

General Resources for Caregivers

www.cancercare.org/tew: Website with information on general cancer care and specific diagnosis. CancerCare also offers FREE telephone education workshops on a variety of cancer-related topics. The workshops are FREE with no phone charges, but pre-registration is required. For details and to pre-register, you can visit the website or call 800-813-4673.

Websites for Financial Planning and Help

www.wiserwoman.org: Women's Institute for a Secure Retirement
A non-profit organization dedicated to providing low and moderate income women with basic financial information.

www.MyMoney.gov: The U.S. government's website dedicated to teaching all Americans the basics about financial education.

www.360financialliteracy.org: The American Institute of Certified Public Accountants website that offers general advice on money management, understanding your personal finances, and money management skills.

Tax Tips for Family Caregivers

Tax rules change every year so always check with your tax professional, but here are some areas to investigate for special deductions related to caregiving.

*Medical expenses such as insurance premiums, prescriptions, hospital fees, and doctor bills.

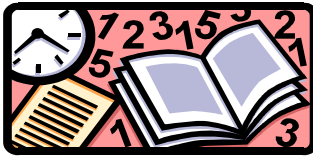
*Special expenses such as oxygen, artificial limbs, eyeglasses, wheelchairs, hearing aids, ambulance services.

*Home improvements or equipment for the home such as ramps, widened doorways, grab bars, and accessible shower stalls.

Consult with your tax professional and visit the Internal Revenue Website at www.irs.gov for more information.

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.

"Services Provided on a Non-Discriminatory Basis"

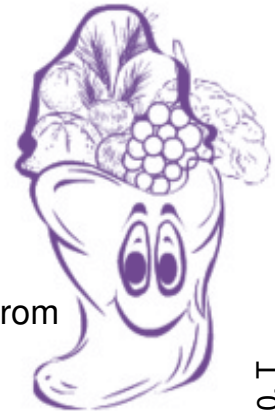


QUICK QUIZ

After reading this issue, think about how you can improve the diet of the person in your care. Then answer True or False to these questions.

Circle T for TRUE or F for FALSE:

- T F 1. In-season fruits and vegetables are the least expensive.
- T F 2. The meat portion of a meal should be the biggest portion of any food on the plate.
- T F 3. People should eat 3 1/2-4 1/2 cups of fruit and vegetables every day.
- T F 4. Most of the salt/sodium in the typical diet comes from adding salt at the table.
- T F 5. Store brands are usually of similar quality to name brands but cost less.
- T F 6. Frozen food is less nutritious.
- T F 7. To save money on food, don't go food shopping when you're hungry.
- T F 8. Meals on Wheels is only for disabled people who can't cook.
- T F 9. Waistline measurements of more than 40 inches for men and 35 inches for women, can put you at the highest risk of a variety of diseases.
- T F 10. Most canned fruit contains added sugar.



Answers
1. T, 2. F, 3. T, 4. F, 5. T, 6. F, 7. T, 8. F, 9. T, 10. T
