



AREA AGENCY ON AGING

Gateway to Community Resources
Lower Chattahoochee
Regional Development Center

Answers on Aging

October 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!

COME VISIT US THIS FALL AT PEACHTREE MALL!



ANSWERS ON AGING:

How the Area Agency on Aging Can Help You!

DO YOU HAVE QUESTIONS ABOUT...

- Home and Community Based Services for Seniors
 - Prescription Drug Assistance
 - Medicare
 - Lifelong Planning
 - Caregivers Respite
 - Grandparents Raising Grandchildren
- Programs for you, your family, or your patients

Come visit us at the Peachtree Mall on Manchester Expressway in Columbus from 9 am - 6 pm on the following days:

Wednesday & Thursday, October 10 & 11

Wednesday & Thursday, October 17 & 18

Tuesday & Wednesday, October 23 & 24

Tuesday & Wednesday, October 30 & 31

Free
Blood Pressure
Screenings!



Freebies
And
Giveaways!

INSIDE THIS ISSUE

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



A grandmother was telling her little granddaughter what her own childhood was like. "We used to skate outside on a pond. I had a swing made from a tire; it hung from a tree in our front yard. We rode our pony. We picked wild raspberries in the woods."

The little girl was wide-eyed, taking this in. At last she said, "I sure wish I'd gotten to know you sooner!"



HOW CAN I QUIT SMOKING?



WHY SHOULD I QUIT SMOKING?

Smoking cigarettes tops the list of major risk factors of our No. 1 killer - heart and blood vessel disease. In fact, almost one-fifth of deaths from heart disease are caused by smoking. The long list of diseases and deaths due to smoking is frightening. Smoking also harms thousands of nonsmokers who are exposed to cigarette smoke, including infants and children.

If you smoke, you have good reason to worry about its effect on your health, your loved ones and others. You could become one of the more than 430,000 smoking-related deaths every year. When you quit, you reduce the risk tremendously!

IS IT TOO LATE TO QUIT?

No matter how much or how long you've smoked, when you quit smoking, your risk of heart disease and stroke starts to drop. In time your risk will be about the same as if you'd never smoked!

WHAT IF I SMOKE AFTER QUITTING?

It's hard to stay a nonsmoker once you've had a cigarette, so do everything you can to avoid that "one." The urge to smoke will pass. The first 2 to 5 minutes will be the toughest. If you do smoke after quitting:

- This doesn't mean that you're a smoker again - do something now to get back on track.
- Don't punish or blame yourself - tell yourself you're still a nonsmoker.
- Think about why you smoked and decide what to do the next time it comes up.
- Sign a contract to stay a nonsmoker.

WHAT HAPPENS AFTER I QUIT?

- Your senses of smell and taste come back. - Smoker's cough goes away
- You will digest normally. - You feel alive and full of energy.
- You breathe much easier. - It's easier to climb stairs.
- You're free from the mess, smell and burns in clothing.
- You feel free of "needing" cigarettes.
- You'll live longer and have less chance of heart disease, stroke, lung disease & cancer.

NEXT MONTH: QUIT SMOKING IN FOUR STEPS!

Source: American Heart Association, www.americanheart.org

SEPTEMBER IS CRIME PREVENTION MONTH!

As people grow older, their chances of being victims of crime decrease dramatically. But a lifetime of experience coupled with the physical problems associated with aging often make older Americans fearful. Although they're on the lookout constantly for physical attack and burglary, they're not as alert to frauds and con games - in reality, the greatest crime threat to seniors' well-being and trust.

Want to conquer fear and prevent crime? Take these common-sense precautions.

BE ALERT WHEN OUT AND ABOUT

- Go with friends or family, not alone.
- Don't carry credit cards you don't need or large amounts of cash.
- Use direct deposit for Social Security and other regular checks.
- Whether you're a passenger or driver, keep car doors locked. Be particularly alert in parking lots and garages. Park near an entrance.
- Carry your purse close to your body, not dangling by the straps. Put a wallet in an inside coat or front pants pocket.

WATCH OUT FOR CON ARTISTS

- Don't fall for anything that sounds too good to be true-a free vacation; sweepstakes prizes; a low-risk, high yield investment scheme.
- Don't let anyone rush you into signing anything - an insurance policy, a sales agreement, a contract. Read it carefully and have someone your trust check it over.
- If you're suspicious, check it out with the police, the Better Business Bureau, or your local consumer protection office. You can also call the National Consumers League Fraud Information Center at 1-800-876-7060.

MAKE YOUR HOME SAFE AND SECURE

- Install good locks on doors and windows. Use them! Don't hide keys in mailboxes and planters or under doormats. Instead, leave an extra set of keys with a neighbor or friend.
- Ask for photo identification from service or delivery people before letting them in. If you are the least bit worried, call the company to verify.
- Be sure your street address number is large, clear of obstruction, and well lighted so police and other emergency personnel can find your home quickly.

PROTECT YOURSELF FROM IDENTITY THEFT

- Don't give your personal information over the phone, through the mail, or on the internet unless you have initiated contact or know with whom you're dealing.
- Do not write your social security number on checks or give it out to businesses.
- Do not use your mother's maiden name, birth date, or last four digits of your social security number when creating a password.
- Order your credit report at least twice a year. Correct all mistakes with the credit bureau.

Courtesy of the National Crime Prevention Council, www.ncpc.org



FABULOUS FALL!



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

FALL

AUTUMN

LEAF

RAKE

HARVEST

THANKSGIVING

HALLOWEEN

PUMPKIN

SCARECROW

COOL

FOOTBALL

COLORFUL

TURKEY

APPLE CIDER

CORN



PREVENTING FALLS & FRACTURES: **BETTER BALANCE PREVENTS FALLS**

You juggle many activities, responsibilities, and people in your life with grace. But sometimes you can be physically tossed off balance by a wet floor or uneven pavement. Falls can occur anytime, anyplace and to anyone while doing everyday activities such as climbing stairs or getting out of the bathtub.

As we age, our sight, hearing, muscle strength, coordination and reflexes change, weakening our balance. Also, some health conditions, such as diabetes, heart disease, and circulation problems, affect balance. Even some medications have been known to make people dizzy.

Unfortunately, all of these factors make falls more likely. One of every three persons aged 65 years and older falls each year. But take heart, you do not have to be one of them! **You can take simple steps to improve your balance and reduce your risk of falling.**

DO SIMPLE BALANCE EXERCISES

“Balance is just like muscle strength - if you don’t use it, you lose it,” says Debbie Rose, PhD, Co-Director of the Center for Successful Aging at California State University, Fullerton. There are some easy ways you can make gains in improving your balance and lower-body strength. No special equipment, no cost - just you and some space. You can try these just about anywhere; just be sure you have something nearby that you can hold onto, should you feel unsteady.

- **Tight-rope walk:** Walk heel-to-toe. Position your heel just in front of the toes of the opposite foot each time you take a step. Your heel and toes should touch or almost touch. After taking 10-20 steps forward, reverse and walk backwards toe to heel along the same imaginary line.
TAKE THE CHALLENGE! Do this walk with a paper plate on your head. With a little extra focus on your posture and balance, that plate will stay put!
- **Balanced stand:** Stand on one foot. Hold your weight on one leg for 30 seconds or longer. Then switch feet. Try this while waiting in line at the grocery store or at the bus stop.
- **Sit and stand:** Get up from a chair and sit back down.
TAKE THE CHALLENGE! Do this sit and stand exercise with a paper plate on your head.

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

Chattahoochee

VFW Yard Sale & Flea

Market: October 6,
8 am - 3 pm, Country
Cooking parking lot.
Call 706-989-3813 for
more information.

Randolph

Caregivers Support

Group: October 9, 1 pm,
Randolph Co Senior
Center, Cuthbert - call
JoAnn Mosley at 706-256-
2943 for information.

Macon

Preservation Society

Meeting: The Flint River
Farms School Preservation
Society meets at 12 noon the
first Saturday of each month
at New Hope Baptist Church
on Hwy 26. The public is
invited to attend - for more
information, call
478-472-8491.

Deer Day Festival:

Saturday, October 20, 9 am
- 3 pm, Lois Payne Park,
Oglethorpe. A day of fun for
deer hunters and families
alike. Activities include:
live music, food and craft
vendors, and a cake walk.

Dooly

Big Pig Jig: Vienna,
Thursday, October 4 -
Saturday, October 6,
Exit 109, I-75. Activities
include barbecue competi-
tion, arts & crafts, Miss
Jiggy Piggy Pageant, and
concerts.

Schley

Sesquicentennial:

Schley County will
celebrate its 150th
birthday with a festival on
October 13. For more
information, call
229-937-2116.

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

Muscogee

Grandparents Raising Grandchildren Support

Group: October 18, 11:00 - 12:30 pm at Fluellen Recreation Center **and** 6:30 - 8:00 pm, Macon Road Public Library - call Laura Walker at 706-256-2939 for information.

Caregivers Support Group: October 31, 12 noon, Greenhouse at Calvary, 7490 Old Moon Rd, Columbus - call JoAnn Mosley at 706-256-2943 for information.

Free Back and Neck Pain Seminar: October 4, 10:30 am, 1st Floor Classroom, Hughston Orthopedic Hospital. For more information, call 706-494-2589.

2007 Historic Linwood Fall Ramble: October 11, 5:30 pm, Linwood Cemetery. The theme this year is "The Battle of Columbus" as read through letters. Listen to the tales of some of the city's earliest settlers. For more information, call 706-321-8285.

Talbot

Fall Line Festival: October 13, 10 am - 4 pm, Talbotton Town Square. Car show, historic tours - for more information, call the Chamber of Commerce at 706-665-8079.

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-

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



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

LIFELONG PLANNING: Your Future, Your Choice

Whew! You're finished with the kids' day camps, curfews, and college costs. Now, it's your time: Midlife. Do you know where your future is?

Get ready for your later years with the **GeorgiaCares Lifelong Planning Program**, offered locally by the Lower Chattahoochee Area Agency on Aging. Trained community educators can help you start your personal planning process, compare costs and types of home-based care services and long-term care facilities, explore common ways to prepare for expenses, and learn techniques to protect yourself as a consumer. Educators will also explain how to use simple planning checklists and guides that are yours to keep.

Advance planning and smart money strategies can help consumers avoid financial emergencies, maintain more control of hard-earned resources, and reduce or avoid late-life dependence on Medicaid. Now that you've taken care of the kids, it's time to take care of you. Plan for tomorrow today.

The **GeorgiaCares Lifelong Planning Program** is a public-private partnership developed by the Georgia Division of Aging Services. To request a presenter, schedule a one-on-one education session, or learn about volunteer opportunities for booth attendants, brochure distributors, or support team members, call Aleisha Elliot of the Lower Chattahoochee Area Agency on Aging's GeorgiaCares office at 1-800-669-8387 or 706-256-2917.