

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 Volume 8, Issue 5

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

Keeping in Touch with Your Grandchildren—Part II

In the last issue of the *Hotline*, ideas for keeping in touch with your grandchildren were highlighted. This issue will focus on a great way to preserve your family heritage— sharing family memories through stories. Even if you live thousands of miles away from your grandchildren, stories can be shared through letters, e-mails, phone calls, video or audio tapes.

Stories are a way to share memories, traditions, and customs. They also provide a way for younger generations to gain an appreciation of family history and to share this history with future generations. Instead of wondering what happened, children will know how their parents and grandparents lived and be able to pass this information on to their children through family stories.

There are a lot of different ways you can pass your family memories on



through stories. You may share a family story and pass along a “treasure” that is part of the story such as a favorite recipe, picture, or memento. Another idea would be to write a book sharing a favorite event in your life. The possibilities are endless. If you’re lucky enough to live close to your grandchildren, stories can be shared at family meals, on the back porch with a glass of cider and a homemade cookie, or at other family gatherings.

Take time to share your memories, so that future generations will know about you! For additional information about this topic contact your county Extension Office and ask for the Fact Sheet **Sharing Memories Through Stories**, FLM-AS-1-00.

Author: Cindy Oliveri, OSU Extension, South District FCS Specialist. Source: Brahm, B. Sharing Memories Through Stories. Ohio State University Extension Fact Sheet, FLM-AS-1-00.

Vitamin A ~ Fall Harvests Offer "A" Good Source

The sights of fall are all around us, from the beauty of fall leaves and fields full of pumpkins to trees loaded with crisp apples. The bounty of the fall harvests of sweet potatoes, pumpkins and winter squash can also be a great way to boost the amount of vitamin A in your diet!

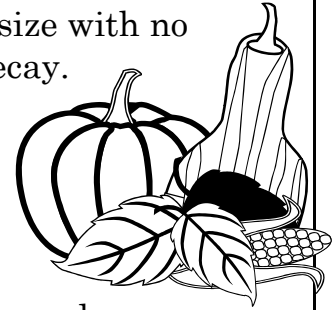
Vitamin A helps your body maintain healthy skin and hair. It also helps with night vision and is needed for bone growth. It is recommended that we eat a food rich in vitamin A every other day. Some of the best sources are dark-green vegetables and deep-yellow fruits and vegetables. Other excellent sources of vitamin A include carrots, kale, spinach and turnip greens. A serving of sweet potatoes or winter squash provides 40% or more of the U.S. RDA for adults and children over 4 years of age. A serving of pumpkin provides 10% of the RDA. A serving size of these cooked vegetables is considered to be ½ cup.

When selecting winter squash or pumpkin, look for ones that are firm

and heavy for their size with no cracks, bruises or decay.

Winter squash may be stored for several months in a cool dry area (50-60° F). Be sure

the squash is mature and that the stem is still attached if long storage is planned.



Vitamin A may be lost during preparation, cooking or storage. To maintain this vitamin, store sweet potatoes and pumpkins as suggested above for winter squash. Store other vegetables and fruits covered in the refrigerator. When cooking vitamin A rich foods, steaming is recommended. Some vitamin A may be lost during frying or boiling.

Take advantage of fall harvests and add some vitamin A to your menu today!

Author: Cindy Oliveri, OSU Extension, South District FCS Specialist. Sources: Medeiros, L. (1997). Vitamin A. Home Yard and Garden Fact Sheet 5551, Ohio State University Extension, and 5-A-Day, Roadside Market Project-Squash and Pumpkin.

The Clock of Life

**The clock of life is wound but once
and no man has the power
to know just when
the hands will stop
at a late or early hour.**

**To lose one's wealth is sad indeed,
to lose one's health is more,**



**but to lose one's soul
is such a loss
as no one can restore.**

**So love, live, and toil
with a will.**

**Place no faith in tomorrow
for the hands may then be still.**

Author Unknown

Interested in Travel?...Try Elderhostel!

Elderhostel is a non-profit organization founded in 1975 that provides travel and educational opportunities for people age 55 and over. Each year, nearly 250,000 older adults practice lifelong learning through their participation in an Elderhostel program.

Elderhostel offers over 10,000 educational travel programs on a wide variety of subjects that take place in more than 100 countries around the world (including the U.S. and Canada) each year.

These programs range in duration from a couple of nights to a couple of weeks. During these educational adventures participants from every walk of life come together to learn, exchange ideas and explore their world.

“Short programs” last 2 to 4 nights and are a great introduction to the Elderhostel program and experience. On a short program, you could explore the canyons in Arizona or learn about the music and culture of New Orleans, Louisiana.

“Traditional programs” have longer stays and involve travel outside of the United States. On a traditional program, you could take a train trek across Canada, Japan, or Europe, just to mention a few of the possibilities.

“Specialty programs” are also available, such as exploring our national parks or learning about the architecture and history of a city’s historic neighborhoods.

If you’re looking for a great way to spend time with younger generations, there are intergenerational programs in which you can go on a learning adventure with your young relatives or friends!

Expert instructors and experienced guides share information through in-depth lectures and field trips and are responsible for taking care of all the details!

Tuition for an Elderhostel program (in U.S. or Canada) averages about \$100.00 per day (plus travel to the program site) and includes registration, housing, all meals, lectures, field trips, extracurricular activities and social functions. In contrast, the travel costs for international programs are included in the tuition, which is reflected in a higher daily rate.

For more information go to www.elderhostel.org or call toll-free 1-877-426-8056.

Submitted by: Eunjee Joo, Doctoral student in Department of Human Development and Family Science. The Ohio State University.



Meet My Senior Friend

I would like you to meet my senior friend Max. Max has taken care of his sister, Margaret, who is suffering from Alzheimer's disease, for the past five years. Through the years, Margaret's needs have increased requiring Max to provide all of her care as well as do the shopping, cooking, and cleaning.



cooking, cleaning, and tending to his sister's needs finally caught up with him.

Max continues to visit Margaret every day, making sure she is receiving the best possible care and that she is okay.

Max has dedicated himself to caring for his sister and has never considered placing her in a nursing home as long as he is able to care for her.

Max is Margaret's hero and this story is about a brother who unconditionally loves and cares for his sister when she is no longer able to care for herself.

Heroically, Max, who is 84, was able to keep Margaret, who is 90, at home until a month ago. Although placing her in a nursing home was not something Max wanted to do, but his health was in jeopardy. The everyday routine of

If you're lucky enough to know my friend Max, then you already know what a great person he is. If you have not had the opportunity to meet such a person, then this article should renew your faith that kind, generous, and loving people do exist.

Author: LeAnn Rolland, Area Agency on Aging – PSA#3



Reader's Corner

Wise Women: A Celebration of their Insights, Courage & Beauty By Joyce Tenneson

Publisher: Bullfinch Press. Cost: \$28, Hardcover

Inspirational and uplifting! *Wise Women* is a celebration of the power and beauty of women in their third phase of life. Joyce Tenneson, accomplished photographer, traveled across the United States to photograph and interview women ages 65 to 100 years old!

What she discovered in her travels was contrary to the frail stereotypes our society has fostered in the past. The women she met were vital, energetic and sincerely beautiful inside and out; they came from all walks of life. While

some of the women she photographed are celebrities, others are wonderful women who could be our mothers, grandmothers, or ourselves.

Along with these beautiful portraits are short interviews with some of the women. They speak about what it means to grow and develop as women. They emphasize and illustrate the many strengths that women bring to their lives and share with each other.

This book is a true delight. It would make a wonderful gift for the special women in your lives and don't forget to get a copy for yourself! You deserve it!

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

Elder Abuse – Know the Warning Signs

According to the National Center on Elder Abuse, the active or passive neglect, psychological or financial exploitation, physical abuse or abandonment carried out with intent to cause injury or pain to a person 60 years of age is *elder abuse*.

Elder neglect is an act of carelessness or misunderstanding which results in injury or suffering. *Elder exploitation* is the misuse of money or property belonging to an older person by someone in a position of trust.

It is estimated that between one and two million older persons suffer from abuse each year.

Unfortunately this number is most likely much higher as many seniors are embarrassed to admit that a loved one, a relative, or a child is abusive. Sometimes, abuse comes from persons in a health-care or social-services setting. Seniors in such situations of dependence and abuse may go months and years without informing anyone.

Most forms of elder abuse are due to passive neglect in which a relative or other individual caring for a bed-ridden older person fails to turn them frequently and bedsores result, having a terrible impact on the victim. However, most families take care of their older relatives without being neglectful or abusive.



Because of the great reluctance of many seniors to inform anyone that they are being victimized, it is important to know the warning signs of elder abuse:

- ☞ Recurring or unexplained injuries such as bruises, cuts, or burns
- ☞ Dehydration or malnutrition
- ☞ Fearfulness of caregivers or helping professionals
- ☞ Unjustified control of competent adult's finances by another person
- ☞ Inability to talk with older person in absence of caregiver
- ☞ Non-treatment of medical problems
- ☞ Over sedation

To the degree possible, law enforcement, social and health-care workers will intervene to provide needed care and protection for the abused. But when it comes to cases of passive neglect, efforts are less effective. *However, a proven and effective way to prevent the most common forms of passive elder abuse is to simply provide much needed respite breaks for family members and others who care for older persons on a continuing basis.* This small, yet very significant act can lessen the kind of family stress and personal tension that all too often leads to elder abuse.

Author: Kirk Blair, EA, HDFS, OSU Ext.

For More Information...

For more information, other Ohio State University Extension resources and links to your local county extension website, visit (without the www):

http://ohioline.osu.edu/



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