

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 3

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

May is Older Americans Month !



Older Americans Month has been nationally recognized since 1963 as a time to celebrate and recognize the many accomplishments of senior citizens. Throughout the month of May, the Ohio Department of Aging, The Ohio State University

Extension and other agencies across Ohio will join the country in saluting seniors for the vital contributions they make and for their loyal leadership and guidance which has provided us with our nation's rich heritage.

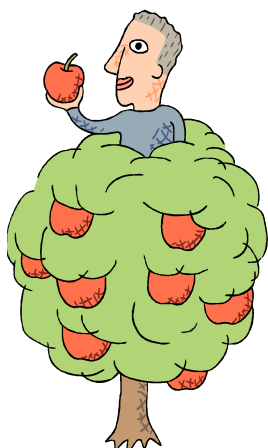
On May 8, ten exceptional seniors will be inducted into the **Ohio Senior Citizens Hall of Fame** for their lifetime service and achievements. In celebration of **Senior Citizens Day** on May 15, special activities will be held at senior centers and community agencies across the state. For more information, contact your local senior center or Area Agency on Aging. For more information on Older Americans Month activities, call the Ohio Department of Aging's communications unit at (614) 728-5950.

Source: Lisa Polley Baker, Ohio Department of Aging.

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Medications and Your Diet



Meeting the Recommended Daily Allowances (RDA) or as they are now being called, the Dietary Reference Intakes (DRI), is a challenge for people of all ages. Long term medication use can make it difficult to meet the DRI for certain nutrients or result in increased nutrient need.

The table below gives examples of certain medications and what nutrients are affected.

Medications	Nutrients Affected	Food Sources
Dilantin	Folic Acid	Green Leafy vegetables, fruits, legumes, liver, yeast breads, fortified cereals.
Lasix-for congestive heart failure	Thiamine, Potassium	Beef liver, lean pork and enriched grains. Banana, milk, haddock, oranges, tomatoes.
Previcid, Prilosec	B-12	Salmon, beef tenderloin, yogurt, shrimp, milk, chicken, eggs.
Antacids, Previcid, Prilosec	Calcium, Magnesium	Milk, yogurt, cheese, broccoli, spinach, legumes, nuts, whole grains, green leafy vegetables.

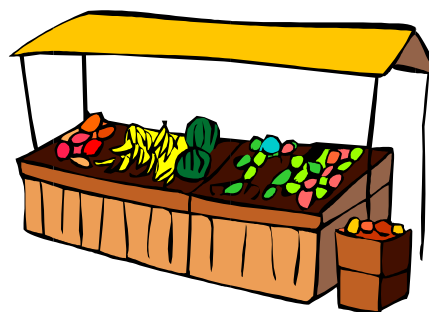
Taking medications properly and eating well are both important to overall health and welfare. In order to accomplish both, consider eating more nutrient rich foods in your daily intake. For example, instead of snacking on cookies, try a bowl of cereal. Taking an inexpensive multivitamin can also help to meet the RDA/DRI for all nutrients. However, a multivitamin that provides more than the RDA/DRI for any nutrient is not necessary.

It is always a good idea to review your medications with a pharmacist. If you have any questions about taking medications and maintaining a nutritious diet, consult a dietician or your local pharmacist for information and suggestions.

Submitted by Janet L. Buffer, Dietetic Intern, Department of Human Nutrition and Food Management, The Ohio State University.

Duyff, R.L., (1996). The American Dietetic Association's Complete Food & Nutrition Guide.

Significant Drug-Food Interactions. A fact sheet developed by The Ohio State University Medical Center Department of Pharmacy.



Managing Pain BEFORE It Manages YOU!



Acute pain is meant to alert you that something is wrong. It helps protect your body from further damage and thus can be beneficial. Pain can result from many conditions that stimulate special sensors in your body to detect pain. Examples of physical conditions that cause pain are:

- trauma to skin, tendons, ligaments
- trauma to muscle, bone or nerves
- infection
- bleeding
- growths or tumors

Acute pain generally resolves itself as the underlying problem heals or is treated medically. Because the intensity, frequency, and quality of pain varies from person to person, it may have no relationship to the degree of injury or illness. When pain does not go away after medical treatment or is prolonged (longer than 6 weeks) it no longer serves to protect your body. This **chronic pain**, in addition to the suffering, can cause

dramatic changes in a person's ability to stay productive and lead a normal life. In order to help the doctors and nurses understand and treat your pain, keep a pain diary or daily log about your discomfort. Listed below are some key areas to document prior to your medical visit.

- *Where is the pain?*
- *How did it start?*
- *What is the pain like?*
(Throbbing, burning, aching?)
- *How severe or intense is the pain?*
- *Is the pain constant or intermittent?*
- *What has helped relieve the pain?*
- *Do any activities increase or decrease the pain?*
- *How is the pain affecting your daily life?*

Source: Partners Against Pain at www.partnersagainstpain.com

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



The Reader's Corner

"Tuesdays with Morrie: An old man, a young man, and life's greatest lesson" by Mitch Albom (1997) Doubleday, 192 pages. (Hardcover, \$19.95).

Morrie Schwartz was a professor of Sociology at Brandeis University when he was diagnosed with ALS (Lou Gehrig's disease). Described as a cross between a "biblical prophet or Christmas elf," Morrie was a respected teacher and mentor to many former students. Mitch Albom was one of those students. After viewing Morrie on ABC's *Nightline* where Ted Koppel was interviewing Morrie about his terminal illness and surprisingly positive attitude, Mitch became reunited with his old teacher and friend. Mitch began to visit Morrie every Tuesday to talk about love, death, aging, forgiveness – essentially, the *meaning of life*. The 14 Tuesday visits are recorded in this wonderful book that soared to the bestseller list. This is a true story about the love between a spiritual mentor and his pupil and we are fortunate to be included, as readers, in this last class.

Purina Pets



The Purina Pets For People program is a companion animal program, specifically designed for seniors. Ralston Purina, with over 400 animal shelters nationwide, offers companion pets to seniors over the age of 60 free of charge.

The benefits of pet ownership are well established. Research shows that having a pet can lower blood pressure, reduce stress and decrease depression. Besides improving a senior's health and life satisfaction, seniors acquiring pets through the Purina program report feeling happier and safer.

The *Purina Pets For People Program* covers the cost of adoption fees, pet supplies, nutritional information, product coupons, and a starter supply of Purina Dog Chow or Cat Chow brand pet foods. In Franklin County, The *Purina Pets For People Program* is administered by the Capital Area Humane Society. For more information call (614) 777-7387.

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

Quote for Thought:

"Death ends a life, not a relationship."

- *Morrie Schwartz*
from *"Tuesdays with Morrie"* pg. 174



Senior Series Fact Sheets on a variety of topics are available at no charge! To obtain copies contact your local Extension office or your local Area Agency on Aging. Example topics include:

- Communicating with a Doctor
- Grandparents as Parents
- Consumer Fraud

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
614/247-6047 Fax: 292-4365

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OLDER ADULT ABUSE

Abuse of an older adult is terribly difficult to imagine, but it does happen.

- **Physical abuse:** *Hitting, beating, pushing, shoving, shaking, slapping, pinching, burning. Also, inappropriate use of drugs, restraints, and force feeding.*
- **Emotional abuse:** *The infliction of anguish, pain or discomfort through verbal or nonverbal acts.*
- **Financial abuse:** *The illegal or improper use of an elder's money, property or assets.*
- **Neglect/Deprivation:** *The refusal or failure of a caregiver to provide such life necessities as food, water, clothing, shelter, personal hygiene, medicine, comfort, safety and care upon responsibilities.*
- **Sexual Abuse:** *Non consensual sexual contact of any kind with an older adult, including someone who is unable to give consent.*

The most common type of elder abuse is neglect of an older adult, committed by a caregiver.

The second most frequently reported type of abuse is emotional abuse, followed by financial abuse and physical abuse.



What do you do if you suspect an older adult is being abused?

Contact your local office of the Ohio Department of Jobs & Family Services immediately and report your concerns to the Adult Protective Services (APS) division. If this abuse is taking place in an institution in the state of Ohio call: 1-800-282-1206. If you are not in Ohio or the person you are concerned about resides in another state, call the national number for the **ELDERCARE LOCATOR - 1 (800) 677-1116**. For more information about elder abuse, please visit the National Center on Elder Abuse web site: <http://www.elderabusecenter.org/> or contact your local Extension county office or the Area Agency on Aging for your community.

Source: National Center on Elder Abuse at <http://www.elderabusecenter.org/>

Submitted by Lisa Marie Gibson, Ohio State University Extension, Franklin county and Christine A. Price, Ph.D., Ohio State University, Extension State Specialist, Gerontology.

Elder Abuse Campaign

Ohio State University Extension, Franklin County, and The Columbus Coalition Against Family Violence are working together to raise public awareness on the issue of elder abuse. An Elder Abuse Awareness Campaign will be held on May 4th, 2001, at the Statehouse steps, South side, from 11:00am to 1:00pm. There will be guest speakers and information available. Please join The Ohio State University Extension and The Columbus Coalition Against Family Violence at this campaign. Our mission is to honor older adults by supporting the efforts of caregivers.

By Lisa Marie Gibson, Ohio State University Extension, Franklin County.



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

Senior Hotline, May/June 2001

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