



SERVICE COORDINATION NEWS

A little Zen ... thoughts for people who take life too seriously

- * He who laughs last thinks slowest.
* Remember, half the people you know are below average.
* A day without sunshine is like, night.
* On the other hand, you have different fingers.
* 42.7 percent of all statistics are made up on the spot.
* Clones are people two.
* I feel like I'm diagonally parked in a parallel universe.
* Honk if you love peace and quiet.
* Depression is merely anger without enthusiasm.
* The early bird may get the worm, but the second mouse gets the cheese.
* I drive way too fast to worry about cholesterol.
* Support bacteria. They're the only culture some people have.
* Monday is an awful way to spend 1/7 of your week.
* A clear conscience is usually the sign of a bad memory.
* Change is inevitable, except from vending machines.
* Plan to be spontaneous tomorrow.
* Always try to be modest, and be proud of it!
* If you think nobody cares, try missing a couple of payments.
* How many of you believe in telekinesis? Raise my hand ...
* OK, so what's the speed of dark?
* How do you tell when you're out of invisible ink?
* If everything seems to be going well, you have obviously overlooked something.
* When everything is coming your way, you're in the wrong lane.
* Hard work pays off in the future. Laziness pays off now.



—from www.a-guide-for-seniors.com

SPICED PECANS

Ingredients:

- 1 egg white
1 tablespoon water
3 cups of pecan halves
1/2 cup of Splenda
1/2 teaspoon of salt
1 teaspoon ground cinnamon
1/2 teaspoon ground cloves
1/2 teaspoon ground nutmeg

—from www.diabetesdaily.com

Directions:

- 1. Preheat oven to 350 F (175 C).
2. Line baking sheet with aluminum foil, spray foil with a non stick cooking spray.
3. In a small bowl, beat the egg white and water until stiff peaks form.
4. Stir in the pecans until well moistened.
5. In a small bowl mix Splenda, salt, cinnamon, cloves, nutmeg and mix into nut mixture.
6. Spread nuts on prepared pan.
7. Bake in preheated oven for 30 minutes, stirring at 10 minute intervals. Be careful not to over cook and burn the nuts.
8. Let completely cool before tasting and enjoy!

Alcohol Use and Abuse

Anyone at any age can have a drinking problem. Great-Uncle George may have always liked his liquor, so his family may not see that his drinking behavior is getting worse as he gets older. Grandma Betty was a teetotaler all her life--she started having a drink each night to help her get to sleep after her husband died. Now no one realizes that she needs a couple of drinks to get through each day.

These are common stories. The fact is that families, friends, and health care professionals often overlook their concerns about older people's drinking. Sometimes trouble with alcohol in older people is mistaken for other conditions that happen with age. But alcohol use deserves special attention. Because the aging process affects how the body handles alcohol, the same amount of alcohol can have a greater effect as a person grows older. Over time, someone whose drinking habits haven't changed may find she or he has a problem.

Facts About Alcohol and Aging

- * Some research has shown that as people age they become more sensitive to alcohol's effects. In other words, the same amount of alcohol can have a greater effect on an older person than on someone who is younger.
* Some medical risks, such as high blood pressure, ulcers, and diabetes, can worsen with alcohol use.



- * Many medicines--both prescription and over-the-counter--can be dangerous or even deadly when mixed with alcohol. This is a special worry for older people because the average person over age 65 takes at least two medicines a day. Here are some examples: aspirin can cause bleeding in the stomach and intestines. If you take aspirin while drinking alcohol, the risk of bleeding is much higher. Cold and allergy medicines (antihistamines) often make people sleepy. When alcohol is combined with those medicines, it can make drowsiness worse and driving even more dangerous. Alcohol used with large doses of the pain killer acetaminophen can raise the risk of liver damage. If you are taking any over-the-counter or prescription medications, ask your doctor or pharmacist if you can safely drink alcohol.



Effects of Alcohol

Even drinking a small amount of alcohol can impair judgment, coordination, and reaction time. It can increase the risk of work and household accidents, including falls and hip fractures. It also adds to the risk of car crashes--a special concern because almost 10 percent of this nation's drivers are over age 65.

Heavy drinking over time also can

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cause certain cancers, liver cirrhosis, immune system disorders, and brain damage. Alcohol can make some medical concerns hard for doctors to find and treat. For example, alcohol causes changes in the heart and blood vessels. These changes can dull pain that might be a warning sign of heart attack. Drinking also can make older people forgetful and confused. These symptoms could be mistaken for signs of Alzheimer's disease. For people with diabetes, drinking affects blood sugar levels. Ulcers also may become worse with alcohol use.

The National Institute on Alcohol Abuse and Alcoholism, part of the National Institutes of Health, recommends that people over age 65 who choose to drink have no more than one drink a day. Drinking at this level usually is not associated with health risks.

People who drink more than a little alcohol also may be putting themselves at risk for serious conflicts with family, friends, and coworkers. The more heavily they drink,

the greater the chance for trouble at home, at work, with friends, and even with strangers.

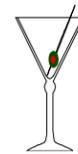


How to Know if Someone Has a Drinking Problem

There are two types of problem drinkers: early and late onset. Some people have been heavy drinkers for many years. But, as with Great-Uncle George, over time the same amount of liquor packs a more powerful punch. Other people, like Grandma Betty, develop a drinking problem later in life. Sometimes this is due to major life changes like shifts in employment, failing health, or the death of friends or loved ones. Often these life changes can bring loneliness, boredom, anxiety, and depression. In fact, depression in older adults often goes along with alcohol misuse. At first, a drink seems to bring relief from stressful situations. Later on, drinking can start to cause trouble.

Not everyone who drinks regularly has a drinking problem, and not all problem drinkers drink every day. You might want to get help if you or a loved one:

- ❑ Drink to calm your nerves, forget your worries, or reduce depression
- ❑ Lose interest in food
- ❑ Gulp down drinks
- ❑ Frequently have more than three drinks in one day (a standard drink is one 12-ounce bottle or can of beer or a wine cooler, one 5-ounce glass of wine, or 1.5 ounces of 80-proof distilled spirits)
- ❑ Lie about or try to hide drinking habits
- ❑ Drink alone
- ❑ Hurt yourself, or someone else, while drinking



Service Coordination is a service of the Area Agency on Aging District 7, Inc. under the direction of the Ohio Department of Aging. The **Area Agency on Aging District 7, Inc.** serves Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto, and Vinton Counties. For assistance from the Area Agency on Aging District 7, Inc., please call 1-800-582-7277.

For information on **Ohio Medicaid** programs or to report suspected Medicaid fraud, you may call the Ohio Medicaid Consumer Hotline: 1-800-324-8680 or 614-466-6742.

The **Ombudsman** program can handle your concerns about areas such as elder abuse, client care, consumer rights, etc. For more information, call 1-800-582-7277.

"Services provided on a non-discriminatory basis."

- ❑ Were drunk more than three or four times last year
- ❑ Need more alcohol to get high
- ❑ Feel irritable, resentful, or unreasonable when not drinking
- ❑ Have medical, social, or financial worries caused by drinking

Getting Help

Studies show that older problem drinkers are as able to benefit from treatment as are younger alcohol abusers. To get help, talk to your doctor. He or she can give you advice about your health, drinking, and treatment options. Your local health department or social services agencies can also help.

There are many types of treatments available. Some, such as 12-step help programs, have been around a long time. Others include getting alcohol out of the body (detoxification), taking prescription medicines to help prevent a return to drinking once you have stopped, and individual and/or group counseling. Newer programs teach people with drinking problems to learn which situations or feelings trigger the urge to drink as well as ways to cope without alcohol. Because the support of family members is important, many programs also counsel married couples and family members as part of the treatment process. Programs may also link individuals with important community resources.

--Adapted from <http://nihseniorhealth.gov>

APRIL

<u>Birthstones</u>	<u>Flowers</u>
Diamond and White Sapphire	Daisy and Sweet Pea
mean Innocence	

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Alcohol Awareness Month. To raise awareness among older adults about aging, medicines, and alcohol. For more information, browse ncadi.samhsa.gov.

National Humor Month. Initiated in 1976 by humorist Larry Wilde to increase understanding of the therapeutic roles laughter and humor play in our health and in our work environments. Benefits of laughing include lower blood pressure, improved brain functioning, lower stress, elevated mood, and higher productivity. For information about the health benefits of humor, visit www.laughtergood.com.



April Fools' or All Fools' Day. April 1. New Year's Day used to be April 1, but was changed to January 1 in 1564. People who insisted on celebrating the "old" New Year became known as "April Fools," and it became common to play jokes and tricks on them.

Easter Sunday. April 12.

Christian festival to commemorate the resurrection of Christ.



Earth Day. April 22. Celebrate the planet!

