

Answers for Aging

July, 2017

Crafty Seniors

Limestone County Seniors were busy in June with crafting. Each month, there will be a different project. If you would like to be a part of your local senior centers Crafting Class, call Madison Curnutt, 256-216-3897



Owens Senior Center poring with their Patriotic Wreath Hangers The ladies enjoyed making them for themselves and made extra for others.

East Limestone Senior Center in the process of making Patriotic Wreath Hangers. We had 3 volunteers from Lindsay Lane Christian Academy to help!



Athens Senior Center painting rocks, for Athens Rocks! This class is taught by Lynn Weatherford, who is one of Athens' local artist.



Tanner Senior Center showing off their new Patriotic Wreath Hangers. This class is taught by Lacy Beth McMunn from Hospice of Limestone County.



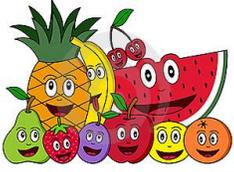
LIMESTONE COUNTY
COUNCIL ON AGING

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Best Fruits and Veggies in July



Fruits

Watermelon
Strawberries
Cantaloupe
Blueberries
Peaches
Peaches
Apricots
Kiwi
Raspberries
Plums

Veggies

Cucumbers
Tomatoes
Summer Squash
Corn
Green Beans
Lettuce



Happy Birthday, America!



241 years ago... on July 4th 1776,

This great nation, the United States of America,

In a struggle for what was right and free,

Was proudly born,

May we celebrate that precious freedom,

For which our forebears fought so bravely,

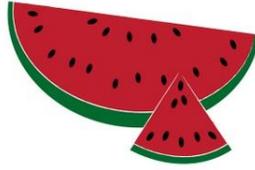
The freedom that is inherent,

In the Stars and Strips, our revered flag,

Celebrate Freedom,

This Fourth of July!

Summer Food Safety Tips



1. Food should not sit out longer than 2 hours. If its hotter than 90 degrees reduce time 1 hour.
 2. Throw out foods that enter the danger zone of 40-140 degrees.
 3. Throw out left over fruit and vegeatbles, salads, cooked meat, and poulrty after 3-5 days.
 4. Toss hotdogs and lunch meat after 1 week.
 5. Thaw meat in the refrigerator, not in the sink or countyer tp avoid warming to more than 40 degrees.
 6. Cooked beef, veal, pork, and lamb at 145 degrees, ground beef at 160 degrees, poultry at 165 degrees, hot dogs and sausages at 160 degrees or until steaming.
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Bladder Cancer Awareness Month

According to cancerhorizons.org Bladder Cancer is the rapid, uncontoleed growth of abnormal cells in the bladder.



Common Risk Fators:

- Smoking: The risk of bladder cancer among smokers can be twice than non-smokers.
- Certain Exposures: People who are exposed to high levels of arsenic in the drinking water, as well as dye, rubber, leather, paint and aluminum have an increased risk of bladder cancer.
- Age: The risk of bladder cancer increases with age, particularly after the age of 55.
- Genetics and Family History: People with a family member with bladder cancer have increases.
- Gender: Rate of death due to bladder cancer is around 31% men and 14% in women worldwide.
- Race and Ethnicity: The highest rates are observed from people in Europe, North Africa, Middle East, Northern America, and lowest in Southeast Asia and Middle Africa.



912 W Pryor St.
Athens, AL 35611

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 |

Understand Original Medicare costs for a hospital stay.

If you have Original Medicare, your inpatient hospital stay is covered by Part A (hospital insurance), and outpatient hospital services, including observation services, are covered by Part B (medical insurance). If you are a **hospital inpatient**, you must meet the Part A hospital deductible of \$1,316 at the beginning of each benefit period. A benefit period is the way that Original Medicare measures your use of inpatient hospital and skilled nursing facility (SNF) services. It begins the day you are formally admitted to the hospital as an inpatient and ends the day you have been out of the hospital or SNF for 60 days in a row. Once you meet the deductible, you pay nothing for the first 60 days of inpatient care in each benefit period. You then owe \$329 for days 61 through 90 in each benefit period and \$658 per lifetime reserve day after day 90. You have 60 lifetime reserve days that you can only use once.



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| 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>

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.