

# GRAND OLD TIMES

A Publication of Grand Gateway Area Agency on Aging

Serving Craig, Delaware, Mayes, Nowata, Ottawa, Rogers & Washington Counties

July/August 2011



Assistance. Advocacy. Answers on Aging.

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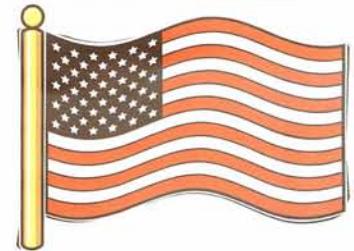
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## I Am Old Glory

By Master Sergeant Percy Webb, USMC

I Am Old Glory.....For more than ten score years I have been the banner of hope and freedom for generation after generation of Americans.

Born amid the first flames of America's fight for freedom, I am the symbol of a country that has grown from a little group of thirteen colonies to a united nation of fifty sovereign states.

Planted firmly on the high pinnacle of American Faith, my gently fluttering fold have proved an inspiration to untold millions.

Men have followed me into battle with unwavering courage.

They have looked upon me as a symbol of national unity.

The have prayed that they and their fellow citizens might continue to enjoy the life, liberty and pursuit of happiness which have been granted to every American as the heritage of free men.

So long as men love liberty more than life itself; so long as they treasure the priceless privileges bought with the blood of our forefathers; so long as the principles of truth, justice and charity for all remain deeply rooted in human hearts.....

I shall continue to be the enduring banner of the  
**United States of America!**

**Patricia Parret**  
Caregiver Project Director  
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## STROKE

### React **FAST**

The Cincinnati Stroke Scale is used by EMTs to identify a stroke.

The acronym **FAST** is for quick identification of stroke symptoms:

**F FACE—Facial Droop:** Have the person smile or show teeth. Is the smile even or lopsided?

Normal: Both sides of the face move equally or not at all.

Abnormal: One side of the patient's face droops.

**A ARM—Motor Weakness:** Check for arm drift: close eyes, extend arms, palms up.

Normal: Arms remain extended equally, or drift equally or do not move at all.

Abnormal: One arm drifts down when compared with the other.

**S SPEECH—**Have the person repeat, "You can't teach an old dog new tricks."

Normal: The phrase is repeated clearly and correctly.

Abnormal: Words are slurred, abnormal, or they can't speak.

**T TIME—Last Seen Normal:** This is important in determining the type of treatment they receive.

The ***FAST*** test is a helpful tool people can use to reduce the time to treatment, because "**time lost, is brain lost.**"



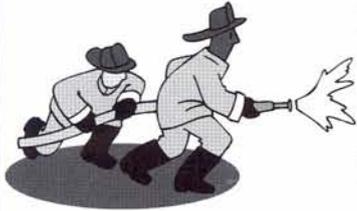
## Take care of those baby blues, browns, greens, hazels

Don't forget your shades!! Sunglasses protect your eyes from UV rays, which can speed up the formation of cataracts, damage your retinas and put you at risk for eye cancer. The features, not the price matter most. What to look for? A label that says "UV Blocker" or "UV Protection," a wrap-around style (thicker on the sides) to block out extra light, and a snug fit.



## Caution....Prevent Tragedy

Each year, more than 650,000 outdoor fires occur in the United States, resulting in 50 deaths, 875 injuries, and more than \$150 million in damages. Nearly 50% of outdoor fires are trash or rubbish fires.



Fire and burn-related injuries are the sixth leading cause of unintentional injury death in Oklahoma. Burns and smoke inhalation injuries that result in hospitalization or death are reportable conditions in Oklahoma. Over a five year period, 1,998 Oklahomans have died or were hospitalized in a burn center as a result of a burn or smoke inhalation injury. Ten percent (194) of these injuries involved a brush, trash or grass fire. Nearly two-thirds of injuries involved some sort of accelerant, such as gasoline.

**Please help prevent tragedy and keep yourself and fire fighters safe by following these prevention techniques:**

- Do not burn brush or trash using accelerants such as gasoline.
- Instead of burning brush and trash, haul it to a local landfill.
- Do not put articles, such as aerosol cans that have the potential to explode into fires. Dispose of these objects as recommended on the label.
- Do not allow children to burn brush or trash or to play around burning or recently extinguished fires.
- Do not wear loose fitting clothes near a fire. Loose fitting clothes can hang over the fire and are more susceptible to catching fire.
- Do not burn brush or trash while drinking alcohol or using any sort of mind-altering drugs.
- Adhere to state administered burn bans.
- Do not leave a brush or trash fire unattended.
- Be sure there is a source of water or a fire extinguisher easily accessible to put out a fire.

## Interesting Facts of Life.....

**LUNG CANCER** kills more than 160,000 people annually. Breast Cancer, in comparison, kills about 40,000 people each year. Yet in 2009, about \$685 million was spent on breast cancer research and less than \$300 million on lung cancer research. Approximately 85 to 90 percent of lung cancers are due to smoking, but 1 in 5 women with lung cancer have never smoked (it's 1 in 10 for men). Other risk factors include exposure to radon or asbestos and having a family history of the disease. Famous people who battled lung cancer include Dana Reeve and opera singer Beverly Sills.

Learn more at [lungusa.org](http://lungusa.org); [lungcanceralliance.org](http://lungcanceralliance.org) and [longevity.org](http://longevity.org)



## Could You Pass The U.S. Citizenship Test?

To become a naturalized citizen, immigrants have to demonstrate they can read, write and speak English. They also have to pass a ten question civics test, the likes of which you probably haven't seen since 11th grade American History. Here are a few of the 100 questions in the U.S. Citizenship and Immigration Services database. Can you answer them?

1. What is one right or freedom from the First Amendment?
2. How many amendments does the Constitution have?
3. How many voting members are in the U.S. House of Representatives?
4. In what month do we vote for President?
5. Who is currently the Chief Justice of the U.S. Supreme Court?
6. Who is currently of the Speaker of the House of Representatives?
7. What do we show loyalty to when we say the Pledge of Allegiance?
8. Who wrote the Declaration of Independence?
9. Name one of the two longest rivers in the United States.
10. In what war was President Eisenhower a general?

- Answers
1. Speech, religion, assembly, press, petition the government
  2. 27
  3. 435
  4. November
  5. John Roberts
  6. John Boehner
  7. The flag and the United States
  8. Thomas Jefferson
  9. Mississippi, Missouri
  10. World War II

## What if You're Conned?

Don't just throw up your hands if you're the victim of a fraud or scam. Regulatory authorities and agencies might be able to help you.

- **Federal Trade Commission** ([www.ftc.gov](http://www.ftc.gov))  
The nation's top consumer cop pursues con artists through court and administrative actions, sometimes shutting down deceptive operations and obtaining restitution for victims.

- **Federal Citizen Information Center** ([www.pueblo.gsa.gov/complaintresources](http://www.pueblo.gsa.gov/complaintresources))  
Handle complaints in specific areas such as baking, food, medicine, telecommunications and travel services.

- **State and Local Officials**  
Consumer complaints are usually handled by state attorneys general, state or local consumer protection departments or a combination of both. Find a list of these agencies at ([www.consumeraction.gov/state.shtml](http://www.consumeraction.gov/state.shtml))

- **National Ass. of Attorneys Generals** ([www.naag.org/current-attorneysgeneral.php](http://www.naag.org/current-attorneysgeneral.php))

- **U.S. Postal Inspection Service** ([postalinspectors.uspis.gov](http://postalinspectors.uspis.gov)) They handle mail-related complaints including fraud, theft, and false address changes.

- **Internet Crime Complaint Center** ([www.ic3.gov](http://www.ic3.gov)) This is a partnership of the FBI, National White-Collar Crime Center and the Bureau of Justice Assistance.

- **Better Business Bureau** ([www.bbb.org](http://www.bbb.org))  
With its company reports and alerts, the BBB is a major source of information for consumer and authorities.



## **Accomplishments with Partnerships** **Health Screenings and Medicare Information**

Great things happen when people come together and form partnerships with one another to accomplish a goal and create a program for the good of the people.

This is the third year Grand Gateway's Partners have come together to help our communities with their health issues. The Lions Club Mobile Health Screening Van is open to all age groups. You are welcome to come, and at no cost, be tested for the following:

Visual Acuity • Glaucoma • Blood Pressure • Cholesterol  
Blood Sugar (Diabetes) • Basic Pulmonary Lung Function  
Bone Density (Osteoporosis)

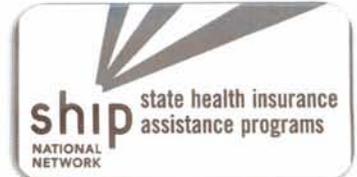
Along with being able to have health screenings done on the day you come, if you have Medicare, there will be Medicare Certified Counselors from Grand Gateway available to answer questions you might have. Open enrollment in Medicare Part D is October 15th through December 7th this year.

The Medicare Counselors also want you to be aware of a program that can help you with your Medicare Part D expenses. It is called the Limited Income Subsidy (LIS). The application process is very simple and is completed through the Social Security website.

It is advised you complete the process of the application before open enrollment, as it makes for an easier choice of plans. The Counselors will take your information and make an appointment to do the application. It can be done over the phone and only takes about 10 minutes to complete.

Please look on the back page of this newsletter for the times and dates of the Health Screenings and help with Medicare.

Partnerships courtesy of: Grand Gateway Area Agency on Aging; the SHIP Program from the Insurance Commissioners Office; Oklahoma Lions Service Foundation; Wyandotte Nation of Oklahoma; Eastern Shawnee Tribe of Oklahoma; Quapaw Tribe of Oklahoma; and the Ottawa Tribe of Oklahoma.



## Ombudsman Supervisor's Corner

**Lahona Young** Extension 20

Serving Craig, Ottawa, Nowata, & Washington Counties

**Elaine Evans** Extension 26

Serving Mayes, Rogers & Delaware Counties

Grand Gateway  
Area Agency on Aging

1-800-482-4594

### DEHYDRATION AND THE ELDERLY

With the warm, summer months just around the corner, this is a good time for a reminder about how important it is for the elderly to stay well hydrated. Dehydration is the most common fluid and electrolyte disorder for seniors in a long-term care setting and for at-risk seniors in the community. Some problem indicators of dehydration include: Rapid weight loss, dry or inelastic skin, confusion or hallucinations, dizziness or light-headedness, sunken eyes, flushing, rapid pulse, fever, dry mouth, dark urine, and urinary tract infections.

Water is the best fluid for our bodies to prevent dehydration. If plain water is not appetizing, try a twist of mint, lemon, or lime. Remember to avoid colas, tea, or alcohol, except as a treat, since they slow the absorption of water your body needs. Drink at least three glasses of water a day, and during hot weather or exercise, drink four or more glasses a day.

When visiting someone in a long-term care facility, check to see if there is cool, fresh water available and within reach of the residents. Also, are those residents who need assistance being encouraged and assisted in drinking water? Many residents may not realize how important it is to receive proper hydration, and a little encouragement from a visitor may make all the difference for them.

If you would like to be a voice for quality of life and care for residents in long-term care facilities, call Lahona Young or Elaine Evans at 1-800-482-4594.

### WHY SHOULD I CARE ABOUT ELDER ABUSE?

The older population in America is continuing to grow and will burgeon between the years 2010 and 2030 when the "baby boom" generation reaches age 65.

- By 2030, there will be about 21.1 million older persons, comprising almost 20% of the total population, almost twice their number in 2007.
- The 85+ population is projected to increase to 6.5 million in 2020, an increase of 15% from 2010.

Seniors are living longer, but not necessarily better. Potential declines in cognitive and physical functions could make them more vulnerable to victimization.

Elder abuse can happen to anyone – a loved one, a neighbor, and when we are old enough, it can even happen to us.

**Abuse Hotline 1-800-522-3511**

### **Heat Exhaustion.....You overheat**

Normally when you get hot and sweat, the sweat evaporates, moving heat from your skin into the air so you cool down. On humid days the evaporation process slows because the air is filled with moisture, making overheating—with symptoms including nausea, dizziness and weakness.

- Don't wait until you are thirsty, drink water through out each day. Wear light colored clothes and don't exercise outside during the hottest part of the day.

- If you start feeling nauseated, dizzy or weak, get out of the sun and place a cold compress on your forehead. Reach for a drink like Gatorade or drink water and eat a salty snack like pretzels. If you throw up, pass out or become disoriented, call 911....you may be having a heat-stroke, which can be life threatening.

### **Lyme Disease.....Tick Bites**

Ticks carrying Lyme Disease are usually carried by deer and sometimes cause a red bull's-eye shaped rash on your skin. Left untreated, Lyme Disease can cause flulike symptoms, joint pain, fatigue and a stiff neck.

- Before venturing into woodsy areas, apply a DEET based repellent. Keeping your lawn neatly trimmed and possibly spreading a bug killer also helps. Always check yourself when coming indoors to make sure you have no ticks.

- If you find a tick, remove it immediately using pointed tweezers. Grasp the tick by its head and swiftly and firmly pull the tick out. Clean the area with alcohol.

- If you develop a rash near the bite (it could take up to 30 days), see your doctor. You may need an antibiotic.

## **APPRECIATION**

Grand Gateway Area Agency on Aging staff would like for you to know how much your donations are appreciated. We often receive comments from you about how much you enjoy the newsletter, and it helps us work harder to keep you informed. The thoughtful sending of your donation goes a long way in meeting the need to keep the paper in print. Thank you for your kindness!

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## Calendar of Events



- July 1** Washington County Senior Day, Dewey Fair Bldg.
- July 4** Grand Gateway closed for Independence Day
- July 20** Silver Haired Legislators, Grand Gateway, 9:30 a.m.  
 Legal Aid Advisory Council, Grand Gateway, 11:00 a.m.  
 Caregiver Advisory Council, Grand Gateway, 11:00 a.m.  
 Advisory Council on Aging, Grand Gateway, 1:00 p.m.

*Diabetic and Health Screening Project*  
*Lions Club Mobile Unit*  
*9:00 a.m.—3:00 p.m.*

- Tuesday August 30** Wyandotte Nation Elder Services, Wyandotte
- Wednesday August 31** Senior Center, Lenapah
- Thursday September 1** Senior Center, Ramona
- Friday September 2** Westside Senior Center, Bartlesville
- Thursday October 6** Miami Civic Center, Miami