining** that attitude, you'll soon discover how a bad mood contributed to your stress levels. A couple of other stress-reduction techniques:

—**Utilize Positive Relaxation Techniques.** Meditation, yoga, prayer, and breathing exercises can help stressed out people relax.

—**Follow Healthy Habits.** Nutrition play an important role in the body's stress levels. Give your body the best nutrition you can, and make sure it's balanced!

Follow these tips and soon your stress level will decrease and you'll start feeling better!

<http://www.stress.org/seniors> <http://www.voices.yahoo.com/>

"Do not remove a fly from your friend's forehead with a hatchet." ~ Chinese Proverb