



**Late Summer &
Early Fall 2013**
September & October
Issue #3

Inside this issue:

From the Coordinator	1
Up and Coming!	1
Did You Know?	1
Sleeping Well	2
Our Place	2
Ode to the Apple	3
Fall Safety	3
Word Unscramble	3
A Laugh A Day	4
For Caregivers	4



Up and Coming!

10:00-noon-Public Safety Bldg.

September 26th - “Senior State of the Union: Challenges and Resources” - Drue Brenner

October 24th-Cheryl Starcher-Ceresna- “My Plate”

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

December 19th– TBA



Note From the Coordinator

This has been a very busy summer! We were present at the fair with an informational display of Our Place and won third place! We also did a demonstration on Senior Citizen’s Day (Thurs.) and some of our attendees played cards while others made boxes out of greeting cards, made yarn dolls, and origami cranes instructed by Kimmie Kehr.

We had one of the Our Place participants, Peggy Shafer, nominated as “outstanding contributor” and will be honored with that award at the Senior Council Awards Dinner on September 9, 2013 held at the Rainbow Lodge.

In preparation for 2014, we have submitted our first grant to allow us to offer scholarship funding to caregiver/care-recipient clients that

would like to receive respite and care through Our Place but can not afford the minimal fees. So we hope to receive these funds.

This fall we are kicking off our volunteer campaign for more volunteers in some of the areas where we haven’t any. This also includes our Adopt a Grandparent program offered to students of HS and college. *Kit*

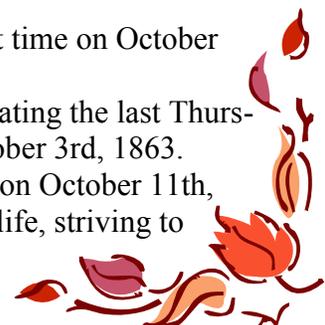
Did You Know?

September is the month that:

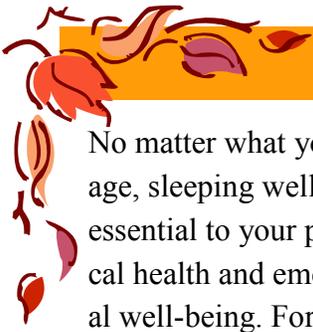
- the U.S. Treasury was added as the third presidential cabinet department, on September 2nd, 1789.
- the island of Manhattan was discovered by Henry Hudson on September 4th, 1609.
- The United States came into existence as the Continental Congress changed the name of the new American nation from the United Colonies on September 9th, 1776.

October is the month that:

- Henry Ford’s Model T went on sale for the first time on October 1st, 1908.
- Abraham Lincoln issued a proclamation designating the last Thursday in November as Thanksgiving Day on October 3rd, 1863.
- Eleanor Roosevelt was born in New York City on October 11th, 1884. As First Lady, she led an unprecedented life, striving to improve the lives of people all over the world.



“Courage is being scared to death, but saddling up anyway.” ~ John Wayne



Sleeping Well

No matter what your age, sleeping well is essential to your physical health and emotional well-being. For older adults, a good night's sleep is especially important because it helps improve concentration and memory formation, allows your body to repair any cell damage that occurred during the day and refreshes your immune system, which in turn helps to prevent disease.

Many physicians consider sleep to be a barometer of a person's health. Older adults who don't sleep well are more likely to suffer from depression, attention, memory problems, and excessive day time sleepiness. They are more likely to suffer night time falls, have increased sensitivity to pain and use more over the counter sleep aids.

While sleep requirements vary person to

person, most adults tend to need between 7.5 and 9 hours of sleep per night to function at their best.

As people age, their bodies naturally change sleep patterns. Usually you'll find yourself wanting to go to bed earlier and wake earlier too. It's best (and easiest) to adjust to this natural pattern.

Older adults tend to wake up more often during the night. You may have to make up the shortfall by napping during the day. In most cases these changes are normal and don't indicate a sleep problem.

If you truly have trouble sleeping, call your doctor. Your doctor can conduct an exam and provide help and suggestions. They may even refer you to a sleep clinic for evaluation.

Source: <http://www.helpguide.org>

alzheimer's  association

24 Hour Helpline: 800.272.3900
www.alzney.org
Email: ann.thayer@alz.org



Our Place

On Wednesday July 31st, Our Place celebrated its annual picnic at the Hamden Town Pavilion. We also had a volunteer recognition ceremony. We gave our volunteers river rocks to recognize their valiant efforts in caring for and helping others...

Kit Marshfield and Wayne Shepard each gave a speech, thanking our volunteers for all they do, and handed out Legacy Corps umbrellas. We had beautiful weather, as well as **plenty** of excellent food. Outside, we enjoyed games of bocce balls, croquet, and lawn darts, while under the pavilion we had plenty of card games and puzzles going.

This year for the Delaware County Fair we had a booth in the Art Building. The Sunday before fair, Ann Thayer from the Alzheimer's Association, Kit Marshfield and her assistant Lisa Sayman as well as Kit's husband Wayne loaded gear and got to work!



We set up the board that we had been diligently working on all week which highlighted Our Place, its programs and members! We set out some of our crafts that we do and generally made the place feel homey. The booth was a big hit and we won third place. Thursday of the fair, we held a demonstration of Our Place. Thank you to all who participated!

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!



“Let your hopes, not your hurts, shape your future.” ~ Robert H. Schuller

Ode to the Apple

September is the time that we in Delaware County look forward with great joy to apples!

Did you know that apples are one of the most versatile fruits around? They can become almost anything at all. Applesauce, apple cider, apple cider vinegar, apple juice, apple pie, apple cake, apple butter, natural pectin (to set jams and jellies), heck, even *smelling* them can reduce your headaches!

There are an estimated 16,000 varieties in the United States alone! That's a lot of apples!

Apples not only taste great, they are one of the powerhouses of the fruit world. Did you know that apples are approximately 80% water, and 18% air? They pack a huge amount of vitamin C (one apple contains about 14% of your daily vitamin C in-

take), lowers your obesity risk, boosts metabolism, and increases muscle.

Those who eat five or more apples a week (less than an apple a day) benefit from increased lung function. Mothers who eat plenty of apples will pass on the benefits to their babies: their children are less likely to develop asthma.

Eating apples also increases your ability to remember, lowers your type 2 diabetes risk, lowers the absorption of LDL or “bad” cholesterol because it blocks the absorption of cholesterol.

Where else can you get all these wonderful benefits for 95 calories?

Please, do your body a favor and bite into an apple (Or an apple pie) today!



Autumn Safety

The season officially turns to Autumn on September 22nd, but it feels like Autumn already. The trees agree. If you've driven around lately you may have seen a few trees that have gotten ahead by turning early. For me it was the maples. There are a few maple leaves drifting onto the driveway and that's when I know it's time: **Fall is here.**

As Fall progresses, please keep these few things in mind:

- As leaves become wet, they become slippery. Even to the tires on your car. It's best to keep leaves clear of your walkways and driveway to prevent slips and falls.
- Burning leaves seems to be a good way to get rid of them, and it is, if you are careful. If you don't know them already

you should call your local fire department to learn about the local fire regulations. Never ever burn leaves or yard debris near your home. The wind could kick up and make fire flare in the wrong direction.

- This is the time of year to check your winter time supplies. Make sure you have walkway salt to melt winter's ice, anti-freeze for your car, and get the snow shovel ready. This is also the time of year to have your furnace or chimney checked and cleaned if necessary.
 - When cleaning gutters, make sure to keep your shoes dry, so as not to slip on the ladder's steps. Also make sure your ladder is at a proper angle to prevent it falling or collapsing.
- Be safe out there!

Keep your brain active! Can you unscramble these?

- | | |
|-------------|-----------|
| 1. ENFR | 7. EDSE |
| 2. NTLPA | 8. TPALE |
| 3. LWRFOE | 9. OSORT |
| 4. EVSLAE | 10. ESMT |
| 5. LTHNGSUI | 11. UTIFR |
| 6. ERWTA | 12. OLSI |

Hint: they are all plant related.

- | | |
|----|-----|
| 1. | 7. |
| 2. | 8. |
| 3. | 9. |
| 4. | 10. |
| 5. | 11. |
| 6. | 12. |



Delaware County

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Have a Laugh!

There was a little old lady who was nearly blind. She had three sons and they wanted to prove which one was the best son to her. Son #1 bought her a 15-room mansion thinking this would surely be the best any of them could offer her. Son #2 bought her a beautiful Mercedes with a chauffeur included thinking he would surely win her approval. Son #3 had to do something even better than these so he bought her a trained parrot. This parrot had been trained for fifteen years to memorize the entire Bible. You could mention any verse in the Bible and the parrot would quote it word for word. How useful his nearly blind mother would find that!

Well, the old lady went to the first son and said, "Son, the house is just gorgeous, but it's really much too big for me. I only live in one room, and it's much too large for me to clean and take care of. I really don't need the house, but thank you anyway."

Then to her second son, "Son, the car is beautiful, it has everything you could ever want on it, but I don't drive and I really don't like that driver, so please return the car."



Next she went to son number three and said, "Son, I just want to thank you for your thoughtful gift. The chicken was small, but delicious."

Seeing her friend Sally wearing a new locket, Meg asks if there is a memento of some sort inside.

"Yes," says Sally, "a lock of my husband's hair."

"But Larry's still alive!"

"I know, but his *hair* is gone!"

Encouragement for Caregivers

"A positive attitude may not solve all your problems, but it will annoy enough people to make it worth the effort."

-Herm Albright

There is nothing like being the caregiver for an aging or ailing loved one. It's hard, often un-thanked work. Sometimes all you need is a kind word, but you don't get it.

So, if you are providing care for someone, how can you stay positive?

The first thing you can do is take a little time out from each day, be it a minute or an hour, and list something you are grateful for. Not only will you feel better remembering your blessings, you'll be able to refocus your mind on the tasks ahead.

The second thing is to take care of yourself. Taking care of yourself is not forgetting who you are. Your hobbies, interests, whatever make you feel alive are important things to keep up with. Scrape out time to do those things. It could be as simple as setting up the scrapbooking on the kitchen table, or training your dog in the living room. Anything you can

do where you are is a good choice. Taking care of yourself could also include utilizing a volunteer or another caregiver to care for your ailing loved one while you are treated to a day on the town. If not a day on the town, maybe some chores around the house. Physical work is very good at easing tension and making you feel productive. Without these releases, it is so easy to slip into depression.

The third thing you can do is talk to a mentor/counselor. This could be someone paid or just an understanding friend who will lend their ears. Bottling frustrations inside is no way to move past them. So talk them through with someone you trust.

The fourth thing is to not be afraid to ask for help. There are a myriad of resources for a caregiver to turn to for help. It can be as simple as asking a family member.

The Legacy Corps of Delaware County is dedicated to caregiver respite. If in need of assistance, please don't hesitate to call Kit at (607) 746-6333.

"A person who makes few mistakes makes little progress." ~ Bryant McGill