

August,  
September,  
October  
2010

# Office for the Aging /NYConnects From the Director's Desk

Summer is always busy here at the office. Currently, we are making plans for the fall Public Hearing which is a requirement of the Older American's Act. Each year a Public Hearing is held to provide our customers an opportunity to comment on the services provided at this office, as well as to make recommendations for what might be needed that is not currently provided. Each year a different location in the county is chosen.



Helen Sherman

## 2010 Public Hearing

**LOCATION:** Naples Fire Hall Vine Street, Naples  
**DATE:** Friday, September 17, 2010  
**TIME:** 10 am to 12 noon  
**LIGHT REFRESHMENTS:** Will be served

(No registration required, just show up and bring all your friends with you!!)

In addition to the Public Hearing, there will be a few Pre-Public Hearings throughout the county which will provide people an opportunity to speak should they not be able to attend the Public Hearing in Naples.

East Bloomfield Senior Club, August 10, 12 noon; 260 North Street Apartments, Geneva, August 17, 2 pm; Farmington Senior Club, Farmington Friends Church, August 16, 12 noon and others yet to be announced.

Health Care Reform: I am sure that you are all reading about the new Health Care Reform that gradually will be implemented over the next few years. A few of the highlights are as follows:

- Helps 31 million more Americans get insurance.
- Makes pre-existing medical conditions a thing of the past.
- Guarantees basic benefits for everyone in Medicare, makes preventive services free for most, and gradually closes the "doughnut hole" in the Part D drug program.
- Sets up a temporary program in July to help people with pre-existing health conditions obtain coverage.
- Provides new benefits, such as coverage for adult children, until age 26.
- Leaves medical decisions in the hands of you and your doctor.

Starting in 2011, if you're in traditional Medicare, you can get an annual physical and many preventive services free. If you're in Medicare Advantage, check with your plan to see if these will be free.

Part D doughnut hole: If you enter the coverage gap this year, you receive \$250.00 toward your drug costs. Starting in 2011, you will get a 50% discount on all brand name and biologic drugs you buy in the gap. Over ten years, you will gradually receive more discounts for generic drugs as well as brands until the gap closes in 2020. (NOTE: If anyone calls saying that you have to request the \$250.00, hang up. This will be a scam. You will **automatically** receive the \$250.00 if you are entitled to it.)

Medicare's solvency: According to official estimates, cost savings from the new law should keep Medicare financially stable for almost 10 more years than if no law had been passed.

*Helen Sherman, Director*

ONTARIO COUNTY OFFICE FOR THE AGING  
(585) 396-4040 (315) 781-1321  
SENIOR NEWS BEAT



**SENIOR NEWS BEAT**

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A very big **THANK YOU** to our  
Newsletter Volunteers who  
assisted us with our last issue:

- Irene Bariga
- Daisy Blum
- Joan Capron
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*If you would like to volunteer and  
help us with our next newsletter  
mailing, please call:*

**(585) 396-4040 or (315) 781-1321**

*Volunteers do not  
necessarily have the  
time, they just have the  
heart!*

*Elizabeth Andrew*

**VOLUNTEER CONNECTION**

As the current Volunteer Coordinator, I would like to begin by thanking all of the volunteers for the heart they put into their volunteering! You truly make a difference!

In May, the annual Senior Citizen's Appreciation Ceremony was held at the Legacy at the Fairways in Victor.

The nominees that were honored include: Mickey & Toni Coluzzi, Martha Emerson, Joan Hall, Marie Bruno, Lois Warner, Marian Conley, Sue Laursen, Dorothy Archer, Ginny Shoemaker, Carl Brake, Patricia Hemminger, Claude & Esther Pullis, Patty Peglow, Marge Krupa, Ray Hasenauer, Lois Verhile, Joan Cunningham, Linda Bolan, and Marjorie Donhauser.

Attending Town Supervisors were Sam Casella of Canandaigua, Robert Green of Bristol, Charles Evangelista of the City of Geneva, Frank Duserick of Naples, Jack Marren of Victor, John Champlin of West Bloomfield, John Sheppard of Seneca, Dorothy Huber of East Bloomfield and Rich Russell of the City of Canandaigua. Other special guests included Senator Volker's representative, Taryn Windheim, Deputy County Administrator Darlys McDonough, and Sherriff Phil Povero as Master of Ceremonies.

The honorees exhibited many talents from sewing clothes for Haitians to assisting with transportation. The gifts of their time and talents are priceless.

Special thanks to the Legacy for hosting the event, Sheriff Povero for acting as Master of Ceremonies, and Ed Hemminger for helping to introduce the honorees.

Welcome to our new volunteers: Peg Thompson, Pat Dietz and Margaret Burse!

*Holly Thompson, Volunteer Coordinator*

**ADVISORY COUNCIL REPRESENTATIVES NEEDED**

The Ontario County Office for the Aging is in need of representatives from the Canadice Springwater area to serve on the Office for the Aging Advisory Council. The council meets ten times a year and takes an active role in sponsoring the Seniors of the Year event as well as the Public Hearing. Members offer suggestions as to how the Office for the Aging can better serve senior citizens and their caregivers.

The goal of the council is to have representation from all areas of the County. If you or someone you know is interested in serving on this council, please call the Office for the Aging at (585) 396-4040 and ask to speak to Holly!

**Office for the Aging Closing  
Holidays**

**Monday - September 6, 2010      Labor Day**

**Monday - October 11, 2010      Columbus Day**

## WHAT IS ELDER ABUSE?

Each year hundreds of thousands of older persons are abused, neglected, and exploited. Many victims are people who are older, frail, and vulnerable and cannot help themselves and depend on others to meet their most basic needs. Abusers of older adults are both women and men, and may be family members, friends, or “trusted others.”

In general, elder abuse is a term referring to any knowing, intentional, or negligent act by a caregiver or any other person that causes harm or a serious risk of harm to a vulnerable adult. Legislatures in all 50 states have passed some form of elder abuse prevention laws. Laws and definitions of terms vary considerably from one state to another, but broadly defined, abuse may be:

- ✓ Physical Abuse - inflicting physical pain or injury on a senior, e.g. slapping, bruising, or restraining by physical or chemical means.
- ✓ Sexual Abuse - non-consensual sexual contact of any kind.
- ✓ Neglect - the failure by those responsible to provide food, shelter, health care, or protection for a vulnerable elder.
- ✓ Exploitation - the illegal taking, misuse, or concealment of funds, property, or assets of a senior for someone else's benefit.
- ✓ Emotional Abuse - inflicting mental pain, anguish, or distress on an elder person through verbal or nonverbal acts, e.g. humiliating, intimidating, or threatening.
- ✓ Abandonment - desertion of a vulnerable elder by anyone who has assumed the responsibility for care or custody of that person.
- ✓ Self-neglect – characterized as the failure of a person to perform essential, self-care tasks and that such failure threatens his/her own health or safety.

### What are the warning signs of elder abuse?

While one sign does not necessarily indicate abuse, some tell-tale signs that there could be a problem are:

- ✓ Bruises, pressure marks, broken bones, abrasions, and burns may be an indication of physical abuse, neglect, or mistreatment.
- ✓ Unexplained withdrawal from normal activities, a sudden change in alertness, and unusual depression may be indicators of emotional abuse.
- ✓ Bruises around the breasts or genital area can occur from sexual abuse.
- ✓ Sudden changes in financial situations may be the result of exploitation.
- ✓ Bedsores, unattended medical needs, poor hygiene, and unusual weight loss are indicators of possible neglect.
- ✓ Behavior such as belittling, threats and other uses of power and control by spouses are indicators of verbal or emotional abuse.
- ✓ Strained or tense relationships, frequent arguments between the caregiver and elderly person are also signs.

Most importantly, be alert. The suffering is often in silence. If you notice changes in a senior's personality or behavior, you should start to question what is going on. Remember, it is not your role to verify that abuse is occurring, only to alert others of your suspicions.

*Source: National Elder Abuse AOA.gov*

**REMINDER:** We know many of you like to just drop by the Office for the Aging when you have a question or concern. However, we would like to let you know that the hours to see someone are Monday thru Friday 8:30 – 1:00 and 1:30 – 4:30. Also, you can call the Office for the Aging at (585) 396-4040 or (315) 781-1321 to set up an appointment so that the person who is the most capable of addressing your concerns can give you the time and attention you need.



## DRIVING SKILLS IN OLDER ADULTS

### How can I tell if I need to stop driving?

For many older adults, a time comes when they find that they can no longer drive safely. You might be worried about a health problem that affects your driving. Friends or family members might have asked if you can still drive safely. You should talk about this with your doctor. Your doctor can check your health and find out if you have the skills necessary for safe driving.

### Why would I need to stop driving?

If you have a health problem, such as poor eyesight or arthritis, it may not be safe for you to drive. This is also true if you're having trouble with memory or concentration (for example, if you often forget where you're going in the middle of a trip).

Your doctor may ask you to limit your driving in some way (for example, if you don't have good night vision, you shouldn't drive after dark). You should follow the advice of your doctor and your family. If they express concern, it's likely because they are worried about your safety and they don't want you to hurt yourself or other people on the road.

### What will my doctor do to help me?

If your exam reveals no health problems that would make it risky for you to drive, your doctor may still suggest you improve your driving skills. Physical or occupational therapists may be able to help you. Changes to your car, such as hand controls or wide mirrors, may make it easier for you to drive.

### What if I don't want to stop driving?

Most older adults don't want to stop driving. They want to stay independent and have the freedom to be on their own. Giving up driving is a change in lifestyle that you may not want to face. However, remember that your safety is important to your family and to the public. If you get lost, have near-misses with other cars, or have an accident, the results could be fatal. Rather than risk your life or the lives of others, you should use other kinds of transportation.

### How will I get places if I can't drive?

Friends and family members will give you rides. Don't feel uncomfortable asking for rides. For example, you can choose to visit the grocery store with a friend. You can go to a social event with a relative who is also planning to attend. You can also take advantage of public transportation, taxi cabs or shuttle services. Some towns and cities have special transportation services for older adults.

### Giving up driving makes me feel bad.

Many people are angry when their driving is limited or when they're not allowed to drive at all. This reaction is understandable. Although you feel angry now, try to imagine how you would feel if you were injured or if you hurt someone else. For your safety and for the safety of others, follow your doctor's advice. Don't drive if you've been told it isn't safe.

Source: Written by familydoctor.org editorial staff

## SKILLET SQUASH

1. 1 Medium Acorn Squash
2. 1/3 Cup Pineapple Juice
3. 1 Tablespoon Brown Sugar
4. 1/4 Teaspoon Cinnamon

Cut squash crosswise into 1/2-inch slices and discard seeds. Arrange in large skillet. In small bowl, combine juice, sugar and cinnamon. Pour over squash rings. Bring to a boil and reduce heat. Simmer, covered, for 25 minutes or until squash is tender. Arrange squash on platter and pour remaining sauce over squash. 4 Servings.



### SERVING SIZE - 1 CUP

Calories	82	Protein	1g
Total Fat	0g	Fiber	21g
Saturated Fat	0g	Carbohydrate	0g
Sodium	6mg	Cholesterol	2mg

EXCHANGES: 1 1/2 Starches

## COPING WITH GRIEF AND LOSS

### Support for Grieving and Bereavement

Losing someone or something you love is very painful. After a significant loss, you may experience all kinds of difficult and surprising emotions, such as shock, anger, and guilt. Sometimes it may feel like the sadness will never let up. While these feelings can be frightening and overwhelming, they are normal reactions to loss. Accepting them as part of the grieving process and allowing yourself to feel what you feel is necessary for healing.

There is no right or wrong way to grieve — but there are healthy ways to cope with the pain. You can get through it! Grief that is expressed and experienced has a potential for healing that eventually can strengthen and enrich life.

### What is grief?

Grief is a natural response to loss. It's the emotional suffering you feel when something or someone you love is taken away. You may associate grief with the death of a loved one – and this type of loss does often cause the most intense grief. But any loss can cause grief, including:

- A relationship breakup
- Loss of health
- Losing a job
- Loss of financial stability
- A miscarriage
- Death of a pet
- Loss of a cherished dream
- A loved one's serious illness
- Loss of a friendship
- Loss of safety after a trauma

The more significant the loss, the more intense the grief. However, even subtle losses can lead to grief. For example, you might experience grief after moving away from home, graduating from college, changing jobs, selling your family home, or retiring from a career you loved.

### Everyone grieves differently

Grieving is a personal and highly individual experience. How you grieve depends on many factors, including your personality and coping style, your life experience, your faith, and the nature of the loss. The grieving process takes time. Healing happens gradually; it can't be forced or hurried – and **there is no "normal" timetable for grieving**. Some people start to feel better in weeks or months. For others, the grieving process is measured in years. Whatever your grief experience, it's important to be patient with yourself and allow the process to naturally unfold.

*Source: Helpguide.com*

## EXERCISE HELPS AFTER HEART FAILURE

Regular exercise is safe for some people with chronic heart failure, and it can significantly improve their quality of life, a new study shows.

About 5 million people nationwide have heart failure in which their hearts have trouble pumping blood throughout their bodies. The condition often improves with healthy lifestyle changes and medicines.

Some small studies have hinted that these patients could also benefit from exercise training.

But many patients and their doctors have worried about the possible risks of exercise. To investigate, NIH-supported scientists followed more than 2,300 patients with heart failure for up to 4 years. All were medically stable and received standard medical care. About half also received 36 sessions of exercise training (walking or stationary cycling) for up to 35 minutes, 3 times per week. They were then asked to exercise at home 5 times per week for the remainder of the study.

The exercise group scored significantly higher on a quality-of-life questionnaire throughout most of the study. The exercise training also proved to be well tolerated and safe.

The results suggest that regular aerobic exercise is not only safe for heart failure patients, but can also improve their lives in meaningful ways. If you have chronic heart failure, be sure to talk to your doctor before starting an exercise program.

## DRUG-FOOD INTERACTIONS

### What is a drug-food interaction?

A drug-food interaction happens when the food you eat affects the ingredients in a medicine you are taking so the medicine cannot work the way it should. Drug-food interactions can happen with both prescription and over-the-counter medicines, including antacids, vitamins and iron pills.

### Are all medicines affected by food?

Not all medicines are affected by food, but many medicines can be affected by what you eat and when you eat it. For example, taking some medicines at the same time that you eat may interfere with the way your stomach and intestines absorb the medicine. The food may delay or decrease the absorption of the drug.

This is why some medicines should be taken on an empty stomach (1 hour before eating or 2 hours after eating).

On the other hand, some medicines are easier to tolerate when taken with food. Ask your doctor or your pharmacist whether it's okay to take your medicine with a snack or a meal or whether it should be taken on an empty stomach.

Facts to remember about drug-food interactions:

- Read the prescription label on the container. If you don't understand something, ask your doctor or pharmacist.
- Read all directions, warnings and interaction precautions printed on medicine labels and packages. Even over-the-counter medicines can cause problems.
- Take medicine with a full glass of water, unless your doctor tells you differently.
- Don't stir medicine into your food or take capsules apart (unless your doctor tells you to) because this may change the way the drug works.
- Don't take vitamin pills at the same time you take medicine because vitamins and minerals can cause problems if taken with some drugs.
- Don't mix medicine into hot drinks because the heat may keep the drug from working.
- Never take medicine with alcoholic drinks.

Source: [familydoctor.org](http://familydoctor.org)

## LEARN ABOUT CHRONIC KIDNEY DISEASE

Millions of Americans have chronic kidney disease, but many don't realize they have it. That's because early kidney disease has no symptoms. You might feel just fine until your kidneys have almost stopped working.

The main job of the kidneys is to filter extra water and wastes out of your blood and to make urine. The kidneys also help control blood pressure and make hormones that your body needs to stay healthy.

Chronic kidney disease arises when the small blood vessels in the kidneys become damaged, usually because of diabetes or high blood pressure. If the disease progresses, the kidneys may no longer be able to function well enough to maintain health.

The earlier you know you have kidney disease, the better. The right treatment can help prevent further kidney damage and slow down kidney disease. With early detection, you can start taking medications sooner and take other steps to keep your kidneys healthy longer.

You're at increased risk for chronic kidney disease if you have diabetes, high blood pressure, heart disease or a family history of kidney failure. If one of these describes you, don't wait for symptoms. Ask your doctor about getting checked. Simple blood and urine tests are the only way to know if you have kidney disease.

You can learn more about chronic kidney disease, including how to talk to your family and your doctor about the condition, at [www.nkdep.nih.gov/patients](http://www.nkdep.nih.gov/patients).

Source: [newsinhealth.nih.gov](http://newsinhealth.nih.gov)

## **CANANDAIGUA MEMORY WALK**

Teams are forming for the 2010 Canandaigua Memory Walk, set for Saturday, September 11, 2010. The walk offers both a 1.5-mile route and a 3-mile route. Both begin at the M.M. Ewing Continuing Care Center, 350 Parrish St., and return to the care center, that will offers entertainment, refreshments and informational displays for walkers and their families.

The Alzheimer's Association Memory Walk® is the nation's largest event to raise awareness and funds to fight Alzheimer's disease. The money raised goes toward research to treat and prevent Alzheimer's, and programs to improve the lives of millions of Americans.

There is no registration fee, although participant donations are welcomed. Each participant is asked, but not required, to raise money for the cause, and the Alzheimer's Association offers a number of materials and tips for doing so.

Individuals who raise at least \$100 in donations receive a commemorative T-shirt. The teams and individuals raising the most receives awards after the walk, and door prizes are awarded after the walk as well. Last year, the Canandaigua walk raised an estimated \$16,500 for the Alzheimer's Association.

On the day of the event, registration begins at 9 a.m. and the walk itself begins at 10 a.m. To register online, go to [www.alz.org](http://www.alz.org), click on "Memory Walk" and do the ZIP code search to find the Canandaigua walk. Those who want to take part, but do not have a team, may join an existing team. Many are welcoming new members and have a "Join Our Team" link on the website.

Those without computer access and those who prefer not to register online may contact Lois Schenk at the Continuing Care Center to obtain paper registration forms and find out about teams accepting new members. Schenk's phone number is (585) 396-6049.

For more information about the walk or to register over the phone, contact Dayna Carroll of the Alzheimer's Association at (585) 760-5406 or at [dayna.carroll@alz.org](mailto:dayna.carroll@alz.org).

For information about Alzheimer's Association programs offered by the Rochester chapter – which serves a nine-county area – call the main number for the chapter: (585) 760-5400.

*Anne Johnston Corporate Writer/Marketing Coordinator Thompson Health*

## **SUPPORT GROUPS OFFERED**

Rebecca Wallace, a Social Worker/Case Manager at Clark Meadows in Canandaigua, hosts a six-week Early Stages Support Group for the Alzheimer's Association on a periodic basis, and the next one is expected to take place this fall.

No date for the fall session had been set as of press time, but if you are interested in attending the group, call the Rochester Chapter of the Alzheimer's Association at (585) 760-5400.

A support group for caregivers is hosted by Thompson Health the second Wednesday of each month from 4:30 to 6:30 p.m. at The Brighter Day, 30 Fort Hill Ave. in Canandaigua. This group is open to caregivers of people with Alzheimer's and other dementias, as well as to caregivers of people with other chronic illnesses. For more information, call Christine Woznick-Taylor at (585) 396-6646.

## **LIFESPAN NEWS RELEASE**

Lifespan's Long Term Care Ombudsman Program is in need of volunteers to join a team of advocates for residents residing in nursing homes and adult care facilities in Ontario and Yates Counties.

Ombudsmen work to resolve problems and protect the rights and dignity of residents. Trained volunteers make weekly visits to their facilities to ensure residents receive the highest quality of life and care.

We are accepting applications for our October 36 Hour Certificate Training to be held in Canandaigua. If you are over 21 and sensitive to the needs of older adults living in nursing or adult homes, please call Debra Frink at (585) 244-8400 ext. 178 or email [dfrink@lifespan-roch.org](mailto:dfrink@lifespan-roch.org) for more information.

## EAT MORE FIBER

### Why should I eat more fiber?

Fiber can improve your health in 3 ways:

- It helps your colon work better
- It reduces the risk of heart disease, type 2 diabetes and cancer
- It may help lower your cholesterol level

Men over 50 years of age should get 30 grams of fiber per day; women over 50 should get 21 grams per day.

### I don't want to start eating healthy food. How can I get more fiber without changing my diet completely?

You don't have to change your diet all at once. Try making 1 small change at a time. For example, if you eat 2 slices of white toast for breakfast, replace 1 of them with a slice of whole grain bread. If you drink orange juice every day, eat an orange instead for 3 days of the week. If you prefer salty snacks, try low-fat popcorn instead of potato chips.

Some people find it helpful to focus on adding a single high-fiber food at each meal or snack time. Foods rich in fiber:

- Unprocessed wheat bran
- Unrefined breakfast cereals
- Whole wheat and rye flours
- Grainy breads, such as whole wheat, rye or pumpernickel
- Fresh fruits, such as apples, berries and pears
- Dried fruits, such as prunes, apricots and figs
- Vegetables, such as broccoli, carrots and green peas
- Legumes, such as chickpeas, baked beans and navy beans

Fruits and vegetables are a great healthy addition to your diet. Not only are they high in fiber, but they are also high in other vitamins and minerals.

*Source: familydoctor.com*

## MEDICARE 101 – UNDERSTANDING YOUR MEDICARE COVERAGE

Are you about to turn 65 years of age soon? Have you been receiving Medicare benefits for a while, or are you assisting someone who receives Medicare benefits?

Ontario County Office for the Aging offers free Medicare 101 Workshops to assist you in understanding the following regarding your Medicare coverage:

- What is Medicare?
- What does Medicare cover?
- How much does Medicare cost?
- How do you enroll in Medicare?
- What coverage options are there to fill in the gaps that Medicare has?
- Who do you contact for answers?

These workshops are free and open to any resident of Ontario County who is sixty years of age or older, or who is caring for someone sixty years of age or older. To register for either of the following workshops, please call the Office for the Aging at (585) 396-4040 or (315) 781-1321. Workshops are held on the 2nd floor of the Human Services Building, 3010 County Complex Drive, Canandaigua, NY 14424 in Conference Room 8.

<b>August 20, 2010</b>	<b>1:00pm – 3:30pm</b>
<b>September 24, 2010</b>	<b>1:00pm – 3:30pm</b>
<b>October 22, 2010</b>	<b>1:00pm – 3:30pm</b>

## DO YOU HAVE WARNING SIGNS OF GUM DISEASE?

You may not realize that persistent sore, swollen, red, or bleeding gums, as well as tooth pain or sensitivity and bad breath, are warning signs of periodontal disease (gum disease) - a serious infection that, left untreated, may lead to tooth loss as well as heart attack, stroke, diabetes, respiratory diseases, and premature/underweight babies. Periodontal disease can affect one tooth or many teeth. It begins when the bacteria in plaque (the sticky, colorless film that constantly forms on your teeth) causes the gums to become inflamed. In the mildest form of the disease, gingivitis, the gums redden, swell and bleed easily. There is usually little or no discomfort. Gingivitis is often caused by inadequate oral hygiene. Gingivitis is reversible with professional treatment and good oral home care. Untreated gingivitis can advance to periodontitis. With time, plaque can spread and grow below the gum line. Toxins produced by the bacteria in plaque irritate the gums. The toxins stimulate a chronic inflammatory response in which the body in essence turns on itself and the tissues and bone that support the teeth are broken down and destroyed. Gums separate from the teeth, forming pockets (spaces between the teeth and gums) that become infected. As the disease progresses, the pockets deepen and more gum tissue and bone are destroyed. Often, this destructive process has very mild symptoms. Eventually, teeth can become loose and may have to be removed.

The American Academy of Periodontology is an 8,000-member association of dental professionals specializing in the prevention, diagnosis and treatment of diseases affecting the gums and supporting structures of the teeth and in the placement and maintenance of dental implants. Periodontics is one of nine dental specialties recognized by the American Dental Association.

*Source: seniorswellness.com*

## SLEEPING PILLS CAN BE RISKY FOR THE ELDERLY

Older adults often complain of insomnia and not being able to sleep well. Many seniors see their doctors with complaints of being unable to get to sleep and of poor quality of sleep (no long periods of sleep). While quality of life can be diminished with poor sleep, the best solution for seniors may not be a prescription for a sedative sleeping medication.

Side effects of these drugs can include dizziness, loss of balance, falls and disorientation. These side effects can be intensified when other conditions such as poor eyesight, balance disorders and high blood pressure are also present. Falls are especially dangerous for seniors who suffer from osteoporosis, making them more prone to bone fractures from falls.

The authors caution that the overall risks much outweigh the benefits of these drugs. Other measures to ensure rest and good sleep quality should be the first choice in treating insomnia in the elderly.

### Tips for a Good Nights Sleep

- Establish a regular bedtime routine, and try to go to bed about the same time every night.
- Drink some warm milk at bedtime.
- Do not eat heavy or spicy bedtime snacks, it could be indigestion that is keeping you up.
- Avoid alcoholic beverages at bed time. While you may sleep, the quality of sleep may be poor.
- Stay active and exercise, but avoid vigorous exercise right before bed.

If you get enough sleep, but still feel tired, you may want to check with your doctor to be checked for sleep apnea. These tips should help you to sleep better and avoid the need for sedatives.

*Source: SeniorHealth.about.com*

## A SENIOR'S GUIDE TO LIFE - WORDS TO LIVE BY

The most destructive habit.....Worry	The most powerful force in life.....Love
The greatest Joy.....Giving	The two most power-filled words....."I Can"
The greatest loss.....Loss of self-respect	The worst thing to be without..... Hope
The most satisfying work.....Helping others	The most effective sleeping pill.....Peace of mind

## HEALTHY AGING: TIPS FOR COPING WITH CHANGE

As you age, there will be periods of both joy and stress. It's important to build your resilience and find healthy ways to cope with challenges. This ability will help you make the most of the good times and keep your perspective when times are tough.

- **Focus on the things you're grateful for.** The longer you live, the more you lose. But as you lose people and things, life becomes even more precious. When you stop taking things for granted, you appreciate and enjoy what you have even more.
- **Acknowledge and express your feelings.** You may have a hard time showing strong emotions, perhaps feeling that such a display is inappropriate and weak. But burying your feelings can lead to anger, resentment, and depression. Don't deny what you're going through. Find healthy ways to process your feelings, perhaps by talking with a close friend or writing in a journal.
- **Accept the things you can't change.** Many things in life are beyond our control. Rather than stressing out over them, focus on the things you can control such as the way you choose to react to problems. Face your limitations with dignity and a healthy dose of humor.
- **Look for the silver lining.** As the saying goes, "What doesn't kill us makes us stronger." When facing major challenges, try to look at them as opportunities for personal growth. If your own poor choices contributed to a stressful situation, reflect on them and learn from your mistakes.
- **Take daily action to deal with life's challenges.** When challenges seem too big to handle, sweeping them under the carpet often appears easier. But ignoring the problem doesn't make it go away; it allows both the problem and your anxiety to build. Instead, take things one small step at a time. Even a small step can go a long way to boosting your confidence and reminding you that you are not powerless.

Source: *Helpguide.com*

## FORGETFULNESS: WHEN TO SEEK HELP

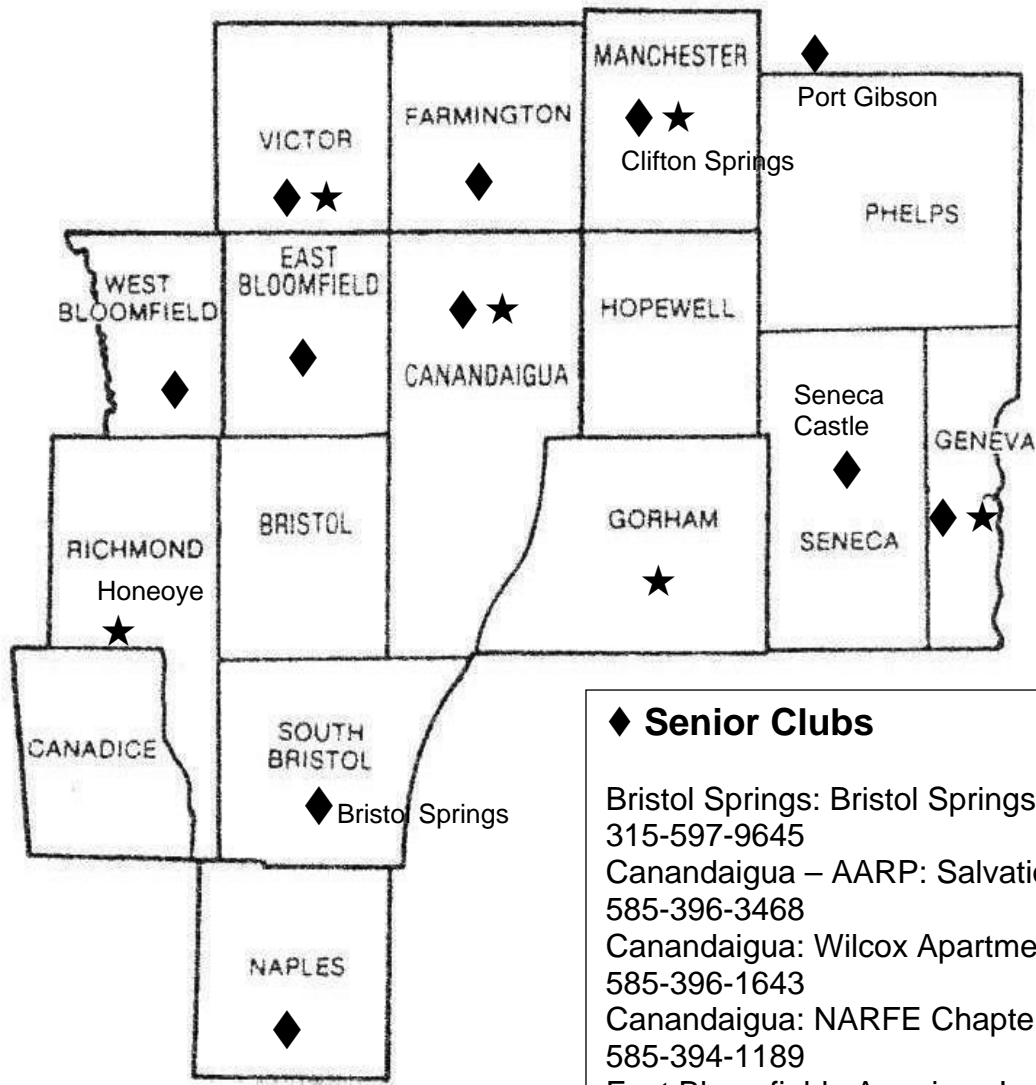
People who have a sudden loss of memory or become very confused should get medical help right away. Make an appointment to see a doctor if you notice these symptoms:

- Asking the same question or repeating the same story over and over
- Becoming lost in familiar places
- Not being able to follow directions
- Getting confused about time, people and places
- Not taking care of yourself—eating poorly, not bathing or being unsafe
- Having memory or concentration problems that concern you

## REMEMBER WHEN

- ♥ You knew who was driving by your house from the sound the car made.
- ♥ You could walk to the grocery store, and when there rattle off a list of items and the store keeper would fetch each one and place them on the counter in front of you. When all was gathered all you had to do was say charge it.
- ♥ You paid your bill at the grocery store every Friday and upon doing so the storekeeper gave you a sack of candy.
- ♥ The store sold kerosene or "coal oil" which was needed for the stove on the back porch and which was used only used for cooking during the summer.
- ♥ You could tell by the smell, even if blind-folded, whose neighbor's house you were in and you can remember those smells, good or bad to this day.
- ♥ Doors to homes were seldom locked.
- ♥ You knew all your neighbors living on your street.

# ONTARIO COUNTY SENIOR CLUBS AND SENIOR CONGREGATE MEAL SITES



## ◆ Senior Clubs

- Bristol Springs: Bristol Springs Free Church  
315-597-9645
- Canandaigua – AARP: Salvation Army  
585-396-3468
- Canandaigua: Wilcox Apartments  
585-396-1643
- Canandaigua: NARFE Chapter 1355  
585-394-1189
- East Bloomfield: American Legion  
585-657-7505
- Farmington: Farmington Friend's Church 585-750-0167
- Geneva: Elmcrest Residents Assoc.  
315-789-0869
- Geneva: Trinity Church  
315-789-3233
- Honeoye Area: United Church of Christ  
585-374-6822
- Naples: St. Januarius Church  
585-374-2570
- Port Gibson: Methodist Church  
315-331-6156
- Seneca Castle: Methodist Church  
315-789-7448
- Victor: Victor Town Hall  
585-313-0366 (Cell)
- West Bloomfield: Congregational Church 585-624-2370

## ★ Senior Congregate Meal Sites

- Canandaigua: Salvation Army – 585-749-9945  
Monday - Friday
- Clifton Springs: Spa Apartments -315-548-4460  
Monday - Friday
- Geneva: Elmcrest Apartments – 315-789-8816  
Monday - Friday
- Gorham: United Methodist Church – 585-396-4040  
2nd & 4th Wednesday
- Honeoye: United Church of Christ – 585-683-4221  
Monday - Thursday
- Victor: St Patrick's Church – 585-924-237  
1st & 3rd Wednesday



Sparky

# Hi! I'm Sparky!

I'm Sparky, a wire haired Dachshund; I have just found a new family. My last owner had to move and Sandy, who works at Office for the Aging, brought me home with her. I now have Kevin (Dad), Sandy (Mom) Sissy (Yorkie), who believes she is the QUEEN OF THE HOUSE, and then Peanuts (Beagle) who



Sparky Peanuts Sissy

lets Sissy have her way. Peanuts does not like to argue with anyone. Peanuts and I get along really great. We both like catching or chasing the tennis ball around the back yard. Keith (Kevin & Sandy's son) takes me for rides in his truck, lets me walk with his girlfriend and lets me sleep in his bed. Keith is always bringing us home special dog treats. I am so glad to have a new family, even though Sissy tries to get all of the attention. If she gets huffy with me, I just give her a kiss. I give kisses to everyone because I am so happy at my new home.



Sissy

Kisses to everyone!!! Sparky



Sissy Peanuts

Please put your address label facing the fold like this note.

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