

LaGrange County COUNCIL on AGING The COA Reporter



Volume 23, Issue 3

MARCH 2017

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Thank You For NOT Coming!

The Council on Aging would like to thank all of those that were unable to attend our annual No-Show Ball. It was great to not see a lot of people again this year, and we appreciate all of the donations that were received from those that were kind enough to RSVP not to come. Many of our loyal donors, volunteers, and clients know that the Council on Aging staff is constantly working on various programs, so we appreciate your support! Our No-Show Ball raised over \$11,000 this year!

We would like to thank the following business and individuals for not showing up this year!

Charles Ashcraft; Mahlon & Terri Bontrager; Jerry & Barbar Bontrager; Madeline & Bruce Bornmann, Dorothy Carney; Bruce Cleveland; Lauri Eash; Dorothy Fought; Barbara Frymier; Bess Gallager; Jerry & Ann Grogg; G. Charlene Hanshew; Dee Holcomb; Jim & Meg Kelly; James Kennah; Dewaine King; Mr. & Mrs. James McFadden; William Nerney; Jeff & Rosy O'Brian; Jack & Mary Jo Olds; Randy & Nancy Packer; Dr. Tony & Margaret Pechin; Joe & Kay Pierce; Cindy Schmidt (Lewis Quality Homes); Fred & Carolyn Schrock; Mr. & Mrs. Myron Sharp; Dr. Rhonda Sharp; Gary Soblotne; Kerry & Ren Sprunger; Shirley Stansbury; Keith Stanton; Mr. & Mrs. Ted Strawser; Katherine Swartzentruber; Linda Walker

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Mission, Vision & Values Statements

The LaGrange County Council on Aging's mission is to be a provider and resource for services that improve the quality of life for older adults of LaGrange County and enable them to retain their independence, including providing accessible public transportation for all residents of the county. The LaGrange County Council on Aging's vision is to enrich the quality of life for every LaGrange County senior citizen by serving as a leader and catalyst for programs, education, and services that foster independence.

Stewardship: We use our resources responsibly. **Teamwork:** We are committed to teamwork and value everyone's contribution. **Excellence:** We expect the best of ourselves and one another. **Integrity:** We keep our word and are faithful to whom we say we are. **Dignity:** We respect and fully recognize the person as an individual

Protect Seniors Against Heightened Medication Risks

Prescriptions can be the key to a longer, fuller life; but if not handled properly, they can also cause serious problems. To help us all use prescriptions properly and minimize risk, "Talk About Prescriptions" Month is organized by the National Council on Patient Information and Education (NCPPIE), a coalition of over 125 diverse organizations whose mission is to stimulate and improve communication of information on appropriate medicine use to consumers and healthcare professionals.

Educating patients is critical for promoting healthy use of prescriptions, as people tend to see many different doctors for various conditions instead of one primary physician. Seniors are at an even higher risk than most for serious side effects and other medication risks.

According to NCPPIE, two out of every three doctor visits result in the prescribing of a medication, with a total of 3.5 billion prescriptions dispensed every year. Prescription education is particularly important for seniors, who tend to take more medications on average — 50 percent of seniors take an average of eight medications or more regularly, according to a news release from the National Council on Aging and CVS/pharmacy. Since the risk of experiencing side effects increases with the number of prescriptions taken, most seniors have a high risk. As bodies change and age, this can cause the body to react differently, so a senior may start to experience a side effect from a prescription even if they have been taking it for years without any issues.

NCPPIE advises all prescription users to "Be MedWise" and practice safe medicine use by focusing on the "3Rs": risk, respect and responsibility. Use these top 10 best practices for senior medication safety:

1. Always keep a complete, updated list of medications, including prescriptions, over the counter medications, vitamins and supplements. Give a copy to family members and others who may need to know in an emergency, such as a close neighbor or medical proxy. Show this list to all physicians you see at every visit.

2. Use one pharmacy. People usually see several doctors to address different problems, so prescriptions can't be managed through a primary physician as they used to be. Going through the same pharmacy for all prescriptions will create one more check point to make sure prescriptions won't mix dangerously.

3. Know your medications. Read the information that comes with each medication, know the purpose and be aware of their side effects.

4. Only take medications as directed. If you feel a change needs to be made, talk to the physician who prescribed it; never self-medicate.

5. Store medications in a dry place of moderate temperature; do not store in areas where temperatures vary greatly or where it gets humid (like the medicine cabinet in the bathroom). Know what prescriptions need to be stored in the refrigerator.

6. Talk to a doctor before adding a new medication, vitamin or supplement to your routine if you are taking a prescription.

7. Do not share prescriptions with others, no matter what. Even the same medication can come in pills of varying amounts, and even a small amount of difference in dosages can make a big difference to your body.

8. Get rid of expired prescriptions, even if you haven't used all of them yet. Prescriptions change as they age, meaning they will mix differently with your body and other prescriptions and can lead to dangerous adverse reactions.

9. Speak up—keep the conversation going with your physicians and pharmacy. Ask questions and voice your concerns. You know your body best, and when it comes to your health, there are no bad questions.

10. If applicable, use medication management tools like reminder services, electronic pill dispensers or in-home services to ensure that medications are taken properly. Missing a dosage, confusing pills or other innocent medication mistakes can have serious ramifications.

*This article was written by Gene Lennon
Director, Senior New Ways Board of Directors*

Thank You To Our Sponsors

Thank you Foltz Bakery!

Every Thursday morning, rain, snow or shine, Foltz Bakery of LaGrange provides the Council on Aging with donuts for their weekly morning coffee and donut program. Thanks so much to Foltz Bakery for their thoughtfulness, generosity and delicious donuts.

Every Thursday morning, our clients come to the Council on Aging building for their Blood Pressure/ glucose testing. Thanks to Miller’s Merry Manor for donating the time and professional nursing service for this very important weekly activity.



Thank you Pizza Hut!

Thank you to Pizza Hut for donating pizza to the Euchre Club at the LaGrange County Council on Aging once a month on Wednesdays from 1—3:30 pm! Come enjoy the pizza and great fun of playing euchre! (You do not have to be a pro to play)



Free help with food, medicine, and more

It’s out there – extra help paying for your prescriptions, in-home care, utilities, food, housing and all the necessities of life. More than 2,000 federal, state, and private programs exist. Finding them was hard until now.

BenefitsCheckUp can connect you with the right organizations for your situation. It’s a free service of the nonprofit National Council on Aging. Hop online and head to www.benefitscheckup.org, then answer a series of questions about your circumstances. The website will create a report that describes each program you may qualify for. You can apply for them online or print out paper applications.

January 2017 Service Report

| | |
|-----------------------------------|----------|
| BP/Glucose Checks | 53 |
| BINGO | 65 |
| Volunteer Hours..... | 52 |
| Transportation Vehicle Miles..... | 48,157 |
| Total Transportation Trips | 5,867 |
| Total Transportation Hours..... | 2,723.65 |
| Clients unable to schedule | 59 |
| Home Assistant Clients | 11 |
| Home Assistant Miles | 381 |
| Phone Calls | 3,943 |
| Senior Mart Client/Trips | 10/11 |

Chocolate The “Other” Food Group

Presented by Sue Delagrange, MS, RD

The next time you eat a piece of chocolate you may not have to feel overly guilty about it. Sue will explain the potential health benefits and the best type of chocolate to consume. Samples will be provided.

Location:

LaGrange County Council on Aging
410 Central Ave. (US 20)
LaGrange, IN 46761

Date:

Tuesday, March 7, 2017

Time:

9:30-11:00 a.m.

This program is free and open to the public.

Please call 260-484-9560 or toll free at 1-866-484-9560 for more information or to reserve a seat.



Building Update

I thought I would keep everyone updated as to what is going on with our building project on a monthly basis. I appreciate all the people that have asked me what is going on with the project.

As you know we had the public hearing earlier this month at the Commissioner's meeting on February 6th, this is where we basically inform the Commissioner's that we are intending to apply for the grant again and get their support for this to happen. We need their support, because the county actually becomes the grantee even though we are the ones it's for. When you have a federal grant this has to happen in order to keep the checks and balances in place. Our 5311-Rural Public Transit grant is the same way. We had some letters of support from seniors that attend our activities to use with the grant. Deb Carter also spoke in her support for the grant and how much the improvements are needed to our senior center.

Yesterday as I was on my way home from Indianapolis after placing the order for a new transportation vehicle from our 5311 grant I received a phone call that the toilets were not working correctly at the office end of the building. (as you know we have had this problem on a continuous basis since we purchased the building). We just had the lines jetted out last month. We had to call the plumbing specialist only to find out that the lines under the concrete out front of our building has broken. We already replaced the line over a year ago that runs under the grass in front of our building. They think it was from the freezing of the line last time that caused the pipe to break. We now are faced with fixing this line before the building project even happens. Fixing the sanitary lines was part of the original building project. I'm waiting to see how much this is going to be before we can even proceed with the building project. The building project would give us \$500,000 to use in approved repairs to the building, but we still have to come up with the matching funds which would be \$100,000 approximately. Stay tuned until next month to see what happens and say a prayer for us!

If you have any questions about the building project please call me at 260-463-4161.

How to Beat the Grandparent Scam

Article by AARP

He asked: "Can I tell you something in secret that you won't tell anybody else, please?" This turns out to be a familiar request by scammers.

Intrigued, I responded, "Of course."

I was the potential victim of a financial trick that is aimed at countless grandparents across the country, costing them millions of dollars, according to Federal Trade Commission estimates. In 2015 alone, the FTC received 10,565 "family/friend impostor" fraud complaints; it's impossible to say how many more recipients of these calls didn't notify the authorities.

"Here's what happened. Emily and I went to a White Sox game last night," the caller began explaining. Strange—if they went to a baseball game, they would surely watch the Cubs on the north side of Chicago, where Emily was living.

He continued: "We were on our way back to our hotel [Emily had an apartment, so why a hotel?] when our cab was pulled over by the police. They found pot in the trunk and arrested us. I'm at the police station now with a lawyer." Mentioning an authority figure like the lawyer is another traditional ploy of this kind of scam.

I was both stunned and dubious. "Were you carrying any drugs yourselves?" I asked. They weren't. Then why were they arrested? "The police say I have to stay in Chicago for four to six weeks until the cab driver's trial. If they release us, they want \$2,000 to make sure we'll come back." Both Ken and Emily are college students who were due to return to classes in a few days.

The caller wanted me to talk to the "lawyer," his partner in crime. "He's right here next to me." I could hear muted conversation in the background, but it didn't sound much like the noisy Chicago police stations I had covered early in my reporting career.

Increasingly suspicious, I said, "If all this is true, Kenny, you should talk to one of our relatives in Chicago, not me. But the whole thing seems very fishy."

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"Please, Grandpa," was the heartfelt response. I had a momentary twinge, then asked, "Kenny, if that's who you are, what's your address in Los Angeles?"

The phone went dead. Unfortunately, I don't have caller ID on my office phone, so I couldn't determine where the call came from. The FTC says scammers phone from anywhere, including overseas.

The scariest part of the experience? These scammers knew my name, my grandchildren's names, my phone number and even some of our personal information, like where my granddaughter was temporarily living. How? Simple: "They buy it or steal it," says the FTC.

And sometimes, we give it right to them. Semi-intimate details about our lives often are available online for anyone willing to dig. And many people routinely announce these details to the world on social media like Facebook and Twitter. No surprise that scammers scout for targets on these networks.

After Kenny hung up, I immediately sent a warning email to extended family members. To my astonishment, I discovered that two other grandfathers in our family had been targeted as I was. One in Kentucky quickly detected the hoax; when he threatened to call police, the exchange quickly ended.

The other grandfather was home alone in California when he received a call from a stranger saying his grandson (no name given) had been arrested in Arizona after a drunken fight, was in jail and needed \$1,500 bail. As stunned as I had been, the grandfather shakily asked, "Can I speak to Ralph?"

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In Loving Memory Of Ted Strawser

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Sue Suever



Ted Strawser was a board member for the Council on Aging for many years, and he consistently raised the most funds for our Bowl-A-Thon. Our community has lost a great leader, and our condolences go out to the Strawser Family and all of the other individuals that were fortunate enough to meet and know Ted.

Thank You To Our Volunteers

Andrew Bentz
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Call 463-4161 for more information

Continued From Page 5

It isn't clear the scammers even had a name until then. As it turns out, scammers sometimes call numbers randomly until they reach an older person. They then mention a grandchild in trouble, and if there's an emotional appeal to talk to so-and-so, they take it from there.

The grandfather asked the young man who got on the phone, "Are you OK?" He replied, "Yes, but I need the bail money so I can go home." The grandfather's surprised response was: "You don't sound like Ralph." The clever reply: "My nose got broken in the fight, Grandpa, and I don't sound like myself."

The caller said that he knew there was a Western Union near the grandparents' home (which is true), and the grandfather, now convinced, agreed to withdraw the money and wire it immediately. (As one government official said, "Their game plan is to get you so upset that you overlook holes in their story.")

Once the grandfather was back home, the phone rang again. The caller identified himself as Ralph, thanked him for the money and asked for more. (When the first payment is so easy, scammers often move in quickly for more.) The grandfather began to realize, "Oh my God, this is a scam," and hung up.

He called his wife and told her what happened. She telephoned Ralph's mother. Her son was at work, nowhere near Arizona.

Continued to Page 8

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Continued From Page 7

The lesson: If you ever get a call from or about a grandchild or any other relative in danger or trouble, and the immediate request is for cash, you need to pause, calm yourself, say you will have to consult another family member first, and hang up. Then check. If the emergency is by any chance real, you can still respond appropriately. If it's not—and the odds point to that—congratulate yourself. You just avoided being on next year's FTC list of those victimized by impostors.

Wheelchairs, Wheelchair Ramps and Loan Equipment

The LaGrange County Council on Aging has loaner equipment for our LaGrange County Seniors or those with disabilities. Items available include:

- Wheelchairs
- Walkers/Canes
- 1 Hospital Bed
- Commodes
- Shower Chairs

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(Refundable deposit required for wheelchairs)

If you are in need of any of these items, please contact the Council on Aging at **463-4161**



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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|---|
| | | 1 Bible Study 9—10 AM Euchre Club 1—3:30 PM | 2 BP/Glucose Checks 8—9 AM BINGO 9—10 AM | 3 AARP Meeting 1:30 PM |
| 6 Wii Bowling 8 AM | 7 | 8 Bible Study 9—10 AM Euchre Club 1—3:30 PM | 9 BP/Glucose Checks 8—9 AM BINGO 9—10 AM | 10 Tax Appointments 10 AM—3 PM |
| 13 | 14 Walmart Shopping Trip 10 AM—12 PM | 15 Bible Study 9—10 AM Euchre Club 1—3:30 PM | 16 BP/Glucose Checks 8—9 AM BINGO 9—10 AM | 17 |
| 20 COA Luncheon 11:30 AM | 21 | 22 Bible Study 9—10 AM Euchre Club 1—3:30 PM | 23 BP/Glucose Checks 8—9 AM BINGO 9—10 AM | 24 Tax Appointments 10 AM—3 PM |
| 27 Topeka Shopping Trip 10 AM—12 PM | 28 Color Me Stress Free 12:45—2:00 PM | 29 Bible Study 9—10 AM Euchre Club 1—3:30 PM | 30 BP/Glucose Checks 8—9 AM BINGO 9—10 AM | 31 |

Aging & In-Home Services

MARCH 2017

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|---|
| | | 1 Sausage w/onions & peppers White Beans Carrots Hot Dog Bun Apple Streusel Cake | 2 Beef Stroganoff Grape Juice 6 oz. Green Peas Penne Pasta LD Chocolate Chip Crème Pie | 3 Baked Cod Lemon Herb Sauce Red Bliss Potatoes Normandy Blend Vegetables Whole Wheat Roll Apple Juice 6 oz. Margarine |
| 6 Southwest Chili Orange Juice 6 oz. Steamed Spinach Cornbread Spiced Applesauce | 7 Waikiki Chicken Whipped Sweet Potatoes Green Beans Whole Wheat Bread LD Oatmeal Cookie | 8 Penne & Meatballs Italian Blend Veg- etables Orange Juice 6 oz. Garlic Bread Diet Peach Crisp | 9 Chicken Breast Fillet Marsala Sauce Green Peas Harvard Beets Multigrain Bread Grape Juice 6 oz. | 10 Sloppy Joe O'Brien Potatoes Broccoli / Cauliflower Blend Hamburger Bun Mixed Fruit |
| 13 Chicken Pot Pie Brussels Sprouts Spiced Peaches Biscuit Fruit & Grain Bar | 14 Swedish Meatballs Penne Pasta Pineapple Chunks Whole Kernel Corn Whole Wheat Bread LD Oatmeal Cookie | 15 Orange Glazed Chick- en Broccoli Cuts Apple Juice 6 oz. Rice Pilaf Pears | 16 Beef Quesadilla Shredded Cheddar Cheese Pinto Bean Soup Tex-Mex Corn w/ Tomatoes Flour Tortilla Mocha Nut Cookie | 17 Potato Crunch Fish Chantilly Potatoes Green Beans Rye Bread Lemon Poppy Seed Cake |
| 20 Hearty Turkey Stew Broccoli / Cauliflower Blend Stewed Tomatoes Whole Wheat Bread LD Fudge Round | 21 Cheese Omelet Breakfast Sausage O'Brien Potatoes Escaloped Apples Biscuit Orange Juice 6 oz. Jelly | 22 Hamburger Grape Juice 6 oz. Baked Beans Hamburger Bun Diet Apple Cobbler | 23 Chicken w/Peanut Sauce Whole Kernel Corn Steamed Spinach Penne Pasta Royal Brownie | 24 Meatballs Tomato Sauce Minestrone Soup Apple Juice 6 oz. Hoagie Bun Diet Pineapple Crisp |
| 27 Chile Lime Chicken Black Beans Harvard Beets Multigrain Bread Mixed Fruit | 28 Beef Patty Brown Gravy Smothered Potatoes Normandy Blend Vegetables Whole Wheat Bread Fruit & Grain Bar | 29 BBQ Pulled Pork Vegetable Soup Orange Juice 6 oz. Hamburger Bun Diet Pear Cobbler | 30 Sliced Roasted Turkey Poultry Gravy Whipped Sweet Potatoes Green Beans Rye Bread Almond Cookie | 31 Baked Cod Orange Sauce Buttered Cabbage Italian Blend Vegetables Garlic Bread Peaches Margarine |

Texting Shorthand For Seniors

Many seniors are learning how to text to communicate with their grandkids, and there are a few shorthand texts that might come in handy!

ATD At the Doctor's

BTW Bring the Wheelchair

BYOT Bring Your Own Teeth

CBM Covered by Medicare

CUATSC See You at the Senior Center

DWI Driving While Incontinent

FWBB Friend with Beta Blockers

FWIW Forgot Where I Was

FYI Found Your Insulin

GHA Got Heartburn Again

HGBM Had Good Bowel Movement

IMHO Is My Hearing Aid On?

LMDO Laughing My Dentures Out

LOL Living on Lipitor

LWO Lawrence Welk's On

OMMR On My Massage Recliner

OMSG Oh My! Sorry, Gas

ROFL...CGU Rolling on the Floor Laughing...Can't get Up!

TTYL Talk to You Louder

WAITT Who Am I Talking To?

WTFA Wet the Furniture Again

WTP Where's the Prunes?

WWNO Walker Wheels Need Oil



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Council on Aging services are provided without regard to race, age, color, religion, sex, disability, national origin or ancestry. Services offered by the Council on Aging are made available through various funding sources. Federal and State dollars are assigned to us through Aging & In Home Services of NE Indiana. Locally, dollars are received from IU Health System, REMC Operation Round-Up, LaGrange County Commissioners, Parkview LaGrange Hospital, LaGrange Community Foundation, United Fund of LaGrange County, United Way of Elkhart County, and your very much appreciated donations!



LaGrange County
COUNCIL on AGING

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