

# Answers for Aging

March, 2016

## Special points of interest:

- New Transportation Opportunities Available
- National Anthem Day
- Shared Thoughts From Susan
- "Spring Cleaning"
- National Sleep Awareness Month
- World Kidney Day
- Upcoming Events

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## "Hitch a Ride" With Us!

For some time COA's transportation coordinator, Jennifer Reece, has been working to establish two additional goals for the transportation services—she wanted to establish a rural shopping route and she wanted to establish transportation to doctor appointments for those who live in the rural areas of Limestone County. **Earlier this past year, the rural shopping route**

**began with the following routes and days:**

- Monday—Tanner Community
- Tuesday—Elkmont Community
- Wednesday—East Limestone Community
- Thursday—Clements Community

Now, it is with great satisfaction that Jennifer announces that COA will be able to take those who live outside the Athens city limits to their medical appointments. **The following schedule has been established for medical appointment transport:**

- Monday—Goodsprings Community
- Tuesday—Elkmont Community
- Wednesday—Owens Community
- Thursday—Tanner Community

"In addition to these new services, COA offers shopping routes and transportation to medical appointments for seniors who live inside the Athens city limits as well as transportation to all the seven senior centers," states Jennifer. "I want to encourage everyone who is 60 years or older to come ride with us! **Don't wait, pick up the telephone and call me at (256) 233-6412, and get on the bus!!** If your area is not on the schedules, call me."



## March 3rd—National Anthem Day

The *Star-Spangled Banner* officially became our national anthem on March 3, 1931. This song, written by Francis Scott Key during the War of 1812, was inspired when the author was detained on a British ship during the British attack on America's Fort McHenry. All night he could see the "bombs bursting in air" and the next morning was ecstatic to see that the American flag was still flying over Fort McHenry, which guarded the harbor and city of Baltimore, Maryland. The following day, September 14, 1814, he penned the words to the song. That banner (flag) can be seen in the Smithsonian Museum in Washington, D.C. and Ft. McHenry is still open for tours.





## *Shared Thoughts from Susan*

I want to start by thanking everyone who has supported me by answering all of my “new girl on the job” questions. I must have asked a million already! I have learned, through these questions, what a wonderful offering the Council on Aging and our 7 senior centers have for this community. When I see something good, I want to share it. So, I’m going to share with you what you may be missing out on...

Some people may think that senior centers are only places to sit, chat or enjoy an occasional round of BINGO. Well, those things do happen, in addition to the following:

- **Exercise Classes**—provided by trained instructors.
- **Nutritional Meals**—in each nutritional center or through the Meals on Wheels program for the homebound.
- **Rides**—to center activities, shopping and doctor visits with wheelchair access vehicles available.
- **Day Trips**—to various places such as the Mennonites’ community, bowling and thrift shopping.
- **Educational opportunities**—to keep seniors informed on issues that directly affect them.
- **Fellowship**—through games, singings, quilting, and so much more!

The Council on Aging office also offers assistance in these areas:

- **Legal assistance** with an elder law attorney
- **SHIP** Insurance counseling
- **SenioRX** prescription assistance
- **Homemaker services** through the WAIVER and ALA Cares programs

We want everyone to join in and feel welcome here, just as I have felt welcomed here. If you or anyone in your family would benefit from or enjoy our services, please call **(256) 233-6412** for more details in specific program areas.

*“When I see something good, I want to share it. Please consider all of the wonderful opportunities that Council on Aging and our senior centers offer.”*

Fondly,

*Susan*

## March ‘s Spring Cleaning ...by Susan Reiner

“March bustles in on windy feet  
And sweeps my doorstep and my street.  
She washes and cleans with pounding rains,  
Scrubbing the earth of winter stains.  
She shakes the grime from carpet green  
Till naught but fresh new blades are seen.  
Then, house in order, all neat as a pin,  
She ushers gentle springtime in!



## March is National Sleep Awareness Month

March has been designated National Sleep Awareness Month. One part of sleep awareness is knowing how our sleep may be affected by changes in the environment. Since most of the United States returns to Daylight Savings time in March, it is important to consider how this small change can affect our sleep. In general, “losing” an hour in the spring is more difficult to adjust to than “gaining” an hour in the fall. An “earlier” bedtime may cause difficulty falling asleep and increased wakefulness during the early part of the night. If you have insomnia or are sleep-deprived already, you could experience more difficulties. In general, people adjust to the change in time within a few days. The following tips could help during this time of adjustment and are valuable tips for maintaining healthy sleep habits:



- Stick to a sleep schedule of the same bedtime and wake up time—even on the weekends.
- Practice a relaxing bedtime ritual.
- IF you have trouble sleeping, avoid naps, especially in the afternoon.
- Evaluate your room—design your sleep environment to establish the conditions you need for sleep—a cool, dark room, free from any disturbing noise.
- Exercise daily. Exercise well before time to go to bed so that your sleep won't be disturbed.
- Sleep on a comfortable mattress and pillows. The life expectancy of most mattresses is 8 to 10 years.
- Avoid alcohol, cigarettes, caffeine, and heavy meals in the evening.
- Wind down. Your body needs time to shift into sleep mode, so spend the last hour before bed doing a calming activity, such as reading.
- If you can't sleep, go into another room and do something relaxing until you feel tired. If you continue to have trouble sleeping, don't hesitate to speak with your doctor or find a sleep professional.

*Healthy sleep habits can make a big difference in your quality of life. Having healthy sleep habits is often referred to as having good “sleep hygiene.”*

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## World Kidney Day

World Kidney Day which takes place on March 16, 2016, is a global health awareness campaign focusing on the importance of the kidneys and reducing the frequency and impact of kidney disease and its associated health problems world wide. The campaign is celebrated every year on the second Thursday of March, a joint initiative of the International Society of Nephrology and the International Federation of Kidney Foundations.



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## NUTRITION CENTERS

Athens...(256) 233-6412  
East Limestone...(256) 230-2829  
Elkmont...(256) 732-4777  
Owens...(256)-230-2753  
Tanner...(256)-230-6400

## ACTIVITY CENTERS

Ardmore...(256) 423-2099  
Goodsprings...(256) 232-0813

Come join us at any of our centers. They provide opportunities for socialization, education, recreation, and the nutrition centers serve noon meals Monday through Friday. Call the center nearest you for information about various activities and programs.

The Limestone County Council on Aging's program utilizes available resources to empower older adults to enhance independence, personal satisfaction, vitality and the ability to enrich the quality of life for themselves and others. Working closely with TARCOG, the Area Agency on Aging, and various local agencies, COA provides information, referrals, and services for the elderly (age 60 and older) which include the following:

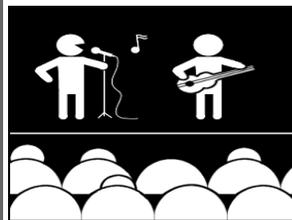
Transportation  
Nutrition Centers  
Meals-on-Wheels  
In-home services

SHIP/Medicare Part D  
SeniorX program  
Legal assistance  
Volunteer Opportunities

Services under the Older Americans Act are provided without charge, regardless of income. Participants are encouraged to contribute according to their means. All contributions are used to continue the programs.

## Upcoming Events

**TAX PREP INFO:** RSVP will be coordinating tax prep help for seniors at First Baptist Church Youth Activity Building (corner of Clinton and Pryor Streets) during March, and until April 18. In March and April, the days will be Monday and Thursdays. Times will be 9:00 A.M. until 4:00 P.M.



**Poke Sallet Follies** will be presented this year on Friday night, March 11th; Saturday night, March 12th; and Sunday afternoon, March 13th. This event is the major fundraiser for the Foundation on Aging Board.

**Diabetic Education Day** Set for Wednesday, March 23rd from 8:00 A.M. to 3:00 P.M. at the Council on Aging / Athens Sr. Center Building at 912 W. Pryor Street.



**Reminder: Daylight Savings Time begins this month!** Set your clocks forward ONE hour on Sunday, March 13th.