



Generations


Area 13 Agency On Aging & Disability

Fall 2016 • Volume 54



INSIDE THIS ISSUE

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SENIOR MEDICARE PATROL



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Volume 54
Fall 2016

Generations

Area 13 Agency On Aging & Disability

Generations, affiliated with Vincennes University, is a not-for-profit agency which serves older adults, individuals with disabilities of all ages and caregivers in the counties of Daviess, Dubois, Greene, Knox, Martin and Pike, without regard to race, national origin, sex, age, religion, disability, and/or sexual orientation by providing resources that foster personal independence while assuring individual dignity and an enhanced quality of life.

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About the Cover: The end of summer means cooler temperatures and colorful outdoor adventures in the crisp autumn air. Take a scenic drive through the country and discover why Indiana is a photographer's paradise in the fall. Photo provided by TRPhotography-Oaktown.

Letter from Generations' Executive Director

Dear Friends:

Over a year ago I bought a fitness tracker. The allure of owning the latest fitness craze coupled with peer pressure from several co-workers fueled my purchase. I was so excited to get it set up, get the app downloaded on my phone and start using it. I put the band around my wrist and I was ready to go.

Within hours I had friend requests. Why did I want friends associated with my fitness tracker? How was that a benefit to tracking my steps and activity time? Well, duh, you can see where you stand in relation to your friends. You can compare steps. Not only can you see how many steps your friends are taking, it ranks you by who has the most steps. At the time, this seemed like a good motivational tool.

It didn't take me long to figure out that only certain motions track and count as steps. The first workout with my fitness tracker that did not involve walking, but did involve lots of burpees and sit-ups, was a huge disappointment. How could a 45-minute workout that left me drained at the end result in less than 1,000 steps and 17 minutes of activity? Apparently sit-ups don't count toward activity or steps.

After a few more episodes like this, I was asking myself what was the point if I didn't increase my steps or activity time. My friends would look at my steps and think I was slacking. So instead I was home at night walking furiously around my yard trying to get my steps in and hoping the neighbors didn't think I was nuts.

My next real eye opener came when I spent an hour grocery shopping and checked my steps when I got home. Seriously, just 560 steps? What was that all about? Then it dawned on me - I had been pushing a cart. My arm was not in motion. What a waste of good steps! I was very upset.

Now don't get me wrong, wearing the tracker did motivate me to move more. I would walk down the hall to talk to a co-worker versus sending her an email. I would take the stairs instead of the elevator. I would park further away at the mall or grocery store. I also started pushing the cart with one

hand and this is not an easy task.

A very pronounced swinging of the arm generates steps and activity. I started to recognize this swing of the arm in strangers and would nod

my head to them in kinship. A few times this swinging of the arm resulted in coffee on my shirt or pants because it became so second nature that I didn't realize I was doing it. I don't like to waste good coffee.

During this year and half of my addiction to the activity tracker, it quit working three times. I would contact customer service and after multiple emails, they would send me a new one. The first time I was devastated. How was I going to live without it? How would I know if I was active and getting my steps in? The second time it broke, I was frustrated. I remember getting up to go talk to my co-worker and thinking why bother? The steps won't count anyway. The third time I considered not even contacting customer service, but I was mad that this thing broke three times in less than year. It was a matter of principle.

A few weeks ago I looked down at the ugly black band on my wrist and thought I am tired of this thing. I am tired of being tied to a certain number of steps just to prove I am active. I am tired of getting home from a long day on the road where I did a lot of sitting and no walking and thinking I have to walk around the dining table just to get my steps in. I am tired of the way the black band looks next to the pretty charm bracelet the boys bought me for Christmas. So the next morning when I got out of the shower, I didn't put it back on. I am three weeks free of my activity tracker and I haven't regretted it once.



Laura A. Holscher

A handwritten signature in dark ink, appearing to read 'Laura A. Holscher'.

5 RESUME TIPS FOR OLDER JOB SEEKERS

PROVIDED BY THE NATIONAL COUNCIL ON AGING

If you're looking to re-enter the workforce or switch career paths, you may find that job hunting has changed. Newspaper ads are out, and online applications are in.

But one thing is still the same—you need a solid resume. How can you make yours stand out? Start with these 5 tips.

1. Follow the preferred style and format

- Don't go over two pages, unless you're an educator or unique professional who requires more.
- Use a standard word application, such as Microsoft Word.
- Use a traditional, easy-to-read font, such as Arial, and keep text in a uniform size of 10 or 11.
- Bold your name, section headings, and employers' names.
- Avoid multiple fonts and excessive bolding, italics, and underlining.

2. Stand out with keywords

Many employers scan resumes electronically to find "keywords" that are specific to the job. Use words and phrases from the ad or position description.

3. Use active language

Active verbs and a clear description of your accomplishments will bring vitality and strength to your resume. Use current language, especially when it comes to technology. Instead of listing "computer skills," name the specific programs you use, such as Microsoft Office or Adobe Acrobat.

4. Include the right information.

- Heading: Put your full name at the top center in bold and slightly larger. Include your home address, phone number (mobile is best for quick response), and email address.
- Objective: State your career objective using the profession and level of responsibility. If you're returning to work after

an absence or want to change careers, state that here.

- Skills, capabilities, and qualifications: Using bullets, highlight the 10-12 talents that make you a great candidate. Cite your specific knowledge and credentials, technical capabilities, personal attributes, and industry-specific attributes.
- Work history: In reverse chronological order, list each employer over the past 10-20 years. Include the employer name, description of enterprise, city/state, calendar years of

Continued on Page 7



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Become a Seasonal Produce Expert with FoodLink

BY MALLORY RICKBEIL
Community Wellness Coordinator
Purdue Extension

Have you ever stood in front of a produce section or Farmers' Market and wondered, what is that or what do I do with that? I certainly know that I have, and I'm guessing that you have too. Many individuals in Indiana struggle to consume the minimum amount of recommended fruits and vegetables on a daily basis. And ironically, many farmers struggle to distribute all of their produce to willing customers while it is still sellable. Luckily, the experts at Purdue Extension have been making strides to help consumers with tips on buying and preparing local produce, while at the same time selling more fruits and vegetables for local vendors. "How is this possible?" you may ask.

It's simple. FoodLink is an application that works by using a smart-phone to provide immediate and reliable information relating to the buying, selecting, and preparing over 40 fresh fruits and vegetables. This goes farther than just googling, it puts credible tips and methods immediately into the hands of the



consumer with little more technological prowess than what you need to snap a photo.

Specifically, the resource works by using a Quick Response (QR) Code that is specific to 43 food products which are ranging in familiarity such as the iconic apple to the seemingly innocuous lima bean. You can download a reader by searching for "QR Reader" in the application store and waiting all of the 30 seconds for it to download. Then, once you see any of the produce display signs at the Farmers' Market or grocery store (see illustration) take out your phone, load up the QR reader and be amazed by the how you are

immediately presented with the tips you need to select, buy, prepare, and store your market deals.

Still not convinced? Here are a few tips taken directly from the source for produce that is abundant this time of year! Imagine having this information (and much more) at your fingertips the next time you see a remarkable sale on your favorite summer produce.

WATERMELON

Watermelon Selection: Look for yellowish spot where the watermelon rested on the ground. Pick a symmetrical melon that seems heavy for its size.

Watermelon Preparation: Wash a watermelon under cool running water to clean, or use a clean wet cloth or paper towel to wipe clean.

Recipe: Watermelon Cooler

Ingredients:

- 3 cups of watermelon (cubed, seeds removed)
- ½ cup orange juice

Directions:

1. Place watermelon and juice in blender. Put lid on tightly.
2. Blend until smooth.
3. Refrigerate leftovers within 2 hours.

CUCUMBERS

Quick Fact: Cucumbers are 90% water.

Pairings: Sour cream, lemon, salmon, dill, basil, garlic, vinegar, soy sauce, mint, sesame seeds and onion.

Preparation: Sometimes cucumbers are bitter. Bitterness is stronger at the stem end of the cucumber. The chemicals that cause bitterness are found in and under the skin, so peeling the cucumber may improve the flavor.

Cucumber Selection Information: Choose firm, slender-shaped cucumbers that are green. Avoid cucumbers that are ripening to yellow or enlarged in the middle.

Continued on Page 17

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6 Ways to Eat Well As You Get Older

Provided by National Council On Aging

We all remember being told to eat our vegetables when we were children. But is eating well still important as you age?

The answer is yes. Giving your body the right nutrients and maintaining a healthy weight can help you stay active and independent. You'll also spend less time and money at the doctor. This is especially true if you have a chronic condition, such as diabetes or heart disease.

The definition of healthy eating does change a little as you age. For example, as you grow older, your metabolism slows down, so you need fewer calories than before. Your body also needs more of certain nutrients. That means it's more important than ever to choose foods that give you the best nutritional value.



Here are 6 tips to help you find the best foods for your body and your budget.

1. Know what a healthy plate looks like.

You might remember the food pyramid, but the USDA recently unveiled a simpler way to help people see what they should eat each day. It's called MyPlate. The simple graphic (see Page 23) shows exactly how the five food groups should stack up on

your plate. These are the building blocks for a healthy diet.

2. Look for important nutrients.

Make sure you eat a variety of foods to get all the nutrients you need. Your plate should look like a rainbow—bright, colored foods are always the best choice! A healthy meal should include:

- Lean protein (lean meats, seafood, eggs, beans)
- Fruits and vegetables (think orange, red, green, and purple)
- Whole grains (brown rice, whole wheat pasta)
- Low-fat dairy (milk and its alternatives)

Remember to choose foods that are high in fiber and low in sodium or salt. Also, look for Vitamin D, an important mineral as we age.

Continued on Page 23

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5 RESUME TIPS FOR OLDER JOB SEEKERS

Continued from Page 3

employment, most senior job title achieved, accountabilities, and primary activities and achievements. Work older than 20 years ago can be irrelevant, as many industries are ever-changing. However, you can consolidate other previous experience into a brief paragraph.

- Education, training, certifications, and affiliations: Employers check formal education during background inquiries, so

be completely accurate here. Include your name of school, location, and course of study. You don't need to put a graduation date unless it has been within the past 20 years. If you did not complete a degree program, note either "Attended" or "Completed Coursework." Also list any relevant training, certifications, and occupational affiliations.

5. Know what not to include

The following items are not appropriate

on a resume:

- Personal or family information
- Social and recreational activities, unless they are directly related to the job
- References, which come much later in the process
- Photos, colors, or graphic art

Remember, your resume is the single most important piece of your application because it lands you the interview! Have a friend or colleague review yours before you hit send.



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Setting Up a Social Security Account Can Help You Plan for Retirement

PROVIDED BY THE SOCIAL SECURITY ADMINISTRATION

More than 40 million people in the United States are 65 or older. By 2035, the U.S. Census Bureau projects this number will double, which makes improving the quality of life for older Americans even more important as we look to the future. It is Social Security's priority to provide a safety net for older Americans.

The main reason Social Security was established 80 years ago was to help older Americans. For many older Americans, Social Security benefits are their only source of retirement income. Social Security payments continue for life and are adjusted to keep pace with inflation. The American Association of Retired Persons (AARP) estimates that these benefits help keep 35 percent of older Americans out of poverty.

A great tool for people of all ages is the my Social Security account. With a personalized my Social Security account, you can:

- Get an estimate of future benefits, if you still work;
- Get an instant letter with proof of current benefits; and
- Manage your benefits.

Visit www.socialsecurity.gov/myaccount and join the millions of people who have already created accounts to help them plan for retirement.

Medicare Open Enrollment for 2017

Open enrollment for 2017 Medicare coverage is from October 15 to December 7. Generations' SHIP (State Health Insurance Assistance Programs) counselors will once again be offering free assistance to those Medicare recipients who need help choosing the best plan. Counseling sessions are by appointment only and can be conducted face-to-face or over the telephone. An appointment can be scheduled after October 1st by calling Linda Yochum at (812) 888-4854 or 1-800-742-9002.

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Workers Benefit as They Grow Older

We've all heard the notion that it's best to keep busy as you grow older, but now a massive study conducted by the University of Miami offers proof, according to the Association of Mature American Citizens.

Researchers studied data on more than 83,000 seniors over a period of 14 years and found that those who were idle in retirement were not as healthy as those who worked to one degree or another. In fact, those with demanding jobs were among the healthiest.

The research report concluded that: "Older adults who continue working tend to be much healthier across multiple health outcomes, but perhaps providing better workplace accommodations for older adults with functional limitations would allow more of them to join the ranks of their healthier peers."

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Annual event to offer inspiration to older adults and caregivers

The Dubois County Public Health Partnership's 7th annual Healthy State of Mind event on September 13th at the Huntingburg Event Center in Huntingburg will offer information and inspiration for adults and caregivers to improve their physical, mental and social fitness.

Local cardiologist, Dr. William E. Lehmkuhler, will present a program on heart health including the benefits of medication and supplements.

Amy Gehlhausen with Qualicare will speak on "Programming Your Personal GPS." Martha Rasche, a local journalist, will present "For Your Children's Children: Your Story Lives On" and Chris James from Memorial Hospital will speak on "Depression is Not a Normal Part of Growing Older." Pat Evans, the much requested motivational speaker, will speak on "The Wisdom and Intelligence of the Heart – So Much More Than a Pump." An exercise demonstration will be provided by a fitness instructor from Memorial Hospital. Doors will open at 8:30 a.m. The day will feature speakers, a vendor fair, lunch and door prizes.

"The goal of this annual program is to offer information to encourage individuals to make proactive choices as they age," Donna Oeding, chairman of the Dubois County Public Health Partnership stated. The committee is expecting a large turnout as over 100 people and 20 vendors attended last year's event.

Registration is \$10 and must be made in advance by calling the Older Americans Center by September 7th at 812-482-4455.

Sponsoring agencies include: Dubois County Public Health Partnership, Memorial Hospital and Health Care Center, TRI-CAP RSVP, Older Americans – Arnold F. Habig Community Center, Dubois County, Generations, Crisis Connection and the Dubois County Health Department.

If you wish to be a vendor or would like additional information concerning the event, please contact Donna Oeding at the Dubois County Health Department at 812- 481-7050 for additional information.



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Presented by:



Helen Seirp of Old National Bank (right) presents a check for \$66,400 to Generations Executive Director Laura Holscher for the Meals on Wheels program.

On behalf of Generations, I want to express my sincere appreciation for the support we received through Old National Bank's 100 Men Who Cook event. The funding we received will go a long way in providing Meals on Wheels to older adults and individuals with disabilities.

For more than forty years Generations has made nutrition a priority for the people we serve and the recent funding cuts have left us facing the dilemma of cutting services or starting a wait list. Being chosen as the recipient for Old National Bank's 100 Men Who Cook could not have come at a better time for us.

We are so appreciative of the chefs, the sponsors and the volunteers who supported this event. We are also extremely grateful to the Old National Bank associates who devoted so much time and effort to help raise the much needed funds to maintain our Meals on Wheels program. Between Old National Bank, the chefs, the sponsors and the volunteers, it truly was a team effort that will have a tremendous impact on the lives of older adults in our service area.

I am proud and humbled to be part of such a caring community.

Thank You,



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A photograph showing a caregiver in blue scrubs holding the hand of an elderly person. The caregiver's arm is visible, and a stethoscope is around their neck. The elderly person's hand is wrinkled and has some age spots. The background is blurred, showing green foliage. The bottom of the image has a blue wavy graphic overlay.

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Become a Seasonal Produce Expert

Continued from Page 5

Recipe: Melon Salsa

Ingredients:

- 2 cups fresh melon- honeydew, cantaloupe or watermelon, seeded and chopped
- 1 cup cucumber (peeled, seeded and chopped)
- ¼ cup onion (red or white)
- 2 tablespoons fresh cilantro or mint, chopped (optional)
- 1 jalapeno hot pepper, seeded

- and finely chopped
- ¼ cup lime juice
- 1 tablespoon sugar

Directions:

1. In a medium sized bowl, whisk together lime or lemon juice and sugar.
2. Add the remaining ingredients and toss to coat.
3. Taste, and season with more sugar, lemon or lime juice if needed.

4. Cover and chill for at least 30 minutes before serving.

SUMMER SQUASH

Quick Fact: Summer squash are harvested early in their development before the rind becomes hard and the seeds inside develop fully. In contrast, winter squash are harvested after the rind is hard and the seeds are fully developed.

Preparation (Grill): Cut squash lengthwise into long oval strips, about ½ inch thick. Brush with oil and lay on a hot grill rack. Flip after a few minutes. Vegetables grill faster than meat, so watch carefully for burning.

Recipe: Melon Salsa

Ingredients:

- 3 cups whole wheat pasta (uncooked)
- 1 cup broccoli (chopped)
- 1 cup cucumber (peeled and diced)
- 1 cup summer squash (sliced)
- ¾ cup Italian salad dressing

Directions:

1. Cook pasta according to package directions. Drain, rinse with cold water, and place in a large bowl.
2. Add remaining ingredients and mix well.
3. Refrigerate leftovers within 2 hours.

SWEET CORN

Short Term Storage: Corn is best eaten the day it is picked. The sugars in corn begin to convert to starch very quickly so you should purchase only what you can eat in a few days. Store sweet corn in the refrigerator with the husks on or off — of course, shucked corn will fit in the fridge much more easily. Raw corn cut off the ears will last only a day or two in the refrigerator before turning sour. Cooked corn that is cut off the ears will last in the refrigerator about 4 to 5 days.

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SMP staff and their highly trained volunteers conduct outreach to Medicare beneficiaries in their communities through group presentations, exhibiting at community events, answering calls to the SMP help lines and one-on-one counseling. Most SMP volunteers are both retired and Medicare beneficiaries and thus well-positioned to assist their peers.

The SMP primary goal is to teach Medicare beneficiaries how to protect their personal identity, identify and report errors on their health care bills, and identify deceptive health care practices, such as illegal marketing, providing unnecessary or inappropriate services and charging for services that were never provided. When Medicare and Medicaid beneficiaries are unable to act on their own behalf to address these problems, the SMPs work with family caregivers and others to address the problems, and if necessary, make referrals to outside organizations who are able to intervene.

Generations is conducting a SMP program in Daviess, Dubois, Greene, Knox, Martin and Pike counties. To volunteer or report suspected fraud, call Alma Kramer at 1-800-742-9002 or 812-888-5880.

Ten Steps to Protect Yourself

1. Visit only your personal doctor, hospital or clinic for medical help. Trust only them to make referrals for special equipment, services or medicine.
2. If someone calls and tries to threaten or pressure you into something – hang up!
3. If someone comes to your door and says they are from Medicare and they need your Medicare number -shut the door!
4. If someone offers to buy your Medicare number, don't do it.
5. Never provide a salesperson with your doctor's name or number.
6. Never show anyone your medical or prescription records without first talking to your doctor or pharmacist.
7. Don't leave mail in your mailbox for more than one day. People can steal personal information right out of your mailbox.
8. Rip up or shred your Medicare papers and other important documents before throwing them away. People go through trash.
9. Remember, Medicare doesn't sell anything.
10. Always check your Medicare Summary Notice (MSN) for charges for something you didn't get, billing twice for the same thing, and services that were not ordered by your doctor.

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Dry Eye Syndrome Common in Older Adults

(Copyrighted information
courtesy of the American
Optometric Association)

Dry eye is a condition in which a person doesn't have enough quality tears to lubricate and nourish the eye. Tears are necessary for maintaining the health of the front surface of the eye and for providing clear vision. Dry eye is a common and often chronic problem, particularly in older adults.

With each blink of the eyelids, tears spread across the front surface of the eye, known as the cornea. Tears provide

lubrication, reduce the risk of eye infection, wash away foreign matter in the eye, and keep the surface of the eyes smooth and clear. Excess tears in the eyes flow into small drainage ducts in the inner corners of the eyelids, which drain into the back of the nose. Dry eyes can occur when tear production and drainage is not in balance.

People with dry eyes either do not produce enough tears or their tears are of a poor quality. The most common form of dry eyes occurs when the water layer of tears is inadequate.

This condition, called keratoconjunctivitis sicca (KCS), is also referred to as dry eye syndrome.

People with dry eyes may experience irritated, gritty, scratchy or burning eyes; a feeling of something in their eyes; excess watering; and blurred vision. Advanced dry eyes may damage the front surface of the eye and impair vision.

Treatments for dry eyes aim to restore or maintain the normal amount of tears in the eye to minimize dryness and related discomfort and to maintain eye health.

How are dry eyes diagnosed and treated?

Dry eyes can be diagnosed through a comprehensive eye examination. Your optometrist can perform a series of tests to determine if you have dry eyes and advise you on treatment options.

Dry eyes can be a chronic condition, but your optometrist can prescribe treatment to keep your eyes healthy and comfortable and to prevent your vision from being affected.

The primary approaches used to manage and treat dry eyes include adding tears using over-the-counter artificial tear

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Caregiver Corner

Caught Off-guard (Filling the Role of a Family Caregiver)

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CARE PLANNING COUNCIL

Planning for old age is like studying for a big test. You may study for weeks on a wide range of materials and feel completely confident and ready when you walk into that testing room, only to look down at the test and realize that you have no idea what any of the questions are saying. The test should have been easy; you knew all of the material. The problem is you knew all the wrong material for that particular test. There could have been no way to know exactly what would be on the test until you were sitting right in front of it.

The National Care Planning Council is a strong advocate of long-term care planning, and we should take as many precautions and make as many decisions as possible ahead of time. Unfortunately though, we will never be prepared for everything. Life is littered with unexpected events, one of those being when you suddenly find yourself a family caregiver for your aging parents.

Julie Baldocchi had this event happen to her just a month ago

when her mother had a stroke. She expressed feelings of being unprepared and overwhelmed. She said, "Even if you plan intellectually and legally, you're never ready for the emotional impact."

More than forty-two million Americans provide daily caregiving for a member of their family. "Family caregivers take over many responsibilities. One might manage a parent's finances, while another sibling will take the parent to doctors' appointments and shopping. Those who move in with a parent take on a significant and sustained burden of care." (USA Today)

It's not an easy task that family caregivers take on, but it is a task that many take on willingly. As we enter our adult years and watch our parents age, many of us don't think that one day soon we may find ourselves in a caregiver position. Though taking on the role of a family caregiver is something we can never fully be prepared for, we can help reduce the stress when we are placed in that situation by recognizing now that one day the caregiver position may be ours to fill.

Jan Walker had this to say about giving care to her mother, "I always knew that this was the role that I would have, and I guess my mind was prepared for it." Though we may prepare our minds, this major change in our lives could harm our bodies. As a family caregiver, you must look after your own health as well as your parents. According to a 2010 study by MetLife, twenty percent of female caregivers aged fifty and older reported symptoms of depression. Baldocchi herself stated that after she became her mother's caregiver, she lost thirty pounds due to stress.

Jennifer Cona, an elder-law attorney in New York, stated, "There is such a thing as caregiver burnout." Though taking on the role of a family caregiver will bring many changes, don't allow it to affect your health in a negative way. The task of being a family caregiver is often difficult and overwhelming, but, as Walker said, "most worthwhile things are hard."

Taking on the role of a family
Continued on Page 22

UNDERSTANDING INDIANA'S CARE ACT

BY JEFF R. HAWKINS &
JENNIFER J. HAWKINS

The Indiana legislature passed the "Caregiver Advise, Record, and Enable Act" (known as the CARE Act"), which took effect on January 1, 2016.

Jeff R. Hawkins and Jennifer J. Hawkins are Trust, Estate and Elder Law Attorneys in Sullivan, IN. Jeff was also the 2014-15 President of the Indiana State Bar Association. For more information, visit their website at www.HawkinsLaw.com.



mental status and the patient's ability to care for himself. The at-home care plan will help the Lay Caregiver assist the patient at the patient's residence with the following:

1. Activities of daily living

Under the CARE Act, when a patient is admitted to the hospital, the hospital must give the patient (or the patient's guardian or health care representative) the opportunity to designate a "Lay Caregiver." A Lay Caregiver is a person who has a significant relationship with the patient and who may provide care for the patient at the patient's residence after the patient is discharged from the hospital. If the patient designates a Lay Caregiver, the hospital will ask the patient for written consent to provide the patient's personal health care information to the Lay Caregiver.

When it is time for the patient to be discharged from the hospital, the hospital staff will ask the patient to contact the Lay Caregiver. However, if the patient does not have the capacity to contact the Lay Caregiver himself, the hospital staff will attempt to contact the Lay Caregiver.

The hospital staff member will then discuss with the Lay Caregiver the plan for at-home care for the patient. This at-home care plan is developed by a nurse, social worker or other licensed health care professional, based on their evaluation of the patient's need for care after the patient is discharged from inpatient treatment at the hospital.

The health care professional takes into consideration the patient's physical and

2. Managing wound care

3. Administering medications

4. Operating medical equipment

The health care professional will even provide demonstrations of any tasks to the Lay Caregiver to help the Lay Caregiver properly care for the patient after the patient returns home. In addition, the health care professional will give his or her contact information to the Lay Caregiver in case the Lay Caregiver has any questions.

If the patient designates someone to be the patient's Lay Caregiver, the lay Caregiver is not obligated to accept responsibility to provide the patient with after care. Therefore, the patient should discuss his intentions with a potential Lay Caregiver and make sure that this person is willing to help the patient once the patient is discharged from the hospital.

Finally, appointing a Lay Caregiver does not override the authorization of a person who the patient has previously appointed as Health Care Representative or under a Health Care Power of Attorney under Indiana law. A Lay Caregiver is simply a person who is able to physically provide care to the patient in the patient's time of need after a stay in the hospital.

Dry Eye Syndrome

Continued from Page 19

solutions, conserving tears, increasing tear production, and treating the inflammation of the eyelids or eye surface that contributes to the dry eyes.

Self Care

You can take the following steps to reduce symptoms of dry eyes:

- Remember to blink regularly when reading or staring at a computer screen for long periods of time.
- Increase the humidity in the air at work and at home.
- Wear sunglasses outdoors, particularly those with wraparound frames, to reduce exposure

to drying winds and the sun.

- Nutritional supplements containing essential fatty acids may help decrease dry eye symptoms in some people. Ask your optometrist if taking dietary supplements could help your dry eye problems.
- Avoiding becoming dehydrated by drinking plenty of water (8 to 10 glasses) each day.

According to AOA, a comprehensive eye exam with a doctor of optometry is the most important step a patient can take to safeguard their vision and overall health, especially when it comes to early diagnosis of diabetes, hypertension and other systemic diseases.

Caregiver Corner: Caught off-guard

Continued from Page 20

caregiver often catches many off guard, but don't let the fact that it's unexpected deter you from filling that role well. As with a big test, we may not have a clue how to deal with the situations presented to us, but unlike a test, we have many resources to go to.

If you find yourself an unexpected family caregiver, you are not alone. Your local Area on Aging, the National Family Caregivers Association, Caregiving.com, the National Care Planning Council, and many other organizations and resources are available to help lend support and provide answers to the many questions you will have.

Become a Seasonal Produce Expert

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Long Term Storage: Corn is one of the best vegetables to freeze because the quality of home-frozen corn is superior to commercial products.

Selection Information: Look for fresh, green husks that are insect-free. If the kernels are visible, make sure they are plump.

Recipe: Corn on the Cob with Chili Lime Butter

Ingredients:

- 4 tablespoons salted, light margarine
- 1 teaspoon grated lime peel
- 1 tablespoon fresh lime juice
- 1 teaspoon chili seasoning
- 4 ears of yellow corn-on-the-cob (fresh and in the husk)

Directions:

1. In a small bowl, combine margarine with lime peel, lime juice, and chili seasoning. Mix until all the juice has been incorporated into the margarine.
2. Cover and allow to stand for at least 30 minutes
3. Remove outer leaves of corn husks, leaving inner leaves. Remove as much silk as possible. Rinse ears in cold water, and place all four ears in plastic storage bag. Close the bag, leaving about 1-inch unsealed.
4. Place corn in microwave and cook on high for 6 minutes. Carefully turn bag over and cook on high for 4 more minutes.

5. Remove corn carefully and allow to cool briefly. Then, peel the remaining husk and silk.
6. Serve hot with 1 teaspoon chili lime butter for each serving.

Mallory Rickbeil is the Community Wellness Coordinator for Greene County as part of the Purdue Extension Nutrition Education Program (NEP). Contact her at the Greene County Extension Office, 812-659-2122.



6 Ways to Eat Well

Continued from Page 6

3. Read the nutrition facts label.

The healthiest foods are whole foods. These are often found on the perimeter of the grocery store in the produce, meat, and dairy sections. When you do eat packaged foods, be a smart shopper! Read the labels to find items that are lower in fat, added sugars, and sodium.

4. Use recommended servings.

To maintain your weight, you must eat the right amount of food for your age and body. The American Heart Association provides recommended daily servings for adults aged 60+.

5. Stay hydrated.

Water is an important nutrient too! Don't let



yourself get dehydrated—drink small amounts of fluids consistently throughout the day. Tea, coffee, and water are your best choices. Keep fluids with sugar and salt at a minimum, unless your doctor has suggested otherwise.

6. Stretch your food budget.

Want to get the biggest nutritional bang for your buck? The Supplemental Nutrition

Assistance Program (SNAP) can help you afford healthy food when you need it. Over 4 million older Americans use SNAP to buy food, and the average senior receives \$113 each month. Visit BenefitsCheckUp.org/getSNAP to see if the program can help you.

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- Generations Magazine
- Health & Wellness Programs
- Ombudsman Services
- Options Counseling
- At Home Pre-Admission Screening for nursing home placement
- Contracted providers allow us to offer transportation, adult day services and legal assistance.

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