



AREA AGENCY ON AGING

Gateway to Community Resources
Lower Chattahoochee
Regional Development Center

Answers on Aging

August 2007

Message from the Director:

Welcome to our edition of the Lower Chattahoochee Area Agency on Aging newsletter. We hope this will be a monthly publication. I think you will find it very interesting and full of valuable information regarding "everyday living". It is user friendly and I think our staff has done an excellent job. We are grateful for the opportunity to be your "Gateway to Community Resources". Enjoy!

HEALTHY AGING QUIZ: WHAT'S NORMAL AGING AND WHAT'S NOT?

INSIDE THIS ISSUE

Diabetes	2
Cataracts	3
Word Search	4
Fracture Segment	5
Calendar of Events	6,7

- 1. Most again adults lose their teeth and eventually must use dentures - TRUE OR FALSE? **False!**** About half the adults age 65 and older in the United States have most of their natural teeth. And the number of adults with natural teeth continues to grow, thanks to fluoride in drinking water and toothpaste, advances in dental care, and improved oral hygiene. Don't accept cavities and gum disease. You can improve your chances of keeping your teeth as you age by brushing and flossing daily, and by seeing your dentist every six months.
- 2. Aging adults tend to go to sleep earlier and wake up earlier than their younger counterparts - TRUE OR FALSE? **True!**** As you age, your internal clock adjusts, making your sleepy earlier in the evening. As a result, you might find that you go to bed earlier and wake up earlier. You'll likely need the same amount of sleep because you don't sleep as soundly. As long as you're waking rested and refreshed, your changing sleep schedule shouldn't be a cause for alarm. If you're having trouble sleeping, it could be something more than typical aging changes. Insomnia is the most common sleep problem, no matter what your age. Stick to a regular schedule - wake up and go to bed at the same time each day. Avoid napping more than 20 minutes during the day. Exercise can help you maintain your sleep schedule. Also try sleeping in a cool room, using eyeshades and reducing or eliminating the amount of caffeine, alcohol and other liquids you consume in the evening hours.
- 3. There's not much that can be done about joint pain in older adults - TRUE OR FALSE? **False!**** Many people with chronic joint pain assume their aches are just part of growing older, so they don't see their doctors. Pain, swelling and stiffness in a joint that last for more than two weeks may be a sign of arthritis. See your doctor if joint pain bothers you. Identifying and treating arthritis early may mean less pain and disability in the future.

Continued on back page...

50 YEARS!

Three older gentlemen were talking about what their grandchildren would be saying about them fifty years from now. "I would like my grandchildren to say, 'He was successful in business,'" declared the first man. "Fifty years from now," said the second, "I want them to say, 'He was a loyal family man'." Turning to the third gent, the first gent asked, "So what do you want them to say about you in fifty years?" "Me?" the third man replied. "I want them all to say, 'He certainly looks good for his age!'"

Heart Disease, Stroke & Diabetes Education



- Medicines can improve our health. They help prevent and manage heart disease and diabetes. Medicines may be needed to control our blood sugar, blood pressure, or cholesterol. It is very important to take medications as directed to avoid problems or complications.
- It is a good idea to keep a list of your medicines with you in your purse or wallet at all times. Give a copy of your medicine list to a friend or family member or senior center director in case of an emergency. A list can help you and health care professionals keep track of your medicines and health conditions. Have a copy in an easy to find place near your phone for when you call your doctor or pharmacist.

SAFETY AND ORGANIZATION OF MEDICINE

1. Use the same pharmacy for all of your medications. This will help avoid gaps and confusion in your records.
2. Ask your doctor or pharmacist questions, such as cost, staying organized, special dietary restrictions, taking with or without food, in the morning or at night, and the number of times daily. They will have many ideas to help you.
3. Use a “Medication Summary” card to write down all prescription, non-prescription, and dietary or herbal supplements you are taking. Keep this card with you and bring it to doctor appointments.
4. Give friends and family a list of your medications by making copies of the “Medication Summary” card.
5. Read labels and follow directions carefully. Ask your pharmacist to print labels in large type if needed. Keep the information in a safe place, be aware of possible side effects, and know what each medicine is for. Read labels on both your prescription and over-the-counter medicines.
6. Take the right dosage. More does not mean better. Less is not better either, even though some medicines are expensive, so always take prescription and over-the-counter medications in the proper amount to avoid problems.
7. Keep track of side effects that you may feel from medicines. Let your doctor know of any unexpected changes in the way you feel.
8. Discard medicines when they expire.
9. Refill prescriptions on time to avoid missing doses.
10. Use a pill box or other system to help you keep medicines organized.
11. Ask family members or a friend to help you keep your medicine organized, if needed.
12. Have a routine for taking medicine to avoid taking too little or too much.
13. Store medicines properly and away from heat, light, and children.



Source: Department of Foods and Nutrition, UGA and Division of Aging Services, Georgia DHR

AUGUST: Cataract Awareness Month

August is Cataract Awareness Month, and the American Academy of Ophthalmology, as well as ophthalmologists across the country, want people to know that they don't have to live with vision loss from cataracts. Technological advances in recent years have made cataract surgery faster, safer, more comfortable and ultimately more effective.

Cataracts: the World's Leading Cause of Blindness

More than 20 million Americans older than 40 have cataracts and nearly 3 million people have cataract surgery in the United States annually. More than 95 percent of cataract surgeries are performed without complications and result in a significant improvement in vision, especially when patients advise their ophthalmologist of any medications they are taking that might cause problems during surgery.

"Cataracts are the leading cause of blindness in the world. However, in the vast majority of cases, vision loss is reversible," said academy spokesperson Edward J. Holland, MD, professor of ophthalmology at the University of Cincinnati. "New cataract surgery techniques have made cataract surgery one of the most successful procedures available in restoring patients' quality of life."

What is a Cataract?

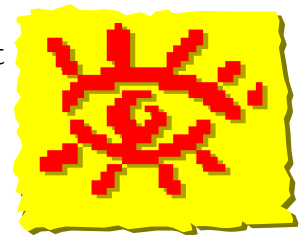
A cataract is a gradual clouding of the clear lens in the eye, the part that focuses light and produces clear images. Inside of the eye, the lens is contained in a sealed bag or capsule.

As old cells die they become trapped within the capsule. As time passes, more cells die and accumulate causing the lens to cloud, smearing vision and making things appear blurred and fuzzy, like peering through a fogged or frosted window.

Cataracts form slowly and painlessly, but can eventually lead to blindness in the most acute cases. They are not a film over the eye or cancer; they are not caused by using your eyes too much; and they are not spread from one eye to another.

Those with a cataract may have:

- blurry vision, with no pain
- many eyeglass prescription changes
- the need to read with brighter light
- dull or yellowed eye color
- glare, or sensitivity to light
- double vision in one eye
- poor night vision



Cataracts Can be Prevented

"The most important thing you can do is to protect your eyes from ultraviolet light," said Dr. Holland. "When you are outside in daylight, wear wraparound sunglasses that block 100 percent of UVA and UVB and wear a wide-brimmed hat."

Parents should also make sure their children, including infants, are protected from ultraviolet light, as exposure occurs during a lifetime.

Finally, there is some evidence that eating a diet rich in antioxidants—foods such as spinach, broccoli, almonds and eggs—and taking vitamins E and C may help reduce the risk of developing cataracts.

Courtesy of the American Academy of Ophthalmology website: www.aaopt.org



SUMMERTIME FUN!



S U C P F E F N F Q K W
 T O U J G V A O P A S M
 I U E Z B A N L O P E A
 U N N S W C S E P I I E
 S E I T R A S M S R L R
 M E H U E T W R I T F C
 I R S O U I I E C D E E
 W C N K N O M T L A R C
 S S U O I N M A E O I I
 S N S O O S I W S R F W
 I U I C N V N C P O O L
 J S N I S M G Z T O H V

SUNSCREEN

FIREFLIES

WATERMELON

ICECREAM

SWIMSUITS

VACATIONS

COOKOUTS

REUNIONS

POOL

POPSICLES

SUNSHINE

HOT

ROADTRIP

FANS

SWIMMING

FIGHTING FALLS AND FRACTURES



TAKE THE SENIOR FITNESS QUIZ!

1. **As we get older, we should limit our physical activities because they can be too taxing on our bodies - TRUE OR FALSE?** False! A decline in physical fitness is not a consequence of aging. Many frail seniors got that way because they stopped exercising.
2. **Exercising during the day will keep you up at night - TRUE OR FALSE?** False! Getting enough exercise during the day can actually help ease insomnia.
3. **Keeping an exercise log can let you know if you are exercising enough - TRUE OR FALSE?** True! You don't have to get all your exercise for the day at one time. You can break up exercise into short periods, with rest in between. An exercise log can help you keep track of how active you are.
4. **Many exercises can be done from a wheelchair - TRUE OR FALSE?** True! Here's a sampling of exercises you should be able to do: flexibility exercises for fingers, wrists and feet; neck extensions; simulated strokes with your arms (crawl, breast stroke, etc) to stretch your shoulders; leg extensions; and arm curls.
5. **To do strength training properly, you will need a set of dumbbells - TRUE OR FALSE?** False! A set of dumbbells is nice to have, but you can use substitute items: a bucket of soil or a can of food. For many strength exercises, such as leg extensions, you can simply use the weight of your body as the resistance.
6. **An older person's exercise program should include activities that develop flexibility, strength training and endurance - TRUE OR FALSE?** True! These are the core parts of any good exercise program, no matter what your age. Flexibility exercises help maintain your range of motion. Strength training helps halt the loss of muscle tissue that occurs as you age and helps prevent back problems. Endurance exercise, also called aerobic exercise, boosts the health of your heart, lungs and blood vessels, as well as giving you more energy.
7. **One of the best aerobic exercises for older adults is walking - TRUE OR FALSE?** True! Advantages to walking: it's free, it can be done just about any time and it has the lowest rate of injury of any exercise.
8. **To get a good water workout, you must know how to swim - TRUE OR FALSE?** False! You can get a great workout by doing water aerobics or walking in the water. A bonus is that the buoyancy of the water is easy on your joints.
9. **You'll know that you're exercising at a good pace if you're huffing and puffing - TRUE OR FALSE?** False! Huffing and puffing can mean you're pushing yourself too hard. One good rule of thumb is that you should be able to maintain a conversation at the pace you've set. If you aren't able to do that, slow down.
10. **Older people don't need to drink as much fluid during exercise as younger people - TRUE OR FALSE?** False! No matter what your age, if you sweat, it means you're losing fluids. Older people may not feel thirst as quickly as younger people, so it's especially important to make sure you drink water before, during and after exercise.

August 2007 - Look what's happening in your county!

Chattahoochee

August 27 - Family Connections, 12 pm, Four Winds restaurant, Cusseta

August 30 - "Answers on Aging - How the AAA can help you!", 11 am - 2 pm, Chattahoochee County Library

Clay

August 28 - Family Connections, 11 am, George T. Bagby State Park Lodge

August 28 - "Answers on Aging - How the AAA can help you!", 1 - 4 pm, Clay County Library

Crisp

August 21 - Family Connections meeting, 8:30 am, Dowdy Family Resource Center, Cordele

August 21 - "Answers on Aging - How the AAA can help you!", 10 am - 1 pm, Carnegie Library, Cordele

Dooly

August 15 - Family Connections meeting, 12 noon, Family Resource Center, Vienna

Harris

August 8 - Family Connections meeting, 12 noon, Harris County Library, Hamilton

Macon

August 21 - Family Connections meeting, 5 pm, Literacy Center, Hwy 26, Oglethorpe

Quitman

August 6 - Family Connections meeting, 12:00 pm, Michelle's Restaurant, Georgetown

August 29 - "Answers on Aging - How the AAA can help you!", 10 am - 1 pm, Quitman County Library

August 2007 - Look what's happening in your county!

Muscogee

August 16 - Grandparents Raising Grandchildren support group, 10:30 - 12 noon **and** 6:30 - 8:00 pm, Macon Road Public Library

August 29 - Caregivers Support Group, 12 noon, Greenhouse at Calvary, 7490 Old Moon Rd, Columbus

Randolph

August 16 - Family Connections meeting, 11:30 am, Andrews College dining hall, Cuthbert

Schley

August 16 - Family Connections Meeting, 3:30 pm, Ellaville Senior Center

Stewart

August 2 - Family Connection Stewart, 10:00 am, Lumpkin First Baptist Church

Sumter

August 16 - Family Connection Meeting, 12:00 pm, Visions for Sumter office

Talbot

August 15 - Family Connection Meeting, 11 am, Family Connections Office, Talbotton

Webster

August 9 - Family Connection Meeting, 3:30 pm, Mom's Kitchen, Preston

LOWER CHATTAHOOCHEE
AREA AGENCY ON AGING

Lower Chattahoochee
Regional Development Center
1428 Second Avenue
P.O. Box 1908
Columbus, GA 31902-1908

Phone: 1-800-615-4379
706-256-2910

No time to call?
Check us out
on the web!
www.lcrdcaaa.org



Executive Director: Patti Cullen
AAA Director: Tiffany Ingram
Editor: Laura Walker

4. **Forgetfulness is part of the aging process - TRUE OR FALSE?** **False!** Though memory-related diseases, such as Alzheimer's, are more common in older adults, they aren't inevitable. Many older adults maintain sharp minds. Occasional memory lapses are common, but if you find you're misplacing your keys or forgetting names and appointments more frequently, talk to your doctor about your concerns. Depression and anxiety can also cause memory problems. If you feel sad, lonely or worried, you might find it harder to concentrate. Talk to your doctor or a counselor about your feelings. In the meantime, keep your mind fit and agile by giving it a workout. Exercise your mind with a new hobby or skill - take up that musical instrument you never had the time to try. Or try word games, such as crossword puzzles.
5. **Most older adults are sick or disabled, making them dependent on other people - TRUE OR FALSE?** **False!** Older adults may have a higher risk of illness, but that doesn't limit their activities. Only about 34 percent of adults 65 or older in the United States report that their daily activities are limited by chronic disease. And that number is steadily declining. If you're worried that illness in your old age will leave you dependent on others, take steps now to ensure your independence. Exercise daily to keep your bones and muscles strong and work with your doctor to manage your chronic health conditions. If you do have a disability that could one day make it difficult to care for yourself, plan now so that you're ready when the time comes for assistance. Explore options for long term care and ways to finance the type of care you choose.

**HEALTHY AGING
QUIZ, CONT.**

Courtesy of www.mayoclinic.com