

The Heritage Messenger

A Publication of the Calhoun County Senior Citizens Association, Inc.

Calhoun County Senior Citizens Association, Inc. Website
Up and Running!
www.calhouseniors.org

Volume 3 Issue 4

Summer 2011

The Calhoun County Senior Citizens, Inc. Website is now up and running!

The new look is attractive and very user friendly, as well as very informative!
We invite you to explore our website and find what interests you!

A huge thank you to Emilie Eggleston of Artist for Leisure who designed and produced the web site!

On the web site you will find :

- * Interesting articles relating to the Association and the Heritage Center.
- * Activities calendar.
- * Meal menu
- * Special Events
- * Resale Shop Information
- * R Transit Information
- * Volunteer Opportunities
- * Quarterly Newsletter
- * Senior Resource Links
- * Contact Directory
- * Forms for volunteering, donating, leasing the facility, etc.



And so much more! The web site provides you an opportunity to get the information you need, when you need it! Enjoy yourself as you "surf" our site, and if there is anything you think we need to add or you have a question about something posted on the site, please feel free to give us a call, and we will do our best to assist you! Thank you for your time!

Mark your Calendars!

September 9, 2011

Volunteer Luncheon

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Volunteers Build a Better World!

Volunteer Luncheon

Friday, September 9, 2011

12:30 PM Heritage Center

Recognizing all our volunteers and the services
they provide!

Call 552-3350 For Additional Information



Need
a
ride?

RTransit Bus Service
Call: 552-3350
24 Hour Advanced
Reservation Required!

From the Desk of the Executive Director.....Joan Auld

Where has this year gone! It seems like it was just yesterday we were ringing in the new year! Soon it will be time to nominate our new Board of Directors, celebrate our annual Thanksgiving Feast and decorate for the Holidays in December! But before I get too far ahead of myself, it is important for you to know that financially the Center has done well in holding its' own this past year. A huge thank you to all of our supporting agencies , as well as city and county entities and private individuals who enable us to provide the services we do through their generous donations to the Center. Fortunately we foresee only a slight decrease in Federal and State funding for our Transportation and Nutrition programs in the coming year, which should not affect our service to you! Hooray!

This Summer edition of the newsletter is full of information regarding issues common to the elderly. I hope the information is useful as well as informative to you. If there is a specific issue you would like for me to address in future issues of the newsletter, please do not hesitate to let me know.

If you have a desire to volunteer, there are a few opportunities at the Heritage Center as well as the Outpost Resale Shop. At the Heritage Center we are looking for someone who might be interested in heading our Arts and Crafts activities. Additionally, we are still in need of additional volunteers to assist in the delivery of Meals on Wheels. Both of these activities would require one day, one—two hours of your time per week. At the Outpost Resale Shop, we

are looking for individuals that would assist in the sorting and distribution of items received. Additionally, if you are a handyman/woman, we have a list of "Honey Dos" that we need to have done at both the Heritage Center and the Outpost Resale Shop. If you are interested in more information regarding these volunteer opportunities, please call me and let me know! Criminal background checks are required for all volunteers at the Heritage Center and the Outpost Resale Shop.

Hope everyone is staying cool and hydrated in the 100 degree temperatures! Conserve power in your home, come to the Heritage Center!

Joan

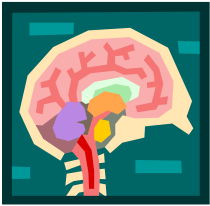


What Are The Most Common Issues Of Aging?

Thanks to new medications and surgical techniques, people are living longer. However, the body we had at 55 will be a very different body than the one we have at 75. Many issues, both genetic and environmental, affect how we age. The most widespread condition affecting those 65 and older is coronary heart disease, followed by stroke, cancer, pneumonia and the flu. Accidents, especially falls that result in hip fractures are also unfortunately common in the elderly. A lot of our elders are coping with at least one of the following conditions, and many are dealing with two or more of the following:

- ***Heart conditions (hypertension, vascular disease, congestive heart failure, high blood pressure and coronary artery disease)***
- ***Dementia, including Alzheimer's disease.***
- ***Depression***
- ***Incontinence (urine and stool)***
- ***Arthritis***
- ***Osteoporosis***
- ***Diabetes***
- ***Breathing problems***
- ***Frequent falls which can lead to fractures***
- ***Parkinson's disease***
- ***Cancer***
- ***Eye problems (Cataracts, glaucoma, Macular Degeneration)***

(Continued on Page 3.....)



Navigating Life Changes.....Dementia

Dementia is a loss of brain function that occurs with certain diseases.

It affects memory, thinking, language, judgment and behavior. Also may be referred to as Chronic Brain Syndrome (CBS), Lewy Body Dementia, Vascular dementia and Mild Cognitive Impairment (MCI). Most types of dementia are nonreversible (degenerative). Nonreversible means the changes in the brain that are causing the dementia cannot be stopped or turned back. Alzheimer's disease is the most common type of dementia. Lewy Body Dementia disease is a leading cause of dementia in elderly adults. People with this condition have abnormal protein structures in certain areas of the brain. Dementia can also can be due to many small strokes. This is called vascular dementia. The following medical conditions also can lead to dementia: Parkinson's disease, Multiple Sclerosis, Huntington's disease, Pick's Disease, Progressive supranuclear palsy, and infections that can affect the brain such as HIV/AIDS

and Lyme disease. Some causes of dementia may be stopped or reversed if they are found soon enough, including: Brain tumors, changes in blood sugar, sodium and calcium levels, low vitamin B12 levels, normal pressure hydrocephalus, use of certain medications, including cimetidine and some cholesterol lowering medications and chronic alcohol abuse. Dementia usually occurs in older age. It is rare in people under age 60. The risk for dementia increases as a person gets older. Dementia symptoms include difficulty with many areas of mental function: language, memory, perception, emotional behavior, cognitive skills. Usually, Dementia first appears as forgetfulness. Early symptoms may also include: Misplacing items, getting lost on familiar routes, personality changes, losing interest in things you previously enjoyed, difficulty performing tasks that take some thought, but use to come easily. As the dementia becomes worse, symptoms are more obvious and interfere with the ability to take care of yourself. These

symptoms may include: Forgetting details about current events, forgetting events in your own life history, losing awareness of who you are, changes in sleep patterns, often waking up at night, difficulty reading and writing, poor judgment, inability to recognize danger, using a wrong word or not being able to pronounce words correctly, withdrawing socially, having hallucinations, arguments, striking out and violent behavior, depression, and agitation. People with severe dementia can no longer understand language, recognize family members or perform basic activities of daily living such as eating, dressing and bathing. Other symptoms that may occur are incontinence and difficulty in swallowing. Treatment options vary, and it is recommended that you contact your health care provider for additional information and discussion regarding treatment of dementia symptoms.

(Source: AARP Health—
www.aarphealthcare.com)

(Continued from page 2) As the body changes, other things to be aware of are:

- ***A slowed reaction time, which is especially important when judging if a person can drive.***
- ***Thinner skin, which can lead to breakdowns and wounds that don't heal quickly.***
- ***A weakened immune system, which can make fighting off viruses, bacteria and diseases difficult.***
- ***Diminished sense of taste or smell, especially for smokers, which can lead to diminished appetite and dehydration.***



The list can seem daunting. However, with proper care, elders can have a life filled with joy!

(Source: AgingCare.com : Susan Levy, M.D., Vice President of Medical Affairs and Medical Director at Levindale Hebrew Geriatric Center and Hospital in Baltimore, Maryland)



Meet Dr. Internet.....He can field your health questions at any hour and never charges a co-pay!

When to hit the web regarding health issues: An online search can't replace a visit to your doctor, but it can play a role in helping you manage your health! The key is knowing the right scenarios for surfing!

1. **You're following doctors orders.** Busy physicians don't always have time to elaborate when they recommend measures such as strength –training or a low-fat diet. Once you've received general instructions, go online for healthy recipes and exercise moves.
2. **When You are anxious about a procedure.** When you're facing surgery or another unfamiliar experience, watching a video simulation or reading a step-by-step guide can ease fears about the unknown.
3. **You Need Support.** After a diagnosis, it can help to visit online communities frequented by people living with the same health issues. There you can swap advice and share your experiences with an understanding audience.
4. **You're gunning for a goal.** Many health sites have tools that allow members to track their weight loss and work toward other healthy objectives. Signing up can keep you motivated!

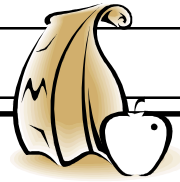
Four Reasons to Click elsewhere: Sometimes it's clear when a health website is trustworthy—those run by respected institutions such as the Mayo Clinic and the American Cancer Society usually are safe bets. As for the rest of the web, consider navigating to another site if you encounter these red flags:

1. **There's no "About Us" page.** Unless the site has an area that clearly describes the organization, its objectives and the people involved, you have no way of telling whether its sources are credible.
2. **Expert Involvement is nil.** Before you read a health article online, skim it with a critical eye. If the content wasn't written by an expert in the field, its "facts" could be mostly fiction.
3. **It has a shopping cart.** Beware of any websites that sell items. These sites are more focused on driving sales than objectively helping consumers manage their health.
4. **The content is undated.** Health information changes frequently as a result of medical research. If an article doesn't have a date, it might not reflect the latest research.

(Source: Better Homes and Gardens Health Report September 2011)

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Meals on Wheels Volunteers Needed!



As you may or may not know, many seniors and individuals in Calhoun County depend on Calhoun County Senior Citizens Association to deliver a hot meal to them daily. We are able to do this through the efforts of those volunteers who unselfishly put in countless hours to assure meals are delivered to those in need. However, our volunteer base is limited and our Meals on Wheels program is in desperate need of volunteers to assist in delivery of meals. There are several routes within Port Lavaca and the surrounding area that need meal delivery drivers. In most cases, we are talking about a turn-around time of less than one hour, with the longest delivery route being the Seadrift area which could take up to 1 1/2 hours depending on individual driver speed and weather conditions. If you or someone you know would consider helping Calhoun County Senior Citizens Association in their endeavor to provide dependable meal delivery service to those that are unable to provide for themselves and depend on the meals we provide, please call 552-3350 today! Your efforts and support would greatly enhance our efforts to deliver meals in a more timely and efficient manner. A criminal background check and good driving record is required. Training and route familiarization will be provided. Thank you!

Senior Exercise Recommendations

For older adults and seniors who want to stay healthy and independent, the National Institute of Health recommend four types of exercises:



- 1. Strength exercises:** builds older adult muscles and increases your metabolism, keeps weight and blood sugar in check!
- 2. Balance exercises:** builds leg muscles and this helps to prevent falls.
- 3. Stretching exercises:** gives you more freedom of movement, which allows you to be more active!
- 4. Endurance exercises:** are any activity—walking, jogging, swimming, biking, even raking leaves, that increases your heart rate and breathing for an extended period of time. Build up your endurance gradually, starting with as little as 5 minutes of endurance activities at a time.

(Source: www.Seniorliving.com)

Senior Resource Information On The Web

Alzheimer's Association - www.alz.org

American Association of Retired Persons - AARP: www.aarp.org

Administration on Aging - www.aoa.gov

American Society on Aging - www.asaging.org

Centers for Medicaid & Medicare Services - <http://cms.hhs.gov>

Family Caregiver Alliance - www.caregiver.org

Gray Panthers - www.graypanthers.org

Living To 100 Life Expectancy Calculator - www.livingto100.com

Medicare government web site - www.medicare.gov

National Council on Aging - www.ncoa.org

National Institute on Aging - www.nia.nih.gov

Social Security Administration - www.ssa.gov

Texas Department on Aging - www.tdoa.state.tx.us

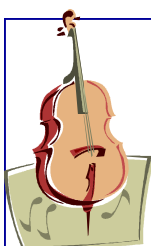
Texas Department of Human Services - www.hhsc.state.tx.us/providers/index/html

Texas Silver Haired Legislature - www.txshl.org





Calhoun County Senior Citizens Association, Inc.
P.O. Box 128
2104 W Austin Street
Port Lavaca, TX 77979



Country Opry
First Tuesday of each Month
At the Heritage Center!
6:00 PM—Dinner Served
7:00 Show

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