



LAKE COUNTY
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Elder Council Ledger

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The Council FORUM



ALZHEIMER'S FAMILY ORGANIZATION

The Alzheimer's Family Organization (AFO) is a voluntary health organization dedicated to providing support services, educational programs, and assistance to those people afflicted with Alzheimer's disease and their families. AFO's office is located in Pasco County and they serve the counties of Pasco, Hernando, Citrus, Sumter, Lake, N. Hillsborough, & N. Pinellas.

AFO provides a variety of services including Support Groups, an Emergency Helpline, Educational Programs, Wanderer's ID Registration, Respite Care Assistance, Emergency Placement Directives, and Legal H.E.L.P.

- *Support Groups*—AFO offers a number of conveniently located support groups throughout Central Florida. They are open to AFO members

and the general public and provide support, encouragement and assistance to caregivers attempting to cope with the demands of caring for their loved one afflicted with dementia. Brochures, literature and books are available. Support groups locations and times can be obtained by call the AFO's office. **1-888-496-8004**

- *Helpline*— A trained person is available to respond to questions from concerned individuals calling with specific problems or seeking information on services of community resources. Office hours are 8:30 a.m. to 4:30 p.m., Monday through Friday. After hours, an emergency number is available; messages are recorded and returned as soon as possible.

- *Educational Programs*—*Newsletter*—AFO members receive informational newsletters containing articles, caregiver hints, research updates, announcements of conferences or special events and support group listings.

- *Speakers Bureau*—AFO provides knowledgeable speakers to make presentations on Alzheimer's disease and other related topics.

- *Training/Seminars*—Seminars and specialized training programs are offered to the public. Information concerning these events can be found in the newsletter or by calling the AFO Office. **1-888-496-8004**

- *Wanderer's Identification Program*—AFO offers a free ID bracelet or pendant for persons suffering from dementia who may

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Monday, November 6, 2006:

Alzheimer's Disease Seminar for Professionals and Caregivers. Venetian Gardens, 109 E. Dixie Avenue, Leesburg. **CAREGIVERS:** AFO Member \$10, Non-Member \$15. **PROFESSIONALS:** AFO Member \$50, Non-Member \$55, New Member \$75. **FREE Respite care available.** For more information and to register please call Alzheimer's Family Organization at **1-888-496-8004**

Friday, November 10, 2006:

NOVEMBER is Diabetes Awareness Month!!!! The 55Plus Club of Orlando Regional Healthcare and the Lake County Elder Affairs Division in association with DIABETIC CHARITABLE SERVICES and Roche Diagnostics invite you to participate in a Health Screening. **Free** glucose and cholesterol screening. **Free** blood pressure check. **Free** meter upgrade. 9:00 a.m.—5:00 p.m. at The Lake Square Mall. Experts in the field of Diabetes Monitors, Podiatry, and Wound Care will be there to answer your questions.

Thursday, November 16, 2006:

Elder Affairs Coordinating Council will meet at 9:00 a.m. at 1300 Duncan Drive, Tavares, Florida. Community Services Complex, Building E Conference Room. For more information please call, Allison Thall, Elder Affairs Director at 352-742-6525.

Thursday, November 30, 2006:

William Colby, author of *Unplugged* and *Long Goodbye* presents *From Cruzan to Schiavo What Have We Learned?* 9:00 a.m.— Noon at the Lake Sumter Community College, Leesburg campus. Sponsored by the Lake-Sumter End-of-Life Coalition. This event is **FREE**. To reserve a seat please call 352-742-6783.

Alzheimer's Family Organization..continued

wander from home or the health care facility. A fee will be charged to non-members to cover the costs.

- **Respite Care Assistance**—The Respite Care Assistance Program provides financial assistance to AFO members and their loved ones. The caregiver arranges their own respite care services using either in-home services provided through a home health agency, a neighbor or friend or institutionally-based short term respite, such as adult day care, A.L.F., or nursing home care.

- **Emergency Placement Directives**—The AFO offers this service to members to help ease the minds of caregivers. It is the Emergency Placement Directives Program which allows the opportunity to ensure that in the event of an emergency to the caregiver, the dementia patient will be cared for. For further information, please call the office at **1-888-496-8004**.

- **Legal HELP**—Helping the Elderly with Legal Problems (HELP) offers free legal advice to individuals aged 60 and over. Call the office for details. **1-888-496-8004**



Believe It or Not...!

84 - Percentage of Americans who say—Yippee!- that they're "very happy or "pretty happy"

3 - Years that people ages 50 and older can add to their lives by exercising

3.2 - That's how many more dollars—in *billions*—we spent for Mother's Day than for Father's Day last year, a 39% difference. A possible factor: median income is 31% higher for men



HEALTHY HOLIDAY EATING

Many traditional holiday foods are loaded with fat and calories. This doesn't mean you have to avoid holiday favorites. Modify your recipes to make them healthier or limit quantity consumed. Focus your holidays around friends and family and not the buffet table. Enjoy foods in moderation and then you won't have to add weight loss to your New Year's resolutions.

Try this recipe to lighten up your holidays!

Green Beans with Cranberries and Walnuts

- 16 oz. frozen green beans
- 1/2 tsp. vegetable oil
- 1/4 cup chopped fresh cranberries
- 2 Tbsp. chopped walnuts
- 1 Tbsp honey

Place green beans in medium-sized casserole dish and microwave on high until heated and tender, about 6 minutes. Meanwhile, heat a small nonstick skillet over medium high heat and add the oil. Cook the cranberries and walnuts briefly until the cranberries are tender and the walnuts are toasted. Toss into the green beans and add the honey. Serve hot.

Servings:

- Serves 4. 1/2 cup per serving
- 80 calories per serving
- 3 g total fat, .3 g saturated fat
- 10 mg. sodium
- 7.3 g of sugar

Recipe courtesy of FoodandHealth.com

THINGS THAT MAKE YOU GO HMMM.....



Daily Dangers

Thought your routine was pretty tame? Discover how close to the edge you're really standing—or sitting.

Activity	U.S. Injuries Per Year
• Brushing your teeth or gargling	3,925
• Reading	11,243
• Barbecuing	15,952
• Stapling paper	15,974
• Bowling	17,916
• Riding a stationary bike	43,117
• Bicycling	534,883
• Driving	2,788,000



Riskiest Places on Earth

- ▶ **Interstate 95 in Florida** America's most dangerous stretch of interstate, with 182 fatalities last year.
- ▶ **Las Vegas Strip** Bright, glitzy, tasteless and merciless.
- ▶ **Fast-food drive-through** But only if you order the food.
- ▶ **Mine entrance** It's called a shaft for a reason.
- ▶ **Mother-in-law's kitchen** Unsafe for all but mute compulsive eaters.
- ▶ **Hospital room** If what got you there doesn't get you, what you'll get there will.

9-4 = 5, 7+7 = 14, 8-6 = 2, 24-10 = 14, 360/90 = 4
 9-6 = 3, 100/50 = 2, 13-12 = 1, 10-1 = 9,
 10+3 = 13, 39-16 = 23, 8-4 = 4, 9+5 = 14,
 5+5 = 10, 13+0 = 13

Tips for Staying Young

Submitted by Ellen Miller

1. Throw out non-essential numbers. This includes age, weight and height. Let the doctor worry about them. That is why you pay him or her.
2. Keep only cheerful friends.
3. Keep learning. Learn more about computers, crafts, gardening, whatever turns you on. Never let the brain idle.
4. Enjoy the simple things. When the children are young, that is all you can afford. When they are in college, that is all you can afford. When you are retired, that is all you can afford.
5. Laugh often, long and loud. Laugh until you gasp for breath. Laugh so much that you can be tracked in the store by your distinctive laughter.
6. Tears happen. Endure, grieve and move on. The only person with you your entire life is yourself. Be alive while you are alive. Don't put out a mailbox on the highway of death and just wait in residence for your mail.
7. Surround yourself with what you love, be it family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.
8. Cherish your health. If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
9. Don't take guilt trips. Go to the mall, the next county, a distant state or a foreign country. But don't let anyone be your travel agent for a guilt trip.
10. Tell the people you love that you love them—at every opportunity. AND ALWAYS REMEMBER: Life is not measured by the number of breaths we take, but by the number of moments that take our breath away.

It's Time For...



BrainAEROBICS

Finding the Right Number

This exercise requires you to RETRIEVE trivia and perform simple mathematical calculations at the same time. *Use the trivia to find the correct numbers.* Then, do the calculations and place your answer in the space. If all your answers are correct, the total will add up to 131. *The first answer is completed for you.*

- 1 Innings in a baseball game 9 minus 4
leaf clover = 5
- 2 Friends of Snow White _____ plus the _____ seas = _____
- 3 Dinner at _____ minus the _____ sides of a hexagon = _____
- 4 Hours in a day _____ minus a decade _____ = _____
- 5 Degrees in a circle _____ divided by degrees in a right angle _____ = _____
- 6 Cats lives _____ minus _____ feet underground = _____
- 7 Pennies in a dollar _____ divided by _____ ways to leave your lover = _____
- 8 Bakers dozen _____ minus _____ signs of the zodiac = _____
- 9 _____ Commandments minus _____ dots in a semi-colon = _____
- 10 _____ Amendments in the Bill of Rights plus _____ sides in a triangle = _____
- 11 Jack Benny's "age" _____ minus Tennessee Ernie's _____ tons = _____
- 12 _____ legs on a spider minus _____ chambers in the human heart = _____
- 13 Baseball team _____ plus beginning to need a shave, _____ o'clock shadow = _____
- 14 The _____ senses plus the _____ great lakes = _____
- 15 The _____ original colonies plus attack hour in war _____ = _____ *answers on pg. 3*