

May,
June,
July 2009

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



DON'T BE AN APRIL FOOL WHEN IT COMES TO YOUR ECONOMIC RECOVERY PAYMENT



Helen Sherman

No one likes being the target of an April fool's prank, and even though April Fool's Day has come and gone, scam artists are still very busy. If you are receiving Social Security or Supplemental Security Income (SSI) benefits, don't let anyone fool you regarding your special one-time recovery payment of \$250 from the American Recovery and Reinvestment Act of 2009. Please pay close attention to the following to ensure that your money reaches you in the manner in which it was intended to.

- All Social Security and SSI beneficiaries who are eligible for the special one-time recovery payment will have their payment issued in May
- The payment is automatic; no action is required on your part
- There are no requests to make, no applications to complete and no fees to pay

If you receive a visit, telephone call or e-mail from anyone claiming to want to help you obtain your payment, be skeptical. Do not pay anyone to help you receive your payment. And do not reveal any of your personal information to them, such as your full name, date of birth, or Social Security number. If someone requests this information for this purpose, it's more likely they're "out to get you", than out to get your payment for you.

In addition to people who receive Social Security and SSI Benefits, people who receive benefits from Veterans Affairs and the Railroad Retirement Board will receive one-time payments of \$250. Note, however, that only one payment of \$250 will be made per person, regardless of any combination of benefits that may be received.

How will your recovery payment be made? The same way that your regular monthly payments are made. People with direct deposit will receive their payments via direct deposit. Those who receive paper checks will receive their payment in the mail. People who receive regular payments through the new Direct Express debit card will receive their one-time payments through the card. Your one-time payment will be sent separately from your Social Security or SSI Benefit.

To assist in processing the payment as efficiently as possible, please do not contact Social Security – unless you have not received your payment by June 4. Repeated calls to Social Security will only slow down the process of distributing the payments. More information is available at www.socialsecurity.gov/payment and will be updated as needed.

Rest assured that your special one-time recovery payment will be sent to you automatically. And, if it's not received by June 4, there's only one place you need to contact: Social Security at 1-800-772-1213 or your local Social Security Office at 1- 315-789-0809.

Information for the above article was obtained, in part, from an article by Elizabeth Wertime, Social Security Public Affairs Specialist in Upstate, New York.

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

SENIOR NEWS BEAT

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Ontario County Office for the Aging

3010 County Complex Dr.
Canandaigua, NY 14424

(585) 396-4040

(585) 396-7490 (Fax)

E-mail Address:

www.co.ontario.ny.us/aging

Editorial Staff:

Helen Sherman

Dawn Newvine

Patty Dhondt-Campbell

Diane Biek

Tarah Shedenhelm

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

Irene Bariga

Joan Capron

Lucille Cowan

Marion DeCracker

Betty Dibble

Alice Fishbaugh

Florence Foringer

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Donna Wakeman

Helen Weinschrieider

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

**YOU CAN'T
HAVE EVERY-
THING ***
WHERE
WOULD YOU
PUT IT?** Steven Wright

VOLUNTEER CONNECTION

Is it Spring yet? I often hear that question asked and it is usually the same old answer...

Spring is on its way! We don't have to look far and we can see the signs, the sound of a robin, the budding of a tree ~ time to come out of hibernation and Volunteer!

Salutations to our new volunteers: Debbie Watterson, Claude and Esther Pullis, Barbara Stowell, Nancey Wilbur, Margaret Ohlinger, Cathy Crossman, Sharon Caron, Wendy Combs, and John Tornow. Thank you ~ we appreciate everything you do!

In March, our office once again participated in the National event of Mayors for Meals. After receiving information on our agency by various OFA staff members, several Mayors and Town Supervisors delivered meals to our seniors with our very obliging volunteers! A great big round of applause to:

Mary Miner and Supervisor Skip Buck, City of Canandaigua,
Ann Wyjad and Supervisor Norm Teed, Town of Phelps,

Ross Brown and Supervisor Wayne Houseman, Town of Bristol

Debbie Watterson and Mayor John Holden, Village of Victor

Debbie Watterson and Supervisor Jack Marren, Town of Victor

Dawn Good and Mayor Dan Kwarta, Village of Bloomfield

Pat Gordner and Mayor Bill Hunter, Village of Clifton Springs

Mary Lou Mees and Mayor Ellen Polimeni, City of Canandaigua

Connie Prasad and Supervisor Ted Fafinski, Town of Farmington

Thank you for all your efforts in raising awareness about senior hunger and our continued need of volunteers for the Home Delivered Meal program.

Our 22nd annual Senior Volunteers of the Year event is rapidly approaching. This year's occasion will be held at Ashton Place in Clifton Springs on May 15, 2009. The purpose of this ceremony is to acknowledge senior citizens who have made a significant contribution during the past year.

Sheriff Phil Povero helped us to find volunteers that we need in the Geneva area. Craig Fox, of the Finger Lakes Times, wrote an article which resulted in numerous calls from people offering to help deliver meals. Thank you Sheriff Povero and Craig Fox!

George Bernard Shaw writes: *I am of the opinion that my life belongs to the community, and as long as I live, it is my privilege to do for it whatever I can. I want to be thoroughly used up when I die, for the harder I work, the more I live. Life is no 'brief candle' to me. It is a sort of splendid torch which I have got hold of for a moment, and I want to make it burn as brightly as possible before handing it on to future generations.*

Thank you all for making the lives of the seniors in Ontario County just a little bit brighter each and every day. Tarah Shedenhelm

DOGS HELP TO KEEP YOU HEALTHY

There are many reasons to love your dog, and here's yet another. Sharing your life with your lovable companion can actually improve your health.

Numerous studies by medical professionals have determined that there are vast benefits to your overall well being by having a dog in your life. Blood pressure and cholesterol levels were found to be lower in dog owners. Studies have proven that pets aid in a patient's recovery from illness and can induce an overall quicker recovery time. Research shows that owning a pet can even increase a person's chance of survival following a life threatening illness.

The use of therapy dogs in recovery has proven to be highly successful. Just the act of petting a dog can greatly relax a patient and bring about therapeutic results. Petting a dog also helps to bring about better emotional health as well. Studies conducted at Cambridge and UCLA have shown that dog owners make overall fewer trips to the doctor's office.

We all know our dogs make us happy and it's nice to know that they help to keep us healthy too.

Source: KYW Newsradio



AGING GRACEFULLY: THE BENEFITS OF EXERCISE FOR OLDER ADULTS

It's never too late to improve your health. The notion that exercise is good for you has been around for quite a while, but until recently, seniors have been left out of the picture.

Everyone Benefits from Exercise

Today, new information is emerging from research: people of all ages and physical conditions benefit from exercise and physical activity.

Staying physically active and exercising regularly can help prevent or delay many diseases and disabilities.

Even moderate exercise and physical activity can improve the health of seniors who are frail, or who have diseases that accompany aging.

Don't Be Afraid to Exercise

Exercise and physical activity are among the healthiest things you can do for yourself, but some older adults are reluctant to exercise. They may be afraid that exercise will be too strenuous, or that physical activity will harm them. Research shows that actually the opposite is true:

Exercise is Safe for People of All Age Groups

Older adults hurt their health far more by not exercising than by exercising.

An inactive lifestyle can cause older adults to lose ground in four areas that are important for staying healthy and independent: strength, balance, flexibility, and endurance.

It's Never Too Late to Start Exercising

Even if you have had an inactive lifestyle, there is good news. It's never too late to improve your health.

Research suggests that exercise and physical activity can help you maintain or partly restore your strength, balance, flexibility, and endurance.

Growing older doesn't mean you have to lose strength or your ability to do everyday tasks. Exercise can help older adults feel better and enjoy life more, even those who think they're too old or too out of shape.

Source: [National Institutes of Health](#)

CREATING A HEALTHY, WELL-BALANCED DIET

The first step to eating well is to learn what your body needs right now. Knowing what to eat, and how much or little, is key to achieving and maintaining nutritional health. It may be wise to consult your health care professional who can evaluate your specific nutritional needs based on your medical history and current health profile, assess whether you need to follow a special diet, and recommend any necessary supplements.

Commit to making dietary choices that are:

- nutrient-dense, low in fat and sodium, high in fiber and calcium, with a moderate calorie content;
- flavorful, so you'll look forward to mealtimes;
- easy to chew, swallow and digest;
- simple to prepare;
- appealing to the eye as well as the palate.

Sound like a tall order? Eating well as you age is easier than you think. Here's how:

Focus on good carbs. Opt for whole grain nutrition (brown rice, whole wheat bread, rolled oats, barley, and millet), not refined "white" products, such as white bread, white rice, or products made with white flour.

Raw equal's roughage. Aim to eat at least one daily serving of your fruits and vegetables raw. This not only preserves their nutritional value, it's an easy way to eliminate constipation. Raw fruits and veggies are loaded with fiber, vitamins, minerals, and enzymes to aid digestion. Plus, there's no preparation involved. If you have difficulty biting or chewing, cut your apple or carrot into bite-sized pieces. Try a green salad with grated zucchini.

Steaming is the best way to cook vegetables; it preserves nutrients. Light sautéing is next. Boiling leeches nutrients—but you can use the leftover cooking water as soup stock!

Go lean on protein. Fish, poultry, eggs, beans, peas, nuts and tofu all count as protein, so it's easy to vary your healthy protein choices. Try skinless turkey or chicken, or fish, baked, broiled, grilled, steamed or poached, and you'll savor the flavor while adding healthy, low-fat, low cholesterol nutrition to your diet. Go easy on red meats which contain saturated fat, and on salty meats such as bacon or ham.

Bone up on calcium. All dairy products are not created equal. Milk, cheese and yogurt retain their calcium content; cream cheese, cream and butter do not. As part of a healthy senior diet, choose fat-free or low fat dairy products. If you're lactose-intolerant, consider lactose-free and lower-lactose products such as hard cheeses and yogurt. Or, a calcium supplement might be a better way for you to meet your calcium requirement.

Choose first-rate fats. Get your "good" fats from oils such as olive oil and sunflower oil, avocados and avocado oil, nuts and seeds.

Keep it moist. In addition to drinking enough water each day, aim to consume foods with high water content. Staying properly hydrated flushes toxins from your body, relieves constipation, helps keep your joints flexible and your mind clear. High water content foods include melons, grapes, cucumbers, onions, apples, cabbage, and, of course, soup!

Source: Helpguide.org

SWEET POTATO SALAD

1. 3 Sweet Potatoes (approximately 1/2 lb. each)
2. 1 Medium Onion (sliced into thin rings)
3. 1 Green Pepper (cut into thin strips)
4. 1/4 Cup Fat Free Vinaigrette Dressing

pepper strips in large bowl. Refrigerate at least one hour. Toss lightly with vinaigrette dressing.
8 Servings.

SERVING SIZE - 1/2 CUP

Heat enough water to boiling to cover sweet potatoes. Add sweet potatoes and return to boil. Cover and cook 30 minutes or just until fork tender. Do not overcook. Cool and slice into 1/4-inch slices. Combine sweet potato slices, onion rings and green

Calories	81	Protein	1g
Total Fat	0g	Carbohydrate	19g
Saturated Fat	0g	Cholesterol	0mg
Sodium	112mg	Fiber	3g

EXCHANGES: 1 Bread

EXPANDED IN HOME SERVICES FOR THE ELDERLY PROGRAM (EISEP)

Do you need help in your home so you can continue to live there safely and comfortably?

EISEP program may provide an aide to assist with housework, laundry, shopping, meals and personal care. If you need help in one or more of these areas, not just housework alone, call **585-396-4040** or **315-781-1321** and ask for a referral to **EISEP**.

EISEP is for the over 60 person who is not on Medicaid

MEMORY LOSS WITH AGING; WHAT'S NORMAL, WHAT'S NOT

How does the brain store information?

Information is stored in different parts of your memory. Information stored in the short-term memory may include the name of a person you met moments ago. Information stored in the recent memory may include what you ate for breakfast. Information stored in the remote memory includes things that you stored in your memory years ago, such as memories of childhood.

How does aging change the brain?

When you're in your 20s, you begin to lose brain cells a few at a time. Your body also starts to make less of the chemicals your brain cells need to work. The older you are, the more these changes can affect your memory. Aging may affect memory by changing the way the brain stores information and by making it harder to recall stored information.

Your short-term and remote memories aren't usually affected by aging. But your recent memory may be affected. For example, you may forget names of people you've met recently.

What about when I know a word but can't recall it?

This is usually just a glitch in your memory. You'll almost always remember the word with time. This may become more common as you age. It can be very frustrating, but it's not usually serious.

What are some other causes of memory problems?

Many things other than aging can cause memory problems. These include depression, dementia (severe problems with memory and thinking, such as Alzheimer's disease), side effects of drugs, strokes, head injury and alcoholism.

How can I tell if my memory problems are serious?

A memory problem is serious when it affects your daily living. If you sometimes forget names, you're probably okay. You may have a more serious problem if you have trouble remembering how to do things you've done many times before, getting to a place you've been to often, or doing things that use steps, like following a recipe.

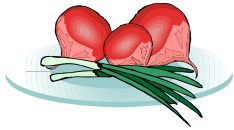
Another difference between normal memory problems and dementia is that normal memory loss doesn't get much worse over time. Dementia gets much worse over several months to several years.

Source: familydoctor.org

FREE NEW YORK STATE PRESCRIPTION DRUG CARD

Effective April 1, 2009, New York State is sponsoring a free pharmacy discount card that will save as much as 60% on generics and 30% on brand name drugs. To be eligible, each applicant must be: a resident of New York State; not receiving Medicaid; either age 50 up to 65 or determined disabled by the Social Security Administration and have annual income under \$35,000 if single and \$50,000 if married.

For more information, call 1-800-788-6917 or visit <http://nyprescriptionsaver.fhsc.com> or call Office for Aging at 585-396-4040 or 315-781-1321.



LOSS OF APPETITE



What if you don't feel like eating.

Check with your doctor to see if your loss of appetite could be due to medication you're taking and, if so, whether the dosage can be adjusted, or the medication changed.

If you're not hungry because most food tastes too bland, try these natural flavor enhancers which are also good for you:

- olive oil
- vinegars
- garlic
- onions
- spices, including cinnamon, cloves, ginger, turmeric (which also aid digestion),



Change your ideas about what to eat for each meal:

Try vegetable soup and a tuna sandwich on pumpernickel bread at breakfast, or an omelet, bran muffin and fresh fruit for dinner.

Experiment with recipes created especially for one or two people.

Combine leftover meats and vegetables into one-dish casseroles that can easily be re-heated for lunch or dinner, or frozen for later use.

I don't like eating alone. Are there places for seniors to share meals?

Yes. Consider implementing some of the following ideas for finding new dining companions:

Get out the Yellow Pages! Contact your local Senior Center, YMCA, Congregation or High School, and ask about senior meal programs.

Join in. Taking a class, volunteering, or going on an outing can all lead to new friendships and dining buddies.

Invite friends or acquaintances to share potluck lunches and dinners on a rotating basis. Not only will it add variety to your diet, it's a great way to meet new people and broaden your interests.

Adult Day Care Centers provide both companionship and nutritious meals for seniors who are isolated and lonely, or unable to prepare their own meals.

What if I am unable to shop or cook for myself?

There are a number of possibilities, depending on your living situation, finances and needs:

Home delivery. Many grocery stores have delivery services. Find out if a grocery store in your area will accept phone or internet orders.

Swap services. Ask a friend, neighborhood teen or college student if they would be willing to shop for you in exchange for sharing a meal with friends at your house later in the week. This solves two needs at once; buying groceries and providing dining companionship.

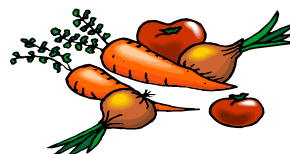
Share your home. If you live alone in a large home, consider having a housemate / companion who would be willing to do the grocery shopping and cooking in exchange for rent.

Personal Chef Service. These are professional cooks who will prepare nutritionally balanced meals, often for a week at a time (which you then freeze). They can usually accommodate special diets. Check your local telephone book, Senior Center or the Internet to find a Personal Chef in your area.

Hire a homemaker who can do the shopping and meal preparation for you.

Meals on Wheels.

Source: *Healthguide.org*



EMERGENCY PREPARENESS FOR SENIORS

Each person's needs and abilities are unique, but every individual can take important steps to prepare for all kinds of emergencies and put plans in place. By evaluating your own personal needs and making an emergency plan, you can be better prepared for any situation. A commitment to planning today will help you prepare for any emergency situation. Preparing makes sense. Get ready now.

Consider how a disaster might affect your individual needs.

Plan to make it on your own, at least for a period of time. It's possible that you will not have access to a medical facility or even a drugstore.

Identify what kind of resources you use on a daily basis and what you might do if they are limited or not available.

Get an [emergency supply kit](#).

If you must evacuate, take your pets with you, if possible. However, if you are going to a public shelter, it is important to understand that animals may not be allowed inside.

Plan in advance for shelter alternatives that will work for both you and your pets; consider loved ones or friends outside of your immediate area who would be willing to host you and your pets in an emergency.

Create a Support Network

If you anticipate needing assistance during a disaster, talk to family, friends and others who will be part of your personal support network.

Write down and share each aspect of your emergency plan with everyone in your support network.

Make sure everyone knows how you plan to evacuate your home or workplace and where you will go in case of a disaster.

Make sure that someone in your local network has an extra key to your home and knows where you keep your emergency supplies.

Teach those who will help you how to use any lifesaving equipment and administer medicine in case of an emergency.

Practice your plan with those who have agreed to be part of your network.

Source: USA.gov

10 SYMPTOMS OF CAREGIVER STRESS

If you experience any of these signs of stress on a regular basis, make time to talk to your doctor.

1. **Denial** about the disease and its effect on the person who's been diagnosed - I know Mom is going to get better.
2. **Anger** at the person with Alzheimer's or others, anger that no cure exists or anger that people don't understand what's going on - If he asks me that question one more time, I'll scream!
3. **Social** withdrawal from friends and activities that once brought pleasure - I don't care about getting together with the neighbors anymore.
4. **Anxiety** about facing another day and what the future holds - What happens when he needs more care than I can provide?
5. **Depression** that begins to break your spirit and affects your ability to cope - I don't care anymore.
6. **Exhaustion** that makes it nearly impossible to complete necessary daily tasks - I'm too tired for this.
7. **Sleeplessness** caused by a never-ending list of concerns - What if she wanders out of the house or falls and hurts herself?
8. **Irritability** that leads to moodiness and triggers negative responses and actions - Leave me alone!
9. **Lack of concentration** that makes it difficult to perform familiar tasks - I was so busy I forgot we had an appointment.
10. **Health problems** that begin to take their toll, both mentally and physically - I can't remember the last time I felt good.

RESPITE CARE - UNDERSTANDING, FINDING AND USING CAREGIVER RELIEF

The challenges of caring for a loved one are part of daily life. Caregiving is a demanding, difficult job and no one is equipped to do it alone. Getting help is essential for your health. Respite care provides short term breaks that relieve stress, restore energy, and promote balance in your life. There are many respite care options and strategies that you may not be aware of.

Respite care basics

Using respite care before you become exhausted, isolated, or overwhelmed is ideal, but just anticipating regular relief can become a lifesaver. Respite boils down to two basic ideas: sharing the responsibility for caregiving and getting support for yourself. Finding the right balance requires persistence, patience, and preparation.

Planning your relief

Planning starts with analyzing needs...both yours and your loved ones. Is support what you need most? Some free time? Help with transportation? Keep track of your daily activities and make a list of the areas and times when you most need help. Identifying your loved one's requirements, mental stimulation and exercise, will also help you find the right match. Answering these questions will help you determine which respite options to pursue.

Types of Respite Care Services

Family members and friends may be able to help out. However, just as the burden of caregiving is often more than one person can handle – it can also be a tough process for families to share. Even the healthiest families can be severely stressed by ongoing care, and the division of labor is frequently lopsided.

You can encourage support and participation by keeping everyone up-to-date regarding your loved one's needs and condition. Family members who don't share the day-to-day caretaking experience may not fully appreciate the situation.

Changing roles and varying resource levels can impact family involvement. Welcome different viewpoints, accept limitations, and be willing to try alternate strategies. Share your list of needs and take advantage of all offers to help.

Harboring resentment, when you need more help, can lead to your burnout and impaired health. Ask directly for concrete support and specific time commitments. Consider establishing an online calendar to organize relief and reconfirm schedules.

Consider trading respite services with other caregivers and their families. Pooling resources can encourage involvement, reduce costs, and increase flexibility.

Learning how other families cope can suggest new options and provide reassurance. When siblings are unable or unwilling to share the load, peer support can be invaluable.

Source: Helpguide.org

LAKE COUNTY SPINNING & FIBERS ... ETC.

A new and unique guild featuring a blend of Fiber Artists will be meeting the second week of each month at 10 AM at the Good Shepherd Lutheran Church, 360 S. Pearl Street, in Canandaigua. A diverse group of spinners, knitters and crocheters, as well as vendors who supply Alpaca, Llama and Wools are all part of this group. For more information, or to become a part of this interesting group, call 585-374-8504 (days) or 585-394-6609 (evenings) or email harveye@rochester.rr.com.

The Seniors and Lawmen Together (SALT) group will present a program on "Summer Safety Tips, Heat Stroke, Bee Stings, etc." on June 16th, at 9 AM in the Food Court at Eastview Mall. Susan Bennett from the American Red Cross will be the presenter. This program is free and open to the public. Refreshments will be server. Hope to see you there!



MAKE THE GOLDEN YEARS GOLDEN WITH A COMPANION ANIMAL



People who keep companion animals tend to live longer than those who do not. This is more than simple superstition or an old myth; research has shown that companion animals can help to make significant changes not only in a person's lifespan, but in recovery. For example, people who have suffered heart attacks tend to recover more quickly and more fully when they have the company of a companion animal.

It's been shown that having a companion animal can help to bring out our nurturing instincts. Pets will love a good human unconditionally, and this kind of acceptance can be very helpful in boosting one's self-esteem and increasing the quality of life. One study shows that petting a dog or cat can actually release endorphins, or "feel good" hormones, into the body. This can help you feel calmer, and it can lower your heart rate and blood pressure. Studies also indicate that people with companion animals suffer less stress than others and they tend to visit doctors less often.

How Companion Animals Can Help You Stay Healthier

Not only can a pet be a great asset simply for companionship, but when you take your dog for a walk you get exercise. It's no wonder researchers say that seniors with companion animals tend to be healthier than those who do not. It makes sense, really. Past a certain age, it can be difficult to maintain the enthusiasm it takes to get outdoors, to get some fresh air, and to get a little exercise. With a charming companion animal to take walks with, it's hard to not want to get out there.

Some dogs have been able to identify illness in their owners, being able to warn of cancer, low blood sugar levels in diabetics, and oncoming epileptic seizures. It may be wise to take some of these claims with a grain of salt, as even the smartest dog isn't a suitable substitute for regular checkups. However, that's not to say that the claims are entirely unprecedented. It's not unheard of for a dog to sense early warning signs of illness well before the symptoms become obvious to humans.

Depression can have an adverse effect on one's immune system. Many seniors live alone and companion animals have been shown to help eliminate feelings of loneliness or depression. In addition, dogs can also provide a sense of security and reduce feelings of vulnerability, which is very important. Even an ex-Navy Seal can feel unsafe in his own home when living alone. Keeping a dog, who can warn of intruders, can provide a source of comfort for many senior citizens.

Companion Animals: Therapeutic Friendships

Pets can provide much-needed companionship while their owners cope with the crisis and stresses in life. It's fair to suggest that a companion animal could save a person's life simply by being there when they need a friend.

In many nursing homes and hospitals, it's not uncommon for folks from local animal shelters to bring puppies, dogs, or other companion animals to visit, bringing a smile to the faces of disabled seniors.

People with Alzheimer's Disease may feel lonesome, even in the company of long-time friends. The immediate and unconditional love of a dog can provide comfort and companionship.

Living alone, especially for those of us in our later years, isn't always easy. With a loving companion animal by your side, you are not alone.

Source: About.com Senior Living



THE DTV DELAY ACT

Congress recently passed the DTV Delay Act which extends the deadline for full-power broadcast TV stations to complete the DTV transition from February 17, 2009, to June 12, 2009. The new law allows more time for consumers to be prepared for the DTV transition. However, Congress did not require stations to continue broadcasting in analog after February 17th, and stations may choose to complete their transition, and stop broadcasting in analog, before June 12th.

What Does This Mean For Me?

If you have one or more analog televisions that receive free over-the-air TV programming with an outdoor antenna or “rabbit ears” on the TV, you will need to be prepared. You have three options: 1) purchase and connect a “digital-to-analog converter box” to your TV; 2) purchase a digital television; or 3) subscribe to a paid service such as cable or satellite TV. Each U.S. household is eligible to receive two \$40 coupons to be used toward the purchase of two digital-to-analog converter boxes.

Broadcast stations are required to notify their viewers before shutting off their analog channels. If you are not yet prepared for the DTV transition, it’s important to prepare. It’s also important to watch your local broadcast channels for on-air announcements.

What Should I Do Now?

Digital broadcast television is available now. Benefits include more channels, better quality picture and sound; on-screen program guides, and more. If you have not yet applied for your converter box coupons, you should do so now. You should also prepare at least one TV in your home by purchasing a converter box, installing it, and ensuring that you can receive the digital channels in your area before the analog channels are shut off. You may wish to subscribe to cable or satellite TV.

Where Do I Go For More Information?

For more information on the Converter Box or to apply for coupons, visit www.dtv2009.gov, or call 1-888-388-2009. If you need more assistance, call the Office for the Aging at 396-4040.

Source: SeniorJournal.com

SLEEP CHANGES IN OLDER ADULTS

How much sleep do older adults need?

Most adults need 7 or 8 hours of sleep each night to feel fully alert during the day. This is usually also true for people age 65 or older. But as we get older, we might have more trouble sleeping. Many things can get in the way of sleeping well or sleeping long enough to be fully rested.

What sleep changes are common in older adults?

Older adults might get sleepy earlier in the evening. Older adults may have trouble falling asleep when they go to bed at night or they might not stay asleep all night (called insomnia). They might wake up very early in the morning and not be able to go back to sleep.

What causes sleep problems?

A number of things can cause sleep problems. By the time an adult is over 65 years old, his or her sleep-wake cycle may not seem to work as well as it did when he or she was younger. As we age, our body makes less of the chemicals and hormones that help us sleep well (growth hormone and melatonin). Some lifestyle habits such as smoking and drinking alcohol or caffeinated drinks can cause sleep problems. Sleep problems may be caused by illness, by pain that keeps a person from sleeping or by medicines that keep a person awake. However, people of all ages can have a sleep disorder. [Sleep Apnea](#), Restless Leg Syndrome or Periodic Limb Movement Disorder are conditions that can cause problems with sleep.

What is Sleep Apnea?

Sleep Apnea is a disorder in which a person stops breathing repeatedly while asleep. People who have Sleep Apnea usually snore very loudly. They stop breathing for 10 to 30 seconds during sleep and then start

breathing again with a gasp. This can happen hundreds of times in a night. Every time this happens, it causes the person to wake up a little bit, which disrupts sleeping patterns and makes it hard for the person to get a good night's rest. It can also cause high blood pressure and increase the risk of heart attack.

If you have Sleep Apnea and are overweight, it might help to [lose weight](#). If you smoke, you should [quit](#). It will also help to sleep on your side, stop drinking alcohol or using sleep medicines. Many people who have Sleep Apnea need to wear a nasal mask during the night to keep their airways open. The mask treatment is called "continuous positive airway pressure," or CPAP. It helps you breathe normally during sleep. Surgery is an option for people who have severe cases of Sleep Apnea.

Source: familydoctor.org



MAKING ENDS MEET

Cornell Cooperative Extension of Ontario County announces ***Making Ends Meet***, a two-hour money management workshop designed to help people of all ages set financial goals, develop a spending plan and get the most for their money. ***Making Ends Meet*** will be held on ***Monday, May 11***, from 6:00 to 8:00 pm at the Cooperative Extension Center, 480 North Main Street, Canandaigua.



SAVE DOLLARS, SAVE ENERGY

Cornell Cooperative Extension of Ontario County is sponsoring ***Save Energy, Save Dollars*** workshops. Designed to help people reduce their energy bills through low cost or no cost energy conservation methods, ***Save Energy, Save Dollars*** will be held at the Cooperative Extension Center, 480 North Main Street, Canandaigua on ***Tuesday, May 5*** – 9:00-11:00 am.

Participants will receive an assortment of energy saving items and gifts.

CREDIT/DEBT MANAGEMENT

Cornell Cooperative Extension of Ontario County announces ***Credit/Debt Management***, a two-hour workshop that explores credit and debt management issues. The program is designed to help participants develop an understanding of the world of credit and debt and how it impacts their lives and how they can manage it successfully. The workshop will cover: 1) the various types of credit available to consumers; 2) the cost of various credit options; 3) debt management strategies; 4) credit reports and how to improve personal credit; and 5) strategies to establish or rebuild credit.

The ***Credit/Debt Management*** workshop will be held on ***Tuesday, April 28*** from 6:00 – 8:00 p.m. at the United Methodist Church, 1 East Main Street, Clifton Springs; and at the Geneva Public Library, 244 Main Street, Geneva on ***Wednesday, May 13*** from 6:00 – 8:00 p.m.

County residents can choose to attend any of these workshops.

These workshops are conducted by Cornell Cooperative Extension and is a HeatSmart NY Workshop that is sponsored by the New York State Energy Research and Development Authority (NYSERDA). All workshops are free but class size is limited and pre-registration is required by calling 585-394-3977 ext. 409 or 425 a minimum of a week before each class.



PET CORNER . . .

Ginger is a 30 lb, 3 year old, beautifully colored, soft-coated Wheaton Terrier who brings smiles to many a face with her big brown eyes and wagging tail. She is Irish and has a stubborn streak as all Irishwomen do. This breed came over to the United States from Ireland in 1943 and was used as a small game hunter and herder and is now raised by most as a show dog. Her owner, Helen Hensel of Office for the Aging, likes her to look and feel like a Teddy Bear. She doesn't like the

water, but, loves to be on Canandaigua Lake in a boat! Ginger loves snow. Go figure!



ONTARIO COUNTY FAIR

SENIOR DAY—TUESDAY, JULY 21

\$1.00 ADMISSION

Bingo at the Fair
2 PM at Wolcott Park



Bird's Eye View

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

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