

FROM THE DIRECTOR **HELPING THOSE WITH** **MEMORY IMPAIRMENT**

Over the last 12 years, our office has noticed a trend – It is the number of independently living older adults calling our office and struggling with some type of problem caused by memory impairment - their own or a loved one's.

Why does this matter? Here's why:

* As many as **5.3 million people** in the United States are living with Alzheimer's.

- Every **70 seconds**, someone develops Alzheimer's.
- Alzheimer's is the **seventh-leading cause of death**.

Alzheimer's and dementia **triple healthcare costs** for Americans age 65 and older.

- The direct and indirect **costs of Alzheimer's** and other dementias to Medicare, Medicaid and businesses amount to more than **\$148 billion** each year. (<http://www.alz.org/alzheimersdiseasefactsfigures.asp>)

People with memory impairment want to live independently for as long as possible – and they should be supported in achieving that goal. So, I would like to make you aware of three things that are taking place in the Erie County area to address that very need:

1. Serving Our Seniors is working with The University Memory & Aging Center/University Hospital in their efforts to do research on how to best help those caring for a friend or family member with mild to moderate memory impairment. It's called the **Caregiver Knowledge & Skills Project**, a series of 6 workshops to help those caring for loved ones with Alzheimers. The Vermilion Family YMCA, has donated space to conduct the workshops. This research will help our society become better equipped to care for, and cope with, the needs of those with some form of memory impairment.

2. Serving Our Seniors & the Alzheimer's Association, NW Ohio Chapter, are working together to bring a workshop called Is He/She Safe? Living Alone, Driving and Other Issues with Dementia. If you are a social worker or a nurse (RN or LPN) and need continuing education credit, this workshop has been approved for 5 ceu's at the cost of \$25.00. **If you are a non-professional who has a friend or family member who has memory impairment you are invited to attend for free.**

This workshop will take place
THURSDAY, AUGUST 27, 2009

8:30am – 3:00pm

Erie County Office Building
247 Columbus Ave, Sandusky

Registration must be received by August 24th.

if you need continuing education units, payment to Serving Our Seniors must be enclosed, Call our office for more information at 419-624-1856 or 800-564-1856.

3. The Memory Walk. This is a fund-raising event being held by the Alzheimer's Association of NW Ohio to help find a cure for Alzheimer's Disease and to provide help and support for family members in NW Ohio who are caring for a someone with Alzheimer's Disease or a related disorder. Mark your calendar for the Sandusky Memory Walk on

Sunday, September 27, 2009

Osborn Park.

3912 Perkins Ave, Huron

2:30pm

Registration 2 p.m

For more information, go to

www.sanduskymemorywalk2009.kintera.org

I hope to see you at one of these events.

Sincerely, Sue Daugherty

ATTENTION- VERMILION AREA RESIDENTS **ALZHEIMERS ASSOCIATION WOULD LIKE TO HAVE** **A SUPPORT GROUP IN VERMILION**

The Alzheimer's Association of NW Ohio would like to host a monthly support group in Vermilion if there is enough interest.

The Vermilion Family YMCA has offered to donate the meeting room. All they need is to hear from you. Please call Sarah Koelsch at 419-621-7711 if you would like to have a monthly Alzheimer's Support Group meeting, during g the day in Vermilion.



Elizabeth Kurtz
MAKING CENTS

Getting the most for your dollar makes good sense. We don't think twice when we can buy something at the mall for 70% off. In fact, we see ourselves as a "savvy shopper". So does Elizabeth Kurtz! This Perkins Twp resident can spend \$50.00 and buy enough food for a month using GREAT FOOD FOR ALL. This is a grocery program that sells high quality frozen food at a very low cost. It is available to any and all who want to take advantage of it. **Regardless of income!!**

At first, Elizabeth said she felt reluctant to use it. She felt like it wasn't socially acceptable for someone like her to use a program like this. After some encouragement, she placed her first food order, and has been a regular customer ever since. She said she normally orders the "basic food box" for \$30.00 and then she'll order the "empty nester

box" for \$20.00. Except for milk, eggs and bread she's got her groceries for a month – all for \$50.00.

Elizabeth also belongs to a bible study group, and they take up a collection and buy the \$30.00 "basic food box" for a family they know. She suggests that if you won't do it for yourself, do it for someone in need.

If you would like a GREAT FOOD for ALL pamphlet, call Serving Our Seniors. (419-624-1856 or 800-564-1856) We would be happy to send you one.



SUPPORT GROUP

The Alzheimers Association of Northwest Ohio offers a monthly caregivers support group in Erie County. The group provides information and support for those caring for others with dementia in a safe and comfortable environment. Come talk to others experiencing the same things you are. Various topics are discussed each meeting, as well as the possibility of outside speakers present to answer questions.

The group takes place on the
First Tuesday of the month
9:00am

St. Stephen's Church
905 E Perkins Ave., Sandusky.

Please enter through the back door. They meet in the first room on the left. For further information and/or questions, please contact Sarah Koelsch at 419-621-7711

TIPS

- * **Insert A Drinking straw into a bottle of ketsup. Then remove it to make the ketsup flow easily.**
- * **You can't climb the ladder of success with your hands in your pockets**



COLD MEDICINE MAY CAUSE THE LOSS OF THE SENSE OF SMELL

June 19, 2009 Neuroscience for Kids

When you have a cold, you expect a stuffy nose will affect your ability to smell. You also expect that when your cold goes away, your sense of smell will return. You do **not** expect that medicine to treat your cold will cause you to lose your sense of smell. But this is exactly what the [US Food and Drug Administration \(US FDA\)](#) is warning about. People should stop using three cold medicines because these drugs have been linked with the loss of the sense of smell (also called *anosmia*).

On June 16, 2009, the FDA issued a news release that advised consumers to stop using:

Zicam Cold Remedy Nasal Gel
Zicam Cold Remedy Nasal Swabs
Zicam Cold Remedy Nasal Swabs, Kids Size

The FDA knows of more than 130 cases of people who have lost their sense of smell after using these Zicam medicines. The loss may be long-lasting or even permanent! Although the maker of these products, Matrixx Initiatives, does not agree with the FDA ruling, it has [recalled the medications](#).

Further information:

1. [Zicam](#) - Information from Manufacturer www.zicam.com
2. [Loss of Sense of Smell with Intranasal Cold Remedies Containing Zinc](#) – www.fda.gov/drugs/drugsafety/publichealthadvisories

FIVE TIPS FOR SUCCESSFUL GRANDPARENTING

By Don Schmitz , Senior Daily Living

1. Boundaries are necessary for control and safety.

All children need and must learn to respect boundaries. Being clear about expectations before an activity begins frees you and the child to enjoy the event and ensures the safety of everyone involved. If you observe the boundaries are being violated, don't be afraid to remind your grandchildren again

2. Gift giving is not a requirement of grandparenting.

Research supports the fact that "time together" is the best gift we can give. Travel provides time for the grandparent and grandchildren to discover and appreciate each other's gifts.

3. All rules must be consistent with parents' wishes.

Anything you do with and for your grandchild needs to be discussed first with the parents. Don't keep secrets from the parents and don't ask the grandchildren to keep secrets from their parents.

4. There is no substitute for planning.

Proper planning ensures that the activity will be discussed with the parents. No matter what the age or sex of your grandchild, planning makes any activity more successful. This is not to say you can't be spontaneous, but it's often better and safer to have a plan.

Discuss with the child what he or she would like to do. Give careful thought to the age appropriateness of the activities before you begin. Giving children choices increases their self-confidence and is great training for the future.

5. Grandchildren and grandparents want to have fun!

There is no substitute for good old-fashioned belly laughs. During the activity itself, share with your grandchildren how excited you are about being with them.

**Medicare Watch6/16/09
CASE FLASH: GETTING COVERAGE OF
OUTPATIENT PRESCRIPTION DRUGS AT THE
HOSPITAL PHARMACY**

In September, Mr. Y went to the emergency room because he thought he was having a heart attack. It turned out to be a bad case of heartburn, and Mr. Y was able to go home the same day. However, while he was in the hospital, he needed to take a dose of Prednisone, which he takes regularly to manage his arthritis. Because in his hurry he had not brought his prescription with him, Mr. Y was told that **he would need to buy his pill at the hospital pharmacy.** Mr. Y bought one pill of Prednisone at the hospital pharmacy for \$30.75. That was more than he would normally pay through his Medicare Part D prescription drug plan for a full month's prescription at his regular pharmacy. Mr. Y paid for his Prednisone pill, but did not understand why it was so expensive. He called the Medicare Rights Center's national hotline for help. The hotline counselor explained that because Mr. Y was admitted as an outpatient, Part B covered the medical care that he received in the emergency room. However, any drugs he took on his own (self-administered) to treat conditions unrelated to the hospital visit—like the Prednisone for his arthritis—would need to be covered under Part D. Because the hospital pharmacy was not in Mr. Y's Part D plan's pharmacy network, he was charged the hospital's full price for the medication rather than the low Part D copayment he was used to paying at his own pharmacy. However, the counselor told Mr. Y that he could still argue that his Part D plan should pay for the drug. **In an emergency, Part D plans will cover you to get your prescription at an out-of-network pharmacy if you can show that you could not reasonably obtain the medication from a network pharmacy and you do not routinely use out-of-network pharmacies.** Nonetheless, it should be noted, a Part D plan is only required to reimburse you for the amount the plan usually pays, so you may be responsible for the difference between what the plan pays and what the out-of-network pharmacy charges. This means that if you buy a drug from an out-of-network pharmacy, you will **most likely receive a**

reimbursement from a Part D plan that is less than what you paid out of pocket for the drug. Since Mr. Y was in the hospital when he needed his drug, he could not be reasonably expected to go to a network pharmacy, and Mr. Y does not normally fill his prescriptions at out-of-network pharmacies. The hotline counselor suggested that Mr. Y submit his receipt for reimbursement with a letter explaining the situation. **The counselor warned that the plan could still charge Mr. Y more for using an out-of-network pharmacy (the difference between the hospital's price and the plan's allowance for the drug) but that he would likely receive at least some compensation. Mr. Y received a reimbursement, but it was significantly less than what he paid at the hospital for the drug.**

Car Tips – Ohio Attorney General's Office

"Auto Sales, Services and Repairs" is the Consumer Protection Section's top complaint category. Every year Ohio consumers lose thousands of dollars to high pressure sales, useless warranties and shoddy repairs. To help you avoid becoming a victim, Attorney General Nancy H. Rogers offers you the following tips.

- * Negotiate the total price of the car rather than the monthly payment for a lease or a purchase.
- * **Caution: There is no three-day right to cancel an automobile purchase.**



**ERIE COUNTY SENIOR CENTER
NOW HAS MAH JONGG**

If you are interested in this fun game, just go to the senior center, 620 E Water, Sandusky on **Tuesdays at 9:30am.** They would love to have you.

LIFT CHAIR NEEDED

Roger T, a client of Serving Our Seniors, is still looking for a lift chair. Roger would like one that is rather sturdy, as he is a fairly large individual. He can pay something toward the cost.

THE ELDER GAZETTE

Issue #90

Funded by the Erie County Senior Services Tax Levy

AUGUST 2009

MEDICARE PART D SPECIAL HELP

If you have recently become a **widow or widower**, please call us to see if you now qualify for Part D Special Help. This program helps to pay your Part D premium and for your medications.

I have added the following article because, in our society as it is today, there is an increased need to have your fingerprints scanned to be an employee, and even a VOLUNTEER. Fingerprints are very hard to get from people who have had chemotherapy, and even people who have worked with a lot of chemicals throughout their lives. If you are required to have your fingerprints taken, make sure you notify the person performing the service.

MedicineNet.com
We Bring Doctors' Knowledge to You

CANCER DRUG ERASES MAN'S FINGERPRINTS TRAVELER WAS STOPPED AT BORDER BECAUSE OF A SIDE EFFECT OF XELODA

By [Bill Hendrick](#) WebMD Health News

May 27, 2009 -- A 62-year-old Singapore man was temporarily denied entry into the U.S. because a cancer drug he was taking had made his fingerprints disappear, according to a letter published in the *Annals of Oncology*.

The cancer patient was detained by U.S. Customs officials because they could not detect fingerprints. **People being treated with Xeloda, described as an oral chemotherapy drug, should carry a letter from their doctor that they are taking the medication if they want to travel.** According to the letter in *Annals of Oncology*, other cancer patients taking the drug have reported similar side effects.

TIP

Use metal ice cube tray dividers to cut biscuits in a hurry. Press into dough, and biscuits will separate along dividing lines while baking.

FROM RUDY RUIZ, FIRE MARSHAL SANDUSKY FIRE DEPARTMENT

There have been requests made for the upcoming smoke alarm program which should start sometime in August. The Serving Our Seniors staff and Erie County MRDD will take requests soon. The eligibility requirements include

1. Must be a resident of Sandusky
2. Must meet the U.S. Department of HUD low-moderate-income guidelines
3. Must be 62 years of age and/or have a documented disability
4. Must own and live in the house where the smoke alarms will be installed

Please remember that this program is not eligible to individuals who rent because it is required by the State of Ohio law that landlords install the appropriate number of functioning smoke alarms at the place of residence.

These smoke detectors have lithium batteries that should last up to ten years.

*****IF YOU WISH TO REMAIN
ON THE ELDER GAZETTE,
PLEASE RETURN THE COUPON**

SAYING GRACE IN A RESTAURANT Sometimes we forget the really important things in life. From an email

Last week, I took my children to a restaurant. My six-year-old son asked if he could say grace.

As we bowed our heads he said, "God is good, God is great. Thank you for the food, and I would even thank you more if Mom gets us ice cream for dessert. And Liberty and justice for all! Amen!"

Along with the laughter from the other customers nearby, I heard a woman remark, "That's what's wrong with this country. Kids today don't even know how to pray. Asking God for ice cream! Why, I never!"

Hearing this, my son burst into tears and asked me, "Did I do it wrong? Is God mad at me?"

As I held him and assured him that he had done a terrific job, and God was certainly not mad at him, an elderly gentleman approached the table.

He winked at my son and said, "I happen to know that God thought that was a great prayer."

"Really?" my son asked.

"Cross my heart," the man replied..

Then, in a theatrical whisper, he added (indicating the woman whose remark had started this whole thing), "Too bad she never asks God for ice cream. A little ice cream is good for the soul sometimes."

Naturally, I bought my kids ice cream at the end of the meal. My son stared at his for a moment, and then did something I will remember the rest of my life.

He picked up his sundae and, without a word, walked over and placed it in front of the woman. With a big smile he told her, "Here, this is for you. Ice cream is good for the soul sometimes; and my soul is good already."

The End

I love this story! Sometimes, we all need some ice cream. I hope God sends you some ice cream today

PINEAPPLE COOKIES – Stroke Newsletter

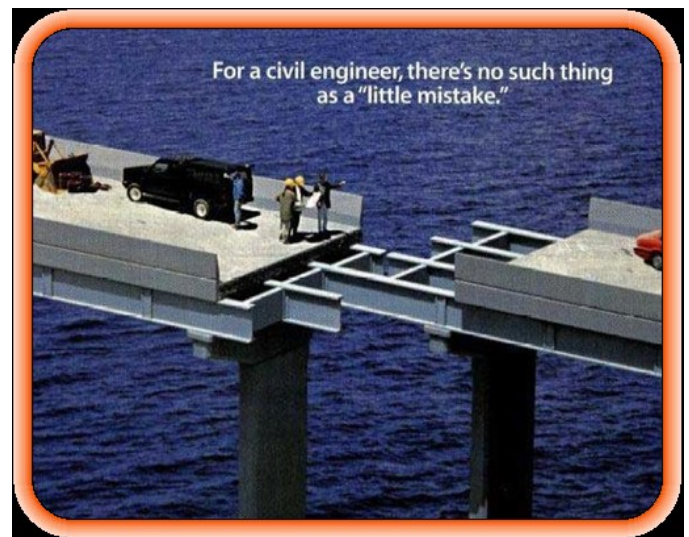
- ½ c oleo
- ½ c brown sugar
- ½ c white sugar
- ½ c crushed pineapple

Mix all ingredients
Drop by teaspoon
Ungreased sheet
Sprinkle sugar on top before baking

- (Drained)
- 1 egg, well beaten
- ½ t salt
- ¼ t baking sode
- 1 t baking powder
- 1 t vanilla
- 2 c sifted flour
- ½ c chopped nuts

TIP - BOTTLE OPENERS

It may not be the carpenter's best friend, but the sharp end of a bottle opener can be handy for removing loose plaster from a wall before patching it. It's great for running along cracks, and you can use to undercut a hole -- that is, make it wider at the bottom than at the surface - so that the new plaster will "key" into the old. The sharp end of the opener is equally useful for removing old grout between your bathroom tiles before regrouting.



VOLUNTEER IMPACT: Volunteering Does Make A Difference



THANK YOU TO OUR LOCAL FIRE DEPARTMENTS

11 Erie County residents have the Sandusky Fire Department to thank for organizing the installation of 11 window unit air conditioners. They were installed in the homes of those suffering from respiratory disease or congestive heart failure.

Firefighters of the **Sandusky Fire Department, Huron/ HuronTwp Fire Department, Margareta Fire Department**, installed the air conditioners in the homes of Erie County residents, age 60+ who can't breathe in the summer's heat because of these health problems. On behalf of Serving Our Seniors, and the older adults who were helped by their donation of time and altruistic labor – **THANK YOU VERY MUCH!**



Volunteers John Ceccoli (left) and Larry Hummel (right) load food into the Home Delivered Meals Truck and drive one of the rural routes in Erie County.

Rural Hot Home Delivered Meals – After Serving Our Seniors was established in 1996, it started the Rural Hot Home Delivered Meal Program. This project is combination effort between Serving Our Seniors & the Erie County Senior Center. The Erie County Senior Center cooks & packages the food; Serving Our Seniors pays the Erie County Senior Center for each meal it delivers, pays for the Hot Home Delivered Trucks and the repair & maintenance of these vehicles.

Thanks to volunteers who load and drive the Rural Hot Home Delivered Meal Trucks, over 2,500 meals are delivered per month to rural residents age 60+. Our thanks to all volunteers who donate their time to make the Rural Hot Home Delivered Meal program a success!! And our thanks to the Erie County Senior Center, too.



SERVING OUR SENIORS ESTABLISHES ENDOWMENT AT THE SANDUSKY/ERIE COUNTY COMMUNITY FOUNDATION

An anonymous donor made Serving Our Seniors an offer that John Hufnagle (top left), President of Serving Our Seniors and Carl McGookey (top right), Treasurer of Serving Our Seniors could not refuse. This anonymous donor said, they would give Serving Our Seniors \$5,000.00 toward establishing an endowment at the Sandusky/Erie County Community Foundation, if Serving Our Seniors matched this offer by raising \$5,000.00 and putting it in the endowment. Carl, John, and Keith Salinski (top center), another board member, volunteered their time to ask others if they would make a donation toward this cause. Thanks to their hard work and efforts they raised \$8680 as of July 14th for the endowment. **The annual proceeds from the endowment will be used to help fund the work of Serving Our Seniors.** Thanks, guys!

WE NEED YOU!

We are seeking a volunteer to coordinate the next Serving Our Seniors Mother's Day Luncheon for 2010.



MOTHER'S DAY LUNCHEON

Thanks to Serving Our Seniors Volunteer, Julie Baumbick (far right) and Janet Senne, President of the Old House Guild (2nd from right) over \$1500 was raised at the Serving Our Seniors Mother's Day Luncheon. Julie organized the whole event single handedly! Janet donated her time and knowledge to entertain our guests with her stories about the famous & the infamous women of Erie County. Also pictured are Julie Baumbick's daughter, Lori Mancini (far left) and Julie's mother Henrietta Neibert (2nd from left.)

The proceeds from this event will be used to purchase liquid medications (treatments for diabetes, cataracts and glaucoma) for Erie County residents age 60+ who cannot afford to fill these prescriptions.

VOLUNTEER OFFICE SUPPORT.

Marilyn Didion started volunteering to help Serving Our Seniors in the office. **She is a nose-to-the-grindstone & an "I-don't-quit-until-it's-done" kind of person.** She makes multiple phone calls for us, she runs the copy machines, puts together packets of information, prepares mass mailings. She is priceless!



Thank you for volunteering, Marilyn!

WORKING WITH HIGH SCHOOL STUDENTS



Clinton Bennett (far right)

Mr. Bennett volunteered his time in May 2009 to help Serving Our Seniors in its quest to educate Sandusky High School sociology students about older people. The topic of this class discussion was "What was it like to live through the civil rights movement?"

Thank you Mr. Bennett!