

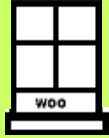


The Senior Advocate

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Windows of
Opportunity



A "WOO" is an opportunity for you to benefit from a free or low-cost event, class or service. Look for the WOO Window throughout this issue of The Senior Advocate!

Want to Get Involved?

Join one of these groups:

AARP Forsyth Chapter Meets the 2nd Tuesday of each month at 12 at Senior Services. Call Beverly 922-4239

Senior Power Think Tank Meets the 3rd Wednesday of each month at 10 am (location varies) Call Vicki 703-3883

Your Social Security Check moving from paper to plastic

I remember when plastic shopping bags were first introduced in the supermarket. Clerks would ask "paper or plastic?" After a few years, the choice disappeared in most places and you simply learn to expect (and live with) plastic.

The federal government, much like the supermarkets, currently offer a choice between paper or plastic (or direct deposit). As of this past May, new Social Security recipients cannot choose to receive paper checks. Come March 2013, paper will no longer be a choice for *anyone*; the U.S. Department of the Treasury will pay all federal benefit and non-tax payments electronically. Benefit recipients can choose to receive their payments by **direct deposit** to a bank or credit union account or to a **Direct Express**[®] Debit MasterCard[®] card account.

Receiving your monthly social security by check in the mail each month is not safe since there are many opportunities for loss or theft between the time it leaves the government and you deposit it in your bank account. You can take action today by calling your bank to help you set up direct deposit of your social security benefits or if you don't have a bank account, you can call **1-877-212-9991** to sign up for the **Direct Express**[®] Debit MasterCard[®]. If you would like to learn more about these options on the Internet, visit www.godirect.org. You can also call the Social Security Administration at **1-800-772-1213**.

Advocacy News

Last issue we printed a list of issues that of concern to older adults in our county. Some of those have been addressed during the budget process at the state level, others are still being battled over at the federal level. Below is an update from the state level.

- **Funding for Project C.A.R.E.** (Caregiver Alternatives to Running on Empty) will not be provided this year
- **Funding for volunteer development programming for older adults** will not be provided this year.
- The state budget does not have cuts to funding for the **Home and Community Care Block Grant** which provides support for services to keep older adults in their homes, to senior centers, or to the state adult day care fund.
- On May 31, Governor Perdue signed into law House Bill 474, **Protect Adult Care Home Residents**. The bill increases training for medication aides and strengthens infection control policies in adult care homes. A need for the bill came to light in 2009 when six residents of an adult care home in the state died as a result of being infected with hepatitis resulting from improper insulin checks for diabetes.

Dealing with Change

Sometimes we try to reach back to another time and replay how we *used to* do it. If it worked then, why won't it work now?

I remember when one of the great tennis players of all time, Bjorn Borg, attempted a comeback in his later years. He still had much of his physical and competitive skills, but he insisted on using his old wood rackets, which were a trademark of sorts of his. But by that time, technology had gone on to much more sophisticated rackets, delivering significantly more power.

The result: a former champion was thrashed, and thrashed repeatedly, before he gave up the ghost and quit for the last time. In a real sense, even his considerable skills could not overcome technology and change.

Twenty six years ago, I went out on my own to practice law. That was change enough. But it was about that time that computers and software applications were becoming affordable and available.

I cannot tell you the hours I spent investigating the purchase of my first office computer. After all, it cost \$3000, and that was an awful lot of money for me, as a young lawyer with a wife and three kids, to be spending on something about which I knew very little.

But I bought that first computer, and my two staff members and I hopped on the difficult learning curve about how to harness technology. In many strategic ways, it figured in to the growth of my law firm, although I was, and I am very much still, on the low end of the learning curve about technology.

Like you, I still am intimidated by technology. I do not profess to understand it as I should. To me, the full cloak of mystery is tied tight around it. Websites, blogs, social networking, and all of its technological cousins, are a challenge for me, although I have dipped my toe in the water, with some success. And my, my, my, the opportunity that is there if you work at it.



My wise father used to say that, in his work, he did things every day he did not want to do. But he had to do them to keep up.

If you want to flourish, you have to adapt. And that means doing something every day you don't want to do. You have to have the discipline to learn a complementary skill. Maybe it is a related area in your business that holds promise. You have to understand the sheer power of the Internet to alter, fundamentally, how people get to us for our services and products. And you have to understand that many key strategic relationships with others have now been kicked into play as never before with the rapid growth we have experienced in North Carolina.

What I have learned about life on the way to the courthouse is this: nothing stays the same. Change is all around us. It is daunting at times. We don't know, fully, what to do with it all. But there is opportunity there for those who harness that change, adapt appropriately, and turn that change from a disadvantage to a distinct advantage.

So be sure to work on change. Learn to adapt. Hop on that learning curve. Try to spend time regularly doing something you don't want to do. It may be challenging at first, but keep trying. Because if you adapt by doing something today that you don't want to do, Charles Darwin (and my dad) would tell you your opportunities are about to start looking up.

—Excerpted from an article by Mike Wells



Fans Available for Seniors

The fan distribution program, a multi-year partnership funded by Duke Energy in partnership with the Northwest Piedmont Area Agency on Aging and Senior Services, is now under way to help Forsyth County seniors deal with the dangerous high temperatures.

To be eligible to receive a fan, individuals must be 60 years of age or older, reside in Forsyth County and be faced with a home situation that presents a threat to their health and well-being owing to the lack of adequate cooling. The number to call for general information regarding the fan program is also 725-0907.

Residents of Eastern Forsyth County in need of a fan should call the Shepherd's Center of Kernersville, 336-996-6696.

Protect Yourself from Heat Illness

Summer has arrived, It's time to think about protecting yourself from heat illness. When the body is unable to cool itself by sweating, heat-induced illnesses such as heat exhaustion or the more severe heat stroke can occur, and can result in death.

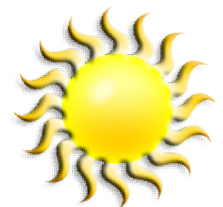
Factors leading to heat illness include high temperatures and humidity; direct sun or heat; limited air movement; physical exertion; poor physical condition and some medicines. Heat illness can occur indoors in areas without air conditioning or when working outdoors on a hot day so think about the precautions you should take with whatever task you are involved in. Think about "Easy does it" on your first days of work in the heat. You need to get used to it. Rest in the shade for at least 5 minutes as needed to cool down.

It's important to know the symptoms of both heat exhaustion and heat stroke so you can take immediate action when necessary. **Symptoms of heat exhaustion include headaches, dizziness, weakness, muscle cramps, rapid heartbeat, vomiting and moist sweaty skin.**

Symptoms of heat stroke include dry, red hot skin with no sweating, mental confusion, convulsions or fainting.

Knowing the signs/symptoms of heat related illnesses and monitoring yourself can prevent heat illness. Keep this information in mind when working in your yard as well. The following tips will be helpful:

- Block out direct sun when possible
- Increase the length and frequency of breaks in the shade.
- Drink lots of water; at least 1 cup every 15 minutes, even if you aren't thirsty.
- Schedule the most strenuous jobs for cooler times of the day like early morning.
- Wear a hat and lightweight, light colored, loose-fitting clothes.
- Avoid alcohol, caffeinated drinks, or heavy meals.
- Be alert for early symptoms. People react differently; you may have only a few symptoms or all of them.
- Move the person to a cool, shaded area.
- Loosen or remove heavy clothes.
- Provide small amounts of cool drinking water as long as person is not vomiting.
- Mist the person with cool water.
- Apply ice packs under arms if available.



Senior Power Think Tank

A subcommittee of:

Forsyth County Aging Services
Planning Committee
741 North Highland Avenue
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Working Together to
Make Forsyth County
Senior Friendly



Thoughts from the New Older Guy in Town. . .

I thought.....

I thought when I retired I'd have time to do all the things I always wanted to do

I thought when I retired I'd have all the money I needed to do the things I always wanted to do

I thought when I retired I'd live and enjoy the good life

I thought when I retired I'd know what the good life was

The problem became my thoughts instead of my actions

I thought but I didn't act?

I do have all the time, but don't really know what to do with it

I have enough money to do the things I want but now I don't know what I want

I thought I'd ease into a new way of life but my way of life changed

I didn't think life could become mundane and boring because I was

only thinking of myself and my wants and desires

Ahhh, what to do???

I need to start thinking and start sharing my thoughts. How about you?

Why not come to a "think tank" meeting and help us think about how

we can assist other seniors. We meet each month for about one hour on

the 3rd Wednesday. Phone and give us your e mail address and we'll

remind you. In the meantime, start thinking about thinking with the

SENIOR think tank.

Written anonymously by

The older guy

Phil Poore

Senior Services Help Line

724-2040

Help Line provides information on local resources for seniors, their caregivers and professionals. When you call, they assess your situation and ask questions to determine what services you need. Then they link you to those services. Help Line counselors provide information on topics such as in-home service, housing options, community resources and long-term planning. Help Line contacts the services you need; there is no more repeating the same story to each agency, no more calling several sources for referral and information.

Common resources that are located through Help Line include the following:

- Transportation (for medical care, food shopping)
- Resources for home modification & repair services
- Help in the home with personal care
- Information on housing options, including nursing home placement
- Meals and nutrition programs
- Recreation and volunteer opportunities
- Housekeeping and sitter services

Help Line has counselors who are trained to help you with questions about Medicare and long-term care insurance. Call Help Line today to get help with the services you need!

