

Answers for Aging

October, 2016

LIMESTONE COUNTY COUNCIL ON AGING

Special points of interest:

- Organize Medical information
- Information List Template
- Susan's Column
- Fall Poetry
- Emotional Wellness Month
- Calories Burned
- Announcements



ORGANIZE YOUR MEDICAL INFORMATION

Having your basic medical information organized is crucial especially in the case of an emergency. Basic medical information includes your primary medical history, your surgical history, any allergies, your current medications, and an emergency contact that knows you and can answer medical questions on your behalf if necessary. Additionally, you may want to record some details about each of these facts. For allergies, it is important to write down specific reactions you have had to medications. For surgical history, the year of surgery can be important and you may want to write down the reason if it isn't obviously clear. For current medications, write down the dosage. An example of a template for such a list is showed below.

In today's complicated health care world, you must take greater responsibility for your health issues. You must choose health insurance plans, doctors and hospitals, accurately monitor your own symptoms, use complicated medical devices at home, manage your medications, and care for your elderly. It is more vital than ever to make informed decisions. By learning to navigate your elderly. It is more vital than ever to make informed decisions. By learning to navigate through the health care system, you will maximize effective outcomes along the way. The following tips should provide helpful suggestions:

1. Start a Health Care Notebook- a spiral notebook with pocket folders would work as would a binder (the 3- ring type) notebook to which you can add pages. Prepare a notebook for each person whose health care you must monitor (for example, one for you, one for your spouse).
2. To your notebook, add all vital information-date of birth, names of physicians, lists of medicines, information regarding any illness that should be monitored, any medical history, etc.
3. Designate one place in your house where everything will go immediately as it comes in; insurance papers, bills, information regarding drugs, warranties for home medical devices, etc.
4. Post-it notes are your best friend. Whenever you need to remember something, jot it down and stick it where it will serve as a visual prompt until you can add it to your notebook.

Minimal Medical Information List

Your Name
Your Primary Medical History
Your Allergies
Your Emergency Contacts

Your Date of Birth
Your Prior Surgical History
Your Current Medications and how often

“Dear Great Pumpkin, I am looking forward to your arrival...”- Linus (The Peanuts)

When I think of October, I think of pumpkins... pumpkin patches, pumpkin carving and all things pumpkin spice flavored. I tend to like the sweet pumpkin spice treats. There are many pumpkin treats that are more savory, if that's your taste. Either way, adding pumpkin to your dishes adds a little healthy to your diet.

Pumpkin “meat” is low in calories and high in fiber, anti-oxidants, vitamins and minerals. Pumpkin seeds have been identified as a great source of fiber and mono-unsaturated fatty acids. This combination can be good for the heart.

Although fresh is most times best-cutting, cleaning and cooking a fresh pumpkin is a little labor intensive. Plus, you can end up with a lot of pumpkin leftovers. I like to use canned pumpkin and bagged pumpkin seeds in recipes for the convenience. I thought I would share a couple of my favorite pumpkin recipes with you this month.

I hope you enjoy!

- Susan McGrady, COA Director

Fudgy (or Spice) Muffins

1 Box Devils Food (or Spice) Cake Mix
1 Can Pure Pumpkin (not pumpkin pie filling)
1/8 C Water

Mix cake mix, pumpkin and water by hand. Spray muffin tin (or line with cupcake papers). Spoon batter into tins, filling about halfway. Bake at 350 for 15 minutes or so. These are really moist and dense.

Pumpkin Dip

1/2 Cup Canned Pure Pumpkin (not pumpkin pie spice)
1 8oz Block Cream Cheese (room temperature)
1 Cup Powdered Sugar
½ Tsp. Pumpkin Pie Spice
1 T. Orange Juice (optional)

Mix pumpkin and cream cheese together with an electric mixer. Slowly add powdered sugar and spice. Add orange juice, if needed for a smoother consistency.

Serve with ginger snaps, vanilla wafers or graham crackers.

October is Emotional Wellness Month

The following “Golden Rules for Living” [composed by Miriam Hamilton Keare] are quoted from an old advice column. They are simple and make so much sense. Observed and practiced, these rules for living will certainly contribute to the emotional well-being of one’s life.

1. *If you open it close it.*
2. *If you turn it on, turn it off.*
3. *If you unlock it, lock it up.*
4. *If you break it, admit it.*
5. *If you can’t fix it, call someone who can.*
6. *If you borrow it, return it.*
7. *If you value it, take care of it.*
8. *If you make a mess, clean it up.*
9. *If you move it, put it back.*
10. *If it belongs to someone else, get permission to use it.*
11. *If you don’t know how to operate it, leave it alone.*
12. *If it is none of your business, don’t ask questions.*



Calories Burned by Everyday Activities

Activity	Calories Per Hour
Making mountains out of molehills	500
Running around in circles	350
Pushing your luck	250
Flying off the handle	225
Jogging your memory	125
Jumping to conclusion	100
Beating around the bush	75
Bending over backwards	75
Swallowing your pride	50
Dragging your heels	100
Spinning your wheels	200
Chewing your nails	225
Throwing your weight around	50-300





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 The Limestone County Commission, 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:

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

SHIP/Medicare Part D
SeniorX program
Legal assistance
Volunteer Opportunities

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.

Know how and when to enroll in a Part D plan

Unless you already have good drug coverage through employer insurance or another source, you should sign up for a Part D plan for the first time during your Initial Enrollment Period. Your Initial Enrollment Period begins three months before your 65th birthday, includes the month of your birthday, and ends three months after. If you delay enrollment, you may have a late enrollment penalty added to your monthly premium when you later enroll.



LOCAL HELP FOR PEOPLE WITH MEDICARE

Upcoming Events

October 7th and 8th 50th Annual Fiddlers Convention

Open Enrollment begins October 15th and ends December 7th.

Happy Fall Y'all!!!

