



Concho Valley Area Agency on Aging

THE SILVER SOURCE



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Regional Advisory Committee on Aging (RACOA)



Front Row: (Left to Right) Mary Roden, Bill Sohn, Patsy Kellogg, Beth Grounds, Louise Jacobsen

Back Row: (Left to Right) Rebecca Whitecotton, Mary Cortinas, Jim Brisbin, Brigitte Rogers, Dolores Schwertner, Wayne Merrill (Chair), Ralph Teague, LeeRoy Kiesling, Mike Matthews, Maggie Farrington (Co-Chair), Robert Gauer

Not Pictured: Vicki Bledsoe, Lynn English, Mary Kay Henson, Deborah Palmer, Kaye Pitcock, Kathy Aycok

The Regional Advisory Committee on Aging (RACOA) provides a valuable service by helping the Area Agency on Aging identify needs, develop accessible services, target resources in your community and others in the Concho Valley Region. They advise and make recommendations to the Area Agency on Aging of the Concho Valley on aging matters.

Our purpose is to assure that the Concho Valley is a good place to grow up and grow old. We acknowledge the independence of all persons and resources in this quest. Older people can be assured that their individual rights are valued and that our communities offer services appropriate to their preferences.

Volunteers who serve on this committee will continually advise the Area Agency on Aging of the Concho Valley on all matters relating to the development and administration of operations conducted under the area plan, representing the interest of older people in our region.

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August Fun Facts

- National Psoriasis Awareness Month
- Admit You're Happy Month
- National Sandwich Month
- National Catfish Month
- National Eye Exam Month
- Peach Month
- National Golf Month

Birthstone: Peridot

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RACOA continued...

The committee meets every other fourth Wednesday of the month, beginning in January, from 10 a.m. to Noon at the Concho Valley Council of Governments Regional Training Center, 2801 W. Loop 306, Suite A, San Angelo, TX.

This committee seeks to include at least one representative, who is preferably age 60 or older, from each county in the Concho Valley region. Individuals of any age 18 and older: service providers, caregivers, and those who have a genuine interest in addressing the needs of our older population are also invited to become members. Members from the media, local elected officials, health and social service agency representatives are also welcome to serve.

The membership shall stand at a maximum of 40 representatives. We currently have 18 members serving who represent the following counties: Coke, Concho, McCulloch, Menard, Schleicher, Sutton, Tom Green. If you are interested in representing Crockett, Irion, Kimble, Mason, Sterling or Tom Green, please contact the Aging Director at (325)223-5704.

Note from the Aging Director:

We would like to give our many thanks to three members who resigned in July 2014: Bill Sohn, Mike Matthews, and Kaye Pitcock. We truly are thankful for your volunteerism, input, and support of the Area Agency on Aging and our staff over the years. We wish you years of happiness, good health, and continued success!

Concho Valley Ombudsmen Receive Recognition

Mary Roden (left) and Darlyne Vietor (right), Certified Volunteer Ombudsmen with the Area Agency on Aging Program, have recently received recognition from the State Long-term Care Office in Austin for their specific years of service to residents of nursing homes and assisted living facilities. Karen Cline, Managing Local Ombudsman, (center) displays an additional recognition for all volunteers in the thirteen surrounding counties who participate in the program.



Arthritis Advice from the NIA

The word "arthritis" makes many people think of painful, stiff joints. But, there are many kinds of arthritis, each with different symptoms and treatments. Most types of arthritis are chronic. That means they can go on for a long time.

Arthritis can attack joints in almost any part of the body. Some types of arthritis cause changes you can see and feel — swelling, warmth and redness in your joints. In some kinds of arthritis, the pain and swelling last only a short time, but are very uncomfortable. Other types of arthritis might be less painful, but still slowly cause damage to your joints.

The following is from the Arthritis Advice Age Page, hosted by the National Institute on Aging (NIA). Arthritis is one of the most common diseases in the United States. Older people most often have osteoarthritis, rheumatoid arthritis, or gout.

Osteoarthritis (OA) is the most common type of arthritis in older people. OA starts when tissue, called cartilage, that pads bones in a joint begins to wear away. When the cartilage has worn away, your bones rub against each other. OA most often happens in your hands, neck, lower back or the large weight-bearing joints of your body, such as knees and hips.

OA symptoms range from stiffness and mild pain that comes and goes to pain that doesn't stop, even when you are resting or sleeping. Sometimes OA causes your joints to feel stiff after you haven't moved them for a while, like after riding in the car. The stiffness goes away when you move the joint. Over time, OA can make it hard to move your joints. It can cause a disability if your back, knees, or hips are affected.

Why do you get OA? Growing older is what most often puts you at risk for OA, possibly because your joints and the cartilage around them become less able to recover from stress and damage. Also, OA in the hands may run in families. Or, OA in the knees can be linked with being overweight. Injuries or overuse may cause OA in joints such as knees, hips or hands.

Rheumatoid arthritis (RA) is an autoimmune disease, a type of illness that makes your body attack itself. RA causes pain, swelling and stiffness that lasts for hours. RA can happen in many different joints at the same time. People with RA often feel tired or run a fever. RA is more common in women than men.

RA can damage almost any joint. It often happens in the same joint on both sides of your body. RA can also cause problems with your heart, muscles, blood vessels, nervous system and eyes.

Gout is one of the most painful kinds of arthritis. It most often happens in the big toe, but other joints can also be affected. Swelling may cause the skin to pull tightly around the joint and make the area red or purple and very tender.

Eating foods rich in purines like liver, dried beans, peas, anchovies, or gravy can lead to a gout attack in people with the disease. Using alcohol, being overweight and taking certain medications may make gout worse. In older people, some blood pressure medicines can also increase the chance of a gout attack. To decide if you have gout, your doctor might do blood tests and x-rays.

Warning Signs

You might have some type of arthritis if you have:

- Ongoing joint pain
- Joint swelling

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Electronic prescribing

Electronic prescribing is a way for your prescribers (your doctor or other health care provider who is legally allowed to write prescriptions) to send your prescriptions electronically and directly to your pharmacy. Electronic prescribing can save you money, time, and help keep you safe.

- You don't have to drop off and wait for your pharmacist to fill your prescription. Your prescription may be ready when you arrive.
- Prescribers can check which drugs your insurance covers and prescribe a drug that costs you less.
- Electronic prescriptions are easier for the pharmacist to read than handwritten prescriptions. This means there's less chance that you'll get the wrong drug or dose.

Prescribers will have secure access to your prescription history, so they can be alerted to potential drug interactions, allergies, and other warnings.

Download Claims with Medicare's Blue Button

MyMedicare.gov's Blue Button provides you an easy way to download your personal health information to a file. Once you're in your MyMedicare.gov account, you can download the file of your personal data and save the file on your own personal computer. After you have saved it, you can import that same file into other computer-based personal health management tools. The Blue Button is safe, secure, reliable, and easy to use.

How to download & save your health information

Login to MyMedicare.gov, and look for the Blue Button as you search claims and view your On the Go Report.

- Select the Blue Button to create a downloadable file with your MyMedicare.gov information.
- Select the information you wish to download, and select submit.
- Save the file as either a PDF or a TXT file to your computer.

When using mobile apps to download your Blue Button record, the above steps may be automated.

Why download my health information?

- Gives you control over your health information.
- Makes it easy to share with your doctors, caregivers, or anyone else you choose.
- Once you've used the Blue Button, there are a variety of health applications and services that you can use to analyze your health information. [Learn more](#) about these useful tools and how to protect your health information once it's in your hands.

Safeguarding your data

Since you control access to your downloaded health information, it's your responsibility to protect it. You should treat your personal and health information just like you would your banking or other confidential information. Here are some important things to remember:

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Blue Button continued....

- You may want to download your information to a CD, flash drive or a mobile app. Encrypted and password protected flash drives, CDs and mobile apps are recommended.
- If you want to send your information via email, you should encrypt the message.
- Keep paper copies in a safe and secure place that you can control.
- If you think your information may have been downloaded by someone else, call 1-800-MEDICARE.

New to Medicare? 5 Key Steps**1. Types of Medicare Coverage: Understanding the ABCD's of Medicare**

Original Medicare is health insurance managed by the federal government for Americans 65 and older, those younger than 65 with certain disabilities, and people of any age with End Stage Renal Disease (ESRD). You can also get Medicare Advantage plans, which are managed by health plans, rather than the government.

2. Know when to Enroll in Medicare: What decisions you need to make and when

In most cases, you become eligible for Medicare when you turn 65, but there are a number of circumstances in which you may choose to delay signing up, or become eligible at different times. Once you enroll in Medicare, you will also be able to change your coverage at certain times of the year.

3. If you have limited income and resources, you may be able to get help paying for your prescription drugs and other healthcare needs.

BenefitsCheckUp helps you learn whether you are likely to be eligible for programs that could help you with your out-of-pocket expenses from Medicare. You will get a report created just for you that includes a list of the programs you may be eligible for, along with application forms and links to online applications.

4. Decide what type of coverage is best for you—Original Medicare or Medicare Advantage.

When you enroll in Medicare, you will be able to choose between Original Medicare (Parts A, B, and D) and a Medicare Advantage Plan (MA). Medicare Advantage plans are often collectively referred to as Part C. MA plans are private health plans that contract with Medicare to provide Medicare benefits.

5. Get help comparing and evaluating brands and plans, make your decisions, and then enroll.

There are a number of places you can turn to for help in choosing Medicare coverage. **Aon Hewitt Navigators** is a Medicare insurance brokerage service recommended by NCOA because it meets rigorous Standards of Excellence established by NCOA. You may be eligible for personal one-on-one assistance in selecting and enrolling in health coverage. All of the services are provided at no cost to consumers. Learn about this partnership.

Ready to evaluate your options? The Medicare QuickCheck™ will start you on your way to personal advice from a trained advisor.

For more information about Medicare, call the Concho Valley Area Agency on Aging and speak with a Benefits Counselor at 325-223-5704 or 1-877-944-9666.

Arthritis continued...

- Joint stiffness
- Tenderness or pain when touching a joint
- Problems using or moving a joint normally
- Warmth and redness in a joint

If any one of these symptoms lasts more than 2 weeks, see your regular doctor or one who specializes in treating arthritis, called a rheumatologist. If you have a fever, feel physically ill, suddenly have a swollen joint or have problems using your joint, see your doctor right away.

Treating Arthritis

Getting enough rest, doing the right exercise, learning the right way to use and protect your joints, and eating a healthy, well-balanced diet are keys to living with any kind of arthritis. The right shoes and a cane can help with pain in the feet, knees and hips when walking. But make sure the cane is fitted by a professional. Don't borrow one from a friend or neighbor. There are also gadgets to help you open jars and bottles or to turn the doorknobs in your house.

Some medicines can help with pain and swelling. Acetaminophen might ease arthritis pain. Some people find NSAIDs (nonsteroidal anti-inflammatory drugs), such as ibuprofen, naproxen and ketoprofen, helpful. Some NSAIDs are sold without a prescription, while others must be prescribed by a doctor. Be very careful about possible side effects of some NSAIDs, whether sold with or without a prescription. Read the warnings on the package or insert that comes with the drug. Talk to your doctor about if and how you should use acetaminophen or NSAIDs for your arthritis pain.

Osteoarthritis (OA). Medicines can help you control the pain. Rest and exercise may make it easier to move your joints. Keeping your weight down is a good idea. If pain from OA is very bad, there are shots your doctor can give you.

Rheumatoid arthritis (RA). Treatment can help the pain and swelling. This might slow down or stop joint damage. You may feel better and find it easier to move around. Your doctor might also suggest anti-rheumatic drugs called DMARDs (disease-modifying antirheumatic drugs). These can slow damage from the disease. Other medicines known as corticosteroids (like prednisone) can ease swelling. These are strong medicine and should only be taken with a doctor's prescription. Another kind of drug, called a biologic response modifier, blocks the damage done by the immune system. These may help people with mild-to-moderate RA when other treatments have not worked.

Gout. The most common treatment for an acute attack of gout is NSAIDs or corticosteroids. They can bring down the swelling, so you may start to feel better within a few hours after treatment. The pain usually goes away within a few days. If you have had an attack of gout, talk to your doctor to learn why you had the attack and how to prevent future attacks. If you have had several attacks, your doctor might prescribe medicines to prevent future ones.

Other Remedies

Recent studies suggest that acupuncture may ease OA pain for some people. Research also shows that two dietary supplements, glucosamine and chondroitin, may help lessen moderate to severe OA pain, but they seem to have no effect on changes to cartilage in the knee. Scientists continue to study these kinds of alternative treatments. Always check with your doctor before trying any new treatment for arthritis.

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The purpose of the Older Americans Act Nutrition Program is to:

- Reduce hunger and food insecurity
- Promote socialization of older individuals
- Promote the health and well-being of older individuals and delay adverse health conditions through access to nutrition and other disease prevention and health promotion services.

The Concho Valley Area Agency on Aging receives funding from the Texas Department of Aging and Disability Services to provide congregate and home delivered meals to persons 60 years of age or older in the Concho Valley Region. Listed below are the nutrition sites in the Concho Valley that participate in the Older Americans Act Nutrition Program.

Coke County:

Bronte Senior Center
613 East Oliver
Bronte, Texas 76933
325-473-6471

Robert Lee Senior Center
1402 County Park Road
Robert Lee, Texas 76945
325-453-2314

Concho County:

Eden Housing Authority
104 E. Blanchard, #24
Eden, Texas 76837
325-569-7911

Crockett County:

Ozona Senior Center
1 State Hwy 163
Ozona, Texas 76943
325-392-5026

Kimble County:

Kimble County Senior Center
404 College Street
Junction, Texas 76849
325-446-3621

Mason County:

Mason County Senior Center
Corner Moody & Bryan
Mason, Texas 76856
325-347-6242

McCulloch County:

Sunset Center
214 West Lockhart
Brady, Texas 76825
325-597-2946

Helping Hands Center
906 East 11th
Brady, Texas 76825
325-597-2646

Menard County:

Menard County Senior Center
303 W. Travis
Menard, Texas 76859
325-396-4642

Schleicher County:

Schleicher County Sr. Center
106 East Gillis Ave.
Eldorado, Texas 76836
325-853-2123

Sutton County:

Sonora Senior Center
106 Wilson
Sonora, Texas 76950
325-387-5657

Tom Green County:

Christian Village
4225 Billie Bolin
San Angelo, Texas 76904
325-949-8575

Plaza del Sol #2
4359 Oak Grove Blvd.
San Angelo, Texas 76904
325-223-8895

Santa Fe Crossing
Senior Center
702 South Chadbourne
San Angelo, Texas 76903
325-657-4484

For more information, contact Terry Lockhart, Area Agency on Aging at 325-223-5704 or toll-free 1-877-944-9666.

New Spanish Age Page Helps Older People in Mourning



When your spouse dies, your world changes. You are in mourning — feeling grief and sorrow at the loss. You may feel numb, shocked, and fearful. You may feel guilty for being the one who is still alive. If your spouse died in a nursing home, you may wish that you had been able to care for him or her at home. At some point, you may even feel angry at your spouse for leaving you. All these feelings are normal. There are no rules about how you should feel. There is no right or wrong way to mourn.

El duelo por la muerte de un cónyuge (Mourning the Death of a Spouse), a newly translated Age Page fact sheet from the National Institute on Aging (NIA), can help. It discusses:

- how grief may affect your health
- tips for how to cope with being alone
- paperwork and practical matters after a spouse's death
- helpful resources for more information

The document is available free in both English and Spanish from the NIA website.

Mourning the Death of a Spouse (in Spanish).

Mourning the Death of a Spouse (in English).

For more Spanish-language resources, go to www.nia.nih.gov/espanol.

Arthritis continued....

Many people with arthritis try remedies that have not been tested or proven helpful. Some of these, such as snake venom, are harmful. Others, such as copper bracelets, are harmless, but also unproven.

How can you tell that a remedy may be unproven?

- The remedy claims that a treatment, like a lotion or cream, works for all types of arthritis and other diseases.
- Scientific support comes from only one research study.
- The label has no directions for use or warning about side effects.
- The person recommending the treatment profits directly from your purchase of the medicine.
- People who are now completely well are presented to you as having the same problems you have (this is called anecdotal evidence).

Talk To Your Doctor

Pain and arthritis do not have to be part of growing older. You can work with your doctor to safely lessen the pain and stiffness and to prevent more serious damage to your joints.



Speak Your Mind Texas Campaign

The Department of State Health Services (DSHS) estimates one in five Americans will experience a mental health issue during their lifetime, and one in 20 will develop a serious mental illness. Mental illness often strikes early, with half of all lifetime cases beginning by age 14 and three-fourths by age 24. The Department of State Health Services launched Speak Your Mind Texas, a statewide conversation about mental health to spread the message that help is available and recovery is possible.

Resources at speakyourmindtexas.org will help people recognize mental illness and substance abuse and show them how to provide support, promote hope and foster recovery for people experiencing mental illness or emotional disturbance. Resources are also available by dialing 2-1-1.

2-1-1 Texas Website gets a facelift!

Finding help in Texas is easier since the re-launch of the 2-1-1 Texas website, www.211texas.org. The site is a comprehensive guide to community resources in Texas. A modern look and user-friendly format allow visitors to search for services state-wide or by geographic area by entering a zip code. The information is well-organized and easy-to-find with more than 50,000 state and local health and human services programs.



Adapted from "Texas Alliance of Information and Referral Systems News," *TAIRS News* Volume 4 Issue 7 August 2014: page 4.
www.211texas.org

When summer opens, I see how fast it matures, and fear it will be short; but after the heats of July and August, I am reconciled, like one who has had his swing, to the cool of autumn.

Ralph Waldo Emerson



UPCOMING EVENTS.....

CAREGIVERS UNITED!

Caregivers United provides a safe, supportive community in which to walk the caregiving journey with others who understand. Our scheduled speakers educate and inform attendees on topics that are tailored to caregiver needs.

Please join us!

Thursday, September 11, 2014 from 11:45 am-1:00 pm

at the

Concho Valley Area Agency on Aging

2801 W. Loop 306, Suite A

San Angelo , TX 76904



Those who experience the death of a loved one often are unprepared to deal with the details of funeral planning. The psychological stress that comes about from this loss can overwhelm some people.

Why is the funeral important? What does the funeral director do? How can I personalize a funeral service? What do we do if our family death occurs away from home? What if I still need support after the funeral is over? What can I afford?

Find the answers to these questions by attending this Caregivers United Meeting!

**Presentation by: Maria Martinez
Johnson's Funeral Home of San Angelo**

Gentiva Hospice formerly Odyssey Hospice will be sponsoring lunch. Angels Care Home Health will be providing dessert and drinks. Door Prizes for registered Caregivers.

Seating is limited to 40 persons, so please RSVP by September 9, 2014.

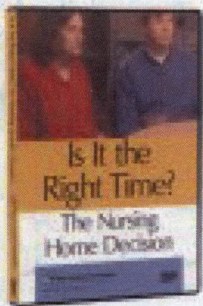
For more information or to register contact Josie Galindo at 325-223-5704 or toll free 1-800-944-9666.

Register online at http://www.cvcog.org/cvcog/aaa_caregiver_program.html



The Concho Valley Area Agency on Aging has an excellent resource library covering many aspects of care giving topics, advocacy, and aging issues. Caregivers, service providers and nursing facilities may check out books, dvd's, cd's, cassettes, and training manuals to use as needed. Listed below is an example of the resources available. Please contact the Area Agency on Aging at 325-223-5704 or toll free 1-877-944-9666.

Ombudsman/Caregiver	D/116.1-116.2	Is it the Right ? The Nursing Home Decision
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Run time:
13 minutes

This follow-up to the story of Betty and Everett Jordan's struggle with Alzheimer's Disease deals with the tough decision of nursing home placement, and how the Jordan family struggled with that decision.

Several of Everett and Betty's children participate in a social worker-facilitated discussion of how that decision was made and how the communication regarding the decision might have been better handled. Their frank and honest questions and answers shed light on the importance of keeping open the lines of family communication around the timing of this very emotional and difficult decision.

Fire Safety	D/83.1-83.2	Caregiver Series Volume 6: Fire Safety
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Run time:
1 hour

Whether your family member lives in his or her own home or lives with you, fire safety and prevention are important areas to address. As people age, they are more at risk from fire due to decreased mobility or loss of hearing, smell or sight. People over 65 are twice as likely to die in a home fire than the general population.

This program teaches about fire risks and help you to create the most fire-proof home environment possible.

Dental Health	D/67.1	Brush Those Teeth and Dentures
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Run time: 22 minutes

This program was developed for all caregivers to demonstrate how to brush another person's teeth and how to clean dentures.

To clean a mouth, you don't need to be a dentist or a dental hygienist. In fact, this program was developed for all caregivers, including nursing assistants, home health aides and family members. Demonstration show how to brush another person's teeth and how to clean dentures.



2801 W. Loop 306, Ste. A
 P.O. Box 60050
 San Angelo, TX 76906

Phone: 325-223-5704
 Toll free: 1-877-944-9666
 Fax: 325-223-8233

WE ARE ON THE WEB!

www.cvcog.org/cvcog/aaa.html

Funded in part by the
 Texas Department of Aging
 and Disability Services

Join our newsletter email distribution list TODAY! Please email Terry Lockhart @ terry.lockhart@cvcog.org or call (325)223-5704

Caribbean Red Snapper / Pargo rojo caribeño

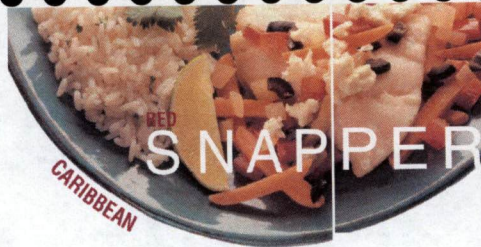
Ingredients:

- 2 Tbsp. olive oil
- 1 medium onion, chopped
- ½ cup red pepper, chopped
- ½ cup carrots, cut into strips
- 1 clove garlic, minced
- ½ cup dry white wine
- ¾ pound red snapper fillet
- 1 large tomato, chopped
- 2 Tbsp. pitted ripe olives, chopped
- 2 Tbsp. crumbled low-fat feta or low-fat ricotta cheese

Directions:

- In a large skillet, heat olive oil over medium heat. Add onion, red pepper, carrots, and garlic. Sauté mixture for 10 minutes. Add wine and bring to boil. Push vegetables to one side of the pan.
- Arrange fillets in a single layer in center of skillet. Cover and cook for 5 minutes.
- Add tomato and olives. Top with cheese. Cover and cook for 3 minutes or until fish is firm but moist.
- Transfer fish to serving platter. Garnish with vegetables and pan juices.

Serving Suggestion: Serve with whole grain rice. ½ cup cooked rice = 1 serving of rice.



This fish can be served on top of vegetables along with whole grain rice and garnished with parsley. Salmon or chicken breast can be used in place of red snapper

Find more recipes at
www.nih.gov

Exchanges:

Lean Meat	3
Vegetable	2 ½
Bread	2 ¾
Fat	1

Note: Diabetic exchanges are calculated based on the American Diabetes Association Exchange System.

Total Servings 4

Nutrition Facts	
Beef or Turkey Stew	
Serving Size 1 ½ cup	
Amount Per Serving	
Calories 320	Calories from Fat 60
% Daily Value (DV)*	
Total Fat 7g	11%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 520mg	22%
Total Carbohydrate 41g	14%
Dietary Fiber 8g	32%
Sugars 9g	
Protein 24g	
Vitamin A	340%
Vitamin C	80%
Calcium	6%
Iron	15%

* Percent Daily Values are based on a 2,000 calorie diet.

Our Mission is to be this area's visible leader and advocate in facilitating those supportive services and opportunities that enable all older citizens to be able to live dignified, independent and productive lives.

