

Special Points of interest:

- Daylight Savings Time
- National Agriculture Day
- Shared Thoughts from Susan
- Peanut Butter Month
- Colorectal Cancer Awareness
- Women's History Month



Answers for Aging

March, 2017

Daylight Savings Time



Daylight Savings Time begins March 12, 2017. It is the practice of advancing clocks during summer months by one hour so that evening daylight lasts an hour longer, while sacrificing normal sunrise times. Typically, regions with summer time adjust clocks forward one hour close to the start of spring and adjust them backward in the autumn to standard time

National Agriculture Day, March 21, 2017

According to ag.org The Agriculture Council of America (ACA) is an organization uniquely composed of leaders in the agriculture, food and fiber communities dedicated to increasing the public awareness of agriculture's vital role in our society. The Agriculture Council of America and the National Ag Day program was started in 1973.

ACA believes that every American should:

- Understand how food and fiber products are produced.
- Appreciate the role agriculture plays in providing safe, abundant and affordable products.
- Value the essential role of agriculture in maintaining a strong economy.
- Acknowledge and consider career opportunities in the agriculture, food and fiber industry.

“A single sunbeam is enough to drive away many shadows”- Francis of Assisi

The Foundation on Aging, is a local non-profit organization that supports senior programs throughout Athens and Limestone County. They just wrapped up their annual Poke Sallet Follies fundraising event. What a wonderful group of community leaders, business people and just plain talented folks gather to make this dinner-theatre-type show a success. During the event's 25 years, the show has raised close to \$250,000. These funds have contributed to trips, outings and special programs for local senior citizens, including the Meals-On-Wheels program. Last year, the Foundation on Aging assisted in the purchase of a new wheelchair accessible van for the Limestone County Council on Aging's transportation department.

The Council on Aging is a Department of the Limestone County Commission. We are grateful for our commissioners and their hands-on support of our services. We are also thankful to those community partners and volunteers, who strive to make a difference in the lives of our aging population. These leaders and helpers are “sunbeams”. Each has an important role. Each gives a different light.

Have a fabulous March!

Susan McGrady, Director

March is Peanut Month!

Peanut butter is a convenient and inexpensive staple to keep in your kitchen. One tablespoon of peanut butter has about 95 calories; enjoy in moderation.

- The peanut is part of the legume family, which means they usually contain lots of B vitamins that many senior adults are missing but needing in their diet.
- B-vitamins are especially important for memory and cognition.
- Peanuts (especially the skin) contain resveratrol, a bioactive nutrient, found to have anti-aging properties and protects cells from being damaged.
- And the fats found in peanuts are in just the right ratio to help ease joint pains caused by inflammation and the wear-and-tear over the years.

March is Colorectal Cancer Awareness Month

Colorectal cancer is the fourth most common cancer in the United States and the second leading cause of death from cancer. Colorectal cancer affects people in all racial and ethnic groups and is most often found in people age 50 and older. If everyone ages 50 and older were screened regularly, 6 out of 10 deaths from colorectal cancer could be prevented. Communities, health professionals, and families can work together to encourage people to get screened.

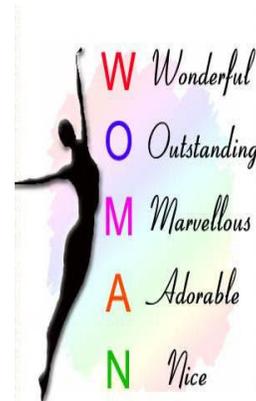


Although the signs can vary, common symptoms of colorectal cancer may include the following:

- Change in bowel habits
- Change in the appearance of the stool
- Bleeding from the rectum
- Blood in the stool or in the toilet after having a bowel movement
- Dark- or black-colored stools
- Cramping pain in the lower stomach
- A feeling of discomfort or an urge to have a bowel movement when there is no need to have one
- Unintentional weight loss

March is Women's History Month

In 1980, the National Women's History Project (NWHP) was founded in Santa Rosa, California by Molly Murphy MacGregor, Mary Ruthsdotter, Maria Cuevas, Paula Hammett and Bette Morgan to broadcast women's historical achievements. The NWHP started by leading a coalition that successfully lobbied Congress to designate March as National Women's History Month, now celebrated across the land. Today, the NWHP is known nationally as the only clearinghouse providing information and training in multicultural women's history for educators, community organizations, and parents-for anyone wanting to expand their understanding of women contributions to U. S.





912 W Pryor St.
Athens, AL 35611

Nutrition Center

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. COA is a department of The Limestone County Commission. Working closely with Tarcog, The City of Athens, the Area Agency on Aging, and other local agencies, the COA provides information, referrals, and services for the elderly (age 60 and older) which include the following:

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

Know how to determine if you qualify for an SEP because your plan broke Medicare’s rules.

If you believe your plan did not follow Medicare rules, you may have the right to change plans. Here are some examples of rule violations:

- Your plan did not send you a notice telling you it wasn’t going to cover one of your drugs in 2017
- Your plan did not provide benefits in a timely manner
- Your plan did not provide benefits that meet Medicare’s quality standards
- Your plan gave you misleading or inaccurate information that enticed you to enroll
- Your plan did not give you information about benefits in a timely manner



Chairman: Mark Yarbrough	District Three: Jason Black
District One: Stanley Hill	District Four: Ben Harrison
District Two: Steve Turner	

Like COA Facebook page for announcements



<https://www.facebook.com/LimestoneCountyCouncilOnAging/?fref=ts>