

Answers for Aging

June, 2016

Special points of interest:

- Happy Father's Day
- Flag Day
- Shared Thoughts From Susan
- Always June
- Lightning Safety
- Masters Games
- Upcoming Events

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A Father :
A Son's first hero..
A Daughter's first love..

**“ ... Forever
in Peace
May you wave!”**





Shared Thoughts From Susan

The ultimate goal of the Limestone County's Council on Aging is to provide programs which will enable seniors to avoid social isolation while living independently as long as possible. Numerous studies have shown that socially isolated seniors have a shorter life expectancy. Negative effects of social isolation include depression, sadness, intense loneliness, and even dementia. Lack of transportation is a primary cause of social isolation. **Council on Aging is here to offer transportation!** I am happy to announce that we have recently hired 3 new bus drivers—Amelia Owen will be driving the city route and in-town medical appointments, Susan Hudson will be driving the in-town shopping routes and wheelchair appointments, and Wayne Rose will drive the rural shopping routes and help with wheelchair appointments. They complete our staff of qualified drivers bringing the total to seven. We are now able to offer the following options for Limestone County seniors:

- Transportation to and from the senior centers—5 days a week, Monday-Friday.
- Transportation to non-emergency doctor appointments within the city limits of Athens.
- Transportation to non-emergency doctor appointments in the rural communities with the following schedule:
 - * Monday—Goodspring Community
 - * Tuesday—Elkmont Community
 - * Wednesday—Owens Community
 - * Thursday—Tanner Community
- Transportation to doctor appointments for seniors in wheelchairs.
- Shopping routes within Athens on Tuesday and Thursdays—to the grocery store, to the dollar store, to the bank, to the pharmacy, by the post office, etc.
- Rural shopping routes with the following schedule:
 - * Monday—Tanner Community
 - * Tuesday—Elkmont Community
 - * Wednesday—East Limestone Community
 - * Thursday—Clements Community

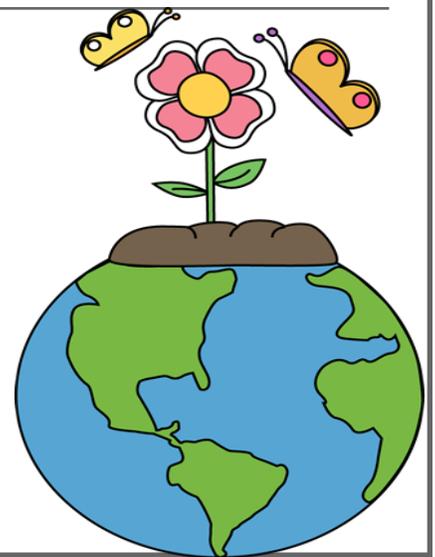
Call COA at (256) 233-6412 and ask for Jennifer Reece, head of transportation. She will be able to answer any questions you may have about your transportation needs, and will be able to provide any added information you may need about setting your appointments.

“Lack of transportation is a primary cause of social isolation among seniors.”

Always June



“ I wonder what it would be like to live in a world where it was always June. ...L.M. Montgomery



National Lightning Safety Awareness Week –June 19-25

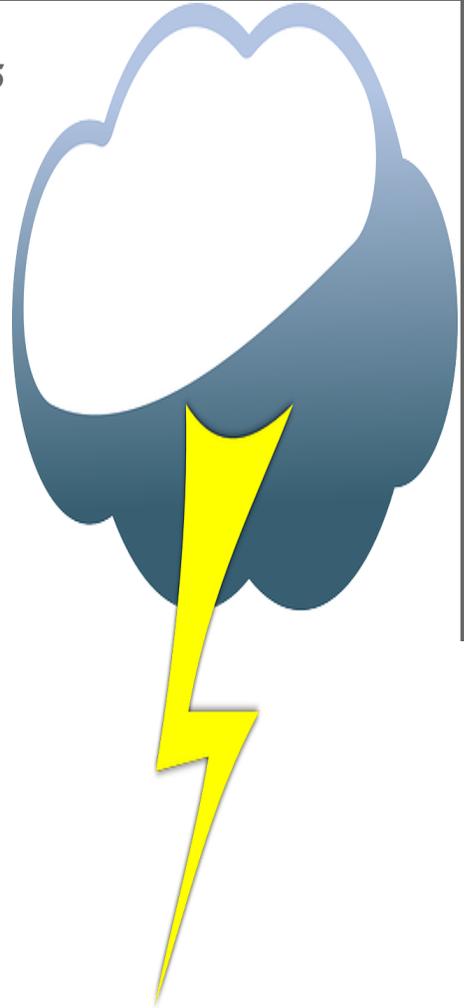
Summertime means a lot more people are spending a lot more time in the great outdoors. But summer is also the peak season for one of the nation's deadliest weather phenomena—lightning. Lightning typically receives less attention than other storm-related killers because it does not result in mass destruction or mass casualties like tornadoes, floods, or hurricanes often do. But...consider these lightning statistics:

- About 25 million cloud-to-ground lightning strikes occur in the United States each year.
- Over the last 30 years, the U.S. has averaged 51 lightning fatalities per year.
- Only about 10% of people struck by lightning are actually killed. The other 90% must cope with varying degrees of discomfort and disability, sometimes for the rest of their lives.

Lightning is one of the most erratic, and unpredictable characteristics of a thunderstorm. Most victims are not struck during the worst of a thunderstorm but rather before or after the storm reaches its greatest intensity. Lightning can strike as far as 25 miles away from its parent thunderstorm. If you can hear thunder, you are within striking distance. Seek safe shelter immediately. No one can guarantee an individual or group absolute protection from lightning. However, knowing and following proven lightning safety guidelines can greatly reduce the risk of injury or death.

Being inside a house or other building with electrical wiring and plumbing is your safest option during a thunderstorm, but it does not guarantee you will be 100% safe from lightning. There are still some lightning safety guidelines you must follow while inside a place of shelter to keep yourself safe.

- Don't use corded phones. It is safe to use cordless or cell phones as long as they are not being charged.
- Stay away from windows and doors—sitting on an open porch to watch a thunderstorm is also dangerous. It is best to be in an interior room during the storm.
- Don't touch electrical equipment or cords. This includes computers, televisions, appliances, hairdryers, etc.
- Avoid plumbing. Metal plumbing and the water inside are both very good conductors of electricity. Therefore, do not wash your hands or dishes, take a shower or bath, do laundry, etc. during a thunderstorm.
- Refrain from touching concrete surfaces. Lightning can travel through the metal wires/bars in concrete walls and flooring, such as in the basement or garage.



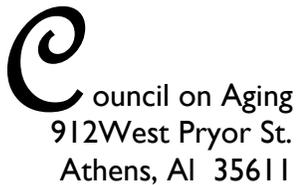
*When thunder roars, go indoors...
and stay there until 30 minutes after
the last clap of thunder!*

Masters Games In Progress

The Annual Masters Games of Alabama have begun. This month of June will see our Limestone County Seniors competing in the District II round. Winners will be advancing to State Playoffs in Trussville, Alabama. Senior Citizens across our area will be competing for prizes in the following categories:

- ◆ Checkers , Dominoes
- ◆ Cornhole Toss, Horseshoes
- ◆ Softball Throw, Basketball Free Throw, 3-point Basketball, Pickle Ball,
- ◆ Nerf & Frisbee Throw
- ◆ Shuffleboard, Bowling, Wii Bowling, Table Tennis
- ◆ Rook, Billiards





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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	SHIP/Medicare Part D
Nutrition Centers	SeniorX program
Meals-on-Wheels	Legal assistance
In-home services	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

Reminder: **SenioRx is Alabama's Medication Assistance Program.** If you think that you or a friend or family member might qualify for these services please call Lauri at Council on Aging at (256) 233-6412 for more information or to schedule an appointment.

Other services offered by Council on Aging include:

- ◆ **SHIP** (Alabama State Health Insurance Assistance Program)

This includes Medicare and Insurance Counseling. Contact Jennifer Reece, SHIP Coordinator at (256) 233-6412

- ◆ **Transportation**—including the following options:

Rural Grocery Shopping Routes

Tuesday & Thursday (in town) Shopping Routes

To non-emergency medical appointments (within the city limits)

Wheel-Chair Bus

Rides to and from the Centers (Monday-Friday)

Contact Jennifer Reece, Transportation, (256) 233-6412

- ◆ **Meals**—Meals on Wheels, Frozen meals, and Liquid Meals
- ◆ Congregate Meals at 5 of our 7 senior centers

Contact Sheila Long, Nutrition Coordinator, (256) 233-6412