



LAKE COUNTY
FLORIDA

Elder Council Ledger

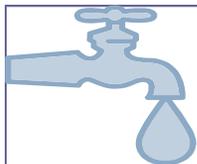
Elder Affairs

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The Council FORUM



DON'T WASTE A DROP OF WATER:

Tips For Conservation:

Water covers the Earth, yet using it efficiently is more important than ever. You'll avoid wasting water and energy by following these simple tips:

- Check your toilet. Toilet leaks can waste a ridiculous amount of water. Place a few drops of food coloring in your tank, then check the bowl a half-hour later. If you see any color, you have a leak that should be fixed.
- Shut off your hose. When watering your lawn or washing your car, use a nozzle you can shut off when you don't need it. Better yet, fill a bucket of water instead of running the hose constantly and you will use less water.
- Keep a pitcher of water in your fridge. Do not run the faucet when you need a drink. A pitcher or bottle of water in the refrigerator will ensure that less water goes down the drain. If possible, try to use the same glass or cup all day long to cut down on the number of dishes that need washing.
- Shorten your showers. The average eight-minute shower can use up to 17 gallons of water. Trim your shower time to three or four minutes; some experts suggest turning water off while you lather up.

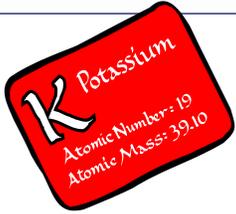


INFORMED CONSENT:

What To Ask Your Surgeon Before The Incision

Surgery is almost always a scary prospect to confront. The American Association of Neurological Surgeons offers patients this list of questions they should ask before the day of any surgical procedure:

- What surgery are you recommending?
- Why do I need it?
- Are there any alternatives to this surgery?
- What are the benefits of having this surgery?
- What are the risks?
- How much postoperative pain will there be?
- What might happen if I choose not to have the surgery?
- Where can I go for a second opinion?
- What is your experience with this procedure?
- How much will the surgery cost?
- Where will the surgery be performed?
- What kind of anesthesia will be used?
- Can I eat or drink anything the day before and/or the day of my surgery?
- How long can I expect to be in the hospital?
- Where should I go when I arrive at the hospital?
- What should I bring to the hospital with me?
- How long will it take to recover?
- What if I still have pain or still experience symptoms after surgery?
- When do I schedule my post-surgery follow up?



Are You Getting Enough Potassium?

According to the Dietary Guidelines for Americans 2005, the recommended daily intake for potassium is 4700 milligrams. Unfortunately, many people only get about one-half as much. Potassium helps maintain fluid balance, helps send nerve impulses and helps muscles contract. A potassium-rich diet may help reduce blood pressure and reduce risk for developing kidney stones. Especially important to elders is the result of a three-year study conducted by Tufts University which showed higher intakes of potassium-rich foods may help preserve muscle mass in older adults. More muscle provides increased strength and may possibly reduce falls. The study specifically mentioned the importance of eating potassium-rich fruits and vegetables.

The highest amount of potassium is found in fruits and vegetables, and it is also found in beans, fish and some dairy foods. Foods rich in potassium include yogurt, cooked cod and halibut, avocados, bananas, cantaloupe, asparagus, beans (kidney, lentil, garbanzo, black, or pinto), potatoes (sweet or white) and tomato products.

A word of warning; your kidneys help regulate the potassium in your body. If you have been diagnosed with kidney disease, be sure to talk to your healthcare provider about how much potassium you should consume.

By: Julie England, Extension Agent
UF/IFAS Lake County Extension



HAPPINESS IS CATCHING

If you want to be happy, try getting close to other happy people. Happiness isn't just an experience or choice, reports a study in the *British Medical Journal*. It depends on how happy those directly and indirectly connected to you are, and requires close proximity in order to spread. For instance, if you have a happy friend who lives within a mile of you, you are 25 percent more likely to be happy yourself, the researchers say.

Proximity is key: A person is 42 percent more likely to be happy if a friend who is happy lives less than a mile away. The effect declines the farther away a friend is.



Sugar-free Banana Bread

University of Illinois Extension, Recipes for Diabetes

Ingredients:

2 cups flour
 ½ teaspoon baking soda
 ½ teaspoon salt
 1 cup Splenda®
 ¼ cup margarine, softened
 2 eggs
 3 ripe bananas, mashed
 1/3 cup non-fat plain yogurt
 1 teaspoon vanilla
 Cooking spray

Directions:

Preheat oven to 350°. Spray loaf pan with cooking spray. Combine flour, soda, and salt.

Cream Splenda® and margarine with a mixer until well blended. Add eggs, one at a time, mixing after each addition. Add banana, yogurt, and vanilla, mixing well. Add flour mixture, beating at low speed just until moist.

Spoon batter into loaf pan. Bake 1 hour or until toothpick inserted in middle comes out clean.

Nutrition Facts:

Servings per Recipe: 14 servings, 1 serving = 1 slice

Amount Per Serving

Calories 145

Calories from Fat 27

Total Fat 4 g

Cholesterol 30 mg

Sodium 205 mg

Carbohydrate 24 g

Dietary Fiber 1 g

Protein 3 g

Exchange 1½ bread, 1 fat

Carbohydrate Units 1.5



What About the Poppies?

The idea of wearing red poppies on Memorial Day is said

to have originated with a woman named Moina Michael. A former teacher at the University of Georgia, Michael was working for the YMCA Overseas War Secretaries at the end of World War I. In 1918, Michael read the poem, “In Flanders Fields,” by Canadian poet and doctor John McCrae. The poem’s opening lines, “In Flanders Field, the poppies blow/ Between the crosses, row on row...,” caught her imagination.

This was a few days before the Armistice was signed to end the war, and at the time, the Overseas War Secretaries’ annual conference was being held in New York City. According to some sources, grateful delegates gave Michael \$10 in recognition of her help with the conference, and she spent the money on 25 red silk poppies to hand out to participants. (Other sources say she made the poppies herself.) Michael then decided the poppy should become a national symbol of remembrance, and she began a campaign for its acceptance. Two years later, the American Legion adopted it at its own conference, and poppies have symbolized the day every since.



Dr. Bernard Croisle
Chief Scientific Officer
HAPPYneuron, Inc.

Many seniors are devoted to looking and feeling younger as they age. The phrase “use it or lose it” applies to more than just keeping our bodies young – it also applies to the neural pathways and connections in our brains. There are a variety of exercises and activities that can keep your brain sharp. Our minds consist of five main cognitive functions: Memory, Attention, Language, Visual-Spatial Skills and Executive Function. It is important to challenge, stimulate and effectively exercise all five areas to stay mentally sharp as your brain ages.

1) Memory

Memory plays a crucial role in all cognitive activities, including reading, reasoning and mental calculation. There are several types of memory at

work in the brain. Taken together, these are the cognitive skills we may notice most when they begin to fail.

Listening to music is not only enjoyable, but by choosing a song you don’t know and memorizing the lyrics, you boost the level of acetylcholine, the chemical that helps build your brain, and improve your memory skills. Challenge yourself even more by showering or getting dressed in the dark or using your opposite hand to brush your teeth. These challenges help build new associations between different neural connections of the brain.

2) Attention

Attention is necessary in nearly all daily tasks. Good attention enables you to maintain concentration despite noise and distractions and to focus on several activities at once. We can improve our attention by simply changing our routines. Change your route to a favorite store or reorganize your desk – both will force your brain to wake up from habits and pay attention again. As we age, our attention span can decrease, making us more susceptible to distraction and less efficient at multi-tasking.

3) Language

Language activities will challenge a person’s ability to recognize, remember and understand words. They also exercise fluency, grammatical skills and vocabulary. With regular practice, you can expand your knowledge of new words and much more easily retrieve words that are familiar. For example, if you usually thoroughly read only the sports section of your local newspaper, try reading a few in-depth business articles. You’ll be exposed to new words, which are easier to understand when read in context or easier to look up on a dictionary website if you are reading the news online.

4) Visual-Spatial

We live in a colorful, three-dimensional world. Analyzing visual information is necessary to be able to act within your environment. To work this cognitive function, try walking into a room and picking out five items and their locations. When you exit the room, try to recall all five items and where they were located. Too easy? Wait two hours and try to remember those items and their locations.

5) Executive Function

Without even realizing it, you use your logic and reasoning skills on a daily basis to make decisions, build up hypotheses and consider the possible consequences of your actions. Activities in which you must define a strategy to reach a desired outcome and calculate the right moves to reach the solution in the shortest possible time are actually fun activities you do daily – things like social interaction, grocery shopping and yes, even video games. As we age, it’s important to flex our mental muscles as well as our physiques.

Now that you’re aware of the five main cognitive functions and how to exercise them, it will be easy to find daily activities that will help you break a mental sweat and keep your brain in shape.

Neurologist and neuropsychologist Dr. Bernard Croisle is the author of Dental Floss for the Mind, Get your Brain in the Fast Lane and Broccoli for the Brain, as well as developer of HAPPY-neuron.com, an online brain fitness program.



It's Time For... Brain Aerobics

The "T" Sound

Every word listed below is contained within this group of letters. Words can be found horizontally, vertically, or diagonally. They may read either backward or forward. Leftover letters tell what "T is for" according to an old song.

CANTEEN
COUNTY
ESTEEM
PRETTY
STEAM
STEEP
STEER
TEACHER
TEAK
TEASE
TENNY-BOPPER
TEETER-TOTTER
TEETH
T-SQUARE

M E E T S E T I C A N T E E N
S F O T S Q U A R E T E A S E
R T H R E T T O T R E T E E T
E T E A R A S S K H S E S H E
D C A T T
S E H E T
T O A E S
E M A N R
E V P Y H
P Y R B T
R T E O E
E N T P E
E U T P T
T O Y E E
S C M R E

ANSWER: Leftover letters spell: T is for the tears she shed to save me

Upcoming Dates

