

Delaware County

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(con't. from page 3, col. 4)
Use an air conditioner to control indoor temperature. A second benefit of the air conditioner is that it removes a great deal of humidity from the air as it cools it. If an air conditioner is not available, use fans and open windows to circulate the air during hot days.

When sleeping, use lightweight breathable covers.

Drink plenty of fluids. For some older people, this is a dif-

ficult but ice pops will help, iced herbal or decaffeinated tea, watermelon, non-carbonated sports beverages that are formulated to rehydrate and replenish fluid, carbohydrates and electrolytes.

(con't. from pg. 3, col. 2)
dent. Pause for several moments once in the door so that his or her eyes will have time to adjust to the diminished light.



Summer 2009 Issue 2

July 2009 Legacy Corps

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Up and Coming!

July 30—venue changed to the Community Room at the Senior Housing Community, 7 Main Street, Delhi. **Please park in spots facing Rt. 10.** This training will be about first aid of the common nuisances. 10:00-noon.

There will not be any August meeting.

September 30—Public Safety Building, Rm. A from 10:00-noon. Our training will be on kidney disease and dialysis.

Please feel free to suggest a subject for training sessions. It is nice to be able to address your concerns.

blender, blend for a second or so, then let stand uncovered at least 5 minutes to cool.

Add the dry mustard, salt, and cayenne if using. Cover and, with the blender running, drizzle the oil in very slowly at first, down the center hole into the egg mixture. Transfer mayonnaise to a clean container and chill immediately. This will keep for at least 7 days refrigerated. Yield 1-1/2 cups.

By Peggy Trowbridge Filippone, About.com

- (con't. pg. 2 col. 4)
- 1 scant teaspoon salt
 - Pinch of cayenne
 - (optional)
 - 1 cup canola, peanut, vegetable, or pure olive oil, not extra virgin.

Heat the egg yolks, lemon juice, water, and sugar in a small skillet over very low heat, stirring and scraping the bottom of the pan constantly with a spatula. At the first sign of thickening, remove the pan from the heat but continue stirring. Dip the pan bottom in a large pan of cold water to stop cooking. Scrape into a

During the hottest summer months the CDC recommends visiting elderly family or friends twice a day.

Signs of heat exhaustion include:

Clammy skin, loss of color in skin, sweating, a tired, overestimated look on someone's face, dry mouth and headache. Also watch for thirst. This is a sign that the person is already too dehydrated. Give person cool fruits and wipe them

down with cool cloths. If not improved, call 911.

Signs of major heat exposure or heat stroke:

High body temperature (over 103°), confusion, poor breathing, seizures, the person stopped sweating, weak pulse, hot dry skin to the touch and fainting or total loss of consciousness.

Get person out of the heat immediately and get them to a hospital or call 911.

estimated number of people living in the newly independent nation was 2.5 million. On July 4, 2009, the nation's population was estimated at 307 million.

\$407 million represented the foreign U.S. imports of American flags. The vast majority of this amount (\$4.3 million) was for U.S. flags made in China.

I hope that you enjoyed the holiday. We continue to thank the service men and women that help to keep us the land of the free.

Legacy Corps



Note from the Editor

June 21, we technically are in the summer season. However, with the rainfall of 4-1/2 to 6&7 inches in some parts of the county (3.62 normal average), and temperatures averaging 61 degrees, it hasn't felt too much like summer the way we use to know it. It has been a little easier on the people that struggle with the heat. It's probably kept the electric bills down a little and makes for much more comfortable sleeping weather. April seemed to be more like summer for us.

There is still time for picnics and day outings, even a regular vacation if you're able.

I have enclosed some information on ways to take care of yourself as well as your love ones and hints for preventing food spoilage in the warmer weather.

I hope some had the opportunity to see the fireworks which were scattered around the county in celebration of the 4th of July.

In July 1776, the esti-

Look Who's Joined Us!



Susan Wagner comes to us from the New Kingston area. She has been involved as an eldercare provider since 2001 and currently cares for her aunt who lives with her. She is a very energetic person who enjoys helping others. Since Susan has joined the Legacy Corps, we are able to assist caregivers in her vicinity that previously have been on a waiting list. We welcome Susan with a great deal of appreciation for her efforts to fulfill this need in the New Kingston, Roxbury, and Margaretville areas.



Alexandra M. Finch, also as known as "Alex", has joined the Legacy Corps and Office for the Aging for the summer as an intern through the Youth Bureau Program. She is a student beginning her senior year at Delaware Academy and is interested in participating in our "Adopt a Grandparent" program in the fall. She touts that she is a "people person" and she has a wonderful, warming smile. Her friends and family mean everything to her and she has a very optimistic, vibrant and enthusiastic demeanor. Welcome Alex!



Picnic Food Safety

Ants aren't the only little creatures that can spoil a picnic.



Another thing that can spoil a picnic or the routing is food-borne bacteria from improperly handled, prepared or stored foods.

Typically you can't see, smell or taste food-borne bacteria. Symptoms of food-borne illness include a fever or headache, stomach cramps, vomiting and diarrhea.

Picnic foods typically require a lot of handling, and the more foods are handled the greater the risk of contamination. The key guidelines to follow for better picnic food safety are: clean, separate, cook and chill. After thoroughly washing hands, the surface on which food is being prepared and any containers, serving pieces or utensils being used should be also washed well.

Use a separate cutting board for fresh produce and raw meats. Foods to be grilled on-site should be securely swapped so juices don't drip onto other foods.

The should be separated from vegetables and pre-made foods, preferably in their own cooler.

Keep them in the cooler until you're ready to cook and only take out the amount you intend to put on the grill.

Separating raw and cooked foods will help avoid cross-contamination, and keeping foods covered will help avoid contamination from insects or foreign objects.

Hot foods should be kept hot and cold foods should be kept cold; beverages and perishable foods should be kept in separate coolers.

It is suggested that you cook steaks and fish to a minimum internal temperature of 145 degrees. Pork and hamburgers are best cooked to an interior temperature of 160 degrees, while poultry should have an interior temperature of at least 165 degrees.

Cold foods prepared for picnicking should be kept at a temperature of 40 degrees or lower. The cooler should be placed in the interior of the vehicle, not in the trunk. Once you get to the picnic site, put the cooler in the shade, and

only open it when necessary, leaving food inside until just before serving time.

Cooked meat, poultry, fish or seafood should be eaten right away. Never let food sit out for more than an hour when it's 90 degrees or hotter. You should either eat it or store it in a cooler, insulated container or refrigerator within that time. Usually there's about a two-hour maximum window for safely consuming food after the ice in a cooler has become water, but if you're concerned about whether food is safe or not, the best rule of thumb is always: When in doubt, toss it out.

Texas AgriLife Extension Service, College Station Article written by Paul Schattenbuerg www.foodconsumer.org.



Mayonnaise Spoilage Myths

Commercial mayonnaise has an undeserved bad reputation as a cause of food spoilage. In fact, commercial mayonnaise is loaded with acid and preservatives that can actually extend the life of salads by killing bacteria. The eggs used in prepared mayonnaise are pasteurized to kill harmful bacteria.

Homemade mayonnaise carries more risk if not han-

dled properly. Foods using homemade mayo should be eaten immediately or properly refrigerated. The best bet is to make up only the amount of mayonnaise that you need, and do not plan on leftovers.

Homemade Mayonnaise

It is so easy and fast to make that you should not need the convenience of a prepared mayo except for that last minute sandwich. It will last up to a week when properly refrigerated.

Traditional homemade mayonnaise contains raw egg yolks. The perfect solution is to purchase irradiated eggs which are now available in most markets. Irradiated eggs carry no risk of salmonella contamination and are perfectly safe to use in raw preparations.

If you are unable to find irradiated eggs but don't want to take the risk of using raw eggs, try the following recipe. Cooked recipes warm the egg yolks just to the point where any bacteria will be killed but not enough to actually cook the yolks.

Prep Time: 10 minutes Cook Time: 5 minutes

Ingredients:

- 2 large egg yolks
- 2 tablespoons fresh lemon juice
- 2 tablespoons water
- 1/2 teaspoon sugar
- 1 teaspoon dry mustard

(con't. pg.4 bottom, col.3)

UV Safety Month

The sun's rays, also called ultraviolet or UV rays, damage your skin. The short-term results of unprotected exposure to UV rays are sunburn and tanning. Long-term exposure may cause early wrinkles, loss of skin elasticity, dark patches and skin cancer.

Skin cancer is the most prevalent form of cancer in the US. Ironically, it is also one of the easiest to prevent. There are so many ways to avoid the damaging ultraviolet rays of the sun, but often , precautionary steps are not taken seriously until it is too late.

Avoiding the sun by using tanning beds and heat lamps should not be viewed as a precautionary step. According to the Center of Disease Control and Prevention, artificial UV rays can be just as dangerous.

There are two categories of skin cancers: melanomas and non-melanomas. Non-melanomas include basal and squamous cell cancers. These cancers generally form only on those parts of the body that are most regularly exposed to the sun, for example the hands or the ears. Non-melanomas rarely spread to other parts of the body.

Melanomas, however, start in the melanocyte cell, which controls the pigment in skin. These cancers are much more likely to spread. The American Cancer Society considers melanoma to

be the most dangerous form of skin cancer and estimates that 60,000 people are diagnosed each year, causing several thousand deaths.

It is not realistic to think you can or even should avoid all exposure to the sun. Some exposure to the sun is necessary to provide the body with Vitamin D, which is important for good health. However too much exposure creates problems.

The sun's rays are strongest during the middle part of the day from about 10 am to 4 pm. UV rays reflect off many surfaces, the glare is especially bad off of sand and snow. The rays can also pierce through water, so keep in mind you aren't safe even if you feel cool and wet.

UV light can go through clothing as well. Tightly woven fabrics keep out the most sunlight, but a standard light summer T-shirt actually provides less protection than sunscreen with a SPF of 15. Use an umbrella or parasol.

Many seniors are on medications such as diuretics, those used for heart conditions, depression and allergies can make a person more sensitive to heat stress and prone to the burning rays of the sun.

Remember that the eyes of a senior take a longer time to adjust from light to dark. When going indoors, a senior should take off his or her sunglasses before entering the building to prevent an accident. (con't. pg. 4, top, col. 2)

Choosing the Right Sun Block

As we age, skin thins and becomes more fragile and susceptible to the sun's damaging rays. Protecting this sensitive skin means selecting a nurturing and effective sunscreen that blocks the sun's UV rays. Protecting elderly skin with hat and clothing in addition to sunscreen provides the best defense.

1. Consult with a physician or dermatologist to discuss the best options for sun block and additional protection methods. Physicians suggest drinking ample water and fluids to hydrate skin. They also recommend a wide brimmed hat and long sleeved clothes.
2. Select a sunscreen for sensitive skin with an SPF rating of at least 15, but SPF 30 is preferable. Also, choose PABA-free products with titanium dioxide or zinc oxide because these are less likely to trigger an allergic skin reaction.
3. Choose a sunscreen with broad spectrum UVA and UVB protection. Sunscreen with added vitamin A, vitamin D and vitamin E benefit elderly skin's health.
4. Use sunscreen that is easy to apply such as sunscreen towelettes in SPF-15, SPF 30 and SPF 45. Powder, sticks and gel sunscreens are also easy to apply.
5. Counter elder's skin's

COPD Patients in the Hot Weather

Extreme hot or cold conditions stress the entire body. In an effort to maintain a constant body temperature (98.6 degrees Fahrenheit), you expend additional energy to warm or cool your body. This additional energy requirement also increases the amount of oxygen your body is using. Breathing hot or cold air can also have a drying or irritating effect on the airway causing bronchospasm (contraction of the smooth muscle that surrounds the airway). Bronchospasm decreases the size of the airway.

High humidity is also a cause of increased complaints of shortness of breath. There are a couple of possible explanations for this phenomenon. First, as humidity increases, the density of the air increases. More dense air creates more resistance to airflow in the airway resulting in an increased work of breathing (ie, more shortness of breath). Another possible explanation is that as humidity increases, the prevalence of many known airborne allergens increases. Dust mites and molds both increase in high humidity.

(con't. page 4, top)

Liberty is the right to choose, freedom is the result of that choice. ~Unknown Source

Freedom is not the right to do what we want, but what we ought. Let us have faith that right makes might and in that faith let us, to the end, dare to do our duty as we understand it. ~ Abraham Lincoln (1809-1865)