

Senior GAZETTE

Summer 2014

by Lynda Ashley, Director, Amherst Township Senior Service Office (ATSSO)

Home-Delivered Meal Program

ATSSO provides home-delivered meals for those over 60 and disabled adults over 18, with a cost that is adjusted to your income. This nutritious, hot lunch program includes your choice of an entrée, soup & sandwich, or soup & salad. A “soup only” option is also available as a choice. If you would like to receive a home-delivered meal, please contact the Senior Service Office at **988-5894, ext. 101**.

VOLUNTEER NEEDED

ATSSO is in need of a few **“substitute”** volunteer drivers to deliver meals from 10:30-12:00 noon. You can volunteer as much or as little as you like. Please call the Senior Service Office if you are able to help. Mileage is reimbursed.

TIP OF THE MONTH

Did you know seniors who volunteer enjoy better health, make new friendships, and stay more active?

Find your passion and share it with others, whether it is reading to children, gardening, or feeding the hungry.

Know that you are giving your time, talent, wisdom, and experience to your community and neighbors who may need it now or in the future. No matter what you do specifically to volunteer, there are so many opportunities. The rewards will far outweigh the costs.

ATSSO OFFICE HOURS:

8:00 A.M. – NOON (M-F)

Phone: 988-5894 – Ext. 101

Email: amhersttwpseniors@oh.rr.com

Dehydration in the Elderly

With warm weather approaching, dehydration is a serious problem that many seniors can experience. Dehydration is a major cause for hospitalization among the elderly because seniors have less fluid content in the body. Water is lost through simple activities like sweating, urination, and exhalation during breathing.

Though it can occur in any age group, dehydration is most common among senior citizens. Dehydration can also be caused due to the side effects of medications (e.g. diuretics and laxatives) and other medical problems such as high blood sugar, diarrhea, vomiting, heat exhaustion, heat stroke, infections, and even exercise.

The signs of dehydration are mild and vague, in many cases. They are more or less similar to dementia and Alzheimer's symptoms. The following are some of the signs of dehydration in the elderly:

Confusion, Muscle weakness, Constipation, Sunken eyes, Dizziness, Irritability, Fever, Pneumonia, Disorientation, Weight loss, Dry and poor skin elasticity, Less urine output, Increased heart rate, Low blood pressure (hypotension), Increased infection occurrence

If you experience any of these symptoms or observe them in an elderly person, it is advisable to consult and seek advice from a qualified physician immediately.

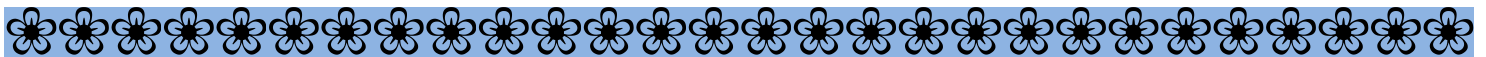
“AGING IN PLACE”

Want to remain in your own home as independently as possible? Creating a plan now will help in your time of need. Some things to consider while making your plan:

- What is the condition of your home? Small modifications such as lever style knob extenders, handrails, and extra lighting may be needed.
- Will you need in home assistance? – What is the cost? Who provides assistance in your community?
- What, if any, are your community options for transportation, adult area services, and meal assistance?
- How close are medical facilities?

- Will there be legal issues that need to be addressed? Who do you want to be your decision maker if you cannot?
- Have you planned ahead financially?
- Do you have a Durable Power of Attorney? Living Will? Health Care POA?

These are just a few things to consider when planning for the future. If you would like to investigate what services are available in our area you can contact the “Lorain County Office on Aging” at **440-326-4800** or the ATSSO at **988-5894** for assistance.



DO NOT CALL REGISTRY SCAM

Scammers have been making phone calls posing as representatives of the National Do Not Call Registry. The “official” asks for personal information such as name, address, and Social Security number. The “representatives” are asking for verification that you are on the “Do Not Call” list or they offer the opportunity for you to register your phone number. In either case, just **HANG UP** the phone.

DO NOT GIVE OUT OR VERIFY ANY PERSONAL INFORMATION OVER THE PHONE!

PASSPORT

Passport is a Medicaid Waiver Program providing screening, assessment, case management, and in home services to low income, age 60 or older adults as an alternative to care in a nursing facility. Services help preserve the independence of the individual, as well as maintain ties to family and friends.

To learn more about the **PASSPORT** program or to set up an assessment in order to see if you qualify for services, contact the “Western Reserve Area on Aging” at **1-800-626-7277**.

For more information about **PASSPORT** visit the Ohio Dept. of Aging web page at:

www.aging.ohio.gov/services/passport/