



The SAGE AGE

Areawide Aging Agency

Advancing the Independence of Senior Adults in Central Oklahoma

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A Publication of Areawide Aging Agency

Community Expansion of Nutrition Assistance Program Could Help Eligible Senior Centers

Areawide Aging Agency is happy to announce the increased development of the Community Expansion of Nutrition Assistance Program (CENA). CENA is a state funded program awarded by the Department of Commerce. It provides funding for the improvement of nutritional conditions at eligible senior centers that assist with increasing meals and expanding needed services for seniors.

Areawide is in the process of identifying independent senior centers in Canadian, Cleveland, Logan and Oklahoma Counties, with particular attention to the rural areas. To be eligible for the program, senior centers must have by-laws, a governing board, hold regular board meetings and not receive funding under Title III of the Older Americans Act.

We realize a lot of small communities may not have a senior center, but the seniors in the area may get together for a potluck meal once a week or once a month. This funding can help with those meals, if criteria is met. If you know of a senior center in your area, please let us know so we can better serve seniors in our community. Call KimleyDeutsch at 405-942-8500 with senior center information.

New Medicare Cards Are Being Issued

The Medicare Access and CHIP Re-authorization Act of 2015 requires the government to remove Social Security Numbers from all Medicare cards by April 2019. A new Medicare Beneficiary Identifier (MBI) will replace the social security number based health insurance claim number. The issuance of a new card without a social security number on it will help lower medical identity theft, and protect the consumer's social security number. The cards will automatically be mailed to all 58 million current beneficiaries. You don't need to do anything special to receive one. There is no charge for the card. According to the Centers for Medicare and Medicaid Services, new cards will be mailed out to Oklahoma after June 2018. The new card is to be used immediately. You should have a new card by December 31, 2019. Old cards with the social security number will not be accepted after that date. Also, your Medicare benefits will not change with the issuance of the new card.

Areawide Business News

The Annual Oklahoma Seniors Cabaret Show Date is Set

The Oklahoma Seniors Cabaret is a great example of how seniors can stay active and healthy. In this tenth year of the Cabaret, Joan Colee, founder and director, is a prime example of “staying fit and following her desire” to help other seniors. Last year, at 83, Colee appeared on the National television show, “America’s Got Talent”. She wowed them with her operatic performance of the Puccini’s “O Mio Babbino,” transitioning into “You Make Me Feel So Young”, and topping it off with a tap dance.

After a long career in Hollywood, Colee returned home to Oklahoma City. Realizing that many seniors needed an outlet for self-expression, the idea of seniors helping seniors was born. Colee’s impaired hearing prompted her to select John W. Keys Hearing Center as the benefactor of all proceeds raised by the Cabaret, helping seniors to obtain hearing aids at a reduced cost.

The Cabaret is open to all seniors who are civic minded and want to brush up the talent from their youth. Classes are offered in tap, singing and acting. The Cabaret members enjoy entertaining in and around the Oklahoma City area, as well as many engagements in other towns.

Seventy five percent of the members have been in the Cabaret the entire ten years. Charles Jones, well known country and gospel singer is always a scene stealer, along with Alton Scott, who is a treat to listen to as he plays his fiddle. Nelda Hull, Liz Siebert, Barbara Duer, Jan Osban, and Toni Woodward bring much fun and great music to the show, as do other performers.

This year’s show will be Saturday, October 13 at 7pm and Sunday matinee, October 14th at 4 pm at the Randall University (formerly



Joan Colee, a member of the Oklahoma Seniors Cabaret practices for the upcoming show.

Freewill Baptist College) 3701 South I-35 (West service road) Moore, Oklahoma.

For more information, call (405)-840-1242. Tickets are \$15.00

Summer Temperatures Can Be Dangerous -- Tips for Keeping Cool

Summer is here, and that means heat! Most U.S. homes have air conditioners, but many are without air conditioning or do not always use their air conditioners in an attempt to save money. There are many ways to stay cool without using the air conditioner. Even if you have air conditioning, these tips can help you reduce your need for it, saving both energy and money.

- **Close Your Windows.** On hot summer days, opening the windows will often make your home warmer, not cooler. Open your windows only at night if the air outside is cooler than inside, and close them, along with blinds and shades, before the sun hits your house in the morning. When night falls, open windows wide, particularly those oriented toward prevailing winds so you can take advantage of cross ventilation.
- **Use Fans Strategically.** Ceiling fans can cool a room significantly. Stand-alone fans placed directly in front of you help keep you cool. Add in a spritz bottle, and you can change your

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The Sage Age is a quarterly publication of Areawide Aging Agency, Inc. If you would like to receive a copy of the Sage Age, please call **(405)942-8500**.

*Editor: Kathy
Langley*

Good Balance Is Important for Seniors

As we age, balance declines and can contribute to increased risk for falls. When it comes to some of our daily activities, balance can be a benefactor. Balance starts in the core, but involves the whole body. Good balance can reduce the risk of falls and give you better reflexes. A balance training program can prevent the decline in balance.

Balance can be practiced from home. Some exercises that can be performed from home include but are not limited to:

Safety First! When practicing balance be sure to have something sturdy, a chair or wall, nearby for support.

Heel raises: Rise up on to your toes and come back down. Repeat this 8-15 times. You can make this more difficult by holding the exercise for 10 seconds when you rise or by adding light weights.

Standing with feet together: Stand with your feet together for 10-30 seconds.

Half tandem: Stand with one heel of a foot by the arch of the other foot for 10-30 seconds. You can make this more difficult by putting your hands above your head or closing your eyes.

Shifting weight: Start with your feet shoulder width apart. Then shift weight from front, back, side, and side, always returning to center before going to the next position. Repeat 4 times in each direction.

One leg stands: Stand with one foot lifted off the ground. If this is too hard you can keep your toe on the ground and work up to taking it off the ground. Hold for 10 seconds.

Sit to stands: Sitting at the front of a stable chair, stand up without using your hands. Repeat 5-10 times.

For help getting started with a balance training program you can ask a fitness professional for guidance.

The Center for Active Living and Learning provides fitness classes for adults 65 and over in Oklahoma City, Norman, Piedmont, and Guthrie at no cost to our participants. Our Stay Active and Independent for Life (SAIL) classes offer an evidence-based resistance training program designed to improve balance and strength in adults over 65. Classes are led by trained exercise professionals and they are there to help you get started. Come see us in one of our classes near you!

Below are the class locations.

Northwest Church of Christ

4301 NW 23rd OKC 73107

Days: Wednesday and Friday

Time: 9:30am-10:30am

Woodson Park Senior Activity Center

3401 S. May Avenue, OKC

Days: Monday, Wednesday, Friday

Time: 2:00pm – 3:00pm

Danforth Senior Center

5301 N. Meridian Ave

Oklahoma City, OK 73112

Tues/Thurs 12:30-1:30pm

Piedmont Church of the Nazarene

2011 Piedmont Rd. North

Piedmont, OK

Days: Monday, Wednesday, Friday

Time: 2:00pm – 3:00pm

Highland Hall

1102 E. Warner Ave.

Guthrie, OK 73044

Days: Tuesday and Thursday

Time: 11:00am – 12:00pm

McFarlin Memorial United

Methodist Church

419 S. University Blvd.

Norman, OK 73069

Days: Tuesday and Thursday

Time: 1:30pm – 2:30pm

To sign up for any location, call 405 947-5309, email call@uco.edu or online www.ucocall.com

Areawide Hires Three New Ombudsman Supervisors

The Long-Term Care Ombudsman Program at Areawide Aging Agency has welcomed three new Ombudsman Supervisors to serve residents in nursing homes, assisted living centers and residential care facilities. Ombudsman Susan Adair previously worked at Areawide as a part-time planner. She moved out of state and returned to Oklahoma and joined our staff as an ombudsman late last fall. After completing several months of training through the Office of the State Long-Term Care Ombudsman Program she is now serving residents of Oklahoma County in far north Oklahoma City, Edmond, Harrah, Jones and residents in Logan County in Guthrie and Crescent. Ombudsman Natalie Bingham came to Areawide from the COEDD Area Agency on Aging in Shawnee, OK where she served as an Ombudsman there for a year and a half. She is now serving residents in the northeast quadrant of Oklahoma County as well as the Midwest City and Del City areas and Ombudsman Judy Mason also came to Areawide from COEDD Area Agency on Aging where she had served as an Ombudsman for six months. She is serving residents in far south Oklahoma County and all of Cleveland County.

The Ombudsman Program held two trainings for new Ombudsman Volunteers; one in late January and one in late March 2018 and we are very pleased to have recruited and welcomed fourteen new volunteers to serve residents in Canadian, Cleveland, Oklahoma and Logan Counties, bringing our total number of designated volunteers up to twenty-five.

Health Care Scams -- The Cruellest Hoax of All

Dr. Harriett Hall perhaps said it best: Alzheimer's sucks! It is a relentless, devastating, cruel disease that destroys patients' memory and personality, making them no longer the person they used to be. It leaves its victims dependent on caretakers and eventually kills them an average of 4 to 8 years after diagnosis. Ten percent of the population over the age of 65 has it; the incidence is 3% at age 65 and rises to 32% at age 85. As our population ages, millions more will be afflicted, with resultant social and financial costs for society. Already today, 15 million Americans are unpaid caretakers for patients with some form of dementia.

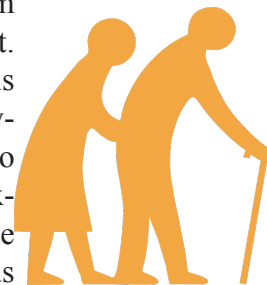
These are not words of cheer, but they are words of truth. Many elderly people suffer from Alzheimer's and other forms of dementia, as well as other chronic but less devastating chronic illnesses. Important Disclaimer: Alzheimer's, other dementias, and the conditions once combined under the heading of "senility" are **not** a natural part of the aging process. Diseases are malfunctions of the body – anomalies. I'm sure that brings cold comfort to those presently suffering from the ravages of disease and those caring for them. But facing old age (whatever that means) does not require a doom and gloom outlook in which those maladies become inevitabilities.

Health scams, miracle cures, and other types of quackery have existed for ages. In fact, we see not so much new scams as old scams in new packaging. Health scammers are predators, preying on people both scared and suffering. They target all ages and all walks of life. However, seniors generally endure greater health problems - such as cancer or arthritis - than younger folks. This leaves many vulnerable to swindlers who prey on health and wellness fears, and desperation for relief, to sell worthless healthcare products false-

ly peddled as preventive or curative of chronic or terminal diseases. The isolation of many older people increases the risk, like blood in the water draws sharks. Moreover, it was found that the elderly tend to be more receptive to telemarketers because they are in greater need of social interactions with the young. Seniors lacking friends and family tend to rely on retailers and service providers as a source of social interaction, and an undeserved bond of trust begins to form.

Hope is, perhaps, the most vital component of human existence. It fuels our ability and fuses our other resources to rise to the challenges thrown at us in the course of life. Unfortunately, it is also a commodity hucksters sell. As Stephen Barrett, M.D. and William T. Jarvis, Ph.D. have written:

False hope for the seriously ill is the cruellest form of quackery because it can lure victims away from effective treatment. Even when death is inevitable, however, false hope can do great damage. Experts who study the dying process tell us that while the initial



reaction is shock and disbelief, most terminally ill patients will adjust very well as long as they do not feel abandoned. People who accept the reality of their fate not only die psychologically prepared, but also can put their affairs in order. On the other hand, those who buy false hope can get stuck in an attitude of denial. They waste not only financial resources but what little remaining time they have left

When considering a health product, you should have two concerns. The first is efficacy: Does the product work? The second is safety: Will the product harm me? As to the latter, beware of weasel words. "Natural" does not mean "safe."

Numerous poisons such as belladonna, nightshade, and hemlock are also “natural.” Also, many “natural” products such as peanuts, wheat, and milk are safe for the majority of people, but life threatening to those allergic. On top of that, we have to factor in the “miracle” product’s potential interaction with other medications, and the damage done by abandoning an established prescription regimen in reliance on the new treatment. And how about efficacy? A “money back guarantee” does not equate with effective, and anecdotes and testimonials are not reliable substitutes for clinical trials, peer reviewed defense of theories, or FDA approval. How do you know those providing the success stories and testimonials actually said those things? In fact, you can’t even be sure they exist at all.

Your doctor or pharmacist could probably answer most of the questions in the preceding paragraph. Here’s the catch. As with any true predator, secrecy is key. They ask that you trust them rather than the health care professionals most familiar with you and your case. This treatment, they say, is the one Big Pharma doesn’t want you to know about. Doctors won’t tell you about my diet supplement because they make more money from their “standard” treatment. OK, let’s put aside for a moment that the scammer is asking you to accept his/her word over and above the physician you’ve trusted for years. If some person or corporation had a proven cure for cancer or a preventive for Parkinson’s they’d become rich beyond measure by going public. Think of the Nobel Prize and other world-wide accolades he’d most

certainly attain. Also think about this: What sort of person with the power to relieve so much suffering would keep it under wraps.

I must agree with Dr. Hall. Alzheimer’s, and all other chronic diseases, do, indeed, suck. I further agree with her observation that: “the real hope lies with researchers who are working hard to develop treatments and better ways to diagnose and prevent the disease and who understand the necessity of controlled experiments—research scientists who don’t just collect hypotheses, uncontrolled observations, and patient testimonials and throw everything but the kitchen sink at patients.” Avoid making a bad situation worse by further compromising your health, depleting your finances, and sinking into the well of depression that comes with the crash of hope in reliance on phony treatments and cures. At minimum remember:

There are no magic pills, miracle cures or safe options for serious medical conditions or rapid weight loss.

There are likewise no creams or diet supplements that stop the aging process.

Never commit to anything under pressure.

Don’t trust an unsubstantiated claim about medicines, supplements or other treatments. Consult your healthcare professional, the person best informed about you and your health needs.

Check for published medical and research papers to verify the accuracy of the claims made by the promoters.

body temperature as the water evaporates off your skin. Creating a wind tunnel is another option if there is a cool breeze. Set one fan facing in on the side of your home receiving the wind, and another fan facing out on the opposite end of the house. You will maximize the cooling power of a natural breeze.

- Shut Off The Lights. Incandescent light bulbs can produce as much heat as they do light. Instead, use Energy Star-rated light bulbs or compact fluorescents and LEDs. Turn off your lamps and your computer when you are not using them. You should also turn off your TV, as it gives off a lot of heat.
- Eat Cold Meals. Eating cold food helps keep your internal temperature lower on a hot day. If you do cook, use the grill or the microwave. Avoid caffeine. Instead, sip ice water throughout the day. Avoid alcohol. Alcohol acts as a diuretic, promoting further dehydration through water loss.
- Take a Cold Shower. Cool off your core temperature by immersing yourself in cold water. The evaporation of water off your skin will cool you when you emerge from the water. Instead of drying completely off, air-dry in front of a fan.

Other Water Tricks. Wet all your hair, or just along the hairline. The evaporation of water will cool your head. Wear a bandana soaked in water on your head.

Areawide Program News

*Aging Services of
Canadian County*

*Aging Services,
Inc. (Cleveland
County)*

*Aging Services of
Logan County*

*Okla. County
Senior Nutrition
Program*

Embark

Legal Aid

*Mobile Meals of
Okla. County, Inc.*

*Sunbeam Family
Services Caregiver
Fundamentals*

*University of
Central Oklahoma,
Department of
Kinesiology and
Health Studies*

*All Older American's Act
Programs accept donations
which are not required in
order to receive services.*

Tammy Vaughn is the new Executive Director of **Aging Services, Inc.(ASI)** Tammy has been serving non-profits for the last 25 years; has an excellent funded grant writing background, as well as being certified in Advantage and behavioral health case management. She is also a nationally certified instructor of Mental Health First Aid which has a training program that is specific for the elderly, as well as being certified by the OKDMHSAS as a Wellness Coach. Tammy states "working with seniors has always been my heart and this opportunity will help me further enhance the lives and dignity of Cleveland County senior adults. I look forward to working with everyone involved with the Areawide Aging programs to assist our seniors and promote healthy independent living." Currently, at **ASI**, Vaughn says she is learning the ropes while working on website development, and writing a couple of grants, and planning a signature fundraiser with the help of **ASI's** great board members. **ASI** is currently looking for seniors who might need a little help this summer with their yards or homes as there are volunteers looking for projects. Vaughn says "I want to thank everyone at Areawide, at **ASI**, and in the community who have been so welcoming, helpful, and excited for me to be here."

The beginning of a new grant year is always greeted with great anticipation and optimism. It appears funding is at least stable for this grant year. No extra money, but also no major cuts on the horizon. **Aging Services of Canadian County (ASCC)** looks forward this grant year to serving as many seniors as possible.

Summer months bring more cold plates on the menus to enjoy during the hot weather. Hopefully there will be new recipes as well as old favorites.

Donations are still very important at this time, so here is a list of **ASCC's** suggested donations: \$2.00 per meal,

housekeeping \$5.00 per cleaning, local transportation \$2.50, and round trip transportation to and from Oklahoma City \$7.50.

For more information about services, call **405-262-7121**.



EMBARK is pleased to partner with the Areawide Aging Agency to provide transportation to seniors 60 or over.

Let us do the driving! You will enjoy safe and dependable transportation provided by a helpful and friendly driver.

CONGREGATE MEALS –
WEEKLY GROCERY SHOPPING
MEDICAL APPOINTMENTS

EMBARK also offers travel training to assist you in using fixed-route buses across the metro area, ADA paratransit services through the PLUS program, reduced bus fare on fixed-route service, and the Share-A-Fare discount taxi coupon program for eligible seniors.

Donations are greatly appreciated, but not required.

Chances are you know someone, or you are someone, who is raising a grandchild. In Oklahoma there are more than 45,000 children living with grandparents without parents in the home. The numbers have grown since 2009, according to the U.S. Census Bureau and are mostly due to incarceration and substance abuse.

Sunbeam Family Services' Caregiver Fundamentals Program (CFP) provides support, resources, education and encouragement to grandparents 55+ in Oklahoma, Cleveland, Canadian and Logan counties. The Grandparents Raising Grandchildren (GRG) program provides monthly support groups as well as school supply assistance, which is made possible through funding from Areawide Aging Agency, TRIAD, the Oklahoma Recyclers, and local law enforcement. This year, more than 400 grandchildren in **CFP** will receive backpacks filled with grade-appropriate school supplies. Many of these grandfamilies learn of the school supply program through another one of Sunbeam resource program for grandparents, the Holiday Assistance program. Each year more than 600 children being raised by grandparents receive gifts. This is a huge relief to grandparents who often must choose between buying presents for their grandchildren or paying the bills. Applications for the Holiday program will begin in September.

Grandparents who attend **CFP** GRG support groups say that being with others who are raising grandchildren helps them gather important information and resources, realize that they are not alone, gain hope and lower their stress and depression. The seven monthly GRG support groups are in four counties:

Noble Avenue Baptist Church, Guthrie; NE Church of Christ, Oklahoma City; Educare, Oklahoma City; Fresh Start Church, Moore; Canadian County Youth and Family, El Reno; Coolidge Elementary, Oklahoma City; Generations Church, Norman. A light meal and childcare are provided at each meeting. For more information Sunbeam's Grandparent Raising Grandchildren program, contact Talena Ford at **405.609.6551** or email **tford@sunbeamfamilyservices.org**.

Mobile Meals of Oklahoma County, Inc. has a new meal provider on the Northeast quadrant of Oklahoma City, Greater New Bethlehem Church. This addition strengthens **Mobile Meals** services in this area.

Rev. John Malget, was elected the new Chairman of the Board at the recent **Mobile Meals** Board meeting. Mary Wells, long time Board member was honored for her services as well as retiring Chairman, Carole Hume.

This fiscal year, **Mobile Meals** will be working hard to increase services in the Southwest area of Oklahoma City.

The **Mobile Meals** Advisory Council is planning a concert fundraiser for the late fall.

*In Honor
of
Don Hudman
for a long and worthwhile
career tirelessly working
to help an often neglected
segment of our citizens.
By
Carol Mitchell*

Continued from page 5

Keep the back of your neck in shade or put a wet handkerchief on the back of your neck. Try using a water misting fan. These portable devices are battery operated so you can take them with you. As you mist and fan yourself, the water is evaporated on your skin, giving you an instant cooling sensation. Run cold water over your wrists for 10 seconds on each hand. This will reduce your temperature for roughly one hour. Soak a t-shirt in the sink, wring it out and put it on. Sit in front of a fan. Or you can just wet the sleeves of your shirt if there is a breeze or fan on you, and you will feel cooled. Soaking your feet in a bucket of cold water will also efficiently cool the body.

Freezer Tips. Keep plastic bottles of water in the freezer. Grab one when you go outside. As the ice melts, you will have a supply of cold water with you. Get one or more 2 liter bottles and fill them mostly full of water, freeze them, then place them in a large bowl (to catch dripping water). Position a fan to blow on them. As the ice in the bottles melts, the air cools around them. The fan will blow that air at you. Freezing ice packs is another tip when looking for how to stay cool. Use the ice packs to cool your head, wrists, and feet. By cooling these areas of your body, you can reduce your overall body temperature. A few hours before bed, place your pillow in the freezer. If you do not have room, then dampen (not soak) your pillowcase, and freeze it. This will help cool you, hopefully long enough to fall asleep.

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Permit No. 33

The AAA makes no distinction on the grounds of race, color, age, handicap or national origin in the provision of services, financial aid or other benefits, in accordance with the Civil Rights Act of 1964 and the Rehabilitation Act of 1973. A portion of the project costs are met by State and Federal Older Americans Act funds from OKDHS Aging Service Division.



I would like to honor my elderly family member or other Older Oklahoman by making a fully tax deductible contribution to Areawide Aging Agency.

This gift is *In Memory of* _____

This gift is *In Honor of* _____

Please send an acknowledgement to:

NAME: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

Please indicate on your check if you wish for your donation to support the printing and mailing of the Sage Age newsletter.