

Delaware County

Office for the Aging
6 Court Street
Delhi, NY 13753

Phone: 607.746.6333
Fax: 607.746.6227



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

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"There is not a more pleasing exercise of the mind than gratitude. It is accompanied with such an inward satisfaction that the duty is sufficiently rewarded by the performance." ~Joseph Addison

NIH News in Health

A large clinical study showed that the Zostavax vaccine could cut the risk of getting shingles in half. NIH researchers helped with the clinical testing, which involved more than 38,000 older adults. When vaccinated people did get shingles, they generally had less pain and discomfort, and the risk of post-herpetic neuralgia was cut by two-thirds.

The U.S. Centers for Disease Control and Prevention now recommends that all adults get the vaccine at age 60 or older, but

only if they have a healthy immune system. Unfortunately, the vaccine is expensive, and the costs are not always covered by health insurance. If you're considering it, be sure to discuss the pros and cons of the vaccine with your doctor and check with your insurance provider about coverage.

For links to more information about shingles, see this story online:
[n http://newsinhealth.nih.gov/2008/February/docs/01features_02.htm](http://newsinhealth.nih.gov/2008/February/docs/01features_02.htm)

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Shot by Ryan Hawthorne of Rock Hill

Note from the Editor

They say that it takes 21 days of doing something repetitively to become a habit or at that matter, to break a habit. I have to admit that I have become complacent in my attitude when it comes to exercise. All I know is that it hurts and it's cold out now which makes me protest all the more, claiming it makes everything hurt more.

Having chronic disease myself for over 25 years, I understand the frustration and also know it takes a

great deal of self discipline to get moving. I have not been the prime example to follow but I know better.

We are celebrating Thanksgiving. I am thankful for so many things. Life, my ability to announce my faith, a wonderful husband, great family, warm home, a vehicle that isn't breaking down all the time, being safe in my home, my job and the people I work with, the volunteers and the list goes on and on but I really need to do something more as a steward of what I have

been given and that is take better physical care of this vessel.

In this issue I address some of the things we can do to help and strengthen ourselves. The biggest battle is getting started. I hope that if you struggle with a chronic disease, you will join me in a concerted effort to do better and get moving. After a while the pain will get a little less and it will become second nature.

Lit

Shingles

Sure Shot

Expert Advice: Most people aged 60 or older should be vaccinated against shingles, according to the Centers for Disease Control and Prevention.

Base Facts: "Shingles is common and ranges from mild to disabling," says William Schaffner, MD, professor of medicine and preventive medicine at Vanderbilt University School of Medicine and vice president of the National Foundation as herpes zoster, it's caused by

the same virus as chickenpox and is characterized by a similar rash. It can cause severe nerve pain that can last from weeks to years. Facial rashes can damage vision and hearing.

Who is at Risk: Half of the 1 million cases expected each year occur in people over age 60, and half those who reach 85 will have the disease, Dr. Schaffner adds. If someone in your family as had shingles, you may be particularly at risk. Shingles patients reported a family history four times more

often than patients in a shingles-free control group, according to researchers at the University of Texas Medical School at Houston whose findings were recently published in the Archives of Dermatology. Also, shingles can be passed on to someone, usually a child who will develop chickenpox, not shingles.. A person with chickenpox, however, cannot spread shingles to someone else.

What to Do: The severity and duration of an attack can be significantly

reduced by immediate treatment with antiviral drugs, according to the National Institutes of Health. Most healthy people will see the lesions heal and pain subside within three to five weeks.

Caution: If you or your loved one have an immunodeficiency disease, Dr. Schaffner advises against getting the vaccine. Talk to your doctor first. *Sept./Oct. 2008 issue of Caring Today.* www.caringtoday.com

Up and Coming!

November 25- at the PSB from 10:00 AM-noon. Speaker: Myra Foland of Peaceful Valley Reiki. She will be introducing us to Reiki and the benefits it may offer to relaxation, easing some behavioral problems with clients (eg. Alzheimer's and dementias) and the value of human energy and heat.

December 16- There will be an Advisory Board Meeting at the Senior Housing Community Hall from 1:00-2:00 PM.

December 30- at the PBS from 10:00 AM-1:00 PM. Speaker will be

Christen Callahan. She will presenting on Yoga and its benefits. We will also have a holiday luncheon to follow, (please bring a dish to pass if able & your place setting).

January 29, 2009- at the PBS from 10:00 AM-noon. Speakers will be Pamela Tanner from the NYS Division of Veteran's Affairs and Esther Baker from Del. Cty. DSS to speak about Medicare and Medicaid.

We welcome three new volunteers to the Legacy Corps; Lorraine Shively from the Walton area, Nicky Decker from Otego and Helga Berliner from the Hobart area. I am thrilled to announce our first student in our "Adopt a Grandparent" Program, Kelsey Paterson from Walton Central School.

Did you know?

Mistletoe was held sacred by ancient peoples. It was forbidden to fight in the presence of mistletoe. Eventually the tradition carried through as the Christmas slogan "Peace and Joy unto all men."

In the Celtic language mistletoe means "all-heal."

British bee farmers used to put springs of mistletoe on their beehives. They believed the bees hummed in honour of the Christ Child.

Find yourself a kisser partner and enjoy.



Chronic Disease Control

Chronic diseases are ongoing, generally incurable illnesses, and are the single greatest threat to our nation's health and to our health care system. It's difficult enough to deal with one disease at a time but many people have several chronic diseases they cope with daily.

Some of the chronic diseases are:

- Chronic fatigue syndrome
- Chronic osteoarticular diseases: rheumatoid arthritis, osteoarthritis
- Chronic respiratory diseases: chronic obstructive pulmonary disease, asthma
- Chronic renal failure
- Diabetes mellitus
- Chronic Hepatitis
- Autoimmune diseases, like lupus erythematosus
- Cardiovascular disease: heart failure, ischemic cardiopathy, cerebrovascular disease
- Neoplastic disease not amenable to be cured
- Osteoporosis

According to the Chronic Disease Center nearly one in two Americans (133 million) has a chronic medical condition of one kind or another. However, most of these people are not actually disabled, as their medical conditions

do not impair normal activities. According to this report, the most common chronic conditions are high blood pressure, arthritis, respiratory diseases like emphysema, and high cholesterol. That number is projected to increase by more than one percent per year by 2030, resulting in an estimated chronically ill population of 171 million.

60% are between the ages of 18 and 64. 90% of seniors have at least one chronic disease and 77% have two or more chronic diseases. Chronic disease also has broader economic impact. Poor health and chronic disease reduce economic productivity by contributing to increased absenteeism, poor performance, and other losses. A Milken Institute analysis determined that treatment of the seven most common chronic diseases, coupled with productivity losses, cost the U.S. economy more than \$1 trillion dollars annually. The same analysis estimates that modest reductions in unhealthy behaviors could prevent or delay 40 million cases of chronic illness per year.

Either way, it is a constant battle but one that can be coped with providing you are willing and able to combat it with proper diet and physical activity. The 2008 (CDC)

Physical Activity Guidelines for Americans were released to provide the latest information on the types and amounts of physical activity needed to gain important health benefits.

Regular activity reduces risk of many adverse health outcomes.

For all individuals, some activity is better than none, but more is better. Added health benefits generally occur as the amount of activity increases and physical activity is safe for almost everyone. The health benefits of physical activity far outweigh the risks.

There are special exercises that have been adapted to wheelchair bound persons but for the caregiver who is trying to juggle all, getting time and the energy is difficult...but doable! This may mean delegating responsibility to others so you have time to take care of yourself. If you don't have someone to share the responsibilities of caregiving with, the Legacy Corps, Hospice's Choices Program or friends, family or church family may be available to assist.

What is recommended?

1. At a minimum, **150 minutes** (2 hrs. & 30 mins.) each week of **moderate-intensity** aerobic activity (such as brisk walking); or,

75 minutes (1 hr. and 15 mins.) each week of **vigorous-intensity** aerobic activity (such as jogging or running); or an **equivalent mix of moderate- and vigorous-intensity** aerobic activity. Activity should preferably be spread throughout the week, and done for a least 10 minutes at a time.

2. **AND muscle-strengthening activities on 2 or more days each week** that work all major muscle groups (legs, hips, back abdomen, chest, shoulders, and arms).

For additional health benefits, adults should work up to **300 minutes** (5 hrs.) each week of **moderate-intensity** aerobic activity. Or, **150 minutes** (2hrs. & 30 mins.) each week of **vigorous-intensity** aerobic activity. Or, an **equivalent mix of moderate-and vigorous-intensity** aerobic activity. Physical activity beyond this amount may provide additional benefits.



What is Chronic Disease?

Chronic Disease simply means persistent or recurring disease, usually affecting a person for three months or longer. The disease is generally hereditary or from the result of poor diet and living conditions, using tobacco, other harmful substances, or a sedentary lifestyle. These are not typically contracted from other humans by contagion due to most chronic illnesses not being caused by infection. Chronic disease commonly refers to conditions that can be treated but not necessarily cured.

"Today, chronic diseases are among the most prevalent, costly, and preventable of all health problems. Seven of every 10 Americans who die each year, or more than 1.7 million people die of chronic disease." (Department of health and Human Services CDC) The conditions of chronic disease end up causing most individuals to have major limitations in activity (for more than one of every 10 people, or 25 million people).

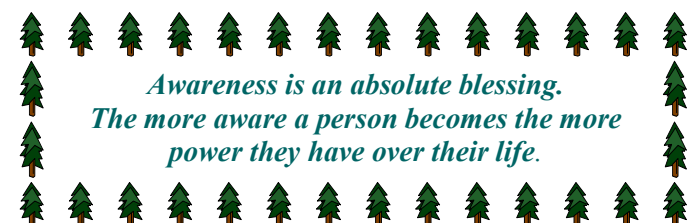
There are different types of chronic diseases. These range anywhere from Alzheimer's, arthritis, asthma, to zoonoses. Chronic diseases are many and varied.

Zoonoses are diseases that are spread from animal to individual. These are anything like the Avian flu, Endometriosis, Tetanus, Lyme disease, and even obesity.

These chronic diseases often require extensive care by a healthcare provider. Healthcare providers offer many different courses of treatments to reduce the symptoms however, most cannot be completely cured. The diseases usually result in a lifetime of discomfort, medications, doctor's visits, therapies, medical tests, and sometimes even resulting in surgeries.

Some patients may become depressed and disabled due to the continuous recurring bouts of illness and the length of the illness. Due to this occurring some patients may require physical therapy as well as counseling to improve overall well being.

While continuing care individuals learn how to cope with the disease and how to manage without interfering with the other daily things in life. Management of symptoms just becomes one of the daily routines that we partake in.



How to Get All the Fiber You Need Without Eating Stuff that Tastes Like Sawdust



With the assistance of new treatment options, individuals can enjoy a full successful and rewarding life.

The United States cannot effectively address escalating health care costs without addressing the problem of chronic diseases:

- Chronic diseases account for 70% of all deaths in the United States.
- In 2005, 133 million people, almost half of all Americans lived with at least one chronic condition.
- The medical care costs of people with chronic diseases account for more than 75% of the nations \$2 trillion medical care costs.
- Chronic diseases account for one-third of the years of potential life lost before age 65.
- The direct and indirect cost for diabetes is \$174 billion a year.
- Each year, arthritis costs of nearly \$81 billion, and estimated total costs (medical care and lost of productivity) of \$128 billion.
- In 2008, the cost of heart disease and stroke in the U.S. is projected to be \$448 billion.
- Cancer costs the nation an estimated \$89 billion annually in direct medical costs.
- The estimated total costs of obesity was nearly \$117 billion in 2000.
- Nearly \$98.6 billion is spent on dental services each year. <http://www.cdc.gov/>

We all know fiber is good for us. We know it keeps us regular, lowers cholesterol, prevents colon cancer and helps us stay trim. Yet most of us don't get anywhere near the 20 grams of fiber per day that doctors recommend.

One reason is that many high-fiber foods just don't taste very good. But here's good news: You can get all the fiber you need without eating any of that dry, tasteless stuff.

How? By eating avocados. One serving of avocado contains 12 grams of fiber—33% more than a cup of shredded wheat cereal!

And avocados aren't the only tasty foods that are high in fiber. Some delicious high-fiber fruits include raspberries (8 grams)...blackberries (8 grams)...apples (3 grams)...and mangoes (4 grams).

As for vegetables, the best choices are acorn squash (6 grams)...black beans (8 grams)...artichokes (6 grams)...and sweet potatoes (5 grams).

So next time you're at the supermarket, make sure you load up on these delicious high-fiber foods! Your body will thank you! www.BottomLineSecrets.com/healthy

"We are what we repeatedly do. Excellence then, is not an act, but a habit." ~ Aristotle

"One of life's gifts is that each of us, no matter how tired and downtrodden, finds reasons for thankfulness: for the crops carried in from the fields and the grapes from the vineyard." ~ J. Robert Moskin