

# 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 5

## Think Safety

As temperatures cool, take time to think “fire safety.” In the United States 4,000 people die yearly from home fires; about 1,200 are adults over age 65.

Use of a smoke detector cannot prevent a fire, but it can give you an early warning. Install smoke detectors on every floor of your home and near bedrooms. For those with hearing difficulties, visual smoke alarms are available so check with your local fire department. Test your smoke detector often, change the battery every fall and spring, and develop and practice a fire escape plan.

**Here are a few tips to avoid fire hazards:**

### When Cooking:



- ☞ **Stay** in the kitchen.
- ☞ **Keep** a lid handy in case of fire.
- ☞ **Avoid** wearing loose-hanging clothes.

### When Using Space Heaters:

- ☞ **Follow** the manufacturer’s directions for safe use.
- ☞ **Avoid** placing space heaters too near the wall, curtains, other fabric.
- ☞ **Use** kitchen ovens for food preparation only.



Be sure to have your home checked for faulty wiring and avoid overloading electric sockets. “Thinking safety” can protect yourself and those you love.

Source: United States Fire Administration. *Let’s retire fire: A factsheet for older Americans.* [www.usfa.fema.gov/safety/retire.htm](http://www.usfa.fema.gov/safety/retire.htm)

Submitted by: Patricia Holmes, OSU Extension, Preble County

The Ohio Department of Aging, Ohio’s Aging Network, The Ohio State University, The United States Department of Agriculture and County Commissioners Cooperating.



## GOT CALCIUM???



Although older adults are not concerned about growth, calcium is still important! Getting proper amounts of calcium can help to maintain healthy bones and reduce the risk of osteoporosis. Calcium can also help with other health conditions such as, colon cancer, high blood pressure, and kidney stones.







Because your body cannot make calcium, you must eat calcium rich foods or take a calcium supplement. When taking calcium supplements, however, be sure to schedule them around meals since calcium may decrease iron absorption. Also, if you take any medications, be sure to ask your doctor if they will affect calcium absorption and, if necessary, increase your calcium intake.

The recommended daily requirement of calcium, for adults over 50 years of age, is 1200mg or 4 servings of calcium per day!

Great sources of calcium include milk, yogurt, cheese, broccoli and calcium-fortified juice.

Although obtaining 1200mg of calcium per day may seem hard, it is easy to do.

### HERE ARE SOME IDEAS:

-  **Eat** yogurt with meals or as a snack.
-  **Eat** pudding made with milk.
-  **Drink** milk with meals or as a snack.
-  **Add** cheese to sandwiches.
-  **Use** milk instead of water when preparing soups.
-  **Choose** vegetables with calcium such as dark leafy greens.

Submitted by: Amanda M. Sokolowski, former Dietetic Intern, Department of Human Nutrition and Food Management, The Ohio State University.

## Awards For Older Ohioans

Each year, the Ohio Department of Aging recognizes the contributions of older Ohioans in the following ways:



The “*Ohio Senior Citizens Hall of Fame*”, held during Older American’s Month in May, honors individuals for extraordinary achievements and their contributions to others. (Nominations are due January 1st.)

The “*Elder Caregiving Award*” is held during National Caregiver’s Week in November to honor individuals who symbolize the contributions of all caregivers. (Nominations are due June 1st.)

On Valentine’s Day, “*Joined Hearts in Giving*” is held at the Governor’s residence to honor couples who have been married 50 years or more and who volunteer together in their communities. (Nominations are due December 1st.)

Nomination forms can be obtained by calling 614/466-3253 or by going to the ODA website at: [www.ohio.gov/age/](http://www.ohio.gov/age/)

## CENTENARIANS: LIVING HEALTHIER

Until recently, living to 100 years of age was considered an unlikely phenomenon. According to a new study released by the U.S. Census Bureau, however, the number of Americans 100 years of age or older increased from 37,000 in 1990 to 70,000 today! If this rate of increase continues, scientists estimate the number of centenarians in the U.S. will reach 834,000 by the middle of the 21<sup>st</sup> century.



Americans have been fascinated by longevity ever since learning of Ponce de Leon's search for the fountain of youth over five hundred years ago. In this century, longevity and good health are enhanced by medical discoveries, preventive medicine, and a new focus on wellness. People realize today that changing certain life-style



habits can lead to longer and healthier lives. What can you do to increase your chance of living to be 100 years of age or older?

### Take these steps to ensure healthy living and healthy aging:

- ◆ Eat a healthy diet rich in fruits and vegetables.
- ◆ Stop smoking!!!
- ◆ Stay physically active.
- ◆ Keep your mind active by learning new things.
- ◆ Select a health care provider who is knowledgeable about healthy aging and conditions affecting older people.
- ◆ Take advantage of prevention programs and supportive services available in your community.
- ◆ Stay socially engaged - volunteer in your community.
- ◆ Make informed financial decisions - plan ahead for the later stages of life.

Sources: 1. Healthy Aging, Healthy Living – Start Now! (1999). Center for Disease Control and Prevention. U.S. Department of Health and Human Services.  
2. Adler, L. (1995). Centenarians: The Bonus Years. Healthpress Publishers.  
Submitted by: Jennifer Evan, OSU Extension, Hamilton County

## Legacies and You – Part 2 — by Judy Hardy, ODA

One very priceless legacy you might consider handing down to someone is a particular skill or talent that you have. This type of legacy is quite apt to be utilized time and again over the course of many years. It is, in one sense, a living legacy. Some examples of the kinds of skills or talents you might share are:

- Knitting or crocheting
- Embroidery, or tatting
- Quilt making



- Weaving
- Woodworking or whittling
- Fly fishing



# Prostate Cancer: Know the Facts

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## How common is Prostate Cancer?

Prostate cancer is the most common type of cancer found in American men other than skin cancer. The American Cancer Society estimates there will be about 198,100 new cases of prostate cancer in the United States in 2001.

## What Causes Prostate Cancer?

Although the cause for prostate cancer is not known, there are risk factors linked to prostate cancer. Factors that may increase the chances of a man having prostate cancer include:

- ◆ **Age:** Although men of any age can get prostate cancer, it is found most often in men over 50. In fact, more than eight out of 10 men with prostate cancer are over the age of 65.
- ◆ **Race:** For unknown reasons, prostate cancer is more common among African-American men as compared to Caucasian men.
- ◆ **Diet:** A high fat diet has been causally linked to prostate cancer.
- ◆ **Family:** men with close family members (grandfathers, fathers, or brothers) who have had prostate cancer are more likely to get prostate cancer themselves.

## American Cancer Society Prostate Cancer Screening Guidelines

- ◆ Men with at least a 10-year life expectancy should be offered both a Prostate Specific Antigen (PSA)\* blood test and a digital rectal exam beginning at age 50.
- ◆ Men in high-risk groups (i.e. African-American men and men with close family members who have had prostate cancer diagnosed at a young age) should begin testing at age 45.

Men of all ages should receive information regarding possible risks and benefits of finding and testing prostate cancer early. To obtain more information, consult your physician or the American cancer Society.

*\* The PSA blood test is a screening measure that looks at the amount of the PSA chemical made by the prostate gland. While the amount of PSA in a man's blood usually increases with age, higher-than-normal PSA levels can be one clue that cancer has developed within the prostate gland. Consult your health care provider for more specific information on this topic.*

Source: American Cancer Society

Submitted by: Lisa Polley Baker, The Ohio Department of Aging

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# Comedy Corner

## Pun-ishment

1. Two vultures board an airplane, each carrying two dead raccoons. The stewardess looks at them and says, "I'm sorry, gentlemen, only one carrion allowed per passenger."
2. Did you hear that NASA recently put a bunch of Holsteins into low earth orbit? They called it the herd shot round the world.
3. Two boll weevils grew up in South Carolina. One went to Hollywood and became a famous actor. The other stayed behind in the cotton fields and never amounted to much. He became known as the lesser of two weevils.
4. There was a man who sent ten different puns to friends, in the hope that at least one of the puns would make them laugh. Unfortunately, no pun in ten did.

Source unknown



Submitted by: Cathy Stocksdales,  
Ohio Department of Aging

## Attention Molly!

Molly in her window seat  
Bird-feeder in plain view  
Paying no attention  
Wouldn't I or you?

Molly lolling peacefully  
Sparrows cheep and chirp  
Paying no attention  
Does she ever work?

Molly sitting quick and tall  
Ears flat back  
Paying close attention  
This some kind of quirk??

Looking out the window  
Down at the ground  
Mallard duck's a waddlin  
Molly's eyes are round!

That got her attention!!!



An original poem by  
Judy Hardy  
Ohio Department of Aging

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# 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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*Senior Hotline, September/October 2001*

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