

November,
December
2009
January
2010

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

Hard to believe that it is once again time for another wonderful OFA Newsletter!

I am sure that you have all been reading about the Health Care Reform taking place in Washington. I wish I could give you all the ingredients to help make some sense out of all of it. It is hard to educate oneself on the major components of the plan as there are so many aspects and so many unknowns. I have been reading about the H.R. 3200 bill, America's Affordable Health Care Choices Act of 2009. As you know, things can change greatly from day to day so how this bill looks today is not necessarily how it will look when they are finished with it. Since the inception of Medicare in 1965, Medicare has provided a needed and respected health care service to our nations senior citizens and certain people with disabilities.

The current spending in Medicare is unsustainable. The Medicare Hospital trust fund, Part A, is projected to be exhausted in eight years. If trends continue, by the year 2035, only 50 percent of estimated Medicare Part A costs would be covered by payroll taxes. Listed below are some of the changes recommended by the H.R. 3200 bill that could serve to strengthen the health care that seniors currently receive through Medicare.

Medicare Advantage allows beneficiaries to receive services through private plans. Medicare currently overpays private plans by an average of 14%. There is no evidence that this extra payment leads to better quality of care. It is the insurance companies themselves that determine how these overpayments are used. Therefore, seniors do not always get the overpayments back in the form of benefits. Some plans offer lower cost sharing for drugs and vision care but higher cost sharing for hospitalizations and home health services. Seniors can end up spending more in and out of pocket costs under a Medicare Advantage Plan.

Medicare premiums would be reduced by eliminating preventable waste, fraud and abuse. Proposals to reduce waste, fraud and abuse in health insurance reform legislation would save 1.3 billion over the next 10 years.

(Continued on page3)



Helen Sherman

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

SENIOR NEWS



Tonto

Hi, our names are Mango and Tonto! Our mom, Melissa Hocutt, works at Office for the Aging as a Human Services Worker. We enjoy playing in our cube, playing with yarn on a stick, a bell on a stick, or just a stick! Sometimes, when there is someone home, we like to play out on the sun porch and chase bugs or stray leaves that made it in under the door.

Tonto's favorite things to do are annoy Mango, give our dad Tory love bites and swats, take a quick snuggle break, and then return to tormenting Mango!

Mango's favorite things to do are to keep his white belly and boots clean when Tonto is not chasing him because he is a big and beautiful kitty and wants to keep himself that way! He enjoys being in the tub for a drink of water and he is afraid of thunder storms!

They both love attention from their parent's and are taking the change over to diet food pretty well, still pretty good stuff!



Mango

SENIOR NEWS BEAT

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

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Joan Capron
Alice Fishbaugh
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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

***Success is never final, failure is never fatal. It's courage that counts.
- Winston Churchill***

VOLUNTEER CONNECTION

Welcome to Fall and before we know it ~ Winter! A time for breathtaking views, family gatherings and *** PLEASE *** a bit of caution on those slippery roads and icy sidewalks!

I would like to reiterate the importance of volunteering ~ you may have seen this before, but occasionally old news is good news. The Corporation of National and Community Service found a considerable correlation between volunteering and good health. Some highlights from the report are as follows:

- A study of adults age 65 and older found that the positive effect of volunteering on physical and mental health is due to the personal sense of accomplishment an individual gains from his or her volunteer activities.
- Another study found that volunteering led to lower rates of depression in individuals 65 and older.
- A Duke study found that individuals who volunteered after experiencing heart attacks reported reductions in despair and depression – two factors that have been linked to mortality in post-coronary artery disease patients.
- An analysis of longitudinal data found that individuals over 70 who volunteered approximately 100 hours had less of a decline in self-reported health and functioning levels, experienced lower levels of depression, and had more longevity.

So for those of you, older than 18 who are thinking of volunteering, give me a call and we will find a special spot just for you! We have many opportunities available:



Office work... (mailings, surveys, paperwork, shredding, organizing, etc.)

Out of the office work.... (restock pamphlets and brochures at doctor's offices and town halls, library counts at our resource centers, etc.)



Home Delivered Meal regular volunteers needed in Geneva on Fridays ... Farmington on Wednesdays ... Victor on Tuesdays ... subs welcome on all routes!!

Friday, October 30 is our Volunteer Appreciation Luncheon at St. Patrick's Church in Victor! Just our way to formally thank our awesome...spectacular...amazing...fantastic...incredible volunteers!!!

In case some of you are unaware of some happenings at our office, Shirley Miller has retired and no longer works in the Nutrition Department ~ we miss her very much, but wish her the very best in her retirement!

Thank you to everyone!

Tarah Shedenhelm, Volunteer Coordinator

I am only one, but I am one. I cannot do everything, but I can do something. And I will not let what I cannot do interfere with what I can do. ~Edward Everett Hale

(Continued from page 1) (From the Director's Desk)

H.R. 3200 indicates the drug industry will provide seniors in the "doughnut hole" coverage gap a discount of at least 50% for medication costs.

If the 65 and under population have health insurance, Medicare costs will be reduced. People who had no prior health insurance before obtaining Medicare use more Medicare services than those people who were insured prior to Medicare. If Health Care Reform goes through, this younger population will be insured and thus, when they do go on Medicare, will not need so many Medicare Services. There is a hidden tax where taxpayers and Medicare beneficiaries subsidize care for the uninsured. By expanding coverage to the uninsured, this cost shifting will be reduced under health insurance reform saving.

Physicians: Medicare is expected to reduce its fees by 21% to Physicians beginning January 1, 2010. Physicians are saying that if payments are cut by even half that amount, 10%, they will cut back on the number of new Medicare patients they see and 40 per cent will reduce the number of established Medicare patients they treat. Health Reform is expected to eliminate the Physician payment cuts.

Health Insurance Reform will see to it that seniors receive preventive services, at no cost, that will keep them healthier. Currently, Medicare patients without additional coverage pay 20% of the cost of preventive services out of pocket. Example: For a colonoscopy that costs \$700,00 a senior would currently pay \$140.00. This is one reason why many seniors are not receiving life saving preventive tests/treatments.

There is a long way to go before Health Care Reform is finalized. It is important for all of us to try to keep up to date on issues such as how will Medicare be affected by whatever reform is finally agreed upon. Medicare has been around since 1965 and has served seniors well. It is imperative that whatever insurance is left standing when all is said and done be an insurance that provides preventive medicine, cost effective drugs and cost effective doctor and hospital visits. Stay tuned for more to come

Helen Sherman, Director

HEAT ENERGY ASSISTANCE PROGRAM (HEAP) 2009/2010

If you are age 60+ and received HEAP last year, you should have received a letter to renew your HEAP benefit through the mail.

HEAP starts November 2, 2009 for those that have not received a HEAP benefit in the past. If you did not apply for and receive HEAP last year, you will have to apply and interview in person at the Ontario County Department of Social Services Office.

The monthly maximum gross income levels for HEAP benefits in 2009-10 are:

➤1 person household - \$2,030 ➤2 person household - \$2,657

These are based on gross income. For seniors, it is figured after Medicare Part B is taken out.

WEATHER EMERGENCIES AND MEAL DELIVERIES

Just a reminder that if severe weather conditions occur, or other types of disasters, the Office for the Aging may need to cancel both meal site dining and home delivered meals. Listen to any of the following radio and television stations for information regarding emergency cancellations:

WNYR 98.5 FM WHAM 1180 AM WGVA 1240 AM
WFLK 101.7 FM WCGR 1550 AM WLLW 99.3 FM
WYLF 850 AM WFLR 95.9 FM and 1570 AM

TV Stations Channel 8, 10 and 13

BRAT DIET: RECOVERING FROM AN UPSET STOMACH

What is the BRAT diet?

If you have recently had an upset stomach or diarrhea, your doctor may suggest that you limit your diet to bland foods that won't irritate your stomach. The BRAT diet is a bland-food diet that is often recommended for adults and children. BRAT stands for **B**ananas, **R**ice, **A**pplesauce and **T**oast. The BRAT diet can help you recover from an upset stomach or diarrhea for the following reasons: It includes "binding" foods. These are low-fiber foods that can help make your stools more firm. It includes bananas, which are high in potassium and help replace nutrients your body has lost because of vomiting or diarrhea.

When should I follow the BRAT diet?

After you have diarrhea or vomiting, follow the BRAT diet to help your body ease back into normal eating. This diet may also help ease the nausea and vomiting some women experience during pregnancy.

You can add other bland foods to the BRAT diet. For example, you can try saltine crackers, boiled potatoes or clear soups. Don't start eating dairy products and sugary or fatty foods right away. These foods may trigger nausea or lead to more diarrhea.

When should I avoid the BRAT diet?

Solid foods, like those in the BRAT diet, are not recommended for adults or children who are actively vomiting. Instead, stick to clear liquids at first and wait until you can eat solid foods without vomiting. If you have been vomiting or have diarrhea, drinking an electrolyte beverage (some brand names: Pedialyte, Rehydralyte) can help protect against dehydration. Use these products according to your doctor's instructions.

How long should I follow the BRAT diet?

Both adults and children should follow the BRAT diet for only a short period of time because it does not provide all the elements of a healthy diet. Following the BRAT diet for too long can cause your body to become malnourished. This means you are not getting enough of many important nutrients. If your body is malnourished, it will be hard for you to get better.

You should be able to start eating a more regular diet, including fruits and vegetables, within about 24 to 48 hours after vomiting or having diarrhea.

Ask your family doctor if you have any questions about whether you or your child should follow the BRAT diet.

Source: familydoctor.org

VEGGIE PASTA BAKE

- 1 Package (16 oz.) Frozen Mixed Vegetables (*thawed*)
- 1 Package (8 oz.) Elbow Macaroni (*cooked & drained*)
- 1 Jar (27 1/2 oz.) Spaghetti Sauce
- 1 Package (8 oz.) Fat Free Mozzarella Cheese (*grated*)

In large bowl, combine vegetables, pasta and spaghetti sauce. Spray a 2-quart rectangular baking dish with nonstick spray. Spoon half of the pasta mixture in dish. Layer with half the cheese and add remaining pasta mixture. Cover with foil and bake at 375 degrees for 20 minutes. Uncover and sprinkle remaining cheese over casserole.

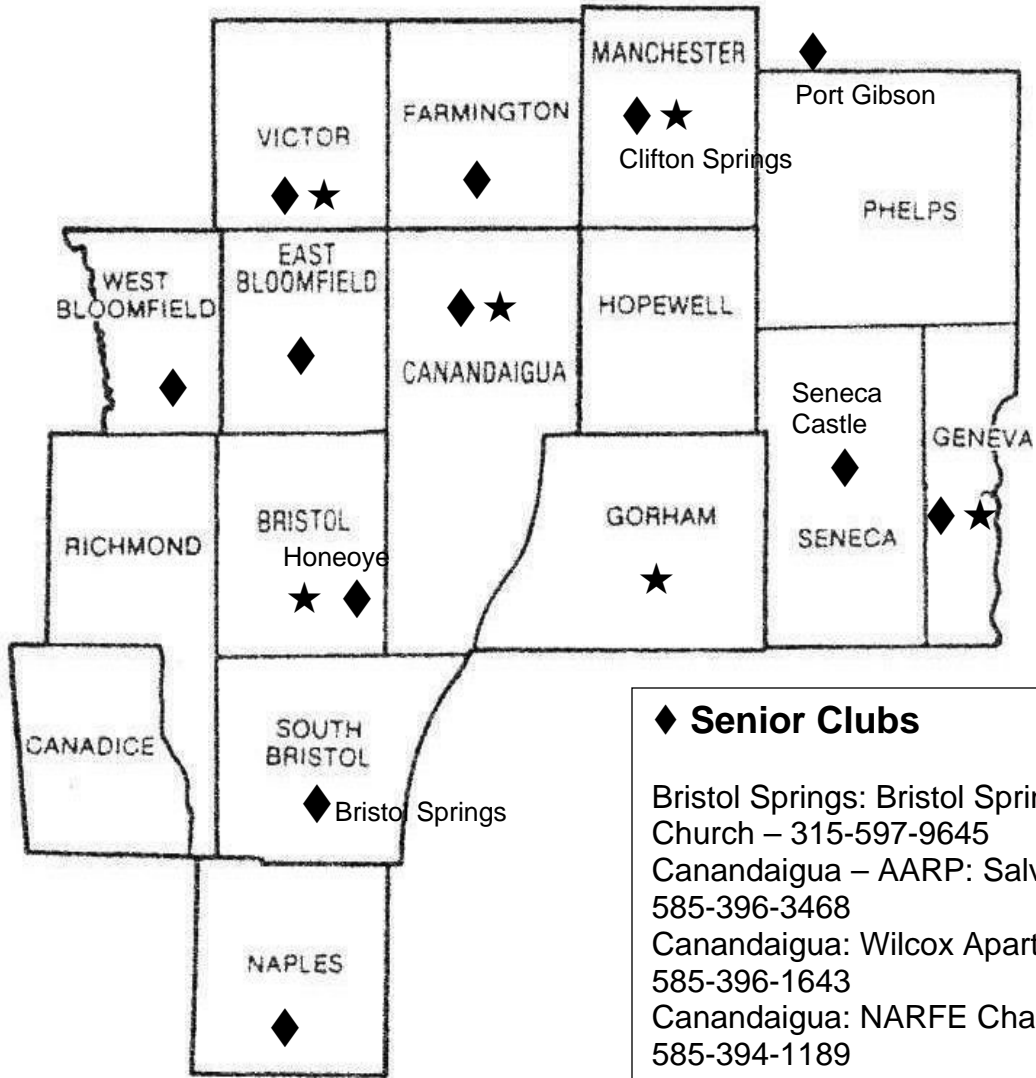
Bake uncovered for 10 minutes more or until heated through. 6 Servings.

SERVING SIZE - 1 CUP

Calories	378	Protein	22g
Total Fat	8g	Fiber	6g
Saturated Fat	1g	Carbohydrate	52g
Sodium	378mg	Cholesterol	7mg

EXCHANGES: 2 Vegetable, 3 Starch, 2 Very Lean Meats, 1 Fat

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
- Geneva: Elmcrest Residents Assoc. 315-789-0869
- Geneva: Trinity Church – 315-789-3233
- Farmington: Farmington Friend’s Church 585-750-0167
- 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 – 315-568-6306
- Victor: Victor Town Hall – Cell# 585-313-0366
- West Bloomfield: Congregational Church 585-624-2370

★ Senior Congregate Meal Sites

- Canandaigua: Salvation Army – 585-396-4040
- Clifton Springs: Spa Apartments -315-548-4460
- Geneva: Elmcrest Apartments – 315-789-8816
- Gorham: United Methodist Church – 585-396-4040
- Honeoye: United Church of Christ –
M/W – 585-367-2668
T/TH – 585-229-5807
- Victor: St Patrick’s Church – 585-924-2377

IF FACEBOOK CAN'T HELP, MAYBE SOCIAL SECURITY CAN

Last night I was thrilled to reconnect with my childhood best friend on Facebook. Since I joined Facebook several months ago, I have been able to reconnect with long lost friends from my alma mater in the Adirondack Mountains, North Warren Central School. Such surprise connections can be fun and conjure up memories of times forgotten. But what if you have a more serious situation and you need to locate a particular person? Perhaps Social Security can help.

Social Security is in the business of paying benefits, not reconnecting people. But, in some cases, we will do what we can to help.

We will attempt to forward a letter to a missing person under circumstances involving a matter of great importance, such as a death or serious illness in the missing person's immediate family, or a sizeable amount of money that is due the missing person. Also, the circumstances must concern a matter about which the missing person is unaware and would undoubtedly want to be informed.

In less dire cases, such as when a son, daughter, brother or sister want to establish contact, we will write to the missing person, rather than forwarding a letter.

Because this service is not related in any way to a Social Security program, its use must be limited so that it does not interfere with our regular program activities.

There is no charge for forwarding letters that have a humanitarian purpose. However, we must charge a \$25 fee to cover our costs when the letter is to inform the missing person of money or property due. This fee is not refundable. The fee should be paid by a check made payable to the Social Security Administration.

We must read each letter we forward to ensure that it contains nothing that could prove embarrassing to the missing person if read by a third party. Letters should be in plain, unstamped, unsealed envelopes showing only the missing person's name. Nothing of value should be enclosed.

To try to locate an address in our records, we'll need the missing person's Social Security number or identifying information such as date and place of birth, father's name, and the mother's full birth name.

Unless a missing person is receiving benefits under a program Social Security administers, we would not have a home address for them. Usually, we forward a letter in care of the employer who most recently reported earnings for the person.

*By Elizabeth Wertime
Social Security Public Affairs Specialist in Albany, NY*

LOWER YOUR RISK

Adding these foods to your diet may help prevent prostate cancer - or slow its growth - if you have it.

GREEN TEA: In several studies, one antioxidant in green tea, **EGCG**, appeared to help block the growth of cancer cells and protect healthy cells from the disease.

BRAZIL NUTS: Though the evidence is mixed, some clinical trials have shown that **selenium, a mineral found in Brazil nuts, garlic and shellfish, could cut prostate cancer risk in half.** If you already have the disease, talk to your doctor before increasing your selenium intake.

TOMATO + BROCCOLI: When scientists from the University of Illinois fed rats this healthy combo, the animal's prostate cancer tumors shrunk significantly more than when they snacked on either tomato or broccoli individually. The **researchers think the broccoli's sulfur compounds and tomato's lycopene target cancer cells in different ways.** To recreate this powerful anti-cancer combo, eat three servings of broccoli and tomatoes or tomato sauce per week.

Source: Spryliving.com

ANNUAL GIFT GIVING TREE

The *Gift Giving Tree* project, which provides gifts for elderly people during the holiday season, is a top priority at the Office for the Aging.

The Advisory Council members, along with OFA staff, are enthusiastically participating in this worthwhile endeavor. Ornaments with names and gift ideas will be placed on the tree beginning November 20, 2009. Gifts are to be returned to the Office for the Aging by December 11, 2009 to ensure delivery by the holidays.

Please stop by the Human Services Building, 3010 County Complex Drive, 2nd floor lobby, to pick up an ornament with gift ideas. It is heartwarming to provide a gift to folks who may receive little during the holidays. Please share this information with friends who might be looking to capture the true spirit of the holidays.



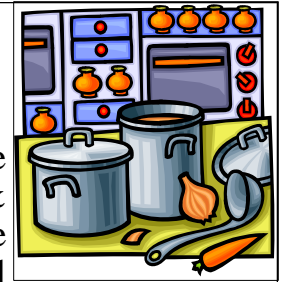
WINTER ILLNESS SAFETY GUIDE

It's the season of coughs, sneezes and sniffles. The American Red Cross in Greater New York encourages you to take an active role in preventing the spread of the flu, colds and other illnesses:

- **Cover your mouth with a tissue when you cough or sneeze.** Try not to use your hands to cover your mouth because you can then spread germs when you touch other surfaces. If you do cover your mouth with your hands, wash your hands right away. Keep tissues nearby - for yourself and to offer to others who may be coughing or sneezing near you. Throw used tissues into the trash immediately.
- **Cough or sneeze into the bend of your arm** if you don't have a tissue handy. This may feel strange at first, but will soon come naturally.
- **Use a cold-air humidifier at night** if you suffer from winter nosebleeds. Saline nose drops may help to keep tissues moist. If bleeding is severe or recurrent, consult your doctor.
- **Wash your hands frequently.** Thorough hand washing is one of the easiest and best ways to prevent the spread of the flu and many other diseases. Wash your hands before you eat, when you return home, before handling food, and after using the bathroom, being near someone who is ill, touching things handled by many others, blowing your nose, coughing or sneezing, or wiping a child's runny nose. Use antibacterial soap and hot water to kill germs. Scrub between your fingers, on the backs of your hands and under your fingernails. Dry your hands with paper towels or an electric hand dryer. Use a paper towel to turn off the tap.
- **Use hand sanitizer gels.** Keep a supply of alcohol-based hand sanitizer gels on hand for yourself and others. They can be used when you can't get to a sink. Antibacterial sanitizer towelettes can also be used to clean your face, hands and body. Do not rinse your hands or dry them with a paper towel after using a gel.
- **Don't touch your eyes, nose or mouth.** Cold and flu viruses enter the body this way.
- **Keep surfaces clean.** Germs are spread when a sick person touches surfaces, such as a doorknob or sink, and then someone else touches that same surface. Stock up on antibacterial wipes. Keep some in your car, home and office. They can be used in all kinds of places and on all kinds of surfaces. Use them in public places such as restaurants and public bathrooms, or anywhere a flu virus or bacteria may be spread. And don't forget to change facecloths and dish towels every day.
- **Get a flu shot.** The best way to prevent the flu is to get vaccinated each year. As flu season can begin as early as mid-fall, October and November are the best times to get vaccinated. The elderly, children, pregnant women and people with chronic medical conditions are most vulnerable, and should get annual flu shots.
- **Maintain healthy habits.** Smoking and excessive drinking can weaken the body's ability to fight disease. However, cooking and serving nutritious whole foods, including foods with plenty of Vitamin C, as well as other fruits and vegetables and yogurt, and drinking plenty of fluids, can all help boost immunity to infections and viruses.

Source: American Red Cross in Greater New York

QUICK & EASY HEALTHY HOME COOKING FOR MEN & WOMEN



A workshop geared toward men and women 60 and over who are living alone for the first time or who are caregivers and/or responsible for food shopping & meal preparation. Designed for men and women who have limited experience in shopping for groceries and in preparing meals. Each of these workshops will demonstrate what is available in pre-packaged foods that can be purchased at local grocery markets and made into a simple, attractive and nutritious meal. Participants will have a chance to prepare a meal and eat it too!

Dates: March 3, 5, 10, 12, 17, 2010 (snow date 19th)

Time: 11:00 a.m. – 1:30 p.m.

Location: Cornell Cooperative Extension
480 N. Main Street, Canandaigua

Cost: No Charge!! *Funding is provided by the New York State Office for the Aging.*

Registration: Pre-registration is required by calling 585-394-3977 Ext. 409 or 425.

This program is sponsored by Cornell Cooperative Extension of Ontario County in cooperation with the Ontario County Office for the Aging.

“Cornell Cooperative Extension provides equal program and employment opportunities.”

ENERGY-SAVING TIPS

Dishwashers

- ❖ To save even more energy, defer use until off-peak hours, after 6:30 pm and before 9:30 am.
- ❖ Put full loads in the dishwasher and use the "energy saving" setting for the drying cycle, or let dishes air dry to reduce energy use.

Clothes Washers

- ❖ Do your laundry during off-peak hours, after 6:30 p.m. and before 9:30 a.m., and hang your clothes outdoors in the summer.
- ❖ When doing your laundry, use a cold water wash on full loads.
- ❖ Clean the lint trap regularly to keep it running more efficiently and make sure the exhaust isn't blocked.
- ❖ Washing clothes an extra spin cycle in washer reduces the drying time.

Refrigerators/Freezers

- ❖ Defrost your refrigerator regularly so it can operate more efficiently, and do so only on weekends to avoid peak load.
- ❖ Vacuum and clean the condenser coils, motor and evaporator pan of your refrigerator once or twice a year, and leave space between your refrigerator and the surrounding walls and cabinets to allow air to circulate around the coils.
- ❖ Keep your refrigerator away from the stove and heat registers.
- ❖ Make sure the seals on your refrigerator, freezer and oven doors fit tightly.

Bath

- ❖ Take showers instead of baths.
- ❖ Shortening the time you spend in the shower will not only save energy, but will also conserve water.
- ❖ Keep the water running only when rinsing.

PLANNING FOR LONG TERM CARE

The Importance of Planning

No one wants to think about a time when they might need long-term care. So planning ahead for this possibility often gets put off. Most people first learn about long-term care when they or a loved one need care. Then their options are often limited by lack of information, the immediate need for services, and insufficient resources to pay for preferred services. Planning ahead allows you to have more control over your future.

Why Plan Ahead for Long-Term Care?

Planning ahead for long-term care is important because there is a good chance you will need some long-term care services if you live beyond the age of 65. About 70 percent of people over age 65 require some services, and the likelihood of needing care increases as you age.

Planning ahead helps you understand what service options are available in your community, what special conditions may apply for receiving services, for example, age or other eligibility criteria, what services cost, and what payment options – public and private – apply. Having this information helps ensure you will have a range of options when you need long-term care, and makes it more likely that you will have more choice and control over where and how you receive services.

Planning ahead is important because the cost of long-term care services often exceeds what the average person can pay from income and other resources. By planning ahead, you may be able to save your assets and income for uses other than long-term care, including preserving the quality of life for your spouse or other loved ones. With planning, there is a greater likelihood of being able to leave an estate to your heirs, because you are less likely to use up your financial resources paying for care.

Planning ahead also means less emotional and financial stress on you and your family. It can provide a way to involve your family in decisions without depending on them to bear the entire burden alone.

Finally, for many people, one of the most important advantages of planning ahead is to ensure greater independence should you need care. Your choices for receiving care outside of a facility and being able to stay at home or receive services in the community for as long as possible are greater if you have planned ahead.

Source: DHHS-National Clearinghouse for Long Term Care

NOTE: For information and assistance, call NY Connects, Choices for Long Term Care in Ontario County, at (585) 396-4040.

PREPARE YOUR HOME FOR WINTER WEATHER

Prepare for extremely cold weather every winter—it's always a possibility. There are steps you can take in advance for greater wintertime safety in your home.

Prepare Your Home for Winter

Although periods of extreme cold cannot always be predicted far in advance, weather forecasts can sometimes provide you with several days' notice. Listen to weather forecasts regularly, and check your emergency supplies whenever a period of extreme cold is predicted.

If you plan to use a fireplace or wood stove for emergency heating, have your chimney or flue inspected each year. Ask your local fire department to recommend an inspector, or find one in the yellow pages of your telephone directory under "chimney cleaning."

Also, if you'll be using a fireplace, wood stove, or kerosene heater, install a smoke detector and a battery-operated carbon monoxide detector near the area to be heated. Test them monthly, and replace batteries twice a year.

Your ability to feel a change in temperature decreases with age and older people are more susceptible to health problems caused by cold. If you are over 65 years old, place an easy-to-read thermometer in an indoor location where you will see it frequently, and check the temperature of your home often during the winter months.

Insulate any water lines that run along exterior walls so your water supply will be less likely to freeze. To the extent possible, weatherproof your home by adding weather-stripping, insulation, insulated doors, storm windows, or thermal-pane windows.

If you have pets, bring them indoors. If you cannot bring them inside, provide adequate shelter to keep them warm and make sure that they have access to unfrozen water.

Checklist

- Insulate walls and attic.
- Caulk and weather-strip doors and windows.
- Install storm windows or cover windows with plastic from the inside.
- Insulate any water lines that run along outer walls (water will be less likely to freeze).
- Service snow-removal equipment.
- Have chimney and flue inspected.
- Install easy-to-read outdoor thermometer.

"The most important thing in life is to learn how to give out love, and to let it come in"

WHAT YOU CAN DO TO STAY HEALTHY

Evidence shows that some of the leading causes of death in the United States, such as heart disease, cancer, stroke, some lung diseases, injuries, and HIV/AIDS, often can be prevented by improving personal health habits. Eating right, staying physically active, and not smoking are a few examples of good habits that can help you stay healthy.

Creating a Healthy Lifestyle

Eating Right

Eating the right foods and the right amounts of foods can help you live a longer, healthier life. Research has proven that many illnesses—such as diabetes, heart disease, and high blood pressure—can be prevented or controlled by eating right. Getting the nutrients you need, such as calcium and iron, and keeping your weight under control can help. Try to balance the calories you get from food with the calories you use through physical activity. It is never too late to start eating right. Here are some helpful tips.

Eat a variety of foods, especially:

- Vegetables. Choose dark-green leafy and deep-yellow vegetables.
- Fruits. Choose citrus fruits or juices, melons, and berries.
- Dry beans (such as red beans, navy beans, and soybeans), lentils, chickpeas, and peanuts.
- Whole grains, such as wheat, rice, oats, corn, and barley.
- Whole grain breads and cereals.

Eat foods low in fat, saturated fat, and cholesterol, especially:

- Fish.
- Poultry prepared without skin; lean meat.
- Low-fat dairy products.

Physical Activity:

Research shows that physical activity can help prevent at least six diseases: heart disease, high blood pressure, obesity (excess weight), diabetes, osteoporosis, and mental disorders, such as depression. Physical activity also will help you feel better and stay at a healthy weight. Research suggests that brisk walking can be just as good for you as an activity such as jogging. Try to do a total of 30 minutes of constant physical activity, such as fast walking, most days of the week.

Before you start being physically active:

- Talk with your doctor about ways to get started.
- Choose something that fits into your daily life, such as walking, gardening, raking leaves, or even washing windows.
- Choose an activity you like, such as dancing or swimming.
- Try a new activity, like biking.
- Ask a friend to start with you, or join a group.

Don't quit:

- Make time for physical activity, start slowly, and keep at it.
- If the weather is bad, try an exercise show on TV, watch an exercise tape in your home, walk in the mall, or work around the house.

Source: Federal Citizens Information Center

Did You Know...

- If you peel a banana from the bottom, you won't have to peel the little strings off.
- Peppers with 3 bumps on the bottom are sweeter and better for eating; peppers with 4 bumps on the bottom are firmer and better for cooking.
- To get rid of fruit flies, fill a small cup half full of apple cider vinegar and 2 drops of dishwasher liquid, mix well. The fruit flies will be drawn to the cup.

WHY DO WE AVOID ADVANCE DIRECTIVES

When I visit my father, I make a point of checking: is that battered leather folder full of legal documents sitting in its usual spot in the den? At 86. Dad is managing quite nicely in his own apartment. But the day will likely come when he'll face choices about how much medical treatment to undergo, and he may be too incapacitated to make or express such decisions. It could happen in 10 years or next week; whenever it is, I want to be able to lay hands on one of those documents called an advance directive for health care. In it, he authorizes me, "to make decisions in my best interest, based upon what is known of my wishes."

We've had a number of conversations about those wishes. Nevertheless, the document goes on to specify what my father doesn't want (no C.P.R., ventilator or feeding tube) and what he does want (pain relief) in the event that he becomes "permanently unconscious" or diagnosed with "an incurable and irreversible illness" that two doctors deem terminal. Nothing on paper can make such a moment less than wrenching, but the lack of something in writing can make it much, much worse.

That can put both physicians and families in an awful bind. If a terminally ill parent lands in a hospital and daughter A tells the staff no, no feeding tube, will daughter B accuse her of killing their mother? If daughter B tells the staff to go ahead and turn on a respirator, will son C argue that no, after the Terry Schiavo case in Florida, their mother declared she never wanted to be kept alive by machines? Sometimes a hospital ethics committee has to get involved. Sometimes courts and lawyers do. "It gets so emotional," said Ronda Hughes, co-author of A.H.R.Q. report, a one time cardiac critical care nurse in Boston. She's seen "people crying, screaming, and threatening." "When you're faced with those decisions, you can't say 'let me get back to you in a week.' If only the patient had left clear instructions! So why don't we? One reason is that advance directives may be misperceived, theorized Nathan Kottkamp, a health care attorney in Richmond, Va. and organizer of this month's National Healthcare Decisions Day. People may equate such documents with limiting care, with "pulling the plug." In fact, Mr. Kottkamp said. "Your Living Will can say you want every. medical treatment known to science applied to you at the end of life. Or, no treatment. Or, anywhere on that spectrum." Maybe people may think drafting an advance directive is complicated and expensive and requires a lawyer. But forms for every state (state laws regarding advance directives differ) are widely available on the Internet at the National Hospice and Palliative Care Organization's Web site or through the National Healthcare Decision Day site, among others. An advance health care directive doesn't have to cost more than a couple of dollars for a notary.

Source: Paula Span is the author of When the Time Comes: Families With Aging Parents Share Their Struggles and Solutions

NOTE: Advance Directive Forms can be obtained by calling Ontario County Office for the Aging at (585) 396-4040 or (315) 781-1321.

Office for the Aging Closing Holidays-2009-10



Wednesday - November 11

Veteran's Day



Thursday - November 26

Thanksgiving Day



Friday - December 25

Christmas Day

Friday - January 01

New Year's Day



NEW to MEDICARE WORKSHOP

Are you about to turn 65 years of age soon or are you assisting someone who receives Medicare benefits?

Ontario County Office for the Aging offers free, New to Medicare 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 second floor of the Human Services Building, 3010 County Complex Drive, Canandaigua, NY 14424 in Conference Room 8.

November 20, 2009 1:00pm – 4:00pm
December 11, 2009 1:00pm – 4:00pm

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.

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

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