



## Write Lasting Memoirs



The inspirational writer Marianne Williamson wrote: "In every community there is work. In every nation there are wounds to heal. In every heart there is the power to do it."

A ten-year study conducted by the University of Michigan's Survey Research Center, which included 2,600 people, revealed that particularly men who did not participate in volunteer work during the study's decade span were two and one-half times more likely to die than the men who volunteered at least one time per week. This is a compelling evidence-based health promoting message to consider the immune building power of volunteerism.

Often times we may hear our male senior counterparts (and women too!) express that if they were to volunteer their time, they do not know what they could do to really assist others. Helping others to leave a lasting legacy of written memories may just be the missing ticket for those looking for both interactive and meaningful time well spent as a volunteer.

Describing one's earliest childhood memories, a family holiday, or a favorite school teacher could all be part of a legacy you help to record and leave in place for one's heirs, children or grandchildren, nieces or nephews, or other fond significant supports.

Free or low-cost public writing seminars will teach anyone how to transcribe memoirs into a

journal or simple notebook. These seminars are frequently available at public libraries, bookstores, churches, and retirement communities. Check your local newspaper or facility web sites for these kinds of class offerings.

A facilitator at these sessions will ask you to jog your memories of early childhood, middle childhood, adolescence, and young adulthood as ways to walk through reminiscence. Some examples of colorful or vivid memories to share perhaps may be:

- What was a family vacation that you remember most vividly and why?
- What tourist attraction(s) made the biggest impression on you as a kid?
- Did you go to an overnight camp? Where did you go? What were some of your favorite activities? During your teen years, did you participate in school dances or sports? As a teenager, who did you admire most and why?

As a young adult, what was your first opportunity to do something that genuinely excited or challenged you? What strides did you make in your early chosen line of work?

See! You are already curious to hear and share your stories too! Enjoy! Don't forget to scribble down those gems of great stories. They are all truly lasting legacies.

*Submitted by: Jenny Justi, Western Reserve Area Agency on Aging.*

# The Sunshine Vitamin

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We've all heard that calcium is an essential nutrient for optimal bone health. But did you know that vitamin D is also essential for strong bones? Your body needs vitamin D to help absorb calcium and build bone strength.

Vitamin D is a fat soluble vitamin found in food and can also be made in your body when you are exposed to ultraviolet rays from the sun. The major function of vitamin D is to maintain normal levels of calcium and phosphorous in the blood. Without vitamin D, bones can become thin or brittle and may break. Research also suggests that vitamin D may help maintain healthy immune systems, strengthen muscles, and decrease the risk of falling.

Most people are not getting enough vitamin D in their diet. Older adults are especially at risk for vitamin D deficiency. As we age, our body loses its capacity to synthesize and activate vitamin D. In addition, older adults generally drink little or no milk and may not go outdoors.

Food sources of vitamin D include some fatty fish (pink salmon, canned sardines, and mackerel), milk, fortified orange juice, and eggs from hens that have been fed vitamin D. Some cereals and breads are also fortified with vitamin D. Vitamin D supplements and multivitamin supplements for adults generally provide 400 International Units (IU) of vitamin D. Calcium supplements may also provide vitamin D.

The recommended daily intake for vitamin D for persons age 51 to 70 years is 400 IU, and 600 IU for persons age 71 and over. Dietary recommendations assume that no vitamin D is available from exposure to sunlight. Therefore, people who do not go outdoors or who live in northern or cloudy climates need to consume adequate vitamin D in their diets. Vegetarians need to be aware that plants are not a good source of vitamin D so they must meet their needs through supplements or exposure to sunlight.

*Submitted by: Jennifer Even, Family and Consumer Sciences/EFNEP Educator, Ohio State University Extension, Hamilton County*

*Sources: The American Dietetic Association, Nutrition Fact Sheet: Calcium and Vitamin D: Essential Nutrients for Bone Health.*

*Linus Pauling Institute at Oregon State University, Micronutrient Research for Optimum Health.*

*National Institute of Health, Vitamin D Dietary Supplement Fact Sheet*



## Granny Bloomers

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Granny Bloomers, written and illustrated by Paula Vaughan, was first published in 2000. It is a timeless, delightful read. This story focuses on six-year-old Annie and the time she spends with her best friend, Granny Bloomers.

It is a sweet story about the special relationship of a young child and her grandmother. Their relationship illustrates the special bond across generations. The story can serve as a catalyst for conversation with young and old about the beauty of the opportunity to share one's life with others regardless of their age.

It also gives us a poignant reminder to make every day an adventure while enjoying life's simple pleasures. Beautifully illustrated, the story line will make you smile. Paula Vaughan is a world-renowned artist with a variety of other interests including photography. To learn more about her, visit: [www.paulav.com](http://www.paulav.com).

*Reviewed by: Lynn Dobb Education and Training Manager COAAA*

# David, I Will Remember You Always



Twenty years ago when I was newly married and moving into our first

home, I met David. He was our next door neighbor. He was quiet and unassuming, not wanting to meddle in other people's business. He spent most of the time in his garden. It was a beauty! I would visit occasionally to pick up tips on how to improve my horticulture skills. He would just laugh and then help me out. And, I enjoyed the fruits of his labor.

It was about a year later when his wife passed away. Knowing that I was the Family and Consumer Sciences Extension Educator, he came to me for help. He wanted to learn to cook, especially how to use the microwave oven. I don't believe he had done any prior cooking. It was during these cooking lessons when our relationship really took off. I shared basic microwave techniques with him and any new recipes that came my way.

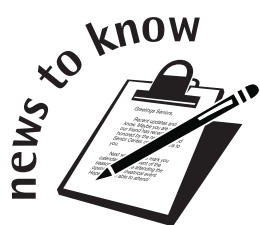
I learned so much from David about patience. He spent hours in his garden tending to

his vegetables, weeding, watering, and fertilizing. I could never give back to him what he taught me.

We moved from that area, going back to visit occasionally. David was sure to have more produce to share, and new ideas for me. Of course, I would bring him new recipe ideas. He has passed on now, but will never be forgotten.

*By Linnette Mizer Goard, Extension Educator, Family and Consumer Sciences, Ohio State University Extension, Lorain County.*

## Answers at Your Fingertips



Ever wonder how to get rid of flying pantry pests that sometimes attack your kitchen cupboards? Trying to decide how to protect your roses or chrysanthemums for the winter? Looking for new ways

to stay connected with your grandchildren who live far away?

Ohio State University Extension has the answer to these and many other questions. If you have a computer, try visiting the Ohioline web site. It is found at <http://ohioline.osu.edu>. Once you visit the web site there are a wide variety of categories including yard and garden, food, community, home, business, farm, news, youth, family, and environment. Click on any of these categories for a list of available fact sheets that contain specific informa-

tion and recommendations. Ohioline is your Link to Information, News, and Education.

On the left column of the web page you may access a list of county OSU Extension offices and contact information, highlights for your county, and the latest news from Ohio State University Extension and the Ohio Agriculture and Research Development Center.

If you don't have access to a computer, contact your county OSU Extension Office or visit your local library for access to a computer. If you haven't used a computer before, check with local schools, community colleges, or Extension Learning Centers and ask if they offer computer classes.

Answers are at your fingertips—just a computer click or phone call away.

*Submitted by: Cindy S. Oliveri, OSU Extension Center Specialist, Family and Consumer Sciences*

# Connecting with Local Senior Services

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caring connections



"I'm recuperating from an accident and need some help around the house while I get back on my feet."

"My arthritis makes it difficult for me to run the vacuum, is there help available?"

If you were in need of assistance with your basic activities, would you know where or who to call for help? For many people, the answer to this question is "I'd call my daughter (or son)."

But what if getting help from your family isn't an option?

There are many services available in the state of Ohio for people who may need extra help as they recover from an accident or illness, or who might have a chronic condition that makes basic daily activities a challenge. How do you find out what's available where you are?

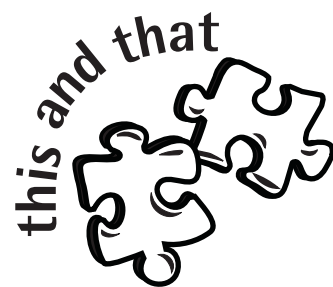
For Ohio's older adults, getting help may start with a call to the Area Agency on Aging serving your local community. One toll-free number, **1-866-243-5678**, will connect you with the Area Agency that serves your county. The Area Agency on Aging can provide information about what services are available and how to access those services.

Ohio has a network of organizations that provide information and referral, also known as "I&R." Information and Referral providers keep a comprehensive list of social, community, and government services available to meet the needs of individuals of all ages in the community. For 70 percent of Ohio's population, community information is available by dialing 2-1-1. A call to 2-1-1 can provide information about human service agencies, special services for seniors, volunteer opportunities, food and shelter providers, county and city information, and much more.

For those who are Internet users, try [www.connectmeohio.org](http://www.connectmeohio.org). Connect Me Ohio is an online source of information about services for the aged population and for those with disabilities. The Connect Me Ohio site includes information about a wide range of services available around the state.

Getting connected with services in your community is just a phone call or mouse click away.

*Submitted by Deanna Clifford, Director of Community Relations, District XI Area Agency on Aging, Inc.*



## Did You Know?

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In 2002 there were 35.6 million Americans aged 65 or older, an increase of more than 10 percent since 1992. By the year 2030, the older population is expected to more than double to approximately 71.5 million. About one in every eight people, or 12.3 percent of the U.S. population, is over age 65.

The population of persons 85+ is projected to increase from 4.6 million in 2002 to 9.6 million in 2030.

Persons reaching age 65 have an average life expectancy of an additional 18.1 years (19.4 years for females, 16 years for males).

In 2021, the first of the 76 million baby boomers will turn 75, the age when health care costs begin to escalate.

*Source: [www.buckinstitute.org](http://www.buckinstitute.org)*

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## For More Information

For more information, other Ohio State University Extension resources, and links to your local Extension web site, visit (without the www): <http://ohioline.osu.edu>

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