

# Senior Series

*The Ohio  
Department of  
Aging*



Senior Series - Ohio State University Extension and Ohio Aging Networks  
Working Together to Address Older Adult Issues

## Senior Hotline

*... a newsletter for older adults or  
those who care for an older adult*

Volume 7, Issue 1

The Ohio State University, The  
United States Department of Agriculture and County Commissioners  
Cooperating.

## Coping With the Post -Holiday Blues

After the holiday, when gifts and decorations are put away, many people find themselves feeling down. These feelings can be caused by many factors, for example, fatigue, stress, unrealistic expectations, or unpleasant holiday memories. Although it is normal to experience some melancholy after the excitement of the holidays, a few strategies may help you cope with these temporary "blues":

- **Acknowledge your feelings** - It's normal to feel sadness and grief if you've lost a family member or friend, or are separated from loved ones. Take time to reflect, or cry or express your feelings with someone who cares about you.
- **Seek support** - If you're feeling isolated or depressed, seek out community, religious or social services that can provide you with support and companionship. Helping others can also be a great way to lift your spirits.
- **Be realistic** - Traditions may need to change as families change and grow. Hold on to those family rituals that are still meaningful but also create new traditions with people involved in your life now.
- **Don't set your expectations too high** - The perfect holiday gatherings we see on T.V. and in the movies do not represent most families. All families have conflict, tension, or misunderstandings. Focus on the characteristics of your family that are positive.
- **Take care of yourself** - Eat right, get enough sleep, exercise, and schedule at least one pleasant activity for yourself every day, such as a hot bath, a brisk walk, a cup of tea, reading, music, or "quiet time."
- **Remind yourself** that the cold, dark days of winter will not last forever. Spring is just around the corner!

Source: Mayo Clinic Health Letter; Montana State Univ. Ext. Service.

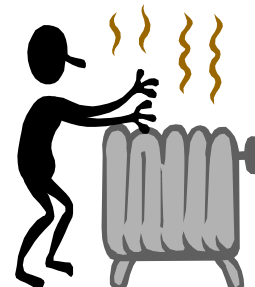
Submitted by: Jennifer Nickol, Family and Consumer Sciences Agent, Ohio State University Extension, Hamilton County

# STAY WARM THIS WINTER

Staying warm this winter may be a concern for many seniors. If they keep the house warm, will they be able to pay the utility bill? Energy Assistance Programs can help seniors with this problem. With one application form, low income individuals can apply for HEAP (Home Energy Assistance Program), which is the former Ohio Energy Credit Program, and PIPP (Percent of Income Payment Plan). Applications will be accepted through March 31, 2001.

HEAP is a federally funded program designed to assist low-income Ohioans with high heating costs. HEAP provides a one-time payment for Public Utilities Commission of Ohio (PUCO) customers for the winter season. Eligibility is based on household income. Both homeowners and renters are eligible for HEAP.

<u>HEAP 2000 - 2001 Income Guidelines</u>	
Size of Household	Total Gross Income
1	up to \$12,525
2	up to \$16,875
3	up to \$21,225
4	up to \$25,575

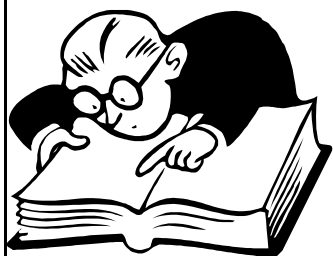


PIPP, another assistance program, coordinates an extended payment arrangement with gas and electric companies to accept payments based on a percentage of one's household income. Those enrolled in this program pay a portion of their household income each month to maintain utility service. PIPP protects customers from disconnection of service. Customers are responsible for any unpaid balance on their bill.

For more information on either of these programs or to get an application, call 1-800-282-0880 (M-F) or visit the Office of Community Services web site at [www.energyhelp.odod.state.oh.us/](http://www.energyhelp.odod.state.oh.us/)

Source: Ohio Department of Development Energy Assistance Programs 2000-2001 Fact Sheet

Submitted by: Teresa Cook, Ohio District 5 Area Agency on Aging



## The Reader's Corner

*"Another Country: Navigating The Emotional Terrain of our Elders"* by Mary Pipher, Ph.D.

Dr. Pipher has written a warm and witty analysis about aging in a culture focused on youth and beauty. Dr. Pipher, a psychologist, shares the personal stories of many Midwestern older adults she interviewed for this book. Her focus is both on the individual as well as the family with an emphasis on the joys and challenges aging families encounter. Her analysis reveals the importance of communication between the generations. She illustrates very effectively the many gifts the young and the old have to offer each other. This is a book about aging that is NOT depressing and instead, touches the heart and the mind of the reader. Now available in paperback, this book is highly recommended for both seniors and their adult children!

# The Gold Card Food Guide Pyramid

Is the standard USDA Food Guide Pyramid appropriate for all age groups to follow? It is important to realize that as our bodies age, our energy and nutrient requirements change. This is the reason why the Senior Nutrition Awareness Project (SNAP) modified the Food Guide Pyramid specifically for older adults.

Seniors should try to eat at least one serving of non-meat protein, along with one or two servings of meat per day. Fluids are also included in the SNAP Pyramid, stressing that at least eight glasses of fluid are needed per day.

The top of the pyramid states, "Seniors may need more calcium, vitamin D, vitamin B12." The best way to get these nutrients is through food, however, some may need to take a supplement in order to get enough. Talk to your doctor or dietician about taking supplements. The rest of the SNAP Pyramid follows the standard model. What counts as one serving? Here are some examples:

- 1 serving of fluid is equal to one cup of water
- 1 serving of vegetable/fruit is equal to ½ cup of raw vegetable/fruit
- 1 cup of milk or yogurt counts as a dairy serving
- 2 to 3 ounces of lean meat, poultry, or two eggs count as one serving of meat protein
- 1 ½ cups cooked beans or tofu or 2 tablespoons peanut butter equal 1 serving of a non-meat protein.



Remember, a well balanced diet is essential for feeling healthy!

Source: Gerontological Nutritionists Newsletter, Winter 1999.

Submitted by: Dan Durham, Dietetic Intern, Department of Human Nutrition and Food Management, College of Human Ecology, The Ohio State University.

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## Grandparents Raising Grandchildren Satellite Locations in Ohio

Please note that in addition to the Newark location, there are other potential satellite downlink sites throughout Ohio.

As of December 19, 2000 one **confirmed site**:

- Vandalia, OH Southwest District Office  
Contact: Ann Clutter, FCS Specialist (937) 454-5002

**Possible sites:**

- Cuyahoga County—Marisa Warrix, FCS Agent (216) 397-6000
- Wyandot County—Liz Smith, FCS Agent (419) 294-4931
- Clermont County—Martha Boggs, FCS Agent, (513) 732-7070

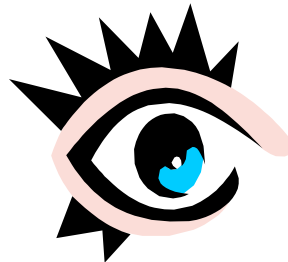


# Glaucoma Awareness

In the United States glaucoma is the leading cause of blindness. The National Eye Institute estimates that nearly three million Americans have glaucoma and 67 million people worldwide will have glaucoma by the year 2000. If diagnosed early, glaucoma can be controlled, however, if glaucoma goes untreated, it can lead to visual impairment or blindness. Unfortunately, many individuals with glaucoma are unaware of their condition because they lack symptoms. For this reason, glaucoma is often referred to as “the sneak thief of sight.”

Prevention measures for glaucoma include regular and complete eye exams. In general, a check for glaucoma should be done at age 35 and at age 40. After age 40, one should be examined every 2-3 years and after age 60, every 1-2 years. Individuals who are at risk of glaucoma, such as those with diabetes, severe nearsightedness, or relatives with glaucoma, should be thoroughly examined every 1-2 years after age 30.

Currently, glaucoma cannot be prevented. Fortunately, with early detection and proper treatment, blindness from glaucoma can usually be prevented. Regular, complete eye exams help monitor changes in your eyesight. Treatments will vary from



person to person. Treatments may include medications (eye drops and/or pills), laser surgery, standard surgery and drainage implant devices.

For additional information contact:

- The National Eye Institute  
([www.nei.nih.gov](http://www.nei.nih.gov))
- Glaucoma Research Foundation  
([www.glaucoma.org](http://www.glaucoma.org)) 1-800-826-6693
- Prevent Blindness America  
([www.preventblindness.org](http://www.preventblindness.org)) 1-800-221-3004

Submitted by: Lynn Dobb, Central Ohio Area on Aging.

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## Browse these websites:

Ohio State University Extension  
“Aging in Ohio” Website:  
[Http://www.ag.ohio-state.edu/~seniors/](http://www.ag.ohio-state.edu/~seniors/)

Ohio Department of Aging Website:  
[Http://www.state.oh.us/age/](http://www.state.oh.us/age/)

## Address editorial comments to:

Dr. Christine Price, Assistant Professor  
Extension State Specialist—Aging  
Dept. of Human Dev. & Family Science  
139 Campbell Hall  
1787 Neil Avenue  
Columbus, OH 43210  
614/292-4365 Fax: 292-4365

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“The trouble is, old age is not interesting until one gets there. It’s a foreign country with an unknown language to the young and even to the middle-aged.”

- May Sarton

Quoted from “Another Country”

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## Legal and Policy Issues of Grandparents Raising Grandchildren to be Focus of National Broadcast

In an effort to increase understanding and begin an informed discussion about grandparents who are parenting their grandchildren, the Senior Series Team, a collaborative effort of OSU Extension and the Ohio Department of Aging, is joining hundreds of organizations across the country in downlinking a satellite video conference titled *Grandparents Raising Grandchildren: Legal and Policy Issues* to be held February 27, 2001, at Newark, Ohio.

The program is targeted to grandparents who raise grandchildren and the professionals and organizations that provide services to them. The morning session will consist of three presentations highlighting the Ohio Grandparents Raising Grandchildren Task Force, Ohio's Kinship Care Services Program, and an "insider's" view on the unique and special needs of custodial grandparents. In the afternoon, you'll have an opportunity to learn from national experts in this field and even phone-in questions to be answered during the satellite broadcast. The program will also give you a chance to meet and network with others who are interested in this growing concern in our communities.

National sponsors include the Cooperative Extension Services of the University of Wisconsin and Purdue University, AARP, Generations United and the National Association of State Units on Aging.

For more information, call OSU Extension Human Development & Family Science at (614) 247-6047. To register, please complete and return the following form.

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### Registration fee includes continental breakfast and handout materials:

**Whole Day:** 9 a.m. – 4:30 p.m. \_\_\_ \$45.00    **AM Session:** 9 a.m. – noon \_\_\_ \$25.00

**PM Session:** 1:30 – 4:30 p.m. \_\_\_ \$25.00

Optional Certificate(s) of Continuing Education: CEU \_\_\_ \$5.00    PDU \_\_\_ \$5.00  
NCAAP \_\_\_ \$10.00

Mail check or money order (payable to Ohio State University) by February 2, 2001 to:

Ohio State University Extension, Nikki Harris, Office Associate  
139 Campbell Hall, 1787 Neil Avenue, Columbus, OH 43210-1295

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**Confirmation and map to Founders Hall at the OSU Newark Branch Campus to follow.**

Ohio State University Extension  
U.S. Department of Agriculture  
2120 Fyffe Rd.  
Columbus, Ohio 43210

# Senior Series

**Sincerely,**

**Extension Agent,  
Family and  
Consumer Sciences**

*For More Information,  
Contact the OSU Extension  
office at:*



All educational programs conducted by Ohio State University Extension are available to clientele on a nondiscriminatory basis without regard to race, color, creed, religion, sexual orientation, national origin, gender, age, disability or Vietnam-era veteran status.

Keith L. Smith, Associate Vice President for Ag. Adm. and Director, OSU Extension  
TDD No. 800-589-8292 (Ohio only) or 614-292-1868

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