

FROM THE DIRECTOR



The Caregiver Knowledge and Skills Project is a research study being conducted by The University Memory and Aging Center of Case Western Reserve University and University Hospitals Case Medical Center. The goal of the study is to learn how best to help family members of persons with Alzheimer's disease or other types of dementia, and increase their knowledge and skills related to caregiving.

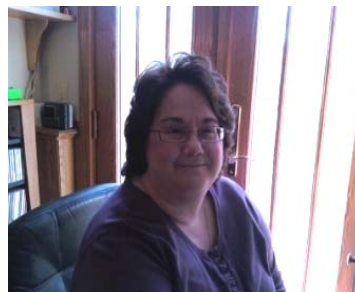
Participating caregivers will:

- Take part with other caregivers in six two-hour workshop sessions (one per week for 6 weeks), designed to provide knowledge and skills for family caregivers;
- Read materials and practice what is learned in the workshop between the weekly sessions;
- Take part in an 8-month follow-up program—either by mail or by computer—designed to extend and enhance benefits of the workshop, with the type of follow up determined randomly;
- Answer questions by mail about their well being and their experiences with and attitudes toward caregiving four times over the course of the study;
- Be asked to give their opinions about the workshop and follow up programs when the study is completed.

There are no costs for participation, and the study has been approved by the University Hospitals Case Medical Center Institutional Review Board.

If you are caring for someone with mild to moderate Alzheimer's disease or other type of dementia who is living at home, and would like to learn more about the **Caregiver Knowledge and Skills Project**, please call Nancy at 216-844-6357 or 1-800-252-

5048; or call Sue Daugherty at 419-624-1856 or 1-800-564-1856



**Nancy Catalini, University
Memory & Aging Center
1-800-252-5048**



**Sue Daugherty
Serving Our Seniors
1-800-564-1856**

"SENIORS TEACHING SENIORS"

Serving Our Seniors And Perkins High School created a new intergenerational project to help bridge the "generations gap". Sociology Students & National Honor Society Students at Perkins High are volunteering their time to teach "Beginning Computer" and "Beyond Beginning Computer" to Erie County residents age 60+. This is a 3 month project where the senior citizens come to class 2 x per month, then they come to Perkins High School computer lab as often as 2 times per week, to practice what they have learned.

If you would be interested in participating next school year, call Serving Our Seniors (419-624-1856 or 800-564-1856) and we will put you on the registration list.



Perkins High School senior Miranda Hiss helps Gene Schmiedl navigate a computer after school.

Publication:Sandusky Register,**Date:**Mar 12, 2009

THANKFUL FOR COLLABORATORS!

To collaborate means to join forces, pool resources, work in partnership, act as a team, and cooperate with each other. Serving Our Seniors is fortunate to have two very strong collaborators in Fisher/Buderer Pharmacy and the Erie County Board of MR/DD. Because of these two entities, two programs that deliver huge social benefits to senior citizens of Erie County were born. What's noteworthy is that each of the programs have had a positive "spill-over" effects and are helping people in other communities and of a younger age.

Serving Our Seniors is very grateful for the forward thinking and economizing contributions these three gentlemen have made to improving the the lives of others. Thank you very much!

THE DRUG REPOSITORY

Thanks to Matt & Jim Buderer, Registered Pharmacists who own Fisher/Buderer Pharmacy (also known as Fisher Drug Store), Serving Our Seniors was able to "pilot" a project that accepts donated medications from nursing homes and institutional pharmacies. The medications are then dispensed for \$7.40 to *people who lack the financial means to afford their medications.*

Thanks to Fisher/Buderer Pharmacy this has become the **Drug Repository Program.**

Matt & Jim have been donating the labor of their existing staff and two separate rooms inside Fisher/Buderer Pharmacy, to house the Drug Repository. We are proud to say that they were recognized by the Erie County Chamber Of Commerce for this wonderful contribution they have made to our community

Special Note to readers: The Drug Repository cannot accept donated medications from citizens. The law requires that the medications donated to the drug repository come from "Institutional Pharmacies" or "Nursing Homes" only.

Fisher/Buderer Drug Store or Serving Our Seniors cannot accept your donation of unused prescription medications. (Sorry.)



L-Matt Buderer, R. Ph. C-Tim Kelley (Erie County Chamber of Commerce) R-Jim Buderer, R. Ph.

SHARE A RIDE TRANSPORTATION

This is the other valuable program. This came into existence when Serving Our Seniors asked the Erie County Board of MR/DD if they would try "piloting" a transportation project that would use the existing transportation staff at Erie County Board of MR/DD and have their dispatchers & drivers transport senior citizens (age 60+) in addition to transporting their own clients. This was a project that started in January 2006, and continues to go well today.

In February 2009, the Vermilion Chamber of Commerce recognized **Jerry Plassenthal, Superintendent of the Erie County Board of MR/DD** for the leadership he has provided to successfully implement a coordinated transportation program in the City of Vermilion in 2006, and for sustaining the transportation collaboration into 2009. The City of Vermilion has a designated mini-bus purchased by Serving Our Seniors. The City of Vermilion, Lorain County Transit, Vermilion Community Services, Inc., Serving Our Seniors, and the Erie County Board of MR/DD work together so both Erie County and Lorain County residents who live in Vermilion could receive transportation services from the same bus. I'm happy to tell you that it's working!!



L- Jerry Plasenthal, Erie Co. Board MRDD



BBB SENIOR ALERT

DEBT SETTLEMENT COMPANIES - USE CAUTION

Seniors have called the BBB office asking about Debt Settlement (also called Debt Negotiation) companies. They advertise how easily they can get you out of credit card debt. They promise to lower interest rates, negotiate with creditors and reduce the debt. This is not always true.

The company will have you sign a contract and a Power of Attorney. They may suggest that you do not talk to or pay your creditors. You are to pay the settlement company monthly. The first payments generally go for the account set up fee, the monthly service fee and a percentage of the money you could save if or when your balance is settled. This could be several months of payments. It may take months before you have enough money in your account before your creditors are contacted. There is no guarantee a creditor will accept partial settlement of your debt. In the meantime, if you aren't communicating with or paying your creditors, they could file a law suit against you.

Keep in mind, late fees and interest are generally added to an unpaid balance each month. If this causes you to exceed your credit limit, additional fees could also be incurred. Some consumers have stated that their credit card balance increased because payments weren't being made.

Complaints received state the consumers thought their creditors were being paid. When they wanted to cancel the contract, the settlement company would not return the thousands of dollars paid in. Also many consumers were never told that if a creditor settles for part of the balance owed, the amount dismissed may be considered as taxable income by the IRS.

Please don't confuse Credit Counseling with Debt Settlement.

There are Credit Counseling organizations in NW Ohio and SE MI that charge minimal fees and only have your best interest at heart. **Please call us for a list of these Credit Counseling agencies.**

Before dealing with any company, make sure you check them out. Just call our BBB at 419-531-3116 or 1-800-743-4222 or www.bbb.org.



Department of
Aging

**Aging
Connection**

News for Aging Network
Professionals
February 2009

SOCIAL SECURITY BEGINS TAKING ONLINE APPLICATIONS

A new service launched by the Social Security Administration allows people to [apply online](#) in as little as 15 minutes for retirement benefits. While in the past people had to mail in or deliver paper documents with signatures or copies of birth certificates, the new system has no paper forms to sign and usually requires no additional documents. Those with more complicated questions can still call the agency or visit an office. The move to online applications is part of the agency's strategy to deal with the coming eligibility of 80 million baby boomers.

NEW COMMUNITY CAFÉ AT PORTLAND HOUSE ASSISTED LIVING

Every Tuesday morning
8:15am-9:15am
3808 Venice Road, Sandusky

Join us for coffee and fellowship
BYOM (bring your own mug)

BIRDBATH BASICS

Some types of birdbaths are more attractive to birds, and safer for them, than other designs. Shallow, rough-surfaced, tall birdbaths are best. Birdbaths should be no more than 2 in. deep so birds of all sizes can use them. If your birdbath is deeper than that, place pea gravel or a flat stone in it to make a shallow spot for small birds.

Choose birdbaths with a rough surface for the best footing. Concrete, unglazed terra-cotta or plastic birdbaths with ridges have rough surfaces that birds like. A layer of pea gravel will add traction to a metal or glazed clay bath.

Set birdbaths on pedestals near shrubs so birds can flutter easily to a safe perch. If you put a birdbath on the ground, keep it away from dense plantings so cats can't sneak up on them as they use it.



HEALTH TIP: DENTAL VISITS FOR OLDER PATIENTS LATEST Medicinenet News-Feb

(HealthDay News) -- For seniors, regular dental visits are as important as ever. The Cleveland Clinic lists these questions that older patients and their dentists should discuss:

- Are you visiting the dentist often enough?
- Have you noticed any recent changes in your mouth?
- Do you have any teeth that are loose, sensitive or bothering you in any way?
- Do you have problems tasting, swallowing or chewing food?
- Do you have any pain, bleeding or sores in your mouth?
- Do you have any swelling or bumps near the teeth?

VERMILION FOOD PANTRY

NEEDS YOUR HELP

The Vermilion Food Pantry is extremely low on food and there is an increased demand by seniors and families in need. Please consider reaching out to your Vermilion neighbors in need. Food can be dropped off Monday through Friday mornings from 7:30 am to 11:30 am at the United Church of Christ (9901 State Street,) or call (440) 967-5186 to make a donation outside of those times. Monetary donations are also accepted.

The Vermilion Food Pantry provides food for those in need right here in Vermilion and delivers Meals on Wheels. They can barely keep up with food requests these days and could really use our help. Please take this opportunity to do something to help those less fortunate in our community.

ANGELS WITHIN Nancy Ellen Crossland, USA

Do we all not begin our lives as angels
innocent and pure,

With unruffled wings and glistening halos
no problems to endure?

And as we grow and take our steps
some missed with tumbles that bruise,
The paths we take and steps we walk
are all the ones we choose,

Though our feathers may be molted
and halos bent and dull,

A bit of that angel still remains
and is found within us all

KEEP BAGLESS VACUUM FILTERS CLEAN
Bagless vacuums will eventually burn out unless you clean the filters regularly. Here's the easiest way to do it.

by Gary Wentz From The Family Handyman
Take the vacuum out to the garage and clean the pleated filter with a shop vacuum. Some pleated filters have a special coating that you can damage, so be gentle with the shop vacuum.

OHIO CONSUMERS' COUNSEL ASKS STATE REGULATORS TO RECONSIDER PHASE-OUT OF AT&T OHIO'S WHITE PAGES DIRECTORIES

COLUMBUS, Ohio – March 13, 2009 – The Office of the Ohio Consumers' Counsel (OCC) is asking the Public Utilities Commission of Ohio (PUCO) to reconsider its allowance of AT&T Ohio to scale back its distribution of **residential white pages directories**. AT&T Ohio's and other companies' customers may be affected. AT&T wants to discontinue the delivery of its printed directory **to all but those customers specifically requesting one**.

The OCC concluded that approximately a half-million AT&T Ohio customers either have no computer or no access to the Internet – which is AT&T Ohio's alternative to using the traditional phone book for reference. This includes approximately 410,000 customers without a computer and an additional 82,000 customers without Internet access.

[As of the printing of this newsletter, we do not know the PUCO's decision regarding this matter. Therefore, the distribution of the phonebooks should take place as usual.

However, if you would like to play it safe, you can contact AT&T in October 2009, and request your telephone director by calling 1-866-999-8038.]

OUT OF TOWN MEDICAL TRANSPORTATION CAN TRANSPORT WHEELCHAIR DEPENDENT CLIENTS

Serving Our Seniors has a new addition to its **Out of Town Medical Transportation Program**. If you are an Erie County resident, age 60+, rely on a wheelchair for your mobility, and need to go to a medically necessary appointment that is out of town, we have great news for you! Serving Our Seniors has recently acquired a wheelchair accessible mini-bus, and will be using it to transport independently functioning older adults to out of town appointments that are medically necessary.

We are in the process of training our volunteers to operate the mini-bus and its wheelchair lift. We hope to have the volunteer staff trained and ready to go by April 30th. Call our office for more information at 419-624-1856 or 800-564-1856.

SERVING OUR SENIORS HAS MINI BUS TO SHARE WITH OTHER NON-PROFITS



The modified Chevy minibus seats 8, has 2 wheelchair slots and a wheelchair lift. It may be used by another non-profit anytime it is not needed for out of town medical transportation.

- Driver(s) must be trained to drive the bus and use the lift. They must pass a BMV check and have no moving violations in the last 3 years in order to be added on to the insurance. **Drivers do not need to have a CDL license to drive.**
- Your non-profit has to sign a memorandum of understanding that it will not misuse the vehicle, pay for any damages in case of an accident, leave the mini bus in clean sound condition, keep the drivers current with their knowledge of how to transport wheelchair riders (if applicable), and leave the gas tank on full when they return the mini bus.

How much will it cost to use the mini bus?

- The agency using the vehicle must pay the trainer for the time invested in training each driver, and for any "refresher course" they may need.
- 45 cents per mile.
- You will receive the mini bus with a full gas tank. We ask that you return it with a full gas tank before you park it.

Call Serving Our Seniors at 419-624-1856 or 800-564-1856 for more information



VOLUNTEER HELPS KEEP YOUR NAME ON THE ELDER GAZETTE MAILING LIST.

Kathleen Helfrich has been keeping the Elder Gazette Mailing list up to date for 8 years.

Thanks, Kathleen!!!!

FIRST AID FOR A PERSON HAVING A GENERALIZED TONIC CLONIC (GRAND MAL) SEIZURE – Epilepsy Foundation

- Keep calm
- Don't hold the person down or try to stop his movements.
- Time the seizure with your watch.
- Clear the area around the person of anything hard or sharp.
- Loosen ties or anything around the neck of the person that may make breathing difficult.
- Put something flat and soft, like a folded jacket, under the patient's head.
- Turn the person gently onto one side to keep the airway clear.
- Do not try to force the mouth open with any hard implement or with fingers. It is not true that a person having a seizure can swallow his tongue. Efforts to hold the tongue down can injure teeth or jaw.
- Don't attempt artificial respiration except in the unlikely event that a person does not start breathing again after the seizure has stopped.
- Stay with the person until the seizure ends naturally.
- Be friendly and reassuring as consciousness returns.
- Offer to call a taxi, friend or relative to help the person get home if he seems confused or unable to get home by himself.

An un-complicated generalized tonic clonic (grand mal) seizure in someone who has epilepsy **is not a medical emergency**, even though it looks like one. It stops naturally after a few minutes without ill effects. The average person is able to continue about his business after a rest period, and may need only limited assistance, or no assistance at all, in getting home. In other circumstances, an ambulance should be called.

Is an Emergency Room Visit Needed?

When these other conditions exist, immediate medical attention is necessary:

- Diabetes
- Brain infections
- Heat exhaustion
- Pregnancy
- Poisoning
- Hypoglycemia
- High fever
- Head injury

When to Call for an Ambulance

For the following reasons:

- the seizure has happened in water.
- there's no medical I.D., and no way of knowing whether the seizure is caused by epilepsy.
- the person is pregnant, injured, or diabetic.
- the seizure continues for more than five minutes.
- a second seizure starts shortly after the first has ended.
- consciousness does not start to return after the shaking has stopped.

ALL PURPOSE SPREADER –

Family HandymanTip

Use a short piece of metal tubing or paper punch to punch holes in the plastic lid of an old coffee can. Offset the holes between rows for even spreading.

HEALTH TIP: HAVING SEX DESPITE ILLNESS (HEALTHDAY NEWS)

People who have a chronic illness -- which may include heart disease, diabetes or asthma -- may have ongoing pain or fatigue that can hinder a healthy sex life.

The American Academy of Family Physicians offers suggestions for how to enjoy sex, despite having a chronic illness:

- Figure out what time of day you feel healthiest and most energized, and plan sex around those times.
- Try to get plenty of rest, and make yourself feel as relaxed as possible.
- Don't have sex within two hours of eating.
- If you take pain medicine, take it at least 30 minutes before having sex.
- Drink only limited amounts of alcohol, and don't use tobacco. Both can affect sexual performance.

ERIE-HURON CAC OFFERS MORE HELP TO AFFORD HOME HEATING

The Erie-Huron Community Action Commission received \$70,000 from Columbia Gas to be used to help Columbia Gas customers whose household income is above 175% of the Federal Poverty and at or below 200% of the Federal Poverty Guideline. Household of 1 can range from \$18,200/year to \$20,800/year; Household of 2 can range from \$24,500/year to \$28,000/year

A DISCONNECT NOTICE IS NOT REQUIRED to qualify for this financial assistance. The maximum benefit is \$250.00. The program will last until funds are depleted. To apply call the Erie-Huron CAC at 419-625-2214. Ask to speak with someone in the Heating Assistance Program.

ARE YOU ABOUT TO LOSE YOUR HEATING SERVICE?

Thanks to the Dorn Foundation & the Sandusky/Erie County Community Foundation, Serving Our Seniors received a grant to help those with shut off notices on their utility. If you are a propane or fuel oil customer, who is nearing the bottom of your tank, and you don't have all the money it takes to pay for another delivery of fuel oil/propane, we might be able to help you, too! For financial assistance with these utility problems you must be:

1. Age 60 or older and a resident of Erie County

2. Preference is given to those who have made regular monthly payments on their utility in whatever amount they were able to afford
3. No consideration will be given to those who missed 3 consecutive payments
4. The amount of Serving Our Seniors' utility assistance must be enough to keep you connected from that point forward. (Maximum amount of financial assistance in a 12 month period is limited to \$400.00)
5. The utility must be in the name of the Erie County resident who is age 60+.

WILBERT DEAL RECOGNIZED BY AMERICAN RED CROSS



Serving Our Seniors board member Wilbert Deal recently received the Fireland's Hero Award from the Red Cross for his community involvement. He is an active member of the Marine Corp League "Toys for Tots". He also sits on the board of Erie Residential Living, and has coached youngsters in marksmanship at Camp Perry for over 14 years.

Wilbert has been on the Board of Serving Our Seniors for over 10 years, and was president during 5 of those years.



THE SANDUSKY STATE THEATRE
107 Columbus Avenue ~ Sandusky, OH 44870
419-626-1950

An Evening with Leonard Bernstein

Presented in partnership with Terra Community College
Come enjoy an evening of music from the great American composer Leonard Bernstein as we celebrate his life and music. Join the Terra Choral Society Chamber Arts Orchestra along with a series of special guests as they perform selections from 'West Side Story', 'Candide', and more!

April 17, 2009 – 7:30 p.m.
\$10.00 per person
\$30.00 dinner and show

Late Nite Catechism 2

Presented in partnership with The Catholic Community Adventures in Faith
An uproariously funny play that takes the audience back to their youth. The irrepressible 'Sister' teaches class to a roomful of 'students' (the audience). Naughty students may well find themselves on stage sitting in a corner reflecting upon their actions. However, even the most reluctant 'students' will be clamoring to get into this Sister's class!

April 18, 2009 – 2:00 p.m. & 7:30 p.m.
\$28 - \$36 per person
\$42.00 dinner and show

Tom Sawyer, an Original Musical

The Children's Theatre of Cincinnati's popular productions of Tom Sawyer: an original musical is hittin' the road! Join us as we follow Mark Twain's classic character as he paints fences, fights pirates and meets Becky Thatcher. A. rip-roarin' knee-slapping good time awaits!

May 13, 2009
7:30 p.m.

\$5.00 per person

****Ask about discounts for groups of 15 or more**

HOW TO LOCK YOUR CAR AND WHY

Barbara A. Hargreaves, received this story via email

I locked my car --- as I walked away I heard my car door unlock I went back and locked my car again three times. I looked around and there were two guys sitting in a car in the fire lane next to the store. When I looked straight at them they did not unlock my car again.

How to lock your car safely -

While traveling, my son stopped at a roadside park. He came out to his car less than 4-5 minutes later and found someone had gotten into his car, and stolen his cell phone, laptop computer, GPS navigator briefcase.....you name it...

He called the police and since there were no signs of his car being broken into - the police told him that there is a device that robbers are using now to clone your security code when you lock your doors on your car using your key-chain locking device..

They sit a distance away and watch for their next victim. They know you are going inside of the store, restaurant, or bathroom and have a few minutes to steal and run. The police officer said to manually lock your car door-by hitting the lock button inside the car, that way if there is someone sitting in a parking lot watching for their next victim it will not be you.

When you hit the lock button on your car upon exiting...it does not send the security code, but if you walk away and use the door lock on your key chain - it sends the code through the airwaves where it can be stolen. Something totally new to us...and real.

Serving Our Seniors cannot substantiate the accuracy of this story, but believes it is better to be safe than sorry

Almond Raspberry Cookies

- 1 pkg (20 ounces) refriger. sugar cookie dough
- 1 cup blanched slivered almonds, chopped
- 1 teaspoon almond extract
- 1/2 cup red raspberry preserves
- 2/3 cup powdered sugar

Directions:

- 1.** Preheat oven to 350°F. Place cookie dough in Bowl. Chop almonds very finely with Food Chopper. Add almonds and almond extract to dough; mix well.
- 2.** Using Small Scoop, drop dough 2 inches apart on flat Baking Sheet. Press lightly floured finger in center of dough to make indentations. Fill indentations with about 1/2 teaspoon raspberry preserves.
- 3.** Bake 15-18 minutes or until cookies are light golden brown. Place Parchment Paper under Stackable Cooling Rack. Remove cookies from baking sheet to cooling rack. Cool; sprinkle with powdered sugar.

Yield: About 4 dozen cookies



Two backwoods farmers were looking at a Sears catalog and admiring the models.



One says to the other, 'Have you seen the beautiful girls in this catalog?'



The second one replies, 'Yes, they are very beautiful. And look at the price!'

The first one says, with wide eyes, 'Wow, they aren't very expensive. At this price, I'm buying one.'

The second farmer smiles and pats him on the back. 'Good idea! Order one and if she's as beautiful as she is in the catalog, I will get one too.'

Three weeks later, the youngest farmer asks his friend, 'Did you ever receive the girl you ordered from the Sears catalog?'

**The second farmer replies...
'No, but it shouldn't be long now. I got her clothes yesterday!'**

A BLOND JOKE

A blonde was weed-eating her yard and accidentally cut off the tail of her cat which was hiding in the grass. She rushed her cat, along with the tail over to WAL-MART!

Why WAL-MART???

HELLOOOOOOOOO!?! WAL-MART is the largest RETAILER in the world!!!

Am I a Safe Driver?

Check the box if the statement applies to you.

- I get lost while driving.
- My friends and family members say they are worried about my driving.
- Other cars seem to appear out of nowhere.
- I have trouble seeing signs in time to respond to them.
- Other drivers drive too fast.
- Other drivers often honk at me.
- Driving stresses me out.
- After driving, I feel tired.
- I have had more "near misses" lately.
- Busy intersections bother me.
- Left-hand turns make me nervous.
- The glare from oncoming headlights bothers me.
- My medication makes me dizzy or drowsy.
- I have trouble turning the steering wheel.
- I have trouble pushing down on the gas pedal or brakes.
- I have trouble looking over my shoulder when I back up.
- I have been stopped by the police for my driving recently.
- People will no longer accept rides from me.
- I don't like to drive at night.
- I have more trouble parking lately.

If you have checked any of the boxes, your safety may be at risk when you drive.

Talk to your doctor about ways to improve your safety when you drive.



13 THINGS YOUR MECHANIC

WON'T TELL YOU Family Handyman

1. "If a mechanic offers to change your timing belt and water pump, question how long the job will take. Some will charge you double labor even though the second task is essentially done once the belt is removed."
2. "Always ask for your old parts back. This way you'll know they've been changed, and you or a friend can tell if they're worn."
3. "Be careful with "road hazard" warranties on tires. The shops may give you a free tire here and there, but eventually they will soak you with unnecessary alignments or suspension replacements."
4. "All brakes are not equal; ask for estimates on brake jobs. Many mechanics will use very cheap parts and mark them up. Good mechanics who understand cars will never skimp in this area."
5. "Remember to have your car test-driven. A good test-drive is just as important as a regular service -- it might mean the difference between simply needing brake pads and having a complete rotor replacement."
6. "Good mechanics, like good customers, are hard to find -- communication is key. A good mechanic will explain repair phases and give you choices."
7. "Be wary of certified pre-owned cars. Usually in this business the only thing that's certified is that someone owned the car before you. Very little ever gets done on these types of cars."
8. "Don't bring your car in on Friday afternoon, because the mechanics might rush the job to get out for the weekend."
9. "Beware of a mechanic who shows you a transmission pan with metal particles in it, and recommends a major job. The shavings are usually a sign of normal wear."
10. "Before buying new tires, know what your state's tread specifications are. Then have the mechanic measure the old tread with a gauge."
11. "Watch out for ads promising \$100 brake jobs. No mechanic can make money on that."
12. "Transmission flushes are one of the biggest scams going. Manufacturers don't recommend them, and your car almost never needs one."
13. "The market is being flooded with cheap parts from China. Request a name-brand replacement and ask to see its box."