



Genesee County Office for the Aging

2 Bank Street
Batavia, N.Y. 14020
Phone: 343-1611

Website:
www.co.genesee.ny.us
Email: ofa@co.genesee.ny.us



PAMELA WHITMORE
Director

"INFORMATION FOR
ADULTS 60 AND
OVER"

Gene-Senior

January/February 2007

INCOME TAX PREPARATION ASSISTANCE

The Genesee County Office for the Aging is available to offer free income tax preparation for low to moderate income taxpayers. Volunteers trained by the IRS and NY State Department of Taxation are available by appointment only for income tax preparation. Some volunteers have been trained to process computerized income tax forms.

Income Tax Preparation:

Genesee County Office for the Aging Senior Center, (preference given to those age 60 & over), 2 Bank Street, Call 343-1611 for an appointment.

The Greens of LeRoy, 1 West Avenue, LeRoy, NY, Call 768-2740 for an appointment.

Community Action Center, 5073 Clinton Street Road, Batavia, NY, Call 343-7798 for an appointment.

Haxton Memorial Library, Drake & N. Pearl Streets, Oakfield, NY, Call 343-1611 for an appointment.

For questions or paper filing, no efile:

Richmond Memorial Library, 19 Ross Street, Batavia, NY. Call 343-1611 for availability.

Income Tax Information:

Forms will be available for the clients scheduled for appointments. Forms are also available at local banks, libraries, and post offices for those needing forms. E-filing of tax forms will be available. State forms can also be obtained from the NYS Department of Taxation and Finance by calling 1-800-462-8100. Federal Forms can be obtained from the Internal Revenue Service by calling 1-800-829-3676.

PRE-SORT STANDARD
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GENESEE COUNTY OFFICE FOR THE AGING
Batavia - Genesee Senior Center
2 Bank St.
Batavia, New York 14020

This Newsletter is funded through grants from the New York State Office for the Aging, the Older American's Act, and the generous support of the Genesee County Legislature. SUGGESTED CONTRIBUTION - \$4.00

ITEMS OF SPECIAL INTEREST

By: Barbara A. Matarazzo, Clerk/Typist
MEETINGS

Disabled American Veterans

Monday, January 1st & February 5th 7:00 p.m.
VAMC Recreation Hall

Doehler-Jarvis

Monday, January 8th & February 12th 12:00 p.m.
St. Nicholas Club, 245 South Swan Street

Graham Retirees

Wednesday, January 10th & February 14th 12:00 p.m.
To Be Announced

I.A.R.P. Board Meeting

Wednesday, January 3rd & February 7th 1:00 p.m.
Senior Center

I.A.R.P. Regular Meeting

Wednesday, January 10th & February 14th 1:00 p.m.
Senior Center

N.A.R.F.E. Meeting

No Meetings during the months of January & February
For more information, call 343-2479 or 591-1044

Us Too Prostate Cancer Support Group (Batavia Chapter)

No Meetings during the months of January & February

TRIAD/SALT (Seniors & Law Officials Together)

Wednesday, January 3rd & February 7th 1:00 p.m.
Senior Center

BATAVIA - GENESEE SENIOR CENTER ACTIVITIES

By: Sue Thaine, Recreation Program Assistant
BLOOD PRESSURE MORNINGS

Senior Center - 2 Bank Street

Wednesday, January 10th & February 14th
..... 10:00 a.m. - 11:30 a.m.

Bethany - East Bethany Church

Wednesday, January 3rd & February 7th
..... 11:15 a.m. - 12:00 p.m.

Corfu - Corfu Presbyterian Church

Thursday, January 4th & February 1st
..... 11:00 a.m. - 12:00 p.m.

Gillam Grant Community Center

Blood Pressure Screenings are held two (2) times during the month. Call 494-1621 for dates.

OLDER WORKERS !

• • •

ARE YOU

55 OR OLDER?

LOOKING FOR WORK?

STRUGGLING TO MAKE ENDS MEET?

MAYBE WE CAN HELP

• • •

For More Information

Inquire at Reception Desk**Or Phone Mary at 344-2042, ext. 241**

Income Guidelines Apply

ADVISORY COUNCILS

(Meet at the Senior Center)

Office for the Aging

Thursday, January 4th & February 1st 1:00 p.m.

Genesee Senior Foundation, Inc.

Thursday, January 18th & February 15th 2:00 p.m.

R.S.V.P. Advisory**No Meeting in January**

Monday, February 5th 12:30 p.m.

WEEKLY PROGRAMSMondays

Bridge 12:30 p.m.

Learn to Waltz 1:00 p.m.

Tuesdays

Bridge 11:30 a.m.

Cribbage 1:00 p.m.

Wednesdays

Quilters 9:00 a.m.

Knit & Crochet 12:30 p.m.

Euchre 1:00 p.m.

Thursdays

Bone Power 10:00 a.m.

Bridge 1:00 p.m.

Cribbage 1:00 p.m.

Fridays

Line Dancing 9:30 a.m.

Art Class 10:00 a.m.

Keyboard Music Lessons 1:00 p.m.

Card Group 1:00 p.m.

Open Pool Table 2:00 p.m.

OTHER PROGRAM OFFERINGS:2nd Tuesdays

Adult Diabetes Support Group

VA Medical Center - Ambulatory Care Area

For Information call Michele Gaylord, CDE at 297-1000,
ext. 72555. This is Open to the Public 6:30 p.m.3rd Tuesdays

Caregivers Support Group

Sponsored by LeRoy Christian Community Project

For Information Call 768-7540

Garden View - 124 East Main Street,

LeRoy, NY 7:00 p.m.

1st Wednesdays

Crafters 1:30 p.m.

3rd Wednesdays

Alzheimer's/Dementia Related Disease Support Group

Genesee County Nursing Home

1st Floor Community Room

278 Bank Street, Batavia

For Information Call Peggy Young at 343-1611 7:00 p.m.

Insurance Counseling

Insurance Counseling Offered on an Appointment Basis

ONLY. Call 343-1611

**Cribbage Results
November, 2006**

1st Place - Gloria Cannon

2nd Place - Dot Amidon

3rd Place - Joe Guppenberger

4th Place - John Genesky

**"Care Options for Seniors"
in Genesee County**



When you need to know where to turn for assistance, there is now a centralized way to learn about healthcare-related options for Genesee County seniors and their caregivers

Information is available in printed form
585-343-1611

or

Reach us on the web at:
www.co.genesee.ny.us

From the main menu select:
"Care Options for Seniors"

The project is made possible by a grant from the Community Health Foundation of Western and Central New York. The Community Health Foundation is a not-for-profit private foundation whose mission is to improve the health and health care of the people of Western and Central New York.

IT'S INTERGENERATIONAL WITH RSVP

By: Dorian Ely, RSVP Coordinator

Happy New Year! Thank you to the many volunteers who provided countless services throughout our county during the year 2006.

With the New Year, plans are under way to expand our STEP (Sharing, Teaching, Encouraging, Praising) Project, now in its ninth year of placing experienced readers with young learners. In response to a pressing need in the Batavia kindergarten through third grade classrooms, we are recruiting volunteers to work with children on their math skills. Lest the idea of "new math" strike terror into your heart (as it does mine), be assured that we have a highly competent retired math teacher available to provide training.

If your new year's resolutions include adopting a healthier life style, helping others in our community, or changing your outlook on life; we can help. Consider volunteering as a math mentor or for one of the other many opportunities to use your skills to help someone in our community. Please stop in and see us at the Senior Center or call 343-1611 and ask for RSVP.

Best wishes for good health and interesting activities in 2006.

"Gene-Senior" Newsletter is collated by RSVP Volunteers

WE NEED YOUR SUPPORT

Because needs are always greater than the funds available to meet them, the Genesee County Office for the Aging encourages monetary donations to our not-for-profit foundation called the **Genesee Senior Foundation, Inc.**

Name _____

(May we publish your name? Yes No)

Address _____

All donations are greatly appreciated.

All contributions are tax deductible to the extent of the law

I designated my contribution of \$_____ to be used where most needed.

Funds received will be used to support Office for the Aging Programs such as:

Recreation	Transportation	Home Delivered Meals
Caregiver Support		In-Home Care
	Health Insurance Counseling	

**Please make checks payable and send to:
Genesee Senior Foundation, Inc.
2 Bank Street, Batavia, NY 14020**

THANK YOU!

NEWSLETTER SUGGESTED CONTRIBUTION

By: Pamela Whitmore, Director

Our suggested annual contribution for this "Gene-Senior" newsletter is \$4.00. It is costly to mail the newsletter and your contribution will help to ensure that we will be able to provide the information included in a timely and cost effective manner. This is only a suggested contribution amount. We appreciate any donation that you can make.

Please return the form provided below with your contribution to: Office for the Aging, 2 Bank Street, Batavia, New York 14020.

Newsletter Contribution

Name _____

Address _____

Telephone # _____

Amount of Contribution \$ _____

Thank You For Your Support!!

**Mission Statement:
Genesee County Office for the Aging**

It is the goal of the Genesee County Office for the Aging to enhance, support, and maximize the capabilities of Genesee County residents 60 years of age and older and their caregivers. We aim to improve their quality of life by promoting their independence and self-sufficiency.

**Website Address for the Genesee County
Office for the Aging**
www.co.genesee.ny.us

New B-Line Service Available

Submitted by: **Wendy Fustino, Transportation
Coordinator**

B-Line Bus Service now offers a Dial-a-Ride service. This is open to the public and provides curb-to-curb service Monday through Friday from 8:00 AM to 4:00 PM. Reservations can be made by calling 343-3079 the day before the ride for pick up. Fares are Adults \$ 2.00 one way and \$1.00 one way for seniors and persons with disabilities.



County Service Still Available

Just a reminder that trips are available one day each week from all surrounding towns into Batavia and back. Monday is Byron and Bergen, Tuesday is Oakfield, Elba, and Alabama, Wednesday is Alexander and Attica, Thursday is Darien, Pembroke, and Corfu and Friday is Bethany and Pavilion. Service is available from 9:30 AM to 1:45 PM. Fare is \$ 1.50 one way for seniors.

For more information about transportation available to you, please call Wendy Fustino, Transportation Coordinator, at 343-1611.

Spring Trip to Cape Cod, Nantucket, and Foxwoods Casino May 21st - May 25th, 2007

Join Stone's Traveling Seniors for a delightful Spring Trip to Cape Cod, Nantucket, and Foxwoods Casino.

Travel by Deluxe motor coach to Cape Cod with accommodations on ocean front property roundtrip baggage service for one bag and you may have a small carry on bag for which you're responsible. You will be entertained at a welcome reception upon arrival. Included are 3 breakfasts, 3 dinners, taxes, gratuities for bus driver, and meal gratuities.

We will have roundtrip passage to Nantucket with an Island Tour and Shopping at the Christmas Tree Store in Hyannis, then we will be off to Plymouth for a Whale Watch and a visit to Plimoth Plantation.

Our last night out will be a stay at Two Trees Inn/Foxwoods Casino (tax and bags) and will include the current bonus: 1 dinner, 1 breakfast, \$10.00 Keno, \$5.00 pull tab, 20% off coupon for gift shop, and \$2.00 off at Museum, and souvenir shop.

Enjoy this wonderful spring vacation for \$595.00 per person double occupancy, \$585.00 triple occupancy. Single supplement is \$90.00.

For more information or to reserve your seat call Catherine M. Stone at 768-2055. You may mail your \$50.00 deposit to Catherine M. Stone at PO Box 344, LeRoy, NY 14482. In the past these trips have been filled up very fast. Final payment will be due April 10, 2007.

Prices reflect current fuel prices. The bus company reserves the right to add a fuel surcharge to the final price if over the applicable service dates, fuel prices have increased significantly from the date of the charter agreement.

Senior Center Gift Shop

The Senior Center Gift Shop, operated by the Genesee Senior Foundation, is open to the public Monday through Friday, 8:30 AM-5PM. It is located in the Genesee County Office for the Aging/Senior Center (first Floor) at 2 Bank Street. The shop specializes in providing small gift items at reasonable prices appealing to all age groups. Included in our inventory are Pavilion Gift Company Angels, tapestries, consignment items by area artists and crafters as well as all occasion greeting cards, china gifts, plush toys and jewelry. The shop is always a source for seasonal gift ideas. We encourage drop in customers, so if the doors are not open, just ask and we will be happy to welcome you when you arrive. If you have questions you may call us at 343 1611, ask for Mary or Sharon.



You Can
**Control Your Future.
Protect Your Assets.**

Call the
**Long-Term Care
Insurance Resource Center:**

**Genesee County Office for the Aging
585-343-1611**

www.planahead.ny.com

Get the unbiased information you need from the people

Rochester Area Community Foundation

Give where you Live.SM

Purpose

To improve the quality of life of elderly residents of Genesee County by providing non-medical services that help seniors remain independent as long as possible.

Planning Team

Wilfred Brooks
Patricia Cone
Dorothy Coughlin
Mary Dugan
Pamela Whitmore
James Littwitz
Mildred Mruczek
Martha Spinnegan
Catherine Stone
Janet Welch, Chair
Gary Wilcox
John Wolf
Bernice Yunker

Bonita Wallace

Vice President, Philanthropic Services
Direct: (585) 271-4100, ext. 4308
Email: bwallace@racf.org

Jennifer Leonard

President and Executive Director
Direct: (585) 271-4277
Email: jleonard@racf.org

Rochester Area Community Foundation
500 East Avenue
Rochester NY 14607-1912
www.racf.org

Fast Facts

Muriel H. Marshall Fund for the Aging

An estate bequest from Roxanne Marshall, a local librarian and daughter of a Batavia businessman, established this permanent fund at Rochester Area Community Foundation in honor of her mother—Muriel H. Marshall. Roxanne's dream was to support services that enhance the quality of life for elderly residents of Genesee County, especially those in more rural areas of the county, and enable them to remain independent and involved in the community. In her instructions to the Foundation, she identified a number of possible services and was adamant that they be available to anyone who needed them at reasonable cost. She also insisted that her private dollars not supplant public dollars allocated to senior services. A Planning Team of local seniors ensures faithful compliance with her wishes by continually:

- identifying non-medical needs and opportunities for seniors in Genesee County
- determining funding priorities and possibilities that are responsive to local needs
- shaping grantmaking strategies that meet the criteria of the Marshall Fund
- providing for appropriate community input and reporting

The Community Foundation provides administrative and fiduciary oversight for the fund, ensuring that it is effective now and forever.

Created by bequest:	1997
Founder:	Roxanne Marshall
Initial gift:	\$7.8 million
Current value:	\$8.9 million
Grants Since 1997:	\$2.4 million
Programs created and supported:	Assisted Transportation \$712,000 Friendly Visiting \$448,603 Transportation Coordination \$305,600 Handyman Services \$318,000 Library Services \$308,250 Socialization & Recreation \$164,000
Seniors served:	4,000 annually (36% of senior population)

Data current as of 6/06

PLEASE POST FOR FUTURE REFERENCE**Make/Cancel Reservations: Suggested Contribution \$2.50****Batavia:** Mon., Wed., & Fri. - 343-1611**Bethany:** Wed. - 343-1611**Corfu:** Thursday - 599-3248**Havenwood:** Monday-Friday - 344-1260**LeRoy:** Garden View - 768-6039**January, 2007**

January 1st - **New Year's Holiday - No Meals Served**
 January 2nd - Meatloaf/Gravy
 January 3rd - Veal Parmesan
 January 4th - Beef Stroganoff/Noodles
 January 5th - Roasted Chicken Leg
 January 8th - Italian Sausage
 January 9th - Oven Roasted Turkey
 January 10th - Beef Stew/Biscuit
 January 11th - Chicken Tenders/Gravy
 January 12th - Chili
 January 15th - **Martin Luther King's Day - No Meals Served**
 January 16th - Hot Dog/Bun
 January 17th - Chicken Cordon Bleu
 January 18th - Pot Roast Au Jus
 January 19th - Polish Sausage
 January 22nd - Baked Ham
 January 23rd - Chicken/Biscuit
 January 24th - Baked Fish
 January 25th - Pork Loin
 January 26th - Macaroni & Cheese/Bread Crumb Topping
 January 29th - Marinated Chicken Breast
 January 30th - Tuna Sandwich & Hearty Pea Soup/Ham
 January 31st - Salisbury Steak

February, 2007

February 1st - Stuffed Cabbage Rolls
 February 2nd - Veal Parmesan
 February 5th - Roasted Chicken Leg
 February 6th - Italian Sausage
 February 7th - Oven Roasted Turkey
 February 8th - Beef Stew/Biscuit
 February 9th - Chicken Tenders/Gravy
 February 12th - **Lincoln's Birthday - No Meals Served**
 February 13th - Chili
 February 14th - Pot Roast Au Jus
 February 15th - Chicken Cordon Bleu
 February 16th - Hot Dog/Bun
 February 19th - **Washington's Birthday - No Meals Served**
 February 20th - Baked Low Salt Ham
 February 21st - Tuna Sandwich & Hearty Pea Soup/Ham
 February 22nd - Roast Loin of Pork/Gravy
 February 23rd - Baked Fish/Tartar Sauce
 February 26th - Macaroni & Cheese/Bread Crumb Topping
 February 27th - Marinated Chicken Breast
 February 28th - Chicken/Biscuit

**UPCOMING EVENTS**

To make a reservation for any of our activities, please call the Genesee County Office for the Aging at 343-1611.

January, 2007

Monday, January 8th - Tai Chi

Barbara Stein, a certified Tai Chi instructor, will be here after lunch to demonstrate what Tai Chi is and answer questions regarding the gentle continuous movements of Tai Chi. Join us for the excellent information.

Wednesday, January 17th - Bingo

Do you want the chance to win a prize....In that case, you will have to join us for lunch. After lunch, our monthly Bingo game will begin where you will have the chance to win a prize.

Friday, January 26th - Birthday Celebration

Following our noontime luncheon, we will celebrate the birthdays of our friends born in January and sing "Happy Birthday".

February, 2007

Friday, February 9th - Valentine Celebration

Plans are being made for our annual Valentine Celebration. Don't miss out on a delicious luncheon and fun entertainment.

Friday, February 16th - Mardi Gras Celebration

Mardi Gras in Batavia. You don't have to be in New Orleans to participate. A luncheon and entertainment will be provided at this annual celebration.

Wednesday, February 21st - Bingo

You can't win if you don't play! Get out your lucky charms and bring your luck to our annual Bingo game followed by our noontime luncheon.

Wednesday, February 28th - Birthday Celebration

Come on down and enjoy lunch with your friends followed by our monthly birthday celebration for our friends born in the month of February.

Saturday, April 21st - Shea's Theater - Riverdance

Travel arrangements are being arranged for a "Modified Coach" to transport you to Shea's Theater for the popular celebration of Irish music, song, and dance in the production of Riverdance. The dancing is phenomenal and the original music and lyrics won a Grammy Award. Look for more details in future issues of the Gene-Senior Newsletter for this and other day trips.

New Trip Reservation Policy

When you make your reservation for a trip through the Genesee County Office for the Aging, it is necessary to make payment at the same time in order to be placed on our trip list. No names will be placed on our trip list until full payment is received.

Did You Know?

Submitted by: Carol Taddei, Services Coordinator

Every snowflake has its own unique shape and is different than all other snowflakes.
All snowflakes have six sides.

Snowflakes aren't always white. Years ago, when coal was used in factories and homes, snow was often gray. Why? Because the coal dust entered the air and was absorbed by the clouds.

In Prince Edward Island, Canada, where the soil is red clay, snowflakes often look pink. Why? Because red dust from the soil is blown into the air and absorbed by the clouds.

The largest snowflakes ever recorded fell in the state of Montana. The snowflakes were 15 inches in diameter.

The snow capital of the United States is Stampede Pass, Washington. Each year, the average snowfall is 430 inches.

The average snowflake falls at a speed of 3.1 miles per hour (5 kilometers).

Snirt is dirty snow that flies off the dusty Canadian prairies.

People buy more cakes, cookies, and candies than any other food when a blizzard is in the forecast.

A blizzard occurs when you cannot see for 1/4 miles. The winds are always 35 miles an hour or more. The storm must last at least 3 hours to be classified as a blizzard. If any of these conditions are less, it is only a snowstorm.

Billions of snowflakes fall during a short snowstorm.

Snowflakes are made up of ice crystals.



Juice May Reduce Alzheimer's Disease Risk

Submitted by: Carol Taddei, Services Coordinator

Vanderbilt University researchers have found that people who drank three or more servings of fruit and vegetable juices per week had a 76 percent lower risk of developing Alzheimer's disease than those who drank juice less than once a week.

The researchers collected information on dietary consumption of fruit and vegetable juices by nearly 1,900 dementia-free subjects in Seattle, then tested cognitive function every two years for up to 10 years. The study participants were part of a larger cross-cultural study that investigated Alzheimer's disease and vascular dementia in older Japanese populations living in Japan, Hawaii, and Seattle.

With some recent clinical studies questioning the hypothesis that high intakes of antioxidant vitamins might protect against Alzheimer's disease, researchers began to suspect that chemicals known as polyphenols exist primarily in the skins and peels of fruits and vegetables. Recent studies have shown that polyphenols (such as resveratrol in wine) extend maximum lifespan by 59 percent and delay age-dependent decay of cognitive performance in animal models.

The next research step will be testing of the subjects' blood samples to see if elevated levels of polyphenols are related to a reduced risk of cognitive decline and Alzheimer's disease. This would provide further evidence of the role of juice polyphenols in Alzheimer's disease risk. It also may point to the types of juice that would be most beneficial.

Submitted/Permission by Alzheimer's Association

VOLUNTEER TAX PREPARERS NEEDED

Tax season is just around the corner and the Volunteer Tax Preparation Program is in need of volunteers for the 2005 Income Tax Season. If you are interested in volunteering, please contact Ann Weber at 948-9176 or call the Office for the Aging and ask for Dorian at 343-1611, ext. 7018.



GENESEE CAREGIVER

EDUCATION & CAREGIVING

**In Person Services for Family Caregivers Expanding
Submitted by: Ruth Spink, Services Administrator**

New Care Consultation and Education Site

Family caregivers now have expanded locations to meet in person with a chapter care consultant or take a class on dementia. Care consultants can work with you on any number of issues such as: planning for the future, understanding the disease, behavioral challenges and family or care issues.

While care consultants are available by phone 24/7 and on site at numerous locations throughout the year, you now have access to individualized meetings in more locations. Below are the dates and times for care consultations (call to make an appointment and for directions) and education classes at these sites.

Batavia - City Hall. 2nd Tuesday of the month. Care consultations available by appointment from 10:00 a.m. - 2:00 p.m. and from 4:30 - 6:30 p.m.

Classes are from 3 - 4 p.m.

November 14th - Effective Communication for Caregivers
December 12th - Managing Challenging Behaviors
January 9th - Activities for People with Dementia

Services will continue throughout 2007, please contact the chapter at (800) 272-3900 for more information.

Coping With Caregiving Classes

Submitted by: Carol Taddei, Services Coordinator

The VA of Western New York Healthcare System at Batavia is partnering with the Genesee County Office for the Aging to present, "Coping With Caregiving (CWC)". This program is designed to be conducted in 2 hour sessions (with a 10 minute break between the hours), once a week over a six week period. Each class teaches skills to build confidence, communication, and offers tools of relaxation. While this course has an educational focus, participants benefit from the support which occurs through sharing their own experiences.

For the Alzheimer's and Dementia patients, caregiving responsibilities can last between 10 and 15 years. During that time, caregivers often experience mental health problems. Researchers have discovered that Alzheimer's caregivers have a 63 percent higher mortality rate than non-caregivers. In fact, 40 percent of Alzheimer's caregivers die from stress-related disorders before the patient dies.

Stanford University Medical Center researchers have found interventional skill-building programs ease the depression, anxiety, and anger common among caregivers coping with a loved one who has dementia. CWC is a skill building program to increase self-efficacy; having caregivers become less emotional and better at problem solving. It teaches how to manage time better, become more assertive in asking for help from others, and to channel their thoughts more positively, and prepare for the future.

Classes are now forming to begin March 5, 2007, from 11:00 am to 1:00 pm in the Board Room located on the second floor at the Genesee County Office for the Aging, 2 Bank Street, Batavia.

For more information, please contact Jo Louise Wilkes at 585-297-1280 (Batavia VA) or Peggy Young at 585-343-1611 (Genesee County Office for the Aging).

Depression Common With Alzheimer's Disease

Submitted by: Carol Taddei, Services Coordinator

Depression is very common among people who have Alzheimer's disease. In many cases, they become depressed when they realize their memory and ability to function are getting worse.

Unfortunately, depression may make it even harder for a person who has Alzheimer's disease (or other dementia) to function, to remember things and to enjoy life.

It may be difficult to determine if your family member is depressed. Look for some of the typical signs of depression, which include the following:

- Not wanting to move or do things (apathy)
- Expressing feelings of worthlessness or sadness
- Refusing to eat and losing weight
- Sleeping too much or too little
- Crying or being unusually emotional
- Being angry or agitated
- Being confused
- Refusing to help with his or her personal care (getting dressed or taking medicines)
- Wandering away from home

Alzheimer's disease and depression have many symptoms that are alike. It can be hard to tell the difference between them. If you think depression is a problem, start by talking to your family doctor.

Article Continued on Page #9

Depression Common With Alzheimer's Disease Article Continued from Page #8

The doctor will talk with your relative. He or she will also ask family members and caregivers whether the person has any new or changed behaviors. The doctor will do some tests to rule out other medical problems. He may suggest medicines to help and can provide advice on how to cope. Support groups may be a helpful recommendation.

Antidepressant medications can be very helpful for people who have Alzheimer's disease and depression. These medications can improve the symptoms of sadness and apathy, improve appetite, and help with sleep problems. Antidepressant medications are not habit-forming. Other medications may help reduce upsetting problems such as hallucinations or anxiety.

Try to keep a daily routine for your family member who has Alzheimer's disease. Avoid loud noises and over-stimulation. A pleasant environment with familiar faces and mementos help soothe fear and anxiety.

Have a realistic expectation of what your family member can do. Expecting too much can make you both feel frustrated and upset.

Let your family member help with simple enjoyable tasks such as preparing meals, gardening, doing crafts, and sorting photos.

Most of all be positive. Frequent praise for your family member will help him feel better and it will help you as well.

As the caregiver of a person who has Alzheimer's disease, you must also take care of yourself. If you become tired and frustrated, you will be less able to provide care. Ask for help from relative and friends. Respite care (short-term care that is given to the patient in order to provide relief for the caregiver) may be available in your area. Look for caregiver support groups. Other people who are dealing with the same problems may have some good ideas on how you can cope better and how to make caregiving easier. Adult day care centers can be helpful. They can give your family member a consistent environment and a chance to socialize.

Submitted/Permission by Aging Arkansas

Age Brings Happiness

Submitted by: Carol Taddei, Services Coordinator

Realities associated with aging are numerous and often negative. However, according to a University of Missouri-Columbia (MU) researcher, the aging process isn't all bad because it can help most individuals to become more autonomous and self determined, achieving a higher level of personal satisfaction.

Kennon Sheldon, professor of psychological sciences at MU, reports that his five-year study reveals that compared to youth, older people are more able to pursue goals they enjoy and believe in, helping them to become happier with

their lives. Such personal satisfaction, according to Sheldon, is attainable through aging and offsets the mental and physical changes that occur with time.

"It's not that we're downplaying the physical and cognitive declines", Sheldon said. "We're saying, "Getting older is not all bad news", "It's not necessarily a downer. In at least one way, we get better as we get older, by learning to resist social pressures. Thus, we don't waste energy doing things we don't believe in. We may not have the same physical abilities or mental flexibility, but we learn to do things for the right reasons. We become more mature and make better decisions", Sheldon said.

Sheldon's most recent study, published in the *Journal of Research in Personality*, compares well being and goal motivations of MU students and their parents. Both groups listed their life goals and rated their reasons for selecting them. They also rated their current well being. The older participants were happier, achieving greater life satisfaction, because they pursued more autonomous goals, Sheldon said.

"They are more satisfied with their lives and have fewer negative moods than young people", he said. "Younger people feel pressured or controlled and that takes a toll on their happiness".

Sheldon, in a 2005 study focused on the greater willingness of older adults to adhere to social duties, such as paying taxes, tipping for service and voting. "Older people don't complain about these duties. They do it with less resistance", Sheldon said. "They realize the importance, even though it's not fun".

Submitted/Permission by Aging Arkansas

Aches in Your Legs

Understanding Peripheral Arterial Disease

Submitted by: Carol Taddei, Services Coordinator

If you're past age 50, you may have resigned yourself to feeling a few more aches these days. However, if you've had pain or cramping in your legs when you're walking that goes away when you stop, don't shrug it off. It might be an early warning signal of a serious and sometimes-silent disorder called peripheral *arterial* disease (PAD).

Just like arteries in the heart, those in the lower legs can become clogged with fatty deposits. Imagine your arteries are a complex highway system. Fatty deposits, also known as plaque, are the traffic jams that limit blood flow. Clogged arteries - blood-flow traffic jams - anywhere in the body increase the risk of heart attack and stroke.

Between 8 million and 12 million people over age 50 have PAD. Many never notice any symptoms. PAD symptoms include heaviness in your legs, awakening at night with pain in your lower legs, and pain or cramping in the legs when you're walking that seems to lessen with rest. A lot of people who have these symptoms don't tell their doctors. They simply accept the discomfort as part of growing older. Another sign of PAD that people may notice but dismiss it as a change in the color of their feet.

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Whether painful or silent, undiagnosed PAD is too dangerous to ignore. That's why NIH's National Heart, Lung, and Blood Institute (NHLBI) recently started a campaign to tell more people about the disorder, joining with 40 other organizations across the U.S. to raise awareness about PAD. Campaign organizers want people to recognize the signs and alert their doctor if they notice the symptoms in themselves.

Those most at risk for PAD are people over age 50, especially African Americans. Smokers and former smokers, and people who have diabetes, high cholesterol, or high blood pressure are also at risk. Those who have had vascular disease, heart attack, or stroke, or have a family history of those disorders should also be on the lookout for PAD.

If you're over 50 or otherwise at risk, ask your doctor about being tested for PAD. A simple test called the ankle brachial index (ABI) can identify the problem. The ABI compares the blood pressure in your arm with blood pressure in your legs. Reduced blood flow in the legs could signal artery disease.

Once PAD is detected, your doctor will offer several treatments to help clear out the blockages before they lead to more serious problems. Your doctor may tell you to get more exercise, if you don't have an active lifestyle. Recent results from a study of people with PAD showed that daily physical activity improves survival rates. Your doctor may also recommend changes to your diet and other efforts to lower high cholesterol and high blood pressure. Medications and surgery are also treatment options that can improve blood flow in the vessels.

What's most important is to take those aches seriously and seek help from your doctor.

Submitted/Permission by NIH News in Health

Show This To Your Children and Grandchildren

Submitted by: Carol Taddei, Services Coordinator

??The Year 1906??

This will boggle your mind, I know it did mine! The year is 1906. One hundred and one years ago. What a difference a century makes! Here are some of the U.S. statistics for the year 1906:

- ◆ The average life expectancy in the U.S. was 47 years.
- ◆ Only 14 percent of the homes in the U.S. had a bathtub.
- ◆ Only 8 percent of the homes had a telephone.
- ◆ A three-minute call from Denver to New York City cost eleven dollars (\$11).
- ◆ There were only 8,000 cars in the U.S., and only 144 miles of paved roads.
- ◆ The maximum speed limit in most cities was 10 mph.
- ◆ Alabama, Mississippi, Iowa, and Tennessee were each more heavily populated than California.
- ◆ The tallest structure in the world was the Eiffel Tower.
- ◆ The average wage in the U.S. was 22 cents (\$.22) per hour.
- ◆ The average U.S. worker made between \$200 and \$400 per year.
- ◆ A competent accountant could expect to earn \$2,000 per year, a dentist \$2,500 per year, a veterinarian between \$1,500 and \$4,000 per year, and a mechanical engineer about \$5,000 per year.
- ◆ More than 95 percent of all births in the U.S. took place at *HOME*.
- ◆ Ninety percent (90%) of all U.S. doctors had NO COLLEGE EDUCATION! Instead, they attended so-called medical schools, many of which were condemned in the press AND the government as "substandard".
- ◆ Sugar cost four cents (\$.04) a pound.
- ◆ Eggs were fourteen cents (\$.14) a dozen.
- ◆ Coffee was fifteen cents (\$.15) a pound.
- ◆ Most women only washed their hair once a month, and used borax or eggs yolks for shampoo.
- ◆ Canada passed a law that prohibited poor people from entering into their country for any reason.
- ◆ Five (5) leading causes of death in the U.S. were: Pneumonia and Influenza; Tuberculosis; Diarrhea; Heart Disease; Stroke.
- ◆ The American flag had 45 stars. Arizona, Oklahoma, New Mexico, Hawaii, and Alaska hadn't been admitted to the Union yet.
- ◆ The population of Las Vegas, Nevada, was only 30!!!
- ◆ Crosswords puzzles, canned beer, and ice tea hadn't been invented yet.
- ◆ There was no Mother's Day or Father's Day.
- ◆ Two out of every 10 U.S. adults couldn't read or write. Only 6 percent (6%) of households in the U.S. had at least one full-time servant or domestic help.
- ◆ There were about 230 reported murders in the ENTIRE U.S.A.!

Try to imagine what it may be like in another 100 years.

