



## *ViewPoint*



Older adults are a vital part of our society. Since 1963, communities across the country have shown their gratitude by celebrating Older Americans Month each

May. The theme of this year's celebration is "Get into the Act," to focus on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others.

The theme also reflects on the 50th anniversary of the Older Americans Act. President Lyndon B. Johnson signed the Older Americans Act into law in July 1965. Since that time, the Act has provided a nationwide aging services network and funding that helps older adults live with dignity in the communities of their choice for as long as possible. These services include meals, caregiver support, community based assistance, preventive health services, elder abuse prevention, and much more.

By promoting and engaging in activity, wellness, and inclusivity, more Americans than ever before can "Get into the Act." While Three Rivers Area Agency on Aging provides home and community based services to older adults year round, Older Americans Month offers an opportunity to emphasize how older adults can access services they need to live independently in their communities. It is also an occasion to highlight how older adults are engaging with and making a difference in those communities.

The Three Rivers AAA will be conducting activities and providing tips on how to access programs, resources, and opportunities designed to maximize the independence of older adults in our community. Learn more and connect to Three Rivers AAA by visiting [www.threeriversrc.org](http://www.threeriversrc.org) or call 1-866-854-5652 to find ongoing opportunities to celebrate and support older Americans.

## *Open The Gate*



### Community Resource Database is an Undiscovered Gem!

Did you know that with one call to our Gateway call center you can access over 25,000 community resources throughout the State of Georgia? Having difficulty paying for your prescription drugs? Needing help paying for your utility bills? Looking for information on how to better manage your health? When you call our Gateway at 1-866-854-5652, you will be connected with a trained counselor who will help you navigate all of the programs and services that are available in your community so you can get the assistance you need. From information on Alzheimer's disease to Veterans Services, by calling our Gateway line, you will avoid the hassle of endlessly searching for helpful resources. The work has already been done for you. Let us help! Call 1-866-854-5652 today!

*Spark change for hungry seniors*

**6 F.R.I.E.N.D.S**

On April 21<sup>st</sup>, NCO A (the National Council on Aging) announced 7 million older adults get help from Feeding America's network of food banks every year. ***You can spark change in the lives of seniors facing hunger.*** Take a picture of six friends who are committed to fighting hunger and post it on Facebook, Twitter, or Instagram with the hashtag ***#WeSparkChange***, and Walmart will donate \$10 to Feeding America up to \$1.5 million. ***Join the movement*** or visit <http://go.ncoa.org/e/48252/Hunger---/m84fv/54105131>



# *Caring for Me | Caring for You*

## *Powerful Tools for Caregivers*

A self-care education program for family caregivers provides you with tools and strategies to better handle the unique caregiver challenges you face. **A 6-week curriculum has been shown to improve: Self-Care Behaviors, Management of Emotions, Self-Efficacy, and Using Community Resources.**

**6 Classes** set the stage and emphasizes the focus is on **“YOU, the caregiver, not on the family member receiving care,”** and caregivers will develop a “box of self-care tools.”

*Class 1 – Taking care of you*

*Class 2 – Identifying & reducing stress*

*Class 3 – Communicating feelings, needs, and concerns*

*Class 4 – Communicating in challenging situations*

*Class 5 – Learning from our emotions*

*Class 6 – Mastering caregiving decisions*

The Powerful Tools for Caregivers program is an evidence-based education program offering a unique combination of elements. The scripted curriculum and the intricately detailed training material, have guaranteed its consistency and quality.

*Powerful Tools for Caregivers is a program you can count on to make a positive difference in your life. Call 678-552-2850 and talk with our staff to find out about an upcoming Powerful Tools for Caregivers Class in your area.*

*There are only four kinds of people in the world,  
Those who have been caregivers,  
Those who are currently caregivers,  
Those who will be caregivers, and  
Those who will need caregivers.*

*~ Rosalynn Carter*

# Healthy & Wise

## Inexpensive Diabetes-Friendly Snacks



Having diabetes does not mean that you need to purchase “special” foods and snacks; choose inexpensive alternatives that can work for the entire family. While watching quantity and portion size is important for people with diabetes, it doesn’t mean that what you eat has to taste bad. Here are some simple, inexpensive snacks for people with diabetes.

- **Apple and Cheddar Cheese:** Skip the expensive apples that are sold by weight and buy a whole bag of apples instead. These apples are generally smaller and cost much less and they’ll last for a while when stored in a cool place. It’s helpful if you include some protein with your carbohydrates in order to keep your blood sugar stable so try pairing a slice of cheddar cheese with the apple. One small apple can be cut into 4 wedges. Cut one ½ inch slice of cheese from a bar of low-fat cheese (bars are less expensive than slices and will last longer in your refrigerator) and add it to the apple. Each wedge with cheese is about 30 calories and around 5 carbs per snack.
- **Assorted Vegetables:** Carrots and celery are inexpensive and keep well in the refrigerator. Paired with a little peanut butter they’re a healthful snack that fills you up. If you have room for a garden, try growing your own carrots and celery. Not only will it save more money, but it provides you with the added bonus of exercise when planting, weeding, and harvesting. Carrots and celery are basically carbohydrate-free and peanut butter has approximately 100 calories per tablespoon and 8 grams of carbohydrates. A little peanut butter goes a long way when vegetables are dipped in it instead of spread with it.
- **Sugar-Free Gelatin:** Sugar-free gelatin is inexpensive and stores well. You can basically eat as much as you like (within reason) since there are no calories or carbohydrates.
- **Frozen Grapes:** Wash red, seedless grapes and place them on a cookie sheet. Put the sheet in the freezer until the grapes are frozen, take the grapes off the sheet and store them in a sealed freezer bag. They’ll keep for months in the freezer. Roughly 20 average sized grapes have 70 calories and 18 grams of carbohydrates.



## *This Spring Put Prevention into Practice*

The start of spring is a reminder of new beginnings – the longer hours of daylight, sprouting tulips and warmer weather are all indicators of a new season, and a new reason to be proactive with your health; one simple way is to practice preventive care. Preventive services can find health problems early when treatment works best, it's a crucial step in maintaining a healthy lifestyle.

## *Your preventive services with Medicare*

If you have Medicare, you have access to a variety of preventive tests and screenings, most at no cost to you. If you are new to Medicare, your “Welcome to Medicare” preventive visit is now covered **free** during your first 12 months of Part B coverage. This visit includes a review of your medical and social history related to your health and education and counseling about preventive services, including screenings, shots, and referrals for other care. It also includes:

- Height, weight, and blood pressure measurements
- A calculation of your body mass index
- A simple vision test
- A review of your potential risk for depression and your level of safety
- An offer to talk with you about creating advance directives
- A written plan letting you know which screenings, shots, and other preventive services you need

You are not required to have this visit to be covered for yearly "Wellness" visits.

If you have had Part B longer than 12 months, you can get a yearly wellness visit to develop or update a personalized prevention plan based on your current health and risk factors. Your provider will ask you to fill out a questionnaire, called a “Health Risk Assessment,” as part of this visit. Answering these questions can help you and your provider develop a personalized prevention plan to help you stay healthy and get the most out of your visit. It also includes:

- A review of your medical and family history
- Developing or updating a list of current providers and prescriptions
- Height, weight, blood pressure, and other routine measurements
- Detection of any cognitive impairment
- Personalized health advice
- A list of risk factors and treatment options for you
- A screening schedule (like a checklist) for appropriate preventive services.

In addition to these important wellness visits, Medicare covers screening tests for diabetes, colon cancer, breast cancer, osteoporosis and heart disease, to name a few. So as you tend to your garden this spring, make a commitment to tend to yourself too. Practice preventive care so you can stay healthy, live longer, and delay or prevent many diseases.

# *The Path*



**1-866-854-5652**

[www.threeriversrc.org](http://www.threeriversrc.org)

The Three Rivers Area Agency on Aging is your Gateway to Aging and Disability Resources! We are your primary link to services in the community and offer quality care in the home setting rather than in a care facility. Through grant funded and private pay options, in home services are available including help with bathing, dressing, meal preparation and so much more!

Contact Three Rivers Area Agency on Aging Gateway to Aging and Disability Resources and speak with one of our Gateway Counselors. Our telephone Counselors offer complete screening for services, referral information, options counseling services and peace of mind.

## *Other Resources of Interest*



**Georgia Area Agencies on Aging** maintain an extensive database of services for seniors and persons with disabilities.

**Georgia Services for Seniors** ([www.georgiaservicesforseniors.org](http://www.georgiaservicesforseniors.org)) offers easy access to agencies that provide activities such as personal care, skilled nursing and 24 hour caregiver relief.

### **Georgia 4 Seniors**

([www.georgia4seniors.com](http://www.georgia4seniors.com))

Georgia 4 Seniors is designed for use with the smartphone, iPad, blackberry, etc. and features a map for easy location and filtering.

### **Eldercare Locator**

([www.eldercare.gov](http://www.eldercare.gov))

Eldercare Locator links you with local, state and national resources such as in home care, long term care facilities, transportation and many other services in the US.

Call 1-800-677-1116 to speak with an information specialist.

The next edition of the TRAAA Newsletter will be available in July 2015. If you have information to share please contact [eeast@threeriversrc.com](mailto:eeast@threeriversrc.com).