

Delaware County

Office for the Aging
6 Court Street
Delhi, NY 13753

Phone: 607.746.6333
Fax: 607.746.6227



Hearing Aid Resource Directory:

Audibel Hearing Care Centers
739 St. Hwy 28, Oneonta, NY
607.434.3484

Beltone Better Hearing Centers
91 Chestnut St., Oneonta, NY
607.432.9380 or 800.852.1868

Expert Ear Inc.
360 Main St., Oneonta, NY
607.431.2522

Hear Here (Audiologist)
194 Main St., Unadilla
607.369.3802

Miracle-Ear Hearing Aids
9 Elm St., Oneonta, NY
607.436.9368

Audiologists
Bassett Healthcare-
800.227.7388



Fall 2009 Issue 1

September 2009 Legacy Corps

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Legacy Corps

Note from the Editor

Ah...fall, one of the most beautiful seasons! Driving around the county to visit clients, I get the supreme pleasure of seeing all the colorful changes in the mountain sides. My favorite is the street lined with maples and the leaves floating lazily down to the ground. The warm sun makes the dew glisten on the mounts of color accented with festive scenes of mums, pumpkins and scarecrows. I know we could lament over the fact that the colder weather is on its way but for those few weeks, I'd rather just marvel at the color.

I am happy to report that we have a new volunteer in the Hobart area, Teresa Andreolli and we have two perspective students willing to participate in the "Adopt a Grandparent" program. One is from Delaware Academy and the other an adult student studying at SUNY Delhi. We look forward to their service and assisting for some of our residents in the Delhi area.

coming up in the next month's time. There will be the 2nd Annual Healthy Aging Conference in Glens Falls, NY on 9/29, a regional training "Building a Successful Aging Friendly Community" in Binghamton on 10/21, the National Caregivers Conference- "Changing the Face of Caregiving" in Iselin, NJ 10/29 and Dementia Training in Albany through NY-SOFA on 10/30. So, I'm looking forward to bringing you lots of new and exciting information and developments for the future.

I have several conferences

Kit



Up and Coming!

September 30- Our training will be on kidney disease and dialysis as presented by Laurie Leahy SW and Irene Yarusso, RN from Bassett Healthcare, Dialysis Unit. It will be held in the Public Safety Building, (PSB) Rm. A from 10:00-noon.

October 22 - PSB, Rm. B from 10:00-noon. "Compassion, Communication and Action" followed by a dish to pass luncheon.

December 15 - Advisory Board Mtg., Senior Community Rm., Senior Housing, Delhi

Through the generosity of one of our readers, I have an assortment of beautiful lapghans to be distributed to anyone that would like one (without cost to anyone). With the chilly weather approaching the lapghans are just the right size to keep care recipients legs or shoulders cozy while the warming colors touch the heart. Please call to have one put aside for your pick up. (If it is difficult to get to Delhi, please let me know and we can arrange for the lapghan to be delivered.) Call 607.746.6333 and ask for Kit.



Did You Know?

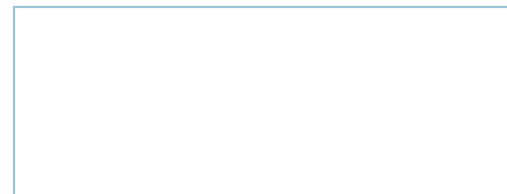
- The largest pumpkin pie ever made weighed over 2,020 pounds in 2005.
- In early colonial times, pumpkins were used as an ingredient for the crust of pies, not the filling.
- Colonists sliced off pumpkin tops; removed seeds and filled the insides with milk, spices and honey, baked in hot ashes and is the origin of pumpkin pie.
- Pumpkins were once recommended for removing freckles and curing snakebites.
- The largest pumpkin ever grown weighed 1,689 pounds.

Visit us on the web:
www.co.delaware.ny.us/depts/ofa/ofa.htm

The Delaware County Legacy Corps is operated by Delaware Support & Services, under contract to the Delaware County Office for the Aging with funding from Delaware County, NYS Office for the Aging and the Older Americans Act, and donations provided by program participants.



Legacy Corps of Del. Cty.
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Carpel Tunnel (con't. from pg. 2, col 4)

symptoms are headaches, backaches, pain in you neck or shoulders, migraines, jaw pain, or other complaints. So what causes carpal tunnel pain? Poor collapsing posture. When you think of symptoms think of "cause" and "effect". Symptoms are an *effect* and having poor posture *causes* the pain. How do you fix your posture? Its easy; loosen or stretch the muscles in front of your body. The second is strengthen your whole back side from knees to the base

of your skull. Exercise is a really big part in relieving your pain.

1. Fist extensions— start with a flat opened hand fingers together, next bend your fingers into a claw position, your fingers are folded down on themselves. Then return to a straight position and repeat the cycle a few times.
2. Opened finger fist extensions— loosely form a fist and then extend the hand with your fingers spread out like a

fan. Repeat this several times.

3. Shoulder stretches— with your opposite arm reach across and pull your shoulder forward while stretching your neck down towards the other shoulder. Repeat on the other side. Another shoulder exercise is shrug up your shoulders squeeze back pull down and return to front.
4. Use supports there are specially designed pads that rest at the base of a

keyboard that helps your wrist while working, you can also wear a brace that will help you maintain good posture. If you feel that numbness or pain seek medical help as soon as possible. Ignoring carpal tunnel syndrome only exacerbates the condition. Icing the area, steroid shots, pain relievers and anti-inflammatory medicines as well as wearing a brace are possible treatments. But remember, prevention is the best medicine.

Tips to naturally relieve back pain, and 7 ways to prevention of lower back pain

As our society continues to spend nearly all of its time sitting down, we are finding it more essential to relieve back pain. Most people spend their time in front of a computer at work, then they go home to sit in front of a television and after that we go to bed, and we wake up the next morning not feeling very renewed/refreshed and our backs hurt us. There are many solutions that we have tried to come up with ways to stop back pain, such as surgeries and chiropractors. Here are some tips to naturally ease your back pain.

1. Pain relieving cream, which has an ingredient called *Capsaicin*. This ingredient is found in chili peppers. The capsaicin is what makes the peppers spicy. This same heat will bring you the comfort you need.
2. Ice packs and heating pads. Most people will resort to just heating pads. While the heating pad is more comfortable it's the ice packs that will reduce the swelling and inflammation. Use ice packs for 10 minutes each hour for the first day and after that 3 times a day for the next two days.

Then switch to heat to relax the muscles that might be tense.

3. An exercise ball. You can use it as a chair and it will help with good posture. You can also be encouraged to do a few exercises that can help your back. One exercise that works is drape yourself over the ball facing it. Wrap yourself around it with your knees and feet on the floor. As you are draped over the ball shrug your shoulders pushing them forward.
4. If you are accustomed to back pain never sleep lying face down. This puts a lot of pressure on your back. Lie curled up on your side or lie on your back with a pillow under your neck and under your knees.

Some other suggestions are as follows:

1. Maintain a healthy body weight. Excess body weight causes a constant pull on the back muscles. A low-fat protein diet, high complex carbohydrate diet and a consistent exercise program will make you look and feel great and also help stop back pain.
2. Start a routine of exercises that strengthen your core muscles. In order to support the many movements we

put our back and body through in the course of a day we need strong abdominal, low back and waist muscles. If you need help finding good exercises consult a physical therapist or a personal trainer.

3. Increase daily movement through exercise and frequent breaks from inactivity. Movement is what our backs need to give it nourishment. Long periods of inactivity deprives our back muscles of oxygen and nutrients. When you are sitting for a long period of time take frequent breaks every 15-20 minutes to stretch. Get up and walk for a few minutes every 90 minutes.

4. Invest in a new mattress every 8-10 years. Since we spend almost 1/3 of our life in a bed it makes sense that you should be sleeping on a bed that supports your back. A medium-firm mattress is best to maintain the same natural spine alignment that you have standing up.

5. If you spend a long time at a desk or in front of a computer your chair should offer you back support and armrests to sup-

port your elbows. Make sure your computer is eye-level.

6. Lift properly. Bend at your knees and tighten your abdominal muscles keep the object close to you and straighten using the strength in your legs not your back.
7. Ladies lighten your handbags. Give yourself a break from high heels all of these accessories throws off your bodies alignment. And puts extra stress on your neck. In heels your central gravity shifts causing you to lean backward, and in results causes a back ache.

Causes and cures for carpal tunnel

The carpal tunnel is a bony area in your wrist with space for blood vessels and nerves to pass through. When the space becomes smaller due to swelling in your tissues there is less space for nerves and blood vessels. This causes symptoms in your hand and the area around your carpal tunnel because nerves do not like to be squashed and compressed. If you have symptoms in your carpal tunnel area there's a good chance you have pain elsewhere too. There are many other symptoms because every part of your body is connected. The other (con't. pg. 4 bottom)

Hearing Problems and Hearing Aids

Our ears have two main functions to hear and maintain balance. Throughout our life span, the hearing function gets worn out and less effective. One in three people over the age of 65 has a hearing problem and 50% of seniors over the age of 75 have hearing problems. Hearing loss is often due to over exposure to high volume sound, heredity or both. The indications that you are suffering from loss of hearing are pretty easy to detect.

1. You will notice that everybody sounds muffled when they are talking.
2. It is a challenge to decipher their words easily.
3. You have to ask for others to speak slower and louder.
4. You always seem to need to increase the volume on your home entertainment or TV set.

You shouldn't have to suffer from these problems that were listed above. It is possible that you have a feeling to retreat from personal interaction and make an effort to side step social settings because of your embarrassment from your loss of hearing. Some frequent causes of hearing loss are:

1. infections to the ear
2. abnormal bony growths
3. tumors in the outer or middle ear
4. ruptured ear drums.

Other non age interrelated

causes for deafness are Auditory Neuropathy, Meniere's disease, Noise Ostosclerosis and Usher's Syndrome. Some folks suffer with hearing losses that fluctuate and their problem may well go downhill or get better erratically. This is typically caused by an ear infection causing conductive hearing impairment.

Discount hearing aids can be found all over the internet, in hearing assistance retail shops, and from local events pertaining to hearing loss prevention and solutions. One thing to keep in mind when shopping for hearing aids is that these can get very expensive. Sometimes finding a good price can be too good to be true and should be investigated a little further than just seeing the price. If you are in doubt about a price you find all you will need to do is some price comparison to see what a typical cost would be for the device you have your eye on.

Since there are many levels of hearing deficiency there are many different devices to fit the needs of these specific levels. You might not always find discount hearing aids in the particular area in which you need your ears improved.



There are three fundamental types of hearing difficulty:

Type # 1—Conductive Hearing Loss

This happens if sound is not transmitted successfully to the middle ear, which may well be caused by fluid, earwax, infection, foreign matter or abnormality of the middle or outer ear.

Type #2—Sensorineural Hearing Loss

This condition happens after there has been some sort of impairment to the inner ear (cochlea) or to the nerve pathways from the inner ear to other brain. Disease, birth injury, drugs or genetic syndromes can be other causes of Sensorineural hearing loss. Further cases may well include noise exposure, viruses, head injury, tumors and a persons age.

Type # 3—Mixed Hearing Loss

On occasion a person may well suffer from conductive hearing loss along with a Sensorineural hearing loss. This type of problem is recognized as mixed hearing loss.

If you suspect you experience a hearing difficulty, you must consult your health specialist to acquire a qualified diagnosis and appropriate care for your problem. Treatment may be very simple or may require the fitting of a modern hearing aid.

Tomato & Shredded Cabbage Soup

This soup is a snap to make, especially if you use pre-packaged shredded cabbage.

- 1 Tbsp. extra virgin olive oil
- 1 small onion, chopped
- 1 clove garlic, minced
- 1 bag (8 oz.) shredded cabbage and carrots
- 1 can (14 oz.) diced tomatoes, drained
- 1 qt. fat-free, reduced sodium vegetable broth
- 1/2 tsp. cumin
- 1 Tbsp. lemon juice
- 1 tsp. honey
- Salt and freshly ground black pepper, to taste
- Cayenne pepper, to taste (optional)

In soup pot or Dutch oven, heat oil over medium heat. Add onion and saute until onion begins to brown lightly, about 5 minutes, stirring frequently. Add garlic and continue to saute another minute. Add cabbage, carrots and tomatoes. Saute 3 minutes. Add broth and cumin. Bring to boil. Reduce heat to low. Cover and simmer 10 minutes. Stir in lemon juice and honey. Season to taste with salt, black pepper and cayenne pepper, if using.

Makes 6 servings. Per serving: 74 calories, 2 g total fat (<1 g saturated fat), 13 g carbohydrates, 2 g protein, 2 g dietary fiber, 607 mg sodium.

American Institute for Cancer Research <http://www.aicr.org>



The voyage of discovery is not in seeking new landscapes but in having new eyes. ~Marcel Proust

Everybody can be great. Because anybody can serve. You only need a heart full of grace. A soul generated by love. ~Dr. Martin Luther King, Jr.

