



# The Golden Age

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Area XV Agency on Aging  
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Complimentary Copy



## Experimental Aircraft Association Airventure 2012 – Oshkosh Wisconsin

by Kenny Watterson

Imagine being at an event that in one week's time will be visited by over half a million people from all over the world. And many of those people will fly their own airplane to the event. Over 12,000 airplanes will fly in and many of them will be "homebuilt." This great event is the Experimental Aircraft Association (EAA) Airventure air show held annually at Oshkosh, Wisconsin, during the last week of July and first week of August.

Every year at this time I start getting excited about my annual trip to Oshkosh for the world's greatest air show. This year will be my 16th trip to Oshkosh. It would have been my 14th straight trip but my plans were interrupted last year by the arrival of my first grandchild, little Annabelle Grace on July 25, which diverted my trip plan from Oshkosh to San Francisco. This year I had to talk my daughter into coming home a week later for AnnieB's first birthday so I wouldn't miss Oshkosh again!

Oshkosh has something for everyone from the



Ken with an old Petenpohl

casual observer to the die-hard aviator. There are vintage aircraft from the 1920's and 30's, warbirds from World War II, Korea and Vietnam as well as current military aircraft such as the awesome F-22 Raptor, the world's premier air dominance fighter. And most importantly there are hundreds and hundreds of homebuilt airplanes of all shapes and

sizes that come from the grass roots of sport aviation enthusiasts from all across America and many other countries. For me, it is the love of all kinds of airplanes that draws me back to Oshkosh every year. It has been in my blood since my earliest childhood recollections. My dad, Bob Watterson, was an avid model plane builder having gotten into it by reading model airplane magazines when he was a boy in the 1920's. By the time I was five or six years old in the mid-1950's, he had me hooked as well. Dad didn't need the prefabricated kits that you could buy in hobby shops. He simply bought the raw materials, drew up his own plans and built the models from scratch. By the time I was 8 or 9 years old I knew about such things as dihedral, angle of incidence, center of gravity and center of lift. You had to know that stuff to build good free flight models.

Building and flying those models led to my wanting to be a pilot when I grew up. Becoming a fighter pilot in the Air Force was my ultimate dream. But I gradually developed near-sightedness

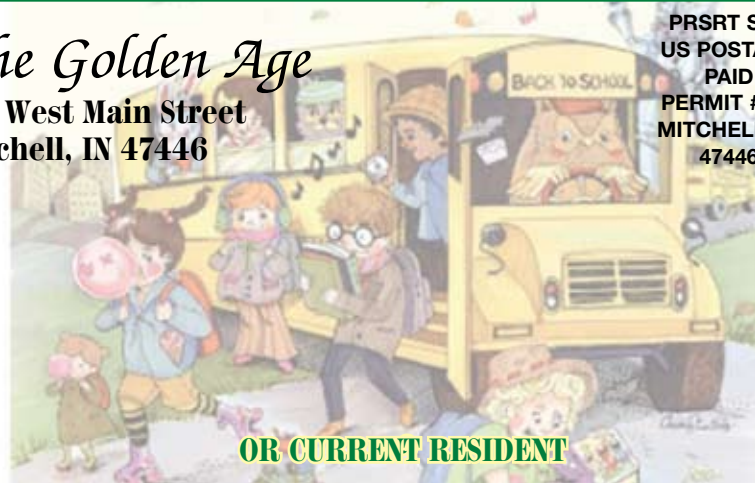
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### The Golden Age

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## The Golden Age

The Golden Age is published four times a year by the Area XV Agency on Aging, a division of Hoosier Uplands Economic Development Corporation and the Bedford Times-Mail.

Hoosier Uplands has partnered with the Times-Mail to provide our successful Golden Age publication that is targeted toward the older population.

The publication will include interviews, human-interest stories, humorous articles, health and nutrition information, and announcements about new services available in our area.

In addition to the Hoosier Uplands staff, guest contributors are welcome to submit articles for publication consideration.

Those wishing to place an advertisement in The Golden Age may contact the Times-Mail news office at 275-3355. Those wishing to submit articles or other information to be included in The Golden Age may contact Trudy Wells or Cindy Gilbert at Area XV Agency on Aging at (812) 849-4457 or 1-800-333-2451.

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Are you looking for home services for a family member? Not sure where to look? Or maybe you have questions about Medicare or Medicaid?

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## From the Desk of Barbara Kay Tarr

Director of Aging and Disability Services

On September 3, we will celebrate Labor Day, and that reminds me of a favorite recipe.

### Labor Day Cheesecake

30 Oreo cookies  
½ cup butter divided  
4 packages (8 ounces each) Philadelphia Cream Cheese  
1 cup sugar  
1 cup sour cream  
1 teaspoon vanilla  
4 eggs  
4 square Baker's semi-sweet chocolate

Line a 13-by-9 inch baking pan with foil and leave ends out over sides. Crush 24 Oreos-Melt ¼ cup butter to mix with the crumbs. Press in bottom of baking pan to make the crust.

Beat cream cheese and sugar with mixer. Add sour cream and vanilla, mixing it well. Add eggs, one at a time, beating after each to blend.

Chop remaining cookies and stir into batter. Pour over crust. Bake 45 minutes at 325 degrees until center is almost set; remove and cool.

Microwave the chocolate and remaining butter on High. Stir until smooth. Cool slightly and spread over top of cheesecake. Cover and refrigerate until ready to serve. Lift out of pan with the foil, then slice into squares and enjoy.

Did you know that Oreo Cookie had its 100th birthday on March 6, 2012?

## The Olympics You're never too old!

Submitted by Vera Hall

- The oldest Torch Bearer in this year's Olympics is 100 year old Diana Gould of England. She will carry the torch through the borough of Barret. Ms. Gould also runs exercise classes three times a week in the retirement home where she lives.
- The oldest EVER Olympian is Oscar Swahn of Sweden. He was 72 years, 281 days old when he competed at the 1920 Olympics in Shooting. He won a Gold Medal in this event.
- Arthur Von Pongraez of Austria competed in 1936 at the age of 72 years and 49 days. He competed in Dressage.
- In Beijing, in 2008, 67-year-old Japanese representative, Hiroshi Hoketsu competed

as an Equestrian Rider and has qualified for the 2012 Olympics where he will be 71 years old.

- The oldest woman to compete in the Olympics is British rider Lorna Johnstone who participated in Equestrian at the 1972 Olympic Games at 70 years and 5 days old.
- In 1908, British Archery winner Sybil "Queenie" Nervall became the oldest woman to ever win a Gold Medal. She was aged 53 years and 275 days.

**"He who is not courageous enough to take risks will accomplish nothing."** *Muhammed Ali*

**"Never, Never, Never, Never give up."**  
*Winston Churchill*

## AMERICA BLESS GOD

Submitted by Sam Shaw

America Bless God  
For on his soil we trod  
Endowed with free liberty  
Why do we take away  
What we have yesterday  
Could it be for monetary

Why not the right to pray  
The right to say  
Be born all Gods baby

Divided we fall  
United we stand  
For it be gods holy land

God does bless America  
Twenty-four-seven  
America bless God  
On earth  
As it be in Heaven.

# 21 Habits of Happy People

Submitted by: Cindy Gilbert

**“Happiness is a habit – cultivate it.” ~ Elbert Hubbard**

Happiness is one aspiration all people share. No one wants to be sad and depressed. We’ve all seen people who are always happy – even amidst agonizing life trials. I’m not saying happy people don’t feel grief, sorrow or sadness; they just don’t let it overtake their life. The following are 21 things happy people make a habit of doing:

1. **Appreciate Life** - Be thankful that you woke up alive each morning. Develop a childlike sense of wonder towards life. Focus on the beauty of every living thing. Make the most of each day. Don’t take anything for granted. Don’t sweat the small stuff.

2. **Choose Friends Wisely** - Surround yourself with happy, positive people who share your values and goals. Friends that have the same ethics as you will encourage you to achieve your dreams. They help you to feel good about yourself. They are there to lend a helping hand when needed.

3. **Be Considerate** - Accept others for who they are as well as where they are in life. Respect them for who they are. Touch them with a kind and generous spirit. Help when you are able, without trying to change the other person. Try to brighten the day of everyone you come into contact with.

4. **Learn Continuously** - Keep up to date with the latest news regarding your career and hobbies. Try new and daring things that has sparked your interest – such as dancing, skiing,

surfing or sky-diving.

5. **Creative Problem Solving** - Don’t wallow in self-pity. As soon as you face a challenge get busy finding a solution. Don’t let the setbacks affect your mood, instead see each new obstacle you face as an opportunity to make a positive change. Learn to trust your gut instincts – it’s almost always right.

6. **Do What They Love** - Some statistics show that 80% of people dislike their jobs! No wonder there’s so many unhappy people running around. We spend a great deal of our life working. Choose a career that you enjoy – the extra money of a job you detest isn’t worth it. Make time to enjoy your hobbies and pursue special interests.

7. **Enjoy Life** - Take the time to see the beauty around you. There’s more to life than work. Take time to smell the roses, watch a sunset or sunrise with a loved one, take a walk along the seashore, hike in the woods etc. Learn to live in the present moment and cherish it. Don’t live in the past or the future.

8. **Laugh** - Don’t take yourself – or life too seriously. You can find humor in just about any situation. Laugh at yourself – no one’s perfect. When appropriate laugh and make light of the circumstances. (Naturally there are times that you should be serious as it would be improper to laugh.)

9. **Forgive** - Holding a grudge will hurt no one but

you. Forgive others for your own peace of mind. When you make a mistake – own up to it – learn from it – and FORGIVE yourself.

10. **Gratitude** - Develop an attitude of gratitude. Count your blessings; All of them – even the things that seem trivial. Be grateful for your home, your work and most



importantly your family and friends. Take the time to tell them that you are happy they are in your life.

11. **Invest in Relationships** - Always make sure your loved ones know you love them even in times of conflict. Nurture and grow your relationships with your family and friends by making the time to spend with them. Don’t break your promises to them. Be supportive.

12. **Keep Their Word** - Honesty is the best policy. Every action and decision you make should be based on honesty. Be honest with yourself and with your loved ones.

13. **Meditate** - Meditation gives your very active brain a rest. When it’s rested you will have more energy and function at a higher level. Types of meditation include yoga, hypnosis, relaxation tapes, affirmations, visualization or just sitting

in complete silence. Find something you enjoy and make the time to practice daily.

14. **Mind Their Own Business** - Concentrate on creating your life the way you want it. Take care of you and your family. Don’t get overly concerned with what other people are doing or saying. Don’t get caught up with gossip or name calling. Don’t judge. Everyone has a right to live their own life the way they want to – including you.

15. **Optimism** - See the glass as half full. Find the positive side of any given situation. It’s there – even though it may be hard to find. Know that everything happens for a reason, even though you may never know what the reason is. Steer clear of negative thoughts. If a negative thought creeps in – replace it with a positive thought.

16. **Love Unconditionally** - Accept others for who they are. You don’t put limitations on your love. Even though you may not always like the actions of your loved ones – you continue to love them.

17. **Persistence** - Never give up. Face each new challenge with the attitude that it will bring you one step closer to your goal. You will never fail, as long as you never give up. Focus on what you want, learn the required skills, make a plan to succeed and take action. We are always happiest while pursuing something of value to us.

18. **Be Proactive** - Accept

what cannot be changed. Happy people don’t waste energy on circumstances beyond their control. Accept your limitations as a human being. Determine how you can take control by creating the outcome you desire – rather than waiting to respond.

19. **Self-Care** - Take care of your mind, body and health. Get regular medical check-ups. Eat healthy and work out. Get plenty of rest. Drink lots of water. Exercise your mind by continually energizing it with interesting and exciting challenges.

20. **Self Confidence** - Don’t try to be someone that you’re not. After all no one likes a phony. Determine who you are in the inside – your own personal likes and dislikes. Be confident in who you are. Do the best you can and don’t second guess yourself.

21. **Take Responsibility** - Happy people know and understand that they are 100% responsible for their life. They take responsibility for their moods, attitude, thoughts, feelings, actions and words. They are the first to admit when they’ve made a mistake.

Begin today by taking responsibility for your happiness. Work on developing these habits as you own. The more you incorporate the above habits into your daily lifestyle – the happier you will be. Most of all: **BE TRUE TO YOURSELF.**

Source: Overcoming Life’s Obstacles by Cindy Holbrook

# Cataract Education

Submitted by: Geneva Lee

## Recognize the Symptoms of Cataracts

Anyone that has ever tried to look out of a fogged-up car window knows what it is like to have cataracts. A cataract is a medical condition in which the lens of the eye becomes cloudy. People who suffer from cataracts may have trouble reading, seeing or driving a car. Cataracts grow over the lenses of the eyes gradually so that those affected lose more and more of their ability to see. Fortunately, doctors can treat cataracts with special eyeglasses, medication or surgery to return vision to normal.

Some of the common symptoms of cataracts include blurred vision and difficulty seeing at night, especially if the ability to see at night worsens over time. People who suffer from cataracts are also often extremely sensitive to light or may see yellow circles around bright lights when looking directly at them. Another symptom of cataracts is a constantly changing eyeglass prescription.

Those people who suffer from cataracts may need to have surgery to restore vision. However, there is no rush to have the surgery because vision is never permanently lost and is sometimes restored in other ways. It is important for anyone with cataracts to consult with his or her eye doctor and develop a treatment plan.

## Treatment and Prevention

Cataract prevention starts with nutrition. Normal eye lenses contain higher levels of vitamin C than almost every other organ in the body. When cataracts start to form, the vitamin C level falls.

Bioflavonoids such as quercetin and rutin help to prevent cataracts; glutathione and alpha-lipoic acid also help to promote healthy eye function. People should avoid steroids and cigarette smoking; these increase cataract risk. Cataracts are treatable surgically by removing the eye lens with a technique called phacoemulsification, involving an ultrasonic beam to break up the hardened lens and vacuum up the pieces, followed by placing an artificial lens as a replacement.

## How to Prevent Cataracts

Cataracts are not completely preventable; however, some physicians and a few studies indicate that there are some precautions to take in an effort to delay the formation of cataracts. Some of these precautions are common sense for people who wish to maintain a healthy lifestyle, and others specifically affect the causes of cataract formation.

1. First: Quit smoking and drinking. Nicotine and alcohol both kill brain cells. Smoking and drinking alcohol can create reactions that overproduce oxygen-free radicals. The formation of a cataract in smokers often comes from the overproduction of these oxidants. It is also entirely possible that a deficiency of anti-oxidants also contributes to the formation of these cataracts. The anti-oxidant that should normally “clean up” the oxidants is thought to diminish with age.

2. Second: Limit ultra-violet radiation. Just like doctors insist on covering up as much as possible when out in the sun for long periods of

time, doctors also insist on protecting the eyes. A wide-rimmed hat and/or sunglasses are excellent ways to protect the eyes when outside, as overexposure to sunlight and UVA/UVB rays is extremely harmful. UVB waves can alter the lens of the eye and alter pigments. UVB rays also contribute to macular degeneration, and UVA rays promote the overproduction of oxidants.

3. Third: Diet. Excessive fruits and vegetables can also help maintain good health. They are excellent sources of vitamins, such as vitamin C, which is thought to promote eye health and assist in delaying the deterioration of eyesight. Vitamin A is also necessary for good eye health.

## Different Types of Cataract Treatments

There are **different types of cataract treatments** available. The one recommended by the doctor depends upon the severity of the condition and the patient's circumstances. In most cases, cataracts are easy to treat, so there is usually no reason to let the condition diminish the quality of life of the afflicted person.

## Deciding upon the right cataract treatment

Surgery is the only way to reverse cataracts permanently. Surgery is usually postponed until the cataracts have advanced to the point where vision is significantly impaired. There is no danger in waiting, as long as vision remains good enough to remain fully functional. This allows the doctor to schedule the surgery for a time when the patient is not debilitated

from any other disease or injury, so recovery is quick and uneventful. Other, more natural forms of treatment can help manage the condition until the decision is made to undergo the surgery.

## Living with cataracts

Keeping eyeglass prescriptions up to date is important when living with cataracts, since vision changes come more rapidly. This helps keep vision as sharp as possible. A magnifying glass is best used for reading and other close work, and using brighter lights can also help. It may help to wear sunglasses or a hat outdoors to prevent glare and halos from sunlight. It is sometimes necessary to curtail dangerous activities, such as driving at night.

## Cataract surgery

Of the different types of cataract treatments, surgery is the one that goes beyond managing the condition and actually cures it. During cataract surgery, the clouded lens is removed and replaced with an artificial one. One eye is done at a time and allowed to fully recover before surgery is done on the other eye. Cataract surgery is a quick and safe procedure, since a local anesthetic is used rather than general anesthesia. There is still a risk of bleeding and infection.

Deciding whether to manage cataracts or to remove them through surgery is a decision each individual must make in cooperation with a qualified eye doctor. While surgery is the one sure cure, when to undergo the procedure is a decision to make with care.

Source: CataractSymptoms.com



# Life Begins at 50...

(and then gets a whole lot more complicated)

By Cindy Gilbert

It has become very apparent to me that once you turn 50, your body begins to betray you. You have to think about things you never gave consideration to before. All those years I was raising my children, I didn't think much about my health or what I would have to do to maintain it. Now I have discovered that many unattractive ideas must be entertained.

My yearly exams were not enough. My doctor came up with additional tests I needed. She was fairly convincing that if I did not have these tests, AARP would not welcome me into their fold.

I had a bone density test and found out I had osteopenia, which is the beginning of osteoporosis. So a monthly supplement was prescribed for that. After two years on that and reading some frightening things about the side effects, I lost

weight and began a vigorous work-out program. My second bone density test showed no osteopenia! I was able to stop the supplement. Yea for me, but now if I am lazy and miss a work-out, my mind works overtime and I visualize my bones crumbling. No rest for the weary.

I had the dreaded colonoscopy. As everyone warned me, the prep was worse than the procedure. They were right—enough said about that!

My thyroid is not functioning, my arches have fallen, varicose veins are sprouting all over and my nerves are shot (that one was my own personal observation, free of charge). Don't even get me started about my hearing and vision! And if I wasn't at the brink of insanity before, I was after I got all the bills

for my portion of those tests!

Recently I saw a dermatologist about some concerns. I was told that most of my suspicious skin changes were just age spots. (How comforting! Next stop: make-up aisle to find



those anti-aging products.) There were, however, two places that I was instructed to "watch." My life wasn't exciting enough before; now I'm watching moles. The dermatologist, who appeared to me to be no more than 18 with her supple skin and long, flowing black hair, told me that my skin looked

exactly the way she would it expect it to look for someone my age. Oh, there was another soothing comment.

Of course there is a whole list of stuff I didn't bother mentioning to the doctor—my trick knee, my elbow that gets stiff in air conditioning, or my aching shoulder. My days of eating chili at 9 p.m. and wearing pointed toed shoes are definitely over. "Shopping till I drop" takes about an hour. As the years have progressed, reading glasses have become a necessity (and I have a pair on every flat surface near me). Comfort is more important than style and elastic has become the most treasured part of any ensemble. I figured all those things just went along with the whole "aging" package.

I used to get so embar-

rassed when my mom and her friends talked about their health issues. It didn't even make them flinch to discuss their dropped bladders, gas, hemorrhoids, or irregular bowel habits. Now I realize that I share much the same conversations with my friends and it doesn't bother us at all because we all have the same problems!

I guess age is a great equalizer. It levels the playing field. A friend once told me that she was going to wait until age 60 to get married because by then everyone is fat and it doesn't matter. I concur. It is comforting to know that there are many other bi-focaled, hard-of-hearing, flat shoe wearing, elastic supported folks out there, trying to get into AARP.

## Rites of Spring: The Further Adventures of City Dog

By Kristen LaEace

It happens every spring: I get sick. Probably from drinking water from a stream or puddle I shouldn't have. Sometimes I eat grass to make my tummy feel better. But at least once a year, there are too many tummy bugs, and I get really sick. The problem is, I have a funny tummy. Once I start throwing up, I can't stop unless I get special medicine. This means Mommy has to take me to the vet for a shot to make me stop throwing up, medicine to make my tummy feel better, medicine to kill the tummy bugs, and subcutaneous fluids because



I am so dehydrated.

Mommy always worries, even though I recover just fine each year. This time, though, I had to have special blood tests to rule out anything worse than tummy bugs, because I ate some cat food I shouldn't have before I got sick. We had to go to a special vet over the weekend clear on the other side of town for two days in a row!

They even wanted to keep me in the hospital overnight so I could have intravenous fluids. But, instead of leaving me in the hospital 40 minutes from my house, Mommy took me back to my regular vet who agreed it would be OK if I got to stay home, just had another bag of regular fluids, and could come back in the morning if I wasn't feeling better.

When I am sick, Mommy buys me special foods like yogurt and cottage cheese, and she makes me rice. But this time, I wouldn't eat any of my favorite treat foods. Since I hadn't eaten anything for almost four days, Mommy finally broke down and bought me lunch-

meat and chicken breasts from the grocery store, even though she is vegetarian. I liked the roast beef and turkey lunchmeat the best! I didn't want the chicken, but Gremlin, one of my kitty cats, ate it all up right out of my bowl!

Sure enough, I started feeling better in a few days, and have been happy and healthy all summer long. It's been a hot one, though! Maybe my next story will be about how much I love to lie in front of the fan and on top of the air conditioning vents!

Love, Licks and nuzzles,  
Brutus

# Homemade Treats for Dogs

Submitted by Cindy Gilbert

Pet stores are full of dog treats. But did you know that you can make your own healthy dog treats at home? Here are some dog treat recipes to help you find a way to your dog's heart:

## Bark-B-Q

2 cups whole wheat flour  
1/2 cup white flour  
1/2 cup cornmeal  
1/2 cup wheat germ  
1/2 cup barbeque sauce  
2 tablespoon honey  
3 tablespoons oil  
1 egg  
1/2 cup water

Preheat the oven to 350 degrees Fahrenheit. Combine the dry ingredients. In a separate bowl, mix barbeque sauce, honey, oil, egg, water. Add to dry ingredients. Roll dough to 1/4 inch thick and cut into 3 to 4 inch pieces. Place on ungreased cookie sheet. Bake for 25 minutes at 350 F. Makes 2 1/2 dozen cookies.

## Beg-for-more Peanut Butter Treats

2 tablespoons oil  
1/2 cup peanut butter  
1 cup water  
1 1/2 cups whole wheat flour  
1 1/2 cups white flour

Preheat the oven to 350 F. Combine oil, peanut butter and water. Add flour, one cup at a time, forming a dough. Knead dough into firm ball and roll to 1/4 inch thickness. Cut into 3 to 4 inch pieces. Place on an ungreased cookie sheet. Bake at 350 F for 20 minutes. Makes 2 1/2 dozen cookies.

## Chick'N Fingers

2 1/2 cups white flour  
3/4 cup yellow cornmeal  
1/4 cup chopped chicken  
1 cup chicken broth  
4 tablespoons softened margarine  
1 egg  
2 T milk

Preheat oven to 325 F. Combine flour, cornmeal, chicken, chicken broth and margarine. Form into a soft dough and knead for 3 minutes. Roll dough to 1/4 inch thickness and cut into 3 to 4 inch finger shapes. Beat egg and milk together and apply to top of biscuits with brush. Place on ungreased cookie sheet. Bake at 325 F for 35 minutes. Makes 24 fingers. Refrigerate.

## Spicy Treat-balls

2/3 cup whole wheat flour  
1/3 cup white flour  
1/2 cup bran  
1/2 cup brewer's yeast  
1/4 cup wheat germ  
1/2 teaspoon cinnamon  
3 tablespoons honey  
2 tablespoons corn oil  
1 egg  
1/3 cup milk

Preheat oven to 350 degrees. In a large bowl, combine dry ingredients. In a separate bowl, beat honey, corn oil, egg and milk. Gradually add mixture to dry ingredients to form a dough. Form into 1-inch balls and bake at 350 F on an ungreased cookie sheet for 15 minutes. Makes 18 balls.

Source: Petplace.com

# How the Health Care Law affects Hoosiers

Submitted by Submitted by Terry Hupp

Many of the major provisions in the health care law weren't scheduled to begin until 2014. Other smaller, but popular, provisions have already kicked in. Here's a look at how some aspects of the bill have already, or were expected to, affect Hoosiers.

**Uninsured:** About 14 percent (864,400) of Indiana residents don't have insurance. Under the law, some would become eligible for Medicaid and some would receive tax credits to help buy private insurance starting in 2014. Others who don't qualify for assistance would have to buy insurance on their own or pay a penalty.

**Medicaid:** The law's expansion of Medicaid, the joint federal-state health care program for the poor, is expected to increase Indiana's enrollment 29 percent, a rate slightly higher than the national increase. Federal spending for Indiana's Medicaid recipients would increase 23 percent over the first five years and state spending would increase 2.5 percent, according to the Urban Institute.

**State-based exchange:** States have until the end of the year to create an online insurance marketplace that can be fully operational in 2014. Otherwise, the federal government will run it. Indiana has received \$7.9 million to help plan for an exchange, but was waiting for the Supreme Court's decision before

deciding whether to move ahead. The state has decided that any health plan purchased through the exchange cannot cover abortions, except in the case of rape, incest, or to protect the life or health of the mother.

**Insurance rebates:** Hoosier businesses and consumers will get \$14.2 million in rebates this year from health insurers who spent more on administrative expenses and profits last year than allowed under the law. Insurers that owe rebates cover 283,432 Hoosiers, according to the federal government.

**Young adults:** Young adults up to age 26 can stay on their parents' insurance plans. As of last June, 38,480 young adults in Indiana gained coverage under this provision, according to the federal government.

**Preventive care:** The law requires health insurers to cover preventive services, such as flu shots and mammograms, without co-pays or other cost sharing. The federal government estimates that about 1.16 million Hoosiers under age 65 received at least one new free preventive service in 2011. An estimated 736,054 Hoosiers on Medicare got at least one free preventive benefit.

**Prescription drug coverage for Medicare recipients:** Medicare sent \$250 rebates to the 89,667 Hoosiers who hit the Medicare prescription

drug coverage gap known as the "doughnut hole" in 2010. In 2011, 93,742 seniors received a discount -- averaging \$656 a person -- for brand-name drugs purchased after they hit the coverage gap.

**Tax credits for small businesses:** Businesses with fewer than 25 full-time workers and average wages of less than \$50,000 can get tax credits to help pay for providing health insurance. An estimated 61,410 Indiana businesses employing 374,200 Hoosiers were eligible for the credits last year, according to Families USA.

**Helping employers pay for care for early retirees:** Indiana businesses, schools, local governments and unions received \$42 million to help pay for coverage for retirees who aren't yet eligible for Medicare. The temporary program was intended to encourage employees to keep offering health insurance until major elements of the law begin in 2014.

**Funding:** In Indiana, the federal government has given \$154 million to state and local governments, employers, community health centers and others to implement the law. The per capita amount is smaller than in any other state except Alabama and Florida. One reason for that is Indiana hasn't advanced as far as other states in planning for an exchange.

Article by Star Report  
June 28, 2012

# Top 10 Scams Targeting Seniors

By National Council on Aging

Financial scams targeting seniors have become so prevalent that they're now considered "the crime of the 21st century." Why? Because seniors are thought to have a significant amount of money sitting in their accounts. Financial scams also often go unreported or can be difficult to prosecute, so they're considered a "low-risk" crime. However, they're devastating to many older adults and can leave them in a very vulnerable position with little time to recoup their losses. It's not just wealthy seniors who are targeted. Low-income older adults are also at risk of financial abuse. And it's not always strangers who perpetrate these crimes. Over 90% of all reported elder abuse is committed by an older person's own family members, most often their adult children, followed by grandchildren, nieces and nephews, and others. Review our list below, so you can identify a potential scam.

## 1. Health Care/Medicare/Health Insurance Fraud

Every U.S. citizen or permanent resident over age 65 qualifies for Medicare, so there is rarely any need for a scam artist to research what private health insurance company older people have in order to scam them out of some money. In these types of scams, perpetrators may pose as a Medicare representative to get older people to give them their personal information, or they will provide bogus services for elderly people at makeshift mobile clinics,

then use the personal information they provide to bill Medicare and pocket the money.

## 2. Counterfeit Prescription Drugs

Most commonly, counterfeit drug scams operate on the Internet, where seniors increasingly go to find better prices on specialized medications. This scam is growing in popularity—since 2000, the FDA has investigated an average of 20 such cases per year, up from five a year in the 1990s. The danger is that besides paying money for something that will not help a person's medical condition, victims may purchase unsafe substances that can inflict even more harm. This scam can be as hard on the body as it is on the wallet.

## 3. Funeral & Cemetery Scams

The FBI warns about two types of funeral and cemetery fraud perpetrated on seniors. In one approach, scammers read obituaries and call or attend the funeral service of a complete stranger to take advantage of the grieving widow or widower. Claiming the deceased had an outstanding debt with them, scammers will try to extort money from relatives to settle the fake debts. Another tactic of disreputable funeral homes is to capitalize on family members' unfamiliarity with the considerable cost of funeral services to add unnecessary charges to the bill. In one common scam of this type, funeral directors will insist that a

casket, usually one of the most expensive parts of funeral services, is necessary even when performing a direct cremation, which can be accomplished with a cardboard casket rather than an expensive display or burial casket.

## 4. Fraudulent Anti-Aging Products

In a society bombarded with images of the young and beautiful, it's not surprising that some older people feel the need to conceal their age in order to participate more fully in social circles and the workplace. After all, 60 is the new 40, right? It is in this spirit that many older Americans seek out new treatments and medications to maintain a youthful appearance, putting them at risk of scammers. Whether it's fake Botox like the one in Arizona that netted its distributors (who were convicted and jailed in 2006) \$1.5 million in barely a year, or completely bogus homeopathic remedies that do absolutely nothing, there is money in the anti-aging business. Botox scams are particularly unsettling, as renegade labs creating versions of the real thing may still be working with the root ingredient, botulism neurotoxin, which is one of the most toxic substances known to science. A bad batch can have health consequences far beyond wrinkles or drooping neck muscles.

## 5. Telemarketing

Perhaps the most common scheme is when scammers use fake telemarketing calls

to prey on older people, who as a group make twice as many purchases over the phone than the national average. While the image of the lonely senior citizen with nobody to talk to may have something to do with this, it is far more likely that older people are more familiar with shopping over the phone, and therefore might not be fully aware of the risk. With no face-to-face interaction, and no paper trail, these scams are incredibly hard to trace. Also, once a successful deal has been made, the buyer's name is then shared with similar schemers looking for easy targets, sometimes defrauding the same person repeatedly.

Examples of telemarketing fraud include:

### "The Pigeon Drop"

The con artist tells the individual that he/she has found a large sum of money and is willing to split it if the person will make a "good faith" payment by withdrawing funds from his/her bank account. Often, a second con artist is involved, posing as a lawyer, banker, or some other trustworthy stranger.

### "The Fake Accident Ploy"

The con artist gets the victim to wire or send money on the pretext that the person's child or another relative is in the hospital and needs the money.

### "Charity Scams"

Money is solicited for fake charities. This often occurs

after natural disasters.

## 6. Internet Fraud

While using the Internet is a great skill at any age, the slower speed of adoption among some older people makes them easier targets for automated Internet scams that are ubiquitous on the web and email programs. Pop-up browser windows simulating virus-scanning software will fool victims into either downloading a fake anti-virus program (at a substantial cost) or an actual virus that will open up whatever information is on the user's computer to scammers. Their unfamiliarity with the less visible aspects of browsing the web (firewalls and built-in virus protection, for example) make seniors especially susceptible to such traps.

One example includes:

### Email/Phishing Scams

A senior receives email messages that appear to be from a legitimate company or institution, asking them to "update" or "verify" their personal information. A senior receives emails that appear to be from the IRS about a tax refund.

## 7. Investment Schemes

Because many seniors find themselves planning for retirement and managing their savings once they finish working, a number of investment schemes have been targeted at seniors looking to safeguard their cash for their later years. From pyramid schemes like see "Scams" on next page

## "Scams"

Bernie Madoff's (which counted a number of senior citizens among its victims) to fables of a Nigerian prince looking for a partner to claim inheritance money to complex financial products that many economists don't even understand, investment schemes have long been a successful way to take advantage of older people.

### 8. Homeowner/Reverse Mortgage Scams

Scammers like to take advantage of the fact that many people above a certain age own their homes, a valuable asset that increases the potential dollar value of a certain scam. A particularly elaborate property tax scam in San Diego saw fraudsters sending personalized letters to different properties apparently on behalf of the County Assessor's Office. The letter, made to look official but displaying only public information, would identify the property's assessed value and offer the homeowner, for a fee of course, to arrange for a reassessment of the property's value and therefore the tax burden associated with it. Closely related, the reverse mortgage scam has mushroomed in recent years. With legitimate reverse mortgages increasing in frequency more than 1,300% between 1999 and 2008, scammers are taking advantage of this new popularity. As opposed to official refinancing schemes, however, unsecured reverse mortgages can lead property owners to lose their homes when the perpetrators offer money or a free house somewhere else in exchange for the title to the property.

### 9. Sweepstakes & Lottery Scams

This simple scam is one that many are familiar with, and it capitalizes on the notion that "there's no such thing as a free

lunch." Here, scammers inform their mark that they have won a lottery or sweepstakes of some kind and need to make some sort of payment to unlock the supposed prize. Often, seniors will be sent a check that they can deposit in their bank account, knowing that while it shows up in their account immediately, it will take a few days before the (fake) check is rejected. During that time, the criminals will quickly collect money for supposed fees or taxes on the prize, which they pocket while the victim has the "prize money" removed from his or her account as soon as the check bounces.

### 10. The Grandparent Scam

The Grandparent Scam is so simple and so devious because it uses one of older adults' most reliable assets, their hearts. Scammers will place a call to an older person and when the mark picks up, they will say something along the lines of: "Hi Grandma, do you know who this is?" When the unsuspecting grandparent guesses the name of the grandchild the scammer most sounds like, the scammer has established a fake identity without having done a lick of background research. Once "in," the fake grandchild will usually ask for money to solve some unexpected financial problem (overdue rent, payment for car repairs, etc.), to be paid via Western Union or MoneyGram, which don't always require identification to collect. At the same time, the scam artist will beg the grandparent "please don't tell my parents, they would kill me." While the sums from such a scam are likely to be in the hundreds, the very fact that no research is needed makes this a scam that can be perpetrated over and over at very little cost to the scammer.

You can find more information from the National Council on Aging at [www.ncoa.org](http://www.ncoa.org)

# Ways to Slash Energy Costs

Submitted by: Cindy Gilbert

## 1. HEAT AND COOL YOUR HOME MORE EFFECTIVELY.

Keeping comfortable doesn't have to cost a bundle. Cut cooling costs. Set your thermostat no lower than 78 degrees in the summer. Consider ceiling fans and a whole-house fan instead of air-conditioning – they use a lot less electricity.

Check your thermostat. Set it no higher than 68 degrees in the winter. For every degree lower, you'll carve about 5 percent off your seasonal bill.

Garden to insulate. Plant trees and bushes on your house's north side to keep winter winds at bay and on the south side for summer shade.

Harness the power of the sun. When it's cold out, open the curtains to warm a room. (Keep them closed to cool rooms in the summer.)

Replace your filters. Clean or replace furnace, air conditioner and heat-pump filters regularly to keep the units running efficiently.

Seal drafts. Use caulk and weather-stripping to prevent air leaks around windows and doors. It's a small investment that pays for itself many times over.

## 2. USE WATER WISELY.

Water heating accounts for up to 25 percent of your utility bill. Cut costs now with these simple tips. Stop the flow. Don't let water run while you brush your teeth or wash dishes. You'll save four gallons a minute.

Lower the heat. Most people keep their water heater hotter than needed. Don't set it higher than 120 degrees. Wash smart. Wash full loads of laundry in cold water, and opt for line-

drying whenever possible. You'll save on electricity and reduce the heat buildup in your home as well as the need for more air-conditioning.

Let the dishes slide. Run your dishwasher only when it's full – you'll use a third less water than when hand washing. Select the no-heat air-dry feature to increase your savings. And there's no need to pre-rinse for today's machines, so save a little water there, too.

## 3. POWER DOWN ON ENERGY.

Unplug. Even when you're not using your microwave, TV, computer or cell-phone charger, you're paying for them. Unplug them! Better yet, plug clustered electronics into a power strip and turn them all off at once before you head to work, bed or vacation.

Put your computer to sleep. Better yet, shut it down. Turn off monitors if they're not in use for 20 minutes, and CPUs if they're not being used for more than two hours. Lose the screen savers as they waste energy! Use your laptop, if you have one. They consume less power than PCs.

## 4. SHED SOME LIGHT.

About 20 percent of electricity in the United States is spent on lightbulbs. Help trim that number.

Let the sun shine in. Don't use lights during the day. It sounds obvious, but it's easy to forget.

Turn it off. Switch off the lights in rooms nobody's in. Make a house rule: If there's one person in a room, there should only be one light on.

Change bulbs. Compact fluorescent lamps (CFLs) use almost 70 percent less energy, emit way less heat and last 10 times longer than traditional, incandescent bulbs – saving you \$30 over the life of one bulb.

Space lamps smartly. Keep them away from air-conditioner thermostats; their heat will cause AC units to run longer.

Install dimmers. Lights that are dimmed cost less and extend the life of the bulb. A dimmer is easy to install, and it allows you to control the amount of light for any mood.

## 5. SCHEDULE AN AUDIT.

Don't throw money out the window! Contact a home energy auditor for a home assessment. Ask your utility company if it offers free or discounted energy audits. Many will send an expert to your home for free, and some offer rebate programs to help pay for energy-efficient upgrades.

Hire a home energy expert. A certified Home Energy Rater can perform an energy-efficiency inspection. A good inspector should be at your home for at least two hours and give you a prioritized list of energy-saving tips. Search the Residential Energy Services Network at [www.natresnet.org/directory/raters.aspx](http://www.natresnet.org/directory/raters.aspx) to find a certified rater.

Do it yourself. Audit guidelines and money-saving tips are available online at [hes.lbl.gov](http://hes.lbl.gov).

**DID YOU KNOW?** 75% of the electricity used to power home electronics is consumed while they are not in use.

Source: Allyou.com



# 45 Uses for Vinegar

Submitted by Cindy Gilbert

Unleash the power of white vinegar – an all-purpose cleaner, brightener, herbicide and more. Just a bit of this multi-tasker, straight up or mixed with water, can replace many pricier products huddled under your sink. Try these tips to see how vinegar can make your life cheaper and easier.

1. Freshen up the fridge. Clean the shelves and walls with a solution of half water and half vinegar.
2. Brighten coffee cups and teacups. Gently scrub stains with equal parts vinegar and salt (or baking soda).
3. Eliminate odors. Swab plastic containers with a cloth dampened with vinegar.
4. Kill bathroom germs. Spray full-strength vinegar around the sink and tub. Wipe clean with a damp cloth.
5. Save a garment. To remove light scorch marks on fabrics, rub gently with vinegar. Wipe with a clean cloth. This technique also works on antiperspirant stains.
6. Tidy up a toilet. Pour a cup or more of diluted white distilled vinegar into the bowl. Let sit several hours or overnight. Scrub well with a toilet brush and flush.
7. Lose the carpet stain. Make a paste of 2 tablespoons white distilled vinegar and ¼ cup salt or baking soda. Rub into the stain and let dry. Vacuum the residue the next day. (Always test an out-of-sight part of the carpet first.)
8. Renew paint brushes. To remove old paint, place brushes in a pot with vinegar. Soak for an hour, then turn on the stove and bring the vinegar to a simmer. Drain and rinse clean.
9. Wipe off a dirty faucet. To get rid of lime buildup, make a paste of 1 teaspoon vinegar and 2 tablespoons salt. Apply to sink fixtures and rub with a cloth.
10. Stop static cling. Add ½ cup of white distilled vinegar to your wash cycle. The acid reduces static

and keeps dryer lint from sticking to your clothes.

11. Make old socks look new. Get the stains out of old socks and sweaty gym clothes by soaking them in a vinegar solution. Add 1 cup of white distilled vinegar to a large pot of water, bring to a boil and drop in the stained clothes. Let them soak overnight, and in the morning stained clothes are fresh and bright.
12. Restore handbags and shoes. Wipe white distilled vinegar on scuffed leather bags and shoes. It will restore their shine and help hide the marks.
13. Banish weeds. Pour white distilled vinegar on the weeds growing in the cracks of your walkway and driveway. Saturate the plant so the vinegar reaches the roots.
14. Liven droopy flowers. Don't throw out cut flowers once they start to wilt. Instead, add two tablespoons of white vinegar and one teaspoon of sugar to a quart of water. Pour the solution into your vase, and the flowers will perk up.
15. Put an end to itching. Dab a cotton ball soaked in white vinegar on mosquito bites and insect stings. It will stop them from itching and help disinfect the area so they heal faster.
16. Whiten your teeth. Brush your teeth once a week with white distilled vinegar. Dip your toothbrush into the vinegar and brush thoroughly. It will help prevent bad breath, too.
17. Make nail polish last longer. Before you apply your favorite polish, wipe your nails with a cotton ball soaked in white distilled vinegar. The clean surface will help your manicure last.
18. Keep car windows frost-free. Prevent windows from frosting



over in a storm by coating them with a solution of three parts white distilled vinegar to one part water. The acidity hinders ice, so you won't have to wake up early to scrape off your car.

19. Let your dog shine. Spray your dog with one cup white distilled vinegar mixed with one quart water. The solution is a cheap alternative to expensive pet-care products, plus the vinegar will help repel pests like fleas and ticks.
20. Battle litter-box odor. Cat litter can leave behind an unwelcome smell. Eliminate it by pouring a half-inch of white distilled vinegar into the empty litter box. Let stand for 20 minutes, then rinse with cold water.

21. Kill bacteria in meat. Marinating in vinegar knocks out bacteria and tenderizes the meat. Create a marinade by adding ¼ cup balsamic vinegar for every 2 pounds of meat to your own blend of herbs and spices. Let the meat sit anywhere from 20 minutes to 24 hours, depending on how strong you want the flavor, then cook it in the morning without rinsing.
22. Prevent cracked eggs. Prevent eggs from cracking as they hard-boil by adding two tablespoons of white vinegar to the water. The eggs will stay intact, and the shells will peel off more easily when you're ready to eat them.
23. Steam away a microwave mess. Fill a small bowl with equal parts hot water and vinegar, and place it in the microwave on high for 5 minutes. As the steam fills the microwave, it loosens the mess, making clean up a breeze.
24. Repair DVDs. If you have a worn DVD that skips or freezes, wipe it down with white distilled vinegar applied to a soft cloth.

Make sure the DVD is completely dry before reinserting it into the player.

25. Get those last drops. If you can't get that final bit of mayonnaise or salad dressing out of the jar, dribble in a few drops of vinegar. Put the cap on tightly and shake. The remaining condiments will slide out.
  26. Rinse fruits and vegetables. Add 2 tablespoons white distilled vinegar to one pint water. Use the mixture to wash fresh fruits and vegetables, then rinse thoroughly. The solution kills more pesticide residue than does pure water.
  27. Brighter Easter eggs. Before your kids dye Easter eggs, mix 1 teaspoon of vinegar with ½ cup of hot water, then add food coloring. The vinegar keeps the dye bright and prevents the color from streaking.
  28. Loosen a rusted screw. Pour vinegar onto the screw, and it will easily unstick.
  29. Remove gum. To remove gum from fabric or hair, heat a small bowl of vinegar in the microwave. Pour the warm vinegar over the gum, saturating the area. The gum will dissolve.
  30. Keep cheese from molding. Wrap cheese in a vinegar-soaked cloth, then place in an airtight container and refrigerate.
  31. Renew a loofah. Soak your loofah in equal parts vinegar and water for 24 hours to dissolve soap residue, then rinse in cold water.
  32. Remove wax. If you get melted candle wax on your wood furniture or floors, gently wipe it away with a cloth soaked in a solution of equal parts white vinegar and water.
  33. Take a relaxing bath. Add ½ cup of vinegar to warm bath water for a cheap spa session at home. The vinegar removes dead skin, leaving you feeling soft and smooth.
  34. Brighten your hair. Remove hair product buildup by rinsing a
- "Uses" continued on next page**

# BBB Warns Against Top Scams Targeting Senior Citizens

By: Reanna Smith-Hamblin | Vice President/Communications

Fraud targeting senior citizens is a growing concern as millions have fallen victim to scammers. Better Business Bureau is warning seniors to be on the lookout for the following five scams that commonly target senior citizens:

**Sweepstakes and Lottery Scams** –Typically, the victim receives a letter in the mail stating they have won a lottery or sweepstakes; it might even claim to be from Publisher's Clearing House or Reader's Digest. The letter instructs the victim to deposit an enclosed check and then wire a portion back to the company to cover taxes or administration fees. While the funds will initially show up in the bank account, the money will be removed when the bank determines the check is fraudulent. The victim is out whatever they wired back to the scammers—often amounting to thousands of dollars.

- **BBB Advice:** Never wire money to someone you don't know. You should never have to send money to receive any winnings from a lottery or sweepstakes.

**Medicare Scams** – Navigating the Medicare system isn't easy and some scammers will look for any opportunity to take advantage of the confusion. Commonly, a scammer will claim to be with Medicare and ask for personal information such as Medicare, Medicaid, social security, credit card or bank account numbers. The

victim might be given any number of excuses to provide this information including that an error needs to be fixed, that he or she is part of a survey or eligible to receive free products or can sign up for a new prescription drug plan.

- **BBB Advice:** Remind elder family members that Medicare will never call to ask for sensitive personal financial information.

**Bereavement Scams** – Scammers will often try to take advantage of the increased vulnerability of senior citizens who have recently lost a loved one, such as a spouse. In one recent example, a mother and daughter team in Ohio would find targets by scouring the obituaries. They would then call the widow or widower and claim that their spouse had outstanding debts that needed to be paid immediately. Victims would then provide a blank check or credit card.

- **BBB Advice:** Offer help to elderly family members if they have recently lost a loved one and are inexperienced in managing finances. If you are uncertain about owing a debt when collectors call, ask for written confirmation.

**Deceptive Professionals** – While many scams targeting senior citizens might not have a face, some scammers will be invited in the front door including technicians, contractors, chimney sweeps, air duct cleaners and other services.

Some professionals will lie about the extent of the problem or claim safety issues and then inflate prices for unsuspecting senior customers.

- **BBB Advice** – Always research a company with BBB before you hand over any money and report any deceptive services to your BBB, local law enforcement and the state Attorney General.

**Investment and Work at Home Opportunities** - Promises of easy money often target older adults because they may be looking to supplement their income. The pitch might come in the form of an investment opportunity that promises big returns, or as a way to make money at home for an upfront cost. Regardless of the specifics, the victim is offered what sounds like a great opportunity but the extra income never materializes.

- **BBB Advice:** Always research any work at home opportunity with BBB. Beware of investment or money-making offers that seem too good to be true or use high pressure sales tactics to get you to sign up immediately.

For more advice on avoiding scams and fraud visit log on to [www.bbb.org](http://www.bbb.org) or call 1-800-388-2222.

## "Uses"

tablespoon of vinegar through your hair once a month.

35. Freshen fabrics. Fill a spray bottle with white vinegar and spritz your home to neutralize odors in fabrics, carpets, shoes or any sprayable surface.

36. Erase crayon. If your kids get crayon marks on the walls or floor, dip a toothbrush in white vinegar and gently scrub. The vinegar breaks down the wax, making for an inexpensive, non-toxic way to clean up after children.

37. Sticky stickers. Don't scratch at the residue left by stickers or price tags. Instead, apply vinegar to the gunk, let it sit for a few minutes, then wipe the glue away.

38. Clean the dishwasher and coffee pot. Reduce soap buildup and food residue by pouring a cup of vinegar into your empty dishwasher or coffee

pot once a month and letting it run a full cycle.

39. Sanitize pet accidents. You can remove the stain and smell of your pet's accident by mixing ¼ cup vinegar with a quart of water and blotting the mixture onto the mess with a washcloth. Continue dabbing until the spot is gone.

40. Prep for summer grilling. To remove charcoal buildup from your grill, spray white distilled vinegar on balled up aluminum foil and scrub the grate thoroughly.

41. Restore showerhead pressure. If your showerhead gets clogged with mineral deposits, soak it for 15 minutes in a mixture of ½ cup vinegar and 1 quart water.

42. Clean your scissors. When your scissor blades get sticky, wipe them down with a cloth dipped in full-strength white vinegar. Unlike soap and water, vinegar won't ruin the blades or rust the

metal.

43. Unclog drains. For a natural, nontoxic way to clean clogged pipes, pour one cup of baking soda, followed by one cup of white vinegar, down the drain. Let the products bubble and foam, then flush the pipes with a pot of boiling water.

44. Eliminate dandruff. If your scalp is feeling dry or flaky, vinegar can be a simple at-home remedy. Once a week, pour one cup of apple cider vinegar over your scalp, and let it sit for 15 minutes. Rinse thoroughly with cool water.

45. Soften your feet. Summer sandals leaving you with cracked heels and calluses? Soak your feet for 20 minutes a day in one part vinegar to two parts warm water. The vinegar removes dead skin, leaving your feet soft and smooth.

Source: Allyou.com

# National Immunization Month

By: Joanie Evans

August is recognized as National Immunization Awareness Month in order to express the importance of immunizations throughout the life span, from infant to the elderly. August is a good time to remind family, friends, co-workers, and those in the community to catch up on their vaccinations. Parents are enrolling their children in school, students are entering college, and healthcare workers are preparing for the upcoming flu season.

Immunization is one of the most significant public health achievements of the 20th century. Vaccines are responsible for the control of many diseases that were common in this country. Vaccines have reduced and, in some cases, eliminated many diseases that once routinely killed or harmed people such as smallpox, wild poliovirus in the U.S, measles and other diseases. But despite these efforts, tens of thousands of people in the U.S. still die today from these and other vaccine-preventable diseases. Protecting children and adults against many common infectious diseases is

effectively done through immunizations. The viruses and bacteria that cause vaccine-preventable diseases and death still exist and can infect people who are not protected by vaccines. Vaccine-preventable diseases have a costly impact, resulting in doctors' visits, hospitalizations and premature deaths. Maintaining high immunization rates protects the entire community by interrupting the transmission of disease-causing bacteria or viruses. This reduces the risk that unimmunized people will be exposed to disease-causing agents. This type of protection is known as community immunity, and embodies the concept that protecting the majority with safe, effective vaccines also protects those who cannot be immunized for medical reasons. Recommended vaccinations begin soon after birth and continue throughout life, and it's important to get the right vaccines in the right doses at the right time.

A few vaccines you may want to check into are:

**Tetanus/Diphtheria** - All adults should be immunized against tetanus and dip-

theria every 10 years throughout their adult lives. Infection with *Clostridium tetani*, which is found in spores in the soil and in the gastrointestinal tract of some animals, causes tetany, or severe muscle spasms. The condition can be fatal without treatment. Diphtheria is an infectious respiratory illness which causes sore throat and difficulty swallowing. It sometimes causes severe swelling of the neck and can be fatal.

**Pneumococcus- Streptococcus pneumoniae** infection can cause a myriad of illnesses with varying degrees of severity, such as otitis media, pneumonia and meningitis. Adults 65 years of age and older require protection against pneumococcal infection, as do young adults who have diabetes or other chronic illnesses. Being immunized once for pneumococcal disease confers lifetime immunity, although those at high risk may opt to have a booster if they were vaccinated prior to age 65.

**Human Papillomavirus (HPV)**- Women aged 26 years and younger should be vaccinated against HPV, which causes genital warts, and is also

responsible for causing approximately 70% of all cases of cervical cancer.

**Influenza**- It is likely many people will require vaccination for both the seasonal influenza virus and the H1N1 virus. This may mean that three vaccination shots will be required to be fully covered against influenza. You will want to discuss this with your doctor, especially if you are considered high risk (ie: have an altered immune system, are pregnant, or have a chronic health condition).

Make sure you are protecting yourself and others around you by getting your immunizations. It is a good idea to complete and carry a vaccine record with you in case of emergencies. Be sure to ask your family physician in there are any vaccines you need.

For more information, please visit: [www.partnersforimmunization.org](http://www.partnersforimmunization.org)

[http://wamu.org/calendar/community\\_minute/national\\_immunization\\_awareness\\_month.php](http://wamu.org/calendar/community_minute/national_immunization_awareness_month.php)

<http://news.healthguru.com/article/national-immunization-awareness-month>

## Lower the cost of running your fridge without spending a dime

Submitted by: Cindy Gilbert

To cut utility costs at home, start with your fridge. Appliances account for about 20 percent of your household's energy consumption, and refrigerators lead the pack. Whether yours is a new energy-efficient model or 20 years old, you can reduce the cost of running your fridge simply by the way you use it. Follow these guidelines to start saving now.

- Keep it chill. Regulate the temperature, but don't keep it too low. The colder the setting, the more energy your fridge uses. For maximum energy efficiency and food safety, set it to 40 degrees Fahrenheit, and the freezer to 0 degrees.
- Maintain the rear. Dust buildup on the coils makes your fridge work harder. Be sure to vacuum or dust them regularly.
- Stock up. The fuller your fridge (and freezer), the less space there is to cool and the quicker the fridge chills back down once the door is closed.

- Location counts. Place your fridge away from your oven, stove top, radiator or other heat sources, and make sure there are a few inches of space around it. The unit can nestle, but it shouldn't abut walls, counters or other appliances.

- Cool down hot food. Placing hot dishes into the fridge taxes the appliance. Let them cool down first for up to 2 hours—but no longer (or you'll risk bacteria growth).

- Think before opening. Don't open the refrigerator door without knowing exactly what you want. The more time you spend staring indecisively, the warmer the interior of the fridge becomes.

- Put a lid on it. Cover liquids and containers with plastic wrap or a top so the fridge doesn't have to chill every exposed surface.

Source: Allyou.com

## CAN YOU HEAR ME NOW???

By: Linda Tarr, AgrAbility Coordinator

Farming can be a noisy business, from the loud noise of large equipment such as a combine or tractor to the constant drone of smaller machines such as a drill. Farming can cause hearing loss, but it is preventable. AgrAbility is a program that helps farmers and their families overcome disabilities, and keep being productive. Hearing loss is one of those injuries.

Exposure to noise over 85 decibels can cause permanent hearing loss. A combine averages 90 decibels, a chain saw 109 decibels, and a squealing pig 95 decibels. If you need to raise your voice to be heard an arm's length away, the noise is probably loud enough to damage your hearing.

It doesn't take long for a sound level to become dangerous to the human ear. For example, a chain saw at 109 decibels only takes two minutes to cause damage or a tractor at 91 decibels only takes 2 hours.

Nothing can restore hearing loss. Once it's gone, it's gone. It can be prevented by identifying noisy tasks and using hearing protection such as foam earplugs or hunting earmuffs. It's not just the senior generation that may have hearing loss. A young farmer can have hearing loss and not even know it.

They're your ears—protect them.





# PET PARADE

"Ace"  
Owner: Megan Stoldt



"Bell" Owner: Alyssa Buzek



"Brady"  
Owner: Josh Prince



"Dixie"  
Owners: Kelli & David Prince



"Maggie"  
Owners: David & Kelli Prince



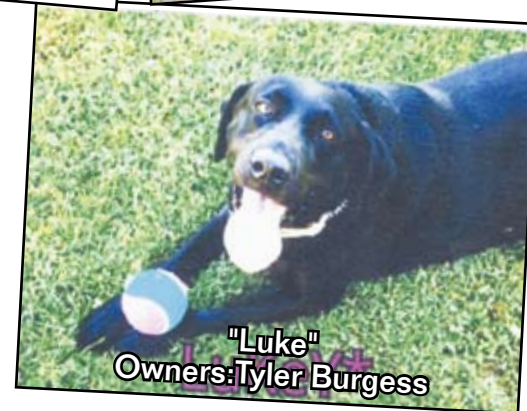
"Pedro"  
Owner: Kyleigh Cochran



"Snuffy"  
Owner:  
Megan Barnes



"Luke"  
Owners: Tyler Burgess



"Prancer"  
Owner: Ariene Gilbert



"Daisy"  
Owners: Kelli & David Prince



"Shorty Pants"  
Owner:  
Patrick Pate





## "Airventure"

which eliminated any chance of being able to fly in the military. By the late sixties the war in Vietnam was in full swing and the draft was a fact that every kid over 18 had to deal with. I tried college but wasn't ready for it so in 1969 I decided to enlist in the US Air Force. I always knew that if I was going to serve in the military it would be the Air Force. Best decision I ever made! I was trained as a jet aircraft maintenance specialist and eventually was the crew chief on some pretty spectacular supersonic jets such as the F-101 Voodoo, the F-106 Delta Dart, and ultimately the F-4 Phantom, made famous during the Vietnam War.

Looking back, those were the best years of my life up to that point and I wouldn't trade that experience for anything.

After the Air Force I had the GI bill and still wanted to become a pilot. So with the encouragement of my wife-to-be, Cheryl, I enrolled at Spartan College of Aeronautics and Technology in Tulsa, Oklahoma, where I eventually graduated with an FAA Airframe and Powerplant Mechanic's License and a pilot's license. I can still remember the exhilaration of my first solo flight (flying alone without an instructor). When I lifted the airplane off the runway I let out a "Yippee!" that was totally spontaneous. In October of 1976, I passed my private pilot check ride and finally earned the pilot's license that I had dreamed about since I was six years old. I love flying airplanes, watching airplanes fly and talking to other people who have the same passion

for airplanes as I do. That's why I look forward to the big Oshkosh air show so much every year.

So on Friday morning July 27, some friends and I will depart South Bend to make the annual trek to Oshkosh. Part of the fun is camping at a farm near the air show location. We pack plenty of sausage, brats, burgers and other grub to ensure that we



Ken camping at Oshkosh

eat well in camp. As soon as camp is set up on Friday evening we make our way over to the camp store where we will meet new faces from as far away as Australia and New Zealand, other folks who are lured from half way around the world by the same passion for airplanes that brings us from South Bend, Indiana. We rise by 5:30 on Saturday morning and after a quick shower and breakfast we catch the shuttle bus to the show. Let the fun begin! All day Saturday and Sunday we will walk among the display airplanes and marvel over how ordinary people can build such extraordinary flying machines in their basements and garages or at their local airports. We will watch aerial demonstrations of all types from old-time biplanes to exotic aerobatic aircraft to historic war birds such as the beautiful P-51 Mustang to the modern supersonic jet fighters. And I want to be sure and mention that the Experimental

Aircraft Association does a tremendous job of honoring the military veterans who are in attendance every year. That always makes me proud to be a member of the EAA.

I'm also proud of all that the EAA does to promote general aviation and to encourage more young people to pursue their dreams of flying. EAA sponsors the "Young Eagles" program for that very purpose. And I can tell you from personal experience that it is very gratifying to see the look of wonder and excitement on a kid's face during his or her first ride in a small airplane. So I hope these ramblings have in some way spiked your curiosity about the Oshkosh air show or maybe even about the possibility of learning to fly. Remember, you can go or even fly wherever your dreams take you.



Classic vintage WACO biplane from the golden age of



Ken with current kit built RV monoplane – very sleek and fast.

## Hoosier Uplands Scholarship Winners



1st Row: Kilashandra Bowen - Bedford North Lawrence High School, Lauren Henrichsen - Loogootee High School, Emily Schlichtenmeyer - Salem High School, and Amber McCarty - Shoals High School. 2nd Row: Carole Johnson - Crawford County High School, Rayna Benham - Paoli High School, Chesea McNew - Eastern High School, and Miranda Hollars - Mitchell High School. 3rd row: Chase Silvers - Orleans High School, Brian Resenbeck - Springs Valley High School, and Kullan Blakey - West Washington High School.

# Recipes

## Strawberry Parfaits

### INGREDIENTS:

4 C sliced strawberries, divided  
1/4 C granulated sugar  
1 C fat-free ricotta cheese  
1/2 C (4 ounces) 1/3-less fat cream cheese, softened  
1/4 C powdered sugar  
1 Tbsp water  
1 tsp vanilla extract  
1 C amaretti cookie crumbs (about 8 cookies)  
1/2 C frozen reduced-calorie whipped topping, thawed  
2 Tbsp slivered almonds, roasted

### INSTRUCTIONS:

1. Place 2 C of strawberry slices and granulated sugar in a blender/food processor and run until smooth. Set strawberry puree aside.  
2. Combine ricotta, cream cheese, powdered sugar, water and vanilla extract in a medium bowl; stir well with a whisk.  
3. Spoon 2 Tbsp cookie crumbs into 4 parfait glasses.  
4. Top each glass with 2 Tbsp strawberry puree, 1/4 C strawberry slices, and 3 Tbsp ricotta mixture. Repeat the layers.  
5. Drizzle the remaining strawberry puree over each serving. Chill for 2 hours. Top each parfait with 2 Tbsp whipped topping and 1 1/2 tsp toasted almonds.

Source Cite: [http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe\\_id=226467&adsqs=](http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe_id=226467&adsqs=)

## Romano Bean Salad

### INGREDIENTS:

2 qt water  
1 lb Romano beans, trimmed and cut into 1/2 in. pieces  
1 Tbsp kosher salt  
1 garlic clove  
1/4 C chopped fresh flat-leaf parsley  
2 Tbsp capers  
1 Tbsp extra-virgin olive oil  
1 tsp grated lemon rind  
1 tsp kosher salt

1/4 tsp freshly ground black pepper

### INSTRUCTIONS:

1. Bring 2 quarts of water to a boil in a large saucepan.  
2. Add beans, salt and garlic clove, cook for 8 minutes or until tender.  
3. Drain and plunge beans into ice water, drain.  
4. Place beans into a medium bowl.  
5. Chop cooked garlic clove, add to beans  
6. Add remaining ingredients, tossing gently to coat.

Source Cite: [http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe\\_id=1988580](http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe_id=1988580)

## Chicken Cobb Salad

### INGREDIENTS:

Cooking Spray  
1 1/2 lbs skinless, boneless chicken breast cutlets  
1/4 tsp salt  
1/4 tsp black pepper  
8 C mixed greens  
1 C cherry tomatoes, halved  
1/3 C diced peeled avocado  
2 Tbsp sliced green onions  
1/3 C fat-free Italian dressing  
2 Tbsp crumbled bleu cheese  
1 bacon slice, cooked and crumbled

### INSTRUCTIONS:

1. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.  
2. Sprinkle chicken with salt and pepper.  
3. Add chicken to pan and cook on each side for 5 minutes or until done. Cut chicken into 1/2 in. slices.  
4. Combine greens, tomatoes, avocado and green onions in a large bowl.  
5. Drizzle greens mixture with dressing; toss gently to coat.  
6. Arrange about 2 cups greens mixture on 4 salad plates.  
7. Top each serving with 4 ounces chicken, 1 1/2 tsp cheese, and 1/2 tsp bacon.

Source Cite: <http://find.myrecipes.com/recipes/>

[recipefinder.dyn?action=displayRecipe&recipe\\_id=1622509](http://recipefinder.dyn?action=displayRecipe&recipe_id=1622509)

## Warm Baked Apples with Dried Fruit

### Ingredients:

1. 6 Golden Delicious or Granny Smith apples  
2. 3 tbsp frozen orange juice concentrate  
3. 1 C dried cherries, dried blueberries, and raisins  
4. 1/2 C light brown sugar  
5. 6 tsp honey  
6. 2 tbsp safflower or canola oil

### Preparation:

1. Brush 6 cupcake molds with safflower/canola oil to prevent sticking.  
2. Use melon baller to scoop the stem and the core of each apple, poke a few holes into the top of the apple with a fork to prevent the heat from splitting them, then place into cupcake molds.  
3. Place a half tablespoon of orange juice concentrate into the center of each apple.  
4. Fill with dried fruits and sprinkle brown sugar over the tops.  
5. Drizzle with honey and bake at 300° for 30 minutes or until apple is soft. Serve warm. Serves six.

Source Cite: <http://www.choosemyplate.gov/healthy-eating-tips/sample-menus-recipes/WhiteHouseRecipes.pdf>

## Cauliflower Poppers

### Ingredients:

• 1 spray(s) cooking spray  
• 1 head(s) (medium) uncooked cauliflower  
• 1/2 tsp ground cumin  
• 1/2 tsp chili powder, or more to taste  
• 1/2 tsp table salt  
• 1/2 tsp black pepper

### Preparation:

• Preheat oven to 400°F. Coat a baking sheet with cooking spray.  
• Cut cauliflower florets into bite-sized pieces (there should be about 4

cups). Place cauliflower in a medium bowl and add cumin, chili powder, salt and pepper; toss well to coat.

• Spread cauliflower on prepared baking sheet and bake until cauliflower is tender, but not mushy, stirring halfway through, about 10 minutes. Yields about 1/2 cup per serving.

Source Cite: <http://www.weightwatchers.com/food/rcp/RecipePage.aspx?recipeId=99541>

## Peach and Brie Quesadillas

### Ingredients:

1. 2 Tbsp honey  
2. 2 tsp fresh lime juice  
3. 1/2 tsp grated lime rind  
4. 1 C thinly sliced peeled firm ripe peaches (about 2 large)  
5. 1 Tbsp chopped fresh chives  
6. 1 tsp brown sugar  
7. 3 oz. Brie cheese, thinly sliced  
8. 4 (8-in.) fat-free flour tortillas  
9. Cooking spray  
10. Chive strips (optional)

### Preparation:

1. To prepare sauce, combine first 3 ingredients, stirring with a whisk; set aside.  
2. To prepare quesadillas, combine ingredients #4-6, tossing gently to coat.  
3. Heat a large nonstick skillet over medium-high heat. Arrange one-fourth of cheese and 1/4 of peach mixture over half of each tortilla; fold tortillas in half. Coat pan with cooking spray.  
4. Place 2 quesadillas in pan; cook 2 minutes on each side or until tortillas are lightly browned and crisp. Remove from pan; keep warm. Repeat procedure with remaining quesadillas. Cut each quesadilla into 3 wedges; serve with sauce. Garnish with chive strips, if desired.

Source Cite: <http://www.myrecipes.com/recipe/peach-brie-quesadillas-with-lime-honeydipping-sauce-10000001065503/>

# Scam Alerts

## Utility Bill Bailout

Bundle together a punishing heat wave, large utility bills, a bad economy and a good story, and it is easy to understand why people would believe in such a thing as the Obama Utility Bailout Program. Think again.

To receive the money, scammers claim they need the consumers' social security and bank routing numbers. In return, customers are given a phony bank routing number that will supposedly pay their utility bills. In reality, there is no money, and customers believe they have paid their bills when in fact they have not.

Several energy companies

in states across the country, including California, Indiana, North Carolina, Pennsylvania, Utah, and several New England states have warned their customers of the scam. Scammers find victims through all the usual digital channels -- emails, bogus tweets and Facebook messages. Agents for the criminals are going block by block, knocking on doors and handing out leaflets, encouraging people to pay their bills with the bogus account information.

For more information on this scam, go to the Better Business Bureau website at <http://www.bbb.org/us/article/president-obama-is-not-offering-to-pay-your-utility-bills-34928>

*Scammers out to Profit on*

## US Supreme Court's Ruling on ACA

No sooner had the US Supreme Court ruled on the Affordable Care Act (ACA) than scam artists began working the phones. Claiming to be from the government, they are saying that under the ACA, they need to verify some information. For example, they might have the routing number of the person's bank, and then use that information to get the person to reveal the entire account number. Other times, they have asked for credit card numbers, Social Security numbers, Medicare ID, or other personal information.

The Federal Trade Commission (FTC), the na-

tion's consumer protection agency, cautions you not to give out personal or financial information in response to unsolicited phone calls, emails, or knocks on your door. Scam artists want your information to commit identity theft, charge your existing credit cards, debit your checking account, open new credit card, checking, or savings accounts, write fraudulent checks, or take out loans in your name.

If you get a call from someone who claims to be from the government and who asks for your personal information, hang up. It is a scam. The government and legitimate organizations with which you do business have the information they need and will not ask you

for it. Then, file a complaint with FTC at [www.ftc.gov](http://www.ftc.gov) or call toll-free, 1-877-FTC-HELP.

For more information about the federal health care law, visit [www.HealthCare.gov](http://www.HealthCare.gov)

The FTC works to prevent fraudulent, deceptive and unfair business practices in the marketplace and to provide information to help consumers spot, stop and avoid them. To file a complaint or get free information on consumer issues, visit [www.ftc.gov](http://www.ftc.gov) or call toll-free, 1-877-FTC-HELP (1-877-382-4357); TTY: 1-866-653-4261.

To watch a new video, How to File a Complaint, go to [www.ftc.gov/video](http://www.ftc.gov/video)

## Bogus car ads can lead to real losses for consumers

Indiana Attorney General Greg Zoeller warns consumers that an ultra-low price tag on a vehicle advertised online could be hiding a scam.

Zoeller said his office has received complaints from Hoosiers who have wired payments for cars listed online to later realize the vehicles were never shipped and the sellers can't be reached.

Just like rental property scams, criminals can hijack legitimate car listings, change the contact information and then list the modified ads on another site; or they make up listings for vehicles that aren't for sale or don't exist.

The fraudulent seller often

has long stories about why they aren't available to show the car, why they can only be reached via email or why the car is priced below market value.

Scammers may tell victims that they are going through a divorce and that's why the price is low or claim they have been transferred overseas and can't afford to have the car shipped to their new location.

Buyers are also told to send payment through a wire transfer service. Unfortunately, after victims send the

money the cars never arrive and the scammers are long gone.

The Attorney General's



Office offers several tips to help consumers protect themselves from

fraudulent car advertisements:

- Scammers use a sense of urgency to force buyers to do things they wouldn't normally do -- such as disregard red flags and make a purchase without seeing the item in person;

- Don't use money transfer companies as an escrow service. Choose and contact a reputable escrow service yourself by verifying their legitimacy. Scammers will try to make you believe they are using an escrow service, when they have actually set up fake accounts using real company names;

- Do not use money transfer services to purchase a vehicle online. They are not intended to be used for payment when doing business with a stranger you have not personally met; and

- Be a cautious buyer and be prepared to walk away. Make sure you have the car checked out by a reputable company or someone you know and trust before purchasing it. If the seller

does not allow this or tells you that he will only accept a money transfer before allowing you to see the car, walk away.

Also, be cautious if you advertise your car for sale online. Some scammers will produce fraudulent checks, cashier's checks or money orders hoping the seller will release the car before realizing the check bounced. Be wary if a buyer pays with a check and then "realizes" they paid too much. The scammer may ask for you to wire the overages back while they have someone pick-up the vehicle. Unfortunately, the seller doesn't realize the check was a fake before their car and money have been stolen.



# 8 Ways To Keep Your Lungs Strong and Healthy

Submitted by: Karen DuBois

"The lungs are very durable if they're not attacked from the outside," says Norman H. Edelman, M.D., chief medical officer of the American Lung Association (ALA). With a few exceptions, your lungs don't get into trouble unless you get them into trouble, he says.

However, chronic obstructive pulmonary disease (COPD) is the fourth-leading cause of death in the U.S. after heart disease, cancer and stroke. Here are 12 things you can do to keep your lungs healthy as you age.

**Don't smoke** ... anything. As of July 1, 2012, nearly all public places in Indiana, including restaurants and workplaces, are smoke free. Details can be found at [www.in.gov/atc](http://www.in.gov/atc) or [www.in.gov/isdh/tpc](http://www.in.gov/isdh/tpc). If you are interested in quitting smoking or other tobacco, please call the QUITLINE at 1-800-QUITNOW (1-800-784-8669) or visit the website at <http://www.in.gov/quitline/>. You will be provided with 5 FREE coaching sessions and 2 weeks of nicotine replacement therapy FREE!

**Fight for clean air.** While U.S. air is cleaner than in the past, more than 154 million Americans still live in areas where air pollution is a threat to health.

**Exercise.** The better your cardio-respiratory fitness, the easier it is for your lungs to keep your heart and muscles supplied with oxygen.

Beware of outdoor air pollution. In some areas, especially in the summer, ozone and other pollutants can make working out or even spending time outdoors an unhealthy proposition. People with a lung disease are particularly sensitive to air pollution. The U.S. government's AIRNow web site, provides up-to-date information on air quality, as well as an explanation of Air Quality Index (AQI) numbers.

**Improve indoor air.** The Environmental Protection Agency recommends a three-pronged approach: Eliminate sources, improve ventilation and use air cleaners.

**Eat right.** There is evidence that antioxidant-rich foods are good for your lungs. (Research suggests it has to be food, not supplements.)

Don't skimp on shots. Respiratory infections can be particularly devastating if you have COPD or other lung problems. Get the flu shot in time for flu season, and if you're 65 or older, get the pneumococcal vaccine too.

**Know the warning signs.** If you have a cough for more than a month, or if you have difficult time breathing with little or no physical exertion, you should see a doctor, according to the ALA.

If you take good care of your lungs, they can last a lifetime.

## Social Security to Add Adult Huntington's Disease to Compassionate Allowances Program

The Social Security Administration will add symptomatic Huntington's Disease to its Compassionate Allowances program for adults by the end of the year. The expedited disability process will identify people with significant symptoms of this devastating neurological disease. Adult Huntington's Disease will accompany the designation of Juvenile Huntington's Disease as a Compassionate Allowance condition, which will be effective next month.

"Woody Guthrie, the composer of 'This Land is Your Land,' among hundreds of other folk classics, suffered and died from Huntington's Disease, a progressive and always fatal disease of the brain that affects nearly 30,000 people in the U.S.," said Michael J. Astrue, Commissioner of Social Security. "Tomorrow, July 14, would be his 100th birthday and thus it is a fitting time for this announcement."

Compassionate Allowances are a way of quickly identifying diseases and other medical conditions that invariably qualify under the statutory standard for disability. The Compassionate Allowances program fast-tracks disability decisions to ensure that Americans with the most serious disabilities receive their benefit decisions within days instead of months or years.

For more information on the Compassionate Allowances initiative, please visit [www.socialsecurity.gov/compassionateallowances](http://www.socialsecurity.gov/compassionateallowances).

## National Grandparents Day

By Greg Tanner

As a soon-to-be grandparent myself, the thoughts about what being a grandparent is all about constantly runs in my mind. The first obvious part is that the baby is happy and healthy (all ten fingers and toes)! Then what comes next...

It looks like a little research was in order. So, that's exactly what I did.

Grandparents do so much in the lives of their children and grandchildren and even great-grandchildren, and being part of their everyday lives. Being recognized for all that they do and contribute to these lives and in the community is a great way to show them how much we care. And this has been done!

National Grandparents Day is observed on the first Sunday of September after Labor Day. My reading shows that there are a couple of different origins for National Grandparents' Day. One origin considered to be proposed was by Michael Goldgar in the 1970's after he visited his aunt in an Atlanta Nursing Home. Mr. Goldgar spent several thousand dollars in lobbying efforts to have the day officially

recognized, which also included 17 trips to Washington DC over several years to meet with legislatures. Another origin considered to be proposed was by Marian Lucille Herndon McQuade, a housewife in West Virginia. In the 1970's, McQuade worked hard to educate people about the contributions the senior citizens made and would also be willing to make if asked. McQuade also urged people to adopt a grandparent!

In the end, President Jimmy Carter signed the National Grandparents' Day into law in 1978. A presidential proclamation on September 6, 1979, made this day official.

I, too, will follow with McQuade's suggestion and urge you to adopt a grandparent. Remember to let them know every day, just how much you care about them and love them and also tell them Happy National Grandparents' Day!

National Grandparents' Day in 2012 is observed on Sunday, September 9.

I look forward to my first National Grandparents' Day in 2013!

## INFORMATION FAIR

By: Trudy Wells

Hoosier Uplands/Area XV Agency on Aging held their annual Information Health Fair at the Salem High School, on June 12, 2012. The weather was great and the high gas prices didn't keep many people from venturing out to visit all of the vendors who participated in the annual event. We had 32 vendors this year and 120 people attended the fair.

Our guest speaker was Reanna Smith, of the Better Business Bureau. She gave a very informative talk on, "Scams that Target the Elderly." Everyone really enjoyed her talk and stated that they really got a lot out of it. Lunch was provided by McDonald's of Salem and many door prizes were awarded throughout the day. There was an Angel Auction held and we received over \$100.00. After lunch we had a dance with the Classic Country Band.

Everyone went home with tired feet and a smile on their face. We are looking forward to next year and hope it is bigger and better.



# Ovarian Cancer Awareness for September

By: Joanie Evans

October is breast cancer awareness month, but before this comes about, we focus on things a little more south. September is national ovarian cancer awareness month. Ovarian cancer starts in the woman's reproductive organs and can spread from there to other areas in the lower abdomen and pelvis. After it has spread, ovarian cancer is difficult to treat and is often fatal. It is the fifth most common cancer among women and it causes more deaths than any other type of female reproductive cancers. The cause is unknown.

There are several factors that affect the risk of developing ovarian cancer. For instance, the number of children a woman has and the earlier in life she gives birth, the lower her risk. Women with a personal history of breast cancer or a family history of breast or ovarian cancer have an increased risk.

Even certain gene defects are responsible for causing it. Birth control pills decrease the risk of ovarian cancer, while estrogen replacements (not with progesterone) taken over 5 years can increase the risk. Older women are at a higher risk and most of the fatalities are women over 55 years of age.

Ovarian cancer symptoms are often vague. Women and their doctors often blame the symptoms on other, more common conditions. By the time the cancer is diagnosed, the tumor has often spread beyond the ovaries.

You should see your doctor if you have the following symptoms on a daily basis for more than a few weeks:

- Bloating or swollen belly area
- Difficulty eating or feeling full quickly
- Pelvic or lower abdominal pain; the area may feel "heavy" to you (pelvic heaviness)

ness)

Other symptoms are also seen with ovarian cancer. However, these symptoms are not specific to the disease and often mimic those of many other more common conditions:

- Abnormal menstrual cycles
- Digestive symptoms:
- Constipation
- Increased gas
- Indigestion
- Lack of appetite
- Nausea and vomiting
- Unexplained back pain that worsens over time
- Vaginal bleeding that occurs in between periods
- Weight gain or loss
- Excessive hair growth that is coarse and dark
- Sudden urge to urinate or needing to urinate more frequently

Surgery is used to treat all stages of ovarian cancer. For earlier stage ovarian cancer, it may be the only treatment.

Surgery involves:

- Removal of the uterus (total hysterectomy)
- Removal of both ovaries and fallopian tubes (bilateral salpingo-oophorectomy)
- Partial or complete removal of the omentum, the fatty layer that covers and pads organs in the abdomen
- Examination, biopsy, or removal of the lymph nodes and other tissues in the pelvis and abdomen

Surgery performed by a specialist in female reproductive cancer has been shown to result in a higher success rate. Then chemotherapy is used after surgery to treat any remaining disease. Chemotherapy can also be used if the cancer comes back. It may be given into the veins, or sometimes directly into the abdominal cavity.

After surgery and chemotherapy, patients should have:

- A physical exam (including pelvic exam) every 2 - 4 months for the first 2 years, followed by every 6 months for 3 years, and then annually

- A CA-125 blood test at each visit if the level was initially high
- Your doctor may also order a computed tomography (CT) scan of your chest, abdomen, and pelvic area and a chest x-ray.

Researchers are studying ways to improve ovarian cancer treatment and looking into ways to detect ovarian cancer at earlier stages, when a cure is more likely.

Resources:

<http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0001891/>  
<http://www.mayoclinic.com/health/ovarian-cancer/DS00293>

## WHEN A "HOT" CAR IS NOT A GOOD THING

BY: Melissa Jeremiah, RN, CHCE

Director of Operations Hoosier Uplands Home Health and Hospice

When you hear the term "hot" car you may think of a Camaro, Mustang or Challenger. However, a hot car for your child or dog is not a good thing. With the temperatures rising, our attention to our children and pets needs to also rise.

When can hyperthermia occur?

It can occur even in 70 degree weather, as the vehicle can still quickly reach life-threatening temperatures. 67 percent of the heat rise occurs in the first 30 minutes. Cracking the windows had little effect in helping to keep the temperature from rising. Also the darker the interior color the more heat increase occurs.

The temperature rises as follows:

10 minutes – 19 degrees	20 minutes 29 degrees
30 minutes 34 degrees	
60 minutes – 43 degrees	1 – 2 hours 45 – 50 degrees

What is the most common age group for vehicular

hyperthermia deaths?

75 percent of the deaths were children under the age of 2. Children's thermoregulatory systems are not as efficient as an adults and their body temperatures warm at a rate 3 to 5 times faster than an adult. A core temperature of 107 degrees is considered lethal as internal organs shut down.

What appears to be most common cause of why the child was left in the vehicle?

Since airbags have become popular, and children are placed in the back seat, the fatality rate from vehicular hyperthermia has increased ten-fold. This is due to the fact that 52 percent of the cases involve children being forgotten by their caregivers.

What can be done to prevent vehicular hyperthermia?

1. Never leave a child unattended in a vehicle, not even for a few minutes.

2. Keep a stuffed animal in the carseat and when the child is put in the seat place the animal in front with the driver.
3. Or place your purse, cell phone or briefcase in the back seat as a reminder that you have your child in the vehicle
4. Make looking before you leave a routine when you get out of the vehicle.
5. Have a plan that your childcare provider will call you if your child does not arrive.
6. If you see a child unattended in a hot vehicle call 9-1-1.

Remember your child and pet are counting on you to do the right thing.

Information for this article was obtained from the Department of Geosciences at ggweather.com and Sisters of Invention at sistersofinvention.com.]

# WHAT IS LUPUS ???

Submitted by: Trudy K. Wells

Lupus is scary; it can be life threatening, life changing and incurable. BUT, it is also treatable, survivable and, most importantly many aspects of the disease can be managed by you--the patient. The first step is to understand what is happening within your body.

Lupus Erythematosus is a chronic disease of the immune system that causes inflammation of various parts of the body. For most people, lupus is mild, affecting only a few body organs; for others, it may cause serious life threatening problems. The body's immune system normally makes proteins called antibodies to protect the body against viruses, bacteria and other foreign materials. These foreign materials are called antigens. In an immune disorder such as lupus, the immune system loses the ability to tell the difference between foreign substances (antigens) and its own cells and tissues. The immune system then makes antibodies directed against "self." These antibodies called auto-antibodies, react with the "self" antigen to form immune complexes. The immune complexes build up in the tissues and can cause inflammation, injury to tissues and pain.

There are different types of Lupus. One is confined to the skin. It is characterized by persistent flushing of the cheeks or disk-like lesions that appear on the face, neck, scalp and other areas exposed to ultraviolet light (sunlight, fluorescent light). The rash is usually raised, scaly red but not itchy. These lesions, if not adequately treated, may develop into permanent scars. If they involve the scalp, they can result in bald spots. This type is called Discoid Lupus.

More severe than discoid lupus is one that can affect almost any organ in the body. In some individuals, this may mean skin and joint involvement, while in others the lungs, heart, kidneys and blood may be affected. This disease is characterized by periods in which few if

any symptoms are evident, as it is in remission, and other times in which it becomes active again, this is called flare up. Improvements may last days, weeks, months and even years. This type is called Systemic Lupus Erythematosus (SLE).

The third type of Lupus is Drug Induced Lupus. This can be caused by certain prescribed drugs. These medications can create a lupus-like syndrome which is similar to SLE, but very rarely affects either the kidneys or the nervous system. Drug-induced lupus is more common in men than women because they are treated with these certain type of drugs more than women. When the medication is stopped, lupus symptoms usually fade.

There are 1.5 to 2 million people in the United States who suffer from systemic lupus. More people have lupus than cerebral palsy, multiple sclerosis, sickle-cell anemia and cystic fibrosis combined. Young women are most frequently affected out-numbering male patients ten to one.

There are many symptoms of lupus. Some are subtle; some can knock you out of commission. Some are noticeable to others, some only you can sense.

Early symptoms of SLE are usually vague, nonspecific, and easily confused with other pathological and functional disorders. Symptoms may be transient or prolonged, and individual symptoms often appear independently of the others. Moreover, a patient may have severe symptoms with few abnormal laboratory test results, and vice versa. A range of clinical symptoms can be seen in patients with lupus over the lifetime of the disease.

Hearing the diagnosis for the first time can make you feel like your world is falling apart around you. The good news is, you can now start treating the disease and not just reacting to the symptoms, and your

doctor will help you.

A consistent, thorough medical examination by a doctor familiar with lupus is essential to an accurate diagnosis. This must include a complete medical history and physical examination, laboratory tests, and a period of observation, possibly years. The medical professional taking care of the patient must keep an open mind about the varied and seemingly unrelated symptoms that the patient may describe. For example, a careful medical history may show that sun exposure, use of certain drugs, stress, or pregnancy aggravates symptoms, providing a vital diagnostic clue.

No single laboratory test can definitely prove or disprove SLE. Lupus is usually easy to diagnose when the individual has many of the characteristic symptoms and signs, but is made more difficult if none or only a few are present. Tests are usually conducted to help confirm and these tests may include a blood count, looking for low number of white blood cells, red blood cells, and/or platelets. The urine is examined for protein and red/white blood cells.

What causes lupus it is a complex disease whose cause is unknown. It is very likely that there is no one single cause but rather a combination of genetic, environmental and possibly hormonal factors that occur together to cause the disease. The exact cause may differ from one person to another.

Recent research suggests that genetics plays an important role; however, no specific "lupus gene" has been identified. Lupus does develop in people with no family history of lupus, although it is likely that there are other autoimmune diseases in some family members.

Although lupus can run in families, genetics alone cannot account for who gets lupus. Some elements in the environment are also thought

to play a role in the development of the disease. These include ultraviolet light exposure from the sun or fluorescent lighting, stress, certain drugs and infectious agents such as viruses.

Lupus is often called the "women's disease", although many men are affected. Lupus can occur at any age, in either, but occurs 10-15 times more in women.

Today people with lupus can live active and productive lives with the hope that ongoing lupus research will lead to the prevention and cure of lupus. Lupus is one of those mysterious diseases that research has not quite pinned down. It won't be until science catches up with the disease that we will truly understand what causes this autoimmune disease to occur.

Listed below may be signs of Lupus:

- Fever
- Prolonged or Extreme Fatigue
- Loss of Appetite
- Changes in Weight
- Butterfly Shaped Rash across the cheeks and nose
- Skin Rashes
- Hair Loss
- Photosensitivity (sun or light sensitivity)
- Seizures
- Chest Pain
- Painful, achy or swollen joints
- Muscle Pain
- Mouth or nose ulcers
- Raynaud's Phenomenon
- Anemia
- Kidney involvement

Sources: Lupus Alliance of America, National Institute of Health

# The Great Medicine Dance

By Grandmother Sez! 2012

The sun dance was the most important, solemn, and awe-inspiring ritual of the prairie tribes west of the Missouri. Sun Dance is its Sioux name; the Cheyenne called it the new-life lodge, while for the Ponca it was the mystery dance. Closely related to the sun dance was the Okapi ceremony of the Mandans.

The dance took place once a year, at the height of summer. It lasted four days—longer, if the elaborate preparations are taken into account. In some tribes, such as the Sioux, the ritual involved the “piercing” of the dancers: the passing of sharpened skewers through the flesh of their chest and the performance of other kinds of self-torture. This is still the custom during Sioux sun dances today. In other tribes the ritual involved fasting and “looking at the sun” throughout the four long days. The most extreme form of self-torture occurred during the Okapi ceremony of the Mandans, painted in great detail by Catlin in the 1830s. Dancers suffered—“they gave of their flesh so that the people might live.” They underwent piercing in obedience to a vow, or to help a sick relative recover, or to bring a beloved son back unhurt from the warpath.

The dance was a celebration of the renewal of all life, “to make the grass grow and the buffalo and the people increase and thrive.” It was the one occasion when all the small hunting bands of a tribe came together, a time for old friends to talk and for young men to find wives.

The Tsististas people have danced the great medicine dance for a long, long time, longer than anyone can remember or even imagine. The dance represents the making of this universe and was

conceived and taught to the people by the Creator, Maheo, and his helper, Great Roaring Thunder. It portrays the making of the sun, moon, and stars; of rain, wind, and snow.

of Grandmother Earth and the blue sky above her; of the mountains and rivers; of all living things, big and small. The dance is performed especially in times of starvation, distress, and widespread death. This, our most sacred ceremony, was brought to us by the Sutai medicine man Horns Standing Up, under the guidance of the Creator himself.

Long ago, when the earth and the people dwelling upon it were young, our tribe was starving. The earth itself was starving, for no rain was falling. Plants and trees wilted. Many rivers dried up. The animals were dying of hunger and thirst.

The Cheyenne had nothing to eat except some old, dried corn and their dogs, which used to carry their packs in those days before we had horses. There were not many dogs remaining, and very little corn. So the people left their old hunting grounds, left the land which had nourished them for generations, and started off in search of food. They went north, where the drought was less severe, but found little game and no buffalo at all.

One evening they came to a stream in which water still flowed. The leaders and old chiefs sat down beside this stream and sadly watched the thin, weary people pitching their tipis. Then it came to the chiefs, as in a vision, what ought to be done. They

ordered all the men to go to the women, each man to the woman he felt most attracted to, and beg her to give him something to eat. The men did as they had been directed, and each chose the woman who was to feed him.



Among the warriors was a young man. He went up to a beautiful woman who happened to be the wife of the head chief. She set a bowl of dog soup before him and waited for him to finish eating. Then he said: “I have chosen you from among all women to help me save our people. I want you to go north with me, as the medicine spirits have commanded. Take your dog teams and bring supplies for a long journey—now, right away!”

Though she was the chief’s wife, the woman did what the medicine man had asked. She was ready to travel in no time, and the two left unobserved in the dark of night. Two days and one night they traveled without stopping, urging on the dogs who carried the travois with the tipi poles and hides and other things needed for survival.

At last they rested. The man told the woman to put up the lodge and to prepare two beds of soft, fragrant sage for them to sleep on. He said: “Make the tipi face the rising sun.” He also told her that Maheo, the Creator, had sent him a vision revealing that the two of them, must go north and bring back the great medicine lodge. “Maheo promised that if the people accept and perform this hold ritual, the rains will fall again and the earth rejoice, the plants will bring forth green leaves and fruit,

and the buffalo will return.”

At last they came to a vast, dark forest from whose center rose a cloud-wreathed mountain reaching far into the sky. Beyond the mountain they saw a lake of unending waters. They came to a large rock at the foot of the mountain, rolled the rock aside, and discovered an entrance. They went inside the mountain and, closing the opening behind them, found themselves in the mountain’s great medicine lodge, which was wonderful to behold. Today the medicine tipi which the Cheyenne put up for their sun dances at Bear Butte is an imitation of that sacred mountain lodge.

The young man and the woman heard voices coming out of the mountaintop—the voices of Maheo the Creator and his helper Great Roaring Thunder. Instructing them in the holy ways to perform the sacred ceremony, Maheo spoke for four days. When they had learned all there was to know about the dance, The Creator said:

Now you will leave and teach the people what I have taught you. And if they perform the ceremonies in the right way, they will be favored for generations to come. The sun, the moon, the stars will move again in harmony. Roaring Thunder will bring soothing rain and winds. Corn and chokecherries will ripen again. Wild turnips and healing herbs will grow once more. All the animals will emerge from behind this mountain, herds of buffalo and antelope among them, and follow you back to your village and your people.

Take this sacred hat, issiwin, and wear it whenever you perform the sun dance. With issiwin you will control the animals—the buffalo, the antelope, the elk, the deer—

who give themselves to the people for food. The Tsististas shall never be hungry again, but live in plenty. Put on this sacred buffalo hat as you leave, and Grandmother Earth will smile upon you forever.

And so the young medicine man of the Sutai and the good-looking woman left the mountain through the secret passage. As they rolled the rock aside and emerged, buffalo without numbers streamed out of the mountain behind them, and the earth brought forth green shoots. Herbs and plants sprouted under a gentle rain, and the earth was like new, glistening in freshness. Thus the man and woman walked sacredly, clad in buffalo robes painted red, and the medicine man wore his horned cap. Their dogs walked before them, dragging their travois poles, while behind them followed a thundering herd of buffalo, and after these came all manner of animals, male and female, big and small.

At last one evening they arrived near the stream where the people were still camped, awaiting their return. The medicine man and the woman did not go into the village at once, but spent the night outside. In the morning the medicine man put on issiwin and entered the camp, accompanied by the woman. He told the people of all that had passed, told them that he had brought them the knowledge of the great medicine lodge and the great sacred dance, the songs and ceremonies that went with it, and above all, issiwin, the sacred buffalo hat which had the power to control the wandering of the animals. He told the people that if they performed the sacred

**Continued on next page**

## Tricky and tasty ways to disguise your veggies

For many, our palates tend to prefer the sweeter things in life, and we often forget those poor veggies. When we do remember them, we might eat them as quickly as possible (and with too much cheese) to get it over with—or, easier yet, avoid them altogether. But what if we could transform those nutritious veggies into something a bit tastier? Yes, it is possible, and no, this isn't just for kids.

Being mindful of vegetables that are good for your eyes, we put together these tasty ways to disguise your veggies any time of day.

Breakfast

- **Pumpkin bread**

This marvelous mix of sweetness and spices contains vitamin A, which helps maintain eye health. Enjoy a slice or two, but be careful of your sugar intake—it adds up quickly!

- **Bran muffins**

The original healthy morning muffin is a great place to hide carrot or zucchini shavings. Instead of that cinnamon roll or sausage breakfast sandwich, pick up a nutrient-filled muffin or make your own.

- **Smoothies**

These blended beverages are just waiting to disguise some vegetables. Start with carrot juice or cooked carrots and add nonfat yogurt and fruit such as frozen mango pieces, oranges, strawberries, bananas, or blueberries. If you're feeling really healthy, add a few fresh spinach leaves as well.

Lunch

- **Burritos**

Whip up a quick burrito paste by pureeing veggies—like corn, sweet bell peppers, or avocado slices—with beans. Add a little bit of cheese, sour cream, and a few tomato slices (technically these are fruit), and you've got a healthy lunch with no veggies in sight.

- **Sweet potato smoothie**

Combine 1 small (cooked or canned) sweet potato, 1.5 cups of skim milk (or light soymilk), 1 scoop of vanilla whey protein powder, some ice, and a dash of pumpkin pie spice in a blender. Voila! A quick and beta-carotene-rich concoction you can add to your list of “vanishing veggie” lunch items or snacks.

Dinner

- **Pasta sauce**

The next time you're in the mood for pasta, mix pureed carrots and spinach into your tomato sauce. This is an easy way to get a boost of vitamins without that extra veggie taste.

- **Pizza**

Topping off your homemade pizza with fresh veggies will help train your taste buds to tolerate—or, dare we say, like—this essential food group. Because the cheese, tomato sauce, and crust bring a bundle of flavor to the pizza already, the veggies will go nearly unnoticed.

Now there's no excuse for neglecting your vegetables. Let these “hidden veggies” inspire you to get creative about feeding your eyes the nutrients they need. Who knows? You just might discover a new favorite dish!

Source: VSP

## Aging Well With Creativity

By Vera Hall

A 2006 George Washington University study of 300 Senior Citizens found that creative activities such as art and writing slow the aging process, resulting in fewer doctor's visits and better mental health. In later studies they found that any kind of art activity can offer a wide range of benefits, such as:

- Helping an individual relax
- Providing a sense of control in one's life
- Reducing depression and anxiety
- Assisting in socialization
- Encouraging playfulness and sense of humor
- It improves cognition (or remembering things)
- Fosters a strong sense of identity
- Increases self esteem
- Nurtures spirituality
- Reduces boredom

It doesn't matter what type of creative activity we are involved in, music sewing, painting, etc. They all serve the same purpose. They help keep us young at heart.

“Man does not quit playing because he grows old. He grows old because he stops playing.” Oliver Wendall Holmes

## How Can I Prepare Meals More Easily?

If you fall into the category of not enjoying the time it takes to prepare a meal you are not alone. From not having enough time or to not wanting to measure out multiple ingredients many adults have reasons for avoiding meals with long prep times. However, reducing cooking time while still eating a healthy meal or snack can be done throughout the whole day. For instance, when thinking about what to eat for breakfast one idea for a quick meal is microwavable oatmeal and fresh or canned fruit (which can last for months if canned in water or their own juice).

If you don't mind cooking but would like to do as little prep work as possible one idea is to cook a large meal (ex: soup) and then split it into individual servings and freeze it.

This will allow you to reheat it whenever you are in a hurry and want something nutritious.

Source Cite: <http://www.vrg.org/nutrition/seniors.htm#expensive>

## Senior Legal Services

By Greg Tanner

Are you thinking about having a will done or maybe a power of attorney? Hoosier Uplands has legal services available for anyone age 60 and over. The legal services offered are for civil matters only, which include wills, power of attorney, deeds, healthcare representation, etc. These legal services do not include litigation.

Attorneys Ray Robison and Adair Brent are both on the Legal Program provided by Hoosier Uplands and do provide legal services. If you need any other legal assistance, their services are available for an additional fee.

If you need legal services, please call Hoosier Uplands and ask for Information and Assistance at 812-849-4457 or toll free 800-333-2451.





## 26th Annual Senior Games Registration Form

*Please complete both sides*

All Registrations must be fully completed and have waiver portion signed. Any unsigned waiver will be returned to sender. Please complete both sides of registration form and include registration fee of \$7.00 and any additional fees. Make checks payable to Hoosier Uplands, and mail to the following address: Hoosier Uplands, Attn: Trudy Wells, 521 West Main Street, Mitchell, IN 47446. If you have questions call (812) 849-4457 or (800) 333-2451. People with hearing/speech disabilities please call GTE's TRS, (800) 743-3333.

NAME	AGE	MALE/FEMALE
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ADDRESS
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CITY	STATE	ZIP	COUNTY	PHONE
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EMERGENCY CONTACT	PHONE
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FREE T-shirt to first 100 participants to register! Please Check (✓) your size:

M ( ) L ( ) XL ( ) XXL ( ) XXXL ( )

### THIS SECTION MUST BE SIGNED BY EACH PARTICIPANT

All of the sponsors of Senior Games strongly recommend that each participant consult his/her physician in regard to practice, preparation and competition in this program or any similar physical activity.

### LIABILITY WAIVER

I, the undersigned participant, hereby agree to indemnify and hold harmless Hoosier Uplands Economic Development Corporation/Area XV Agency on Aging and all other sponsors, their agents, employees, or representatives from any and all actions, or claims of whatsoever kind or nature which I or my representative or assigns may have or at any time in the future have as a result of any injury arising out of my participation in the 2012, Area XV Senior Games.

I warrant and represent to the sponsors that I have prepared myself for the events that I have entered by practicing the same prior to my participation in the Games.

I warrant and represent that I am in good physical health and condition and I am physically able to compete in the events I have selected. I know of no physical restrictions whatsoever which would prohibit my participation in the event I have selected. The sponsors have advised me that it would be in my best interest to consult my physician prior to my preparation in regard to my participation in the Senior Games. I recognize and understand that the preparation and the competition may necessitate strenuous physical activity and could possibly activate any unrecognized pre-existing cardiovascular disorder, which I may have, thereby resulting in serious or life-threatening physical harm to me.

I understand that I am to wear my ID badge at all times when I am participating.

The sponsors have my permission to have a physician to treat me if needed during my participation in the events of the Senior Games. I agree and consent to the use of photographs and interviews to be used for publicity and advertising by the Senior Games, and I waive all claims for any compensation for such use.

I have read and will abide by, the general rules that are available at event sites.

SI

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

Registration Deadline is September 3, 2012

### Continued

sun dance, they would have plenty of buffalo to eat and would never suffer hunger again.

The people put up the medicine lodge according to the young man's instructions, painted their bodies in a sacred manner, and sang the right songs. The children made clay figures of buffalo, antelopes, and elk and whenever the little figures are placed inside the Medicine lodge during the dance, some of those animals will come near to gaze upon the sacred tipi, and some of their animal power will linger n. In the same way, our old friends, the Sioux people, fasten the figures of a man and a bison, both cut from buffalo hide, to their sacred sun dance pole. Then an eagle will come in and circle above the dancers to bless them.

Thus the Tsis-tsistas people performed the great medicine ceremony for the first time, and all was well again, and the people named the young medicine man Horns Standing Up, because the sacred hat has two horns at each side.

This story was told by Josie Limpy and Mrs. Medicine Bull, in 1972.

## Medicare Open Enrollment

By Greg Tanner

If you have a Medicare Part C (Advantage Plan) or Part D (Prescription Plan), you can change your plan from October 15, 2012 to December 7, 2012. This is your Medicare Open Enrollment.

Has your plan not taken care of your medical needs or are you not happy with the way your plan works? Consider changing your plan during the Medicare Open Enrollment.

Each year, Medicare Plans can change some of their coverage as well as the premium and drug costs.

If you are receiving Extra Help in paying toward your Medicare Prescription Plan, your Medicare Open Enrollment is year round. Which means you can change plans, as you see necessary.

Hoosier Uplands has SHIP Counselors available to assist you with those Medicare questions or problems that may arise, and to assist you in the Medicare Open Enrollment process. The SHIP Counselors provide plan comparisons and provide you with the tools you need to evaluate each plan.

For questions about your Medicare, please call Hoosier Uplands at 812-849-4457 or toll free at 800-333-2451 and just ask for a SHIP Counselor.

## YOUR CHOLESTEROL DOES NOT JUST AFFECT YOU

BY: Melissa Jeremiah, RN  
Director of Hoosier Uplands Home Health and Hospice

When you think of high cholesterol you probably think it only affects you, and not your family. But, if you have a stroke or heart attack due to your high cholesterol, you are also affecting your loved ones. Don't you want to be around to see your grandchildren grow and be able to spend quality time with them? Wouldn't the gift of good health be a gift you would like to pass along to your grandchildren? Hopefully, after reading this article, people will begin to find ways to regain control of their lifestyles, which in turn will assist you in decreasing your cholesterol, while improving your health for your grandchildren.

Lets take a look at things a person can do to live a healthier life, and decrease their cholesterol level. Most of the following suggestions to help control obesity are from comments made by Dr. William H. Dietz, whom is the director of the Division of Nutrition and Physical Activity at the Centers for Disease Control and Prevention:

- #1. Reduce the time you spend watching television.
- #2. Increase your level of physical activity. Take your grandchildren for a walk around the block when they visit you.
- #3. Reduce your consumption of soft drinks. Sugar sweetened beverages have replaced water as a beverage choice.
- #4. Reduce portion size at meals. The USDA states that a serving size in a restaurant is most generally two servings.
- #5. Increase fruit and vegetable consumption.
- #6. Wouldn't you like to be a good health role model for your grandchildren. Children learn more by observation of role models than from educational attempts, and who better to be a role model than a grandparent.

PLEASE ☒ THE EVENTS YOU WOULD LIKE TO ENTER BELOW

Monday, September 10, 2012

10:00 a.m. ( ) Golf \$20 per person (with cart)  
( ) Golf \$19 per person (member)  
Tee - Off partners: \_\_\_\_\_

TUESDAY - September 11, 2012

2:00 p.m. ( ) Bowling Tournament (\$6.00 for three games/includes shoe rental if needed)

WEDNESDAY - September 12, 2012

9:30 a.m. ( ) Horseshoes  
10:00 a.m. ( ) Hand and Foot  
11:30 a.m. ( ) Bingo  
12 Noon ( ) Lunch/Auction  
1:00 p.m. ( ) Euchre  
2:00 p.m. ( ) Bean Bag Shuffleboard

THURSDAY - September 13, 2012

9:30 a.m. ( ) Rook  
11:00 a.m. ( ) Corn-Hole Toss  
11:30 a.m. ( ) Brown-Bag Bingo

6:00 p.m. ( ) Closing ceremony dinner and dance, at the Community Building at the Mitchell Park.  
If you bring a non-participant of senior games to closing ceremony fee is \$7.00.

The activities on this schedule are subject to change without advanced notice.

FOR OFFICE USE ONLY:  
Participant #:  
Date:  
Fees Recd:

*Go for the Gold!*

### SENIOR GAMES FEES

Please enclose check or money order for the entry fee of \$7.00 PLUS any additional fees listed below payable to Hoosier Uplands. Entry fee includes individual participation in any of the above events, luncheons, entertainment and t-shirt. T-shirts are limited to the first 100 to register. You MUST REGISTER for the lunch or events! Registration fees are non-refundable. No person will be denied participation due to lack of ability to pay fees.

ENTRY FEE	\$7.00 PER PERSON	\$ _____
GOLF FEE	\$20.00 Per Person (non-member)	\$ _____
	\$19.00 Per Person (member)	\$ _____
BOWLING FEE	\$6.00 (Three Games)	\$ _____
CLOSING CEREMONY EVENTS	\$7.00 each additional guest	\$ _____
TOTAL FEES ENCLOSED	(Make checks payable to Hoosier Uplands)	\$ _____

# Whooping Cough at Epidemic Levels

Experts at the Centers for Disease Control and Prevention (CDC) are predicting that the U.S. is on track to have the highest number of whooping cough cases since 1959. This could be the worst epidemic of whooping cough, also known as pertussis, seen in the United States in more than 50 years, health officials said last week, and they're calling for mass vaccination of adults.

It is especially important that vaccinations be given to pregnant women and anyone who will have contact with babies. In many cases, babies get this

illness from their mothers or others close to them. Statistics show that as of this date nationwide, nearly 18,000 cases and nine deaths have been reported to CDC. That's more than twice as many as we had at the same time last year.

Whooping cough is a highly contagious, vaccine-preventable disease spread through the air by infectious respiratory droplets. The bacterium called Bordetella pertussis is found in the mouth, nose and throat of the infected person. In adults and older children, it is often mistaken for a common

cold or bronchitis and is easily spread. It is usually more severe in babies and young children, who will often experience severe coughing which can be followed by a "whooping" sound as they gasp for air. Coughing episodes can be so intense that vomiting follows. Pertussis can lead to other serious complications and even death.

The best way to protect infants and young children is to vaccinate the adults around them. Pregnant women should be vaccinated so their babies are born with some immunity. People who are not

vaccinated have eight times the risk of infection compared to people who are fully vaccinated against whooping cough. And if someone who's been vaccinated does get whooping cough, the disease is usually less serious and they are far less likely to infect someone else.

Immunity from the pertussis vaccination wears off after about 5 to 10 years so adults should get the Tdap vaccination booster. For kids to be fully protected, they should get all five doses of the DTaP vaccine.

Source: CVS Minute Clinic

## MAMMA MADE BISCUITS

Mamma made biscuits so tasty  
I can see her now in sweet memory  
As she stirred up the dough  
In the graniteware bowl  
Then using a spoon as a scraper  
Emptied the dough onto floured brown paper  
She rolled it out nice and fat  
Onto that floured paper sack  
Then using the rim of a glass she formed  
Each one till the dough was gone  
Then into the greased pan they went  
To the oven to bake a treat Heaven sent  
The aroma to us was enticement to stay  
Close to the kitchen at beginning of day  
When Mamma made biscuits so tasty  
Eager children devoured them quite hastily  
Covered in butter and homemade jelly  
Mammas biscuits filled hungry little bellies  
Now Mamma makes biscuits alone  
For the children have all left home  
But now and then when they return  
Mamma makes biscuits for her children  
And once again they awake to the warm  
Feelings and aroma of early morn  
When mamma makes biscuits so tasty  
The children again surround them hastily

Covered with butter and jam  
Warm and soft right out of the pan

Sherron Fields -- May 19, 2012

### BAKING POWDER BISCUITS

2 CUPS SIFTED ALL-PURPOSE FLOUR  
3 TEASPOONS BAKING POWDER  
½ TEASPOON SALT  
¼ CUP SHORTENING  
2/3 TO ¾ CUP MILK

MIX DOUGH AND TURN THE DOUGH  
ONTO A LIGHTLY FLOURED SURFACE  
DOUGH SHOULD BE SOFT. KNEED  
GENTLY WITH HEEL OF HAND 10 OR  
12 STROKES (1/2 MINUTE)  
ROLL OR PAT DOUGH ½ INCH THICK  
DIP BISCUIT CUTTER IN FLOUR, CUT  
DOUGH STRAIGHT DOWN.  
BAKE IN UNGREASED BAKING  
SHEET IN HOT OVEN,  
450-- 12 TO 15 MINUTES





# ATTENTION SENIOR CITIZENS 50 & UP

## Go For the Gold September 2012

Sign up for the 26th Annual Senior Games  
September 10, 11, 12 and 13, 2012

- Golf- September 10th Otis Park
- Bowling-September 11th-Broadview Bowling
- Horseshoes-September 12- Mitchell Community Building
- Cards-September 12 & 13- Mitchell Community Building
- Bingo- September 12-13-Mitchell Community Building
- Corn-Hole Toss – September 13- Mitchell Community Building

Closing Ceremony September 13 With Dinner  
and Dance With Classic Country Band



### SEE YOU ALL THERE!

Must be registered to attend dinner and/or dance  
Contact Hoosier Uplands 849-4457 to register.



## HOOSIER UPLANDS HOME HEALTH CARE & HOSPICE REMINDING YOU...

*It's back to school time!  
Please be careful when driving to keep our children safe!*



*Making the Difference  
Since 1977!*



500 W. Main Street, Mitchell, IN  
(812) 849-4447 or 1-800-827-2219



If interested in becoming a hospice volunteer, please call Lee Grimes at 1-800-827-2219