



The Link



R I C H L A N D C O U N T Y C O M M I S S I O N O N A G I N G

SPECIAL POINTS OF INTEREST:

- New Program provides in-home assistance to ensure medication is being taken properly
- Get outside and get some exercise; join in for a 5k Color Run.to support seniors
- Make a list of important things to talk about with family. Having a plan may help over come the initial fear of a move and can actually be exciting
- Seniors can protect themselves at home by following some simple

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ASSISTING SENIORS WITH MEDICATION SET UPS

When you have a condition requiring medication, just getting the prescription is not enough. Medicine can't ever do its job properly unless you are taking the correct dosages at the correct times. Many times, hospitals see the same patients being readmitted simply because of errors made while people are taking their medicine.

For many seniors who have three or more prescriptions, taking each one as prescribed can be a challenge. The Senior Coalition recognized the need for a program to assist seniors with

this last year. After several months of fundraising and the generosity of local businesses and residents, the Coalition now has the funds to make the program a reality.

The program provides in-home assistance to ensure medication is being taken properly. This may be done through the purchase and use of an automatic pill dispenser or by contracting with the Visiting Nurse program to physically come into your home one to two times per month to set up your pill boxes.

Services provided through

the Coalition are free of charge to the recipients however a suggested donation of \$5 per service will be appreciated to help defray costs.

If you or your family feel that you would benefit from this service, you can call **433-3701** for an application. Once an application is submitted, the Visiting Nurse Program will contact the applicant to do a needs assessment.

The Coalition will approve applications and determine eligibility based on income needs and the Visiting Nurse's needs assessment.

MEDICATION TAKE-BACK PROGRAM

The article above stresses the importance of taking medications properly but what happens when its time to dispose of them? Expired, unwanted and unused medicines need to be disposed of in a way that will prevent them for possibly causing harm to others. An

easy way to do this is to use a Medication Take-Back Program such as the one at the Sidney Police Department.

To take advantage of this no-cost program simply bring your prescriptions to the police department and an officer will dispose of them in a manner

that is safe for both residents and the environment.



STRONG WOMEN OF SAVAGE

In response to the demand in Savage, StrongWomen StrongBones is now being offered twice weekly at the Savage Senior Center. StrongWomen is a research-based strength training program for elderly women that increases muscle and bone mass, and improves balance and confidence. It is being taught free of charge by a

certified instructor and Extension Agent Ludmila Keller. Just last fall, this exercise program ran with great success in Sidney. Participants learned how to correctly use dumbbells and ankle weights, and performed a variety of exercises for their arms, back and legs. Participants also reported increased strength, flexibility and coordination at the end of the 10-week program. While most women

started with two pound dumbbells, they were able to lift 4 or 5 pound weights at the end of the program.



Savage participants and Ludmila are looking forward to a successful and fun program that will result in not only greater strength, but also new workout buddies. Thanks are given to the Savage Senior Center that serves as the program's workout location.

**CENTENNIAL
COLOR RUN**

The Richland County Senior Coalition will be presenting a 5K Color Run on Saturday, June 14th at 12:00pm. The race will begin at Peterson Park (between the Shopko parking lot and Lone Tree Creek) and start at the bridge. Come join us dressed in your best old white T shirt, every 1/4 mile you will pass through a color station where volunteers will blast you with dyed (but harmless) cornstarch. You finish the 5k completely covered in...color with a big smile on your messy colorful face. Everyone is welcome to sign up, even if you just want to walk. There is a \$25 registration fee and all proceeds support The Senior Coalition; an organization that provides funding and assistance to local seniors in need.

TO SIGN UP CALL:
JODI BERRY - 406-433-3701
GRETA MANNEN - 406-433-2207

*COUNTY EMPLOYEES WILL BE SPONSORED BY
THE RICHLAND COUNTY COMMISSIONERS*

**DECREASE YOUR
ARTHRITIS PAIN**

Showing arthritis who's boss is on the minds of three instructors and a class full of eager participants as the second set of arthritis exercise classes begin in Sidney.

Richland County Commission on Aging received a grant last fall to begin two different types of arthritis classes to accommodate all fitness levels. After

the first course, participants were happy to see increased flexibility and stamina while experiencing a reduction in joint pain.

If anyone in Fairview, Savage or Lambert is interested in hosting the classes in their town, call Jodi at 433-3701.



VOLUNTEERING & YOUR HEALTH

There are all sorts of reasons to make volunteering a part of your life. Volunteering is a huge benefit to people on a personal level. Some of the benefits according to the United Way website and the Corporation for the National and Community Service website are making community contacts, building a resume, gaining work and life experience, meeting new people, improving your health, and making a difference in another person's life. All of these are tangible life-long benefits. What we hear about less because there is no way to truly measure it is the feeling of good that volunteering gives you.

This feeling of satisfaction has been called "helper's high".

Health benefits of volunteering are abundant. Being active, and getting out of the house, especially for seniors, improves mental health, as well as keeping the body fit. It gives you a great feeling of accomplishment and happiness that is associated with the giving of yourself to something you care about.

Make a difference in another person's life.

The RSVP program is a volunteer

program designed for volunteers ages 55 and above. Volunteering opportunities range from The Library, to the MonDak Heritage Center, to working with the youth at the Boys and Girls Club. There is a volunteer opportunity that is right for everyone.

Consider adding volunteering to your life. By bringing your skills, and talents to the table, you can make the community better for all. If you are interested, contact Greta Mannen or Rita Jacobson at (406) 433-2207 .



SERVICE SPOTLIGHT: HOMEMAKER

Need a little help around the house? The Commission on Aging's Homemaker Program can help.

The main purpose of the program is to provide "basic" homemaking services to assist seniors in living independently.

The Homemaker provides light duty housework such as dusting, tidying up the home, making beds and changing linens if needed, laundry, mopping and vacuuming the kitchen,

bathroom sinks, toilets, tubs, showers and washing dishes.

The homemaker will clean one time per month for up to two hours. The suggested Donation for this service is \$2.00 per hour.

The program is not intended to provide heavy cleaning, scrubbing cupboards, wash windows, move furniture, etc.

No financial requirements must be met to participate in the Homemaker Program. To qualify, a client must be 60 years of age or older

and reside in Richland County.

If you would like join the Homemaker Program or have any questions please give us a call at:

Richland County
Commission on Aging
at 406-433-3701

A clean home is a healthy home

AN OUNCE OF PREVENTION KEEPS THE GERMS AWAY

RICHLAND COUNTY'S CENTENNIAL

100 YEAR CELEBRATION!

JUNE 13 - 15, 2014

Richland County Centennial celebration is coming in June! The weekend will be filled with fun for all ages. Planning is underway for this 100 YEAR Celebration! The schedule is packed full of fun for all ages. Afternoon and evening events are at the Richland County Fairgrounds. Centennial memorabilia is available at the MonDak Heritage Center, Sidney Chamber of Commerce and The Lucky Buckle. Richland County Transportation Buses will be available throughout the weekend. Call 433-RIDE (7433)

Reserve your seat 24 hrs in Advance to Guarantee Availability!



TENTATIVE SCHEDULE OF EVENTS

FRIDAY, JUNE 13TH

Richland County Transportation Buses available 7am - 7pm

Self Guided Community/Historical Tours

In honor of Richland County's Centennial, the Mondak Heritage Center is putting together self-guided tours to some of the well known one-room school houses and to some of the cemeteries that have been a part of the County's history. For those who can't or don't want to drive on their own Richland County Transportation is arranging bus tours. There is no charge for the tours and each tour is approximately 2 hours. **CALL 433-7433 TO SIGN UP**

Cemetery Tours: 10am

School House Tours: 1pm

Tour Community Buildings: 9am - 3pm

Richland County Court House

Richland County Justice Center

Richland County Community Services Building

EARC/Richland County Extension Building

Sidney Health Center

Sidney High School

Lambert Museum

Sidney-Richland County Library Children's Fair - Library Lawn; 11am - 3pm

Sidney-Richland County Library History Tour; 10am - 5pm

Sidney Kiwanis Pie Social; 11am - 1pm (West Main Street in front of Courthouse)

Afternoon & Evening at the Richland County Fairgrounds

Event Center; 10am - 10pm

Vendors; 2pm - 10pm

Children's Entertainment; 2pm - 10pm

Local Entertainment on the Stage; 2pm - 6pm

Centennial BBQ; 6pm (FREE)

Rob Quist and Great Norhtern - Grandstand/Arena; 8pm (FREE-Sponsored by Richland County)

Beer Garden; Opens at 7pm - Sidney Elks Lodge. Dan Hunthausen & The Train Wrecks after the Concert

RICHLAND COUNTY'S CENTENNIAL SATURDAY, JUNE 14TH

Richland County Transportation Buses available 8am - 5pm

Centennial Parade Presented By The Sidney Herald; Downtown Sidney; 10am

Self Guided Community/Historical Tours

Sidney-Richland County Library History Tour; 10am - 5pm

Color Run—Presented by: The Senior Coalition ; 12pm (Peterson Park; starts at the Bridge)

Afternoon & Evening at the Richland County Fairgrounds

Event Center; 10am - 10pm

Pedal Tractor Pull Presented By Sidney FFA Alumni; 2pm - 5pm

Vendors; 2pm - 10pm

Children's Entertainment; 2pm -10pm

Local Entertainment on the Stage; 2pm - 5pm

Honoring Past and Present County Officials; 5pm

FFA Time Capsule Presentation; 5:30pm

Airplane Ball Drop - Presented By Seigfreid Agency; 5:30pm - 6pm

Centennial BBQ; 6pm (FREE)

SAWYER BROWN Concert—Grandstand/Arena; 8pm (FREE - Sponsored by Richland County)

Beer Garden; Opens at 7pm - Sidney Elks Lodge. Dan Hunthausen & The Train Wrecks after the Concert

SUNDAY, JUNE 15TH

Richland County Transportation Buses available 8am - 5pm

Morning at the Richland County Fairgrounds:

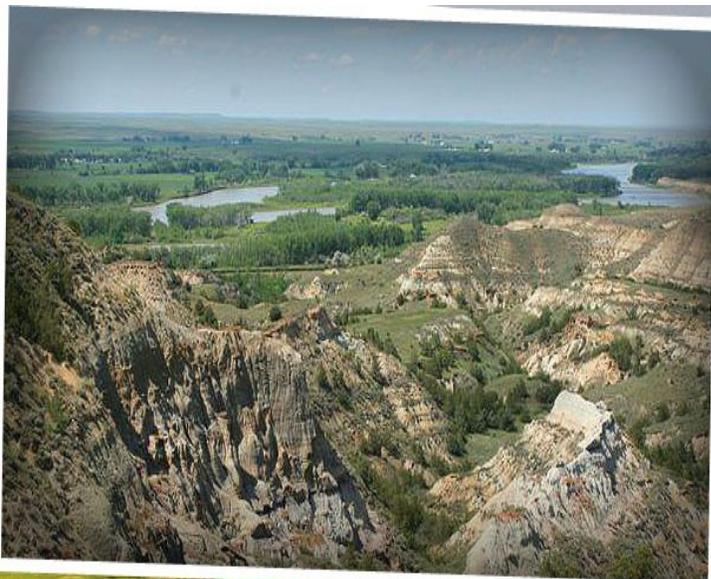
Centennial Breakfast (Rolls & Coffee) 8am (FREE)

Church Service - Event Center; 9:30am - 11am

Honoring Centennial Churches

100 Birthday Party Finale (cake & balloon release)

Grounds will be closed to the public for clean up at 2pm



MAY IS HEALTHY VISION MONTH

Imagine for a moment that you lost your ability to see—not all at once, but gradually. Watching your favorite TV shows, curling up to read a good book, or taking in the scenic countryside on a weekend drive would no longer be the same.

Americans agree that eyesight has a huge impact on their day-to-day lives and is one of the senses they fear losing most. However, people often do not pay attention to their vision unless they notice a problem. Many eye diseases and conditions have no early warning signs, so a person can have a potentially blinding eye disease and not even know it.

One of the most important things you can do to protect your vision is to get a comprehensive dilated eye exam. In this procedure,

an eye care professional places drops in your eyes to dilate, or widen, the pupil to allow more light to enter the eye the same way an open door lets more light into a room. This allows your eye care professional to examine the back of the eyes for any signs of eye disease. Early detection and treatment can help reduce your risk of vision loss and blindness. “Diabetic retinopathy, glaucoma, and age-related macular degeneration [AMD] affect millions of Americans,” says Dr. Sieving, director of the National Eye Institute (NEI) of the National Institute of Health. “These conditions were once untreatable, robbing people of their vision, mobility, and independence. Thankfully, in the last decade, medical researchers have

developed highly effective, sight-saving treatments. However, these treatments are only effective if the disease is diagnosed before it causes vision loss. Since there are often no warning signs, regular dilated eye exams are important to early detection and treatment.

SCHEDULE AN EXAM TODAY

Talking to your family about their eye health history is also important, as many eye diseases and conditions are hereditary. Make sure you pass on your history to the next generation so they can take care of their vision, too.

And, tell your eye professional if anyone in your family has an eye disease or condition.

Other simple steps to keep your vision at its best include the following:

- ◆ Make healthy food choices—A variety of vegetables, especially dark leafy greens such as spinach, kale, or collard greens, should be an important part of your diet. Researchers have found that people with diets that contain higher levels of vitamins C and E, zinc and omega-3 fatty acids (found in salmon, tuna, and halibut) are less likely to develop AMD.
- ◆ Quit smoking or never start.—smoking has been linked to an increased risk of AMD, cataract, and optic nerve damage, all of which can lead to vision loss.
- ◆ Wear Sunglasses— when purchasing them look for ones that block out 99-100 percent of both UV-A and UV-B, harmful ultraviolet rays.

MUSCULAR ATROPHY THE IMPORTANCE OF KEEPING FIRM MUSCLE TONE AS YOU AGE

It may seem like common sense that if you don't use your muscles, eventually they'll atrophy away, yet so many people don't take heed. It is important to emphasize the need to keep your muscles in shape as you age, because long periods of muscle atrophy are more challenging to overcome.

Studies have found that older muscles do not respond well to sudden bouts of exercise, so the key is to work out your muscles on a regular basis throughout your life. So the older you are, the faster your muscles begin to atrophy if you are not engaging in some form of strength training exercise on a regular basis. Preventing this disease and osteoporosis are two other major benefits of strength training.

If you are able to move, you can do much to prevent muscle atrophy by incorporating strength training into your healthy

lifestyle routine; starting gently and working at a pace that is appropriate for your age and current level of fitness.

Also keep in mind that if you are older, and have been sedentary or immobile for some time, suddenly exercising vigorously can cause scarring and inflammation of your muscles, so start off slowly and gently!

It is never too late to start an exercise regimen. You just need to be sensible in your approach. Getting professional help from a properly educated personal trainer or physical therapist; and always consult your physician are the wisest and safest ways to go if you are new to exercise, or have not exercised in the last couple of years.

So Start Moving, and don't stop no matter what your age!!

DIABETES: WHY YOU NEED TO KNOW

Diabetes is a chronic metabolic condition that is characterized by a deficiency of insulin in the blood system. This can increase the blood sugar (HYPERglycemia), or if a diabetic person exercises too hard, it could cause low blood sugar (HYPOglycemia).

More than 21 million American have been diagnosed with diabetes. Type 2 (non-insulin dependent) is the most prevalent in older adults (20% are over 65). Watching what you eat and being active can decrease symptoms and in some cases totally eliminate them. Being diabetic puts you at risk for heart

disease and stroke.

Millions of seniors are not getting the treatment they need to prevent complications from diabetes such as heart disease, stroke, blindness, kidney disease and amputations; and millions more may be missing a chance to prevent or delay the onset of diabetes

That's why government, professional, and private sector organizations, co-chaired by the American Diabetes Association, Healthcare Leadership Council, and Novo Nordisk Inc., are joining forces to create awareness of the screening benefits for diabetes and pre-

diabetes available under Medicare. Help us get the message out about diabetes screening.

www.screenfordiabetes.org.

Medicare covers screening for diabetes and pre-diabetes.

FOOT CARE

Now Available in Sidney & Fairview.

Sidney Senior Center*

2pm - 4 pm
On the 3rd Thursday of each month.

Fairview Senior Center

8am - 10am
On the 3rd Friday of each month.

***Available by Appt.**
Call Mary Ann at 406-433-6915

Savage will begin in September provided by Kelly Lantzer.

KITCHEN TIPS & TRICKS

Here are a few handy kitchen tips and tricks to make your life a little easier:

- 1) To remove the skin of almonds easily, soak them in hot water for 15-20 minutes.
- 2) Apply mashed bananas over a burn on your body to give a cooling effect.
- 3) If the dough sticks to your rolling pin, place it in the freezer for a few minutes.
- 4) Make a small hole in the egg by piercing with a pin before boiling. You will be able to remove skin easily.
- 5) Keep a spoon in the pan while boiling milk at medium heat. It will avoid sticking to the bottom.
- 6) To ripen fruits, wrap them in newspaper and put them in a warm place for 2-3 days.
- 7) To preserve green peas, keep them in a polyethylene bag in the freezer.
- 8) Keep a small piece of Indian Spice (asafetida) in the same container as chili powder; it will keep it longer.

TALK ABOUT IT (LODGE)

MOM & DAD, HAVE THE TALK WITH YOUR KIDS— Big Kids that is!

By Kathy Jensen, Lodge Director

Shh...Don't Talk About It. You know in your heart the day is nearing and you are just biding time. "We're okay," you tell your kids.

Your kids are concerned but you don't want *The Talk*. Remember having "the talk" with your children, that clumsy conversation with them in their teens years when they tried avoiding eye contact with you? Now the roles have been reversed. You may be avoiding *the conversation*.

As individuals transition into older age, some tough topics are emerging: healthcare directives; wills; assets; retirement, assisted living, skilled nursing facilities; funerals and burial plots. Topics we don't want to talk about, but know you should.

What are YOUR wishes? Your kids may not know!

These discussions are never easy. Having these sensitive discussions before a life altering event is much easier than when you or your spouse is not feeling well, something tragic happens or you experience a great loss. You may feel uncomfortable, defensive, suspicious, or that your kids are being bossy. Hey Mom and Dad, they may be just concerned. Try, as hard as it may be, to be proactive, and let your wishes be known. And kids reading this article, be sure to really listen to what they want, not necessarily what you think it should be.

Start Now. Make a list of things to talk about, such as:

- I have a Will and it is located at...
- I need a Health Care Power of Attorney, will you be my representative?
- Since you are my

- Financial Power of Attorney, can we visit about my assets and insurance policies?
- When you are home next time, can we visit retirement and assisted living facilities and make a plan for the future?
- Can we sit down and compare the cost of keeping my house maintained, utilities, taxes and insurance, compared to moving into a retirement community?

Having a plan may help overcome the initial fear of a move and can actually be exciting! Moving into a community with 24-Hour staff, filled with neighbors and friends allow you to have some social interactions that you may not have at your current setting

Yes, you may be fearful, awkward, or anxious.

This is normal and the other residents have felt that way as well.

That is why planning ahead makes the transition so much easier. Many seniors say "I'm not quite ready for that" or "It's not a good time."

Think again, this may be the perfect time.

Independence? Moving into a retirement and assisted living facility, such as The Lodge in Sidney, will not hinder your independence. Coming and going from your apartment as you please is still an option for you. If you currently drive, The Lodge has a parking lot for your vehicle. If you don't drive, schedule a ride on the Lodge Bus which is part of Richland County Transportation Service.

TALK ABOUT IT (LODGE) CONT ' D

Go to the library, go out for lunch, and go to your friends' house to play cards!

Privacy? Even though social interaction and staff assistance is available, your privacy is very much respected in your apartment. Residents have a right to privacy. That is what makes a community setting so appealing; you can join in on activities of your

choice and yet have the peace and quiet of your own apartment.

Okay, Mom and Dad, Grandma and Grandpa, its time to make planning a priority. It's springtime in north-eastern Montana and you have time to make a few phone calls or jot down your thoughts, your lists, and your wishes—no time like the present. Got for it. The Lodge

Retirement and Assisted Living facility in Sidney offers tours of the facility by appointment.

Simply call (406) 488-4682 to schedule a time that's convenient for you and your family. There are apartments available just waiting for you.

PROTECTING YOURSELF AT HOME

Crime (and the fear of crime) create special problems for the elderly. Seniors can help protect themselves from crime by following these simple, common-sense suggestions.

- Never open your door automatically. Install and use a peephole.
- Never accept packages that are not addressed to you; criminals may use the ploy "of picking up a delivery" to gain access to your home

- Lock your doors and windows.
- Vary your daily routine.
- Use "Neighbor Watch" to keep an eye on your house.
- Don't leave notes on the door when going out.
- Leave lights on when going out at night; use a timer to turn lights on and off when you are away for an extended period.
- Notify neighbors and the police when going away on a trip.
- When you are away, remember to cancel deliveries such as newspapers and arrange for someone— a neighbor's child— perhaps to mow the lawn if needed. Arrange for your mail to be held by the Post Office, or ask a neighbor to collect it for you.
- Never give out information over the phone indicating you are alone.



Make it tough for criminals to work in YOUR neighborhood.



WE'RE ON THE WEB!
WWW.RICHLAND.ORG



**R I C H L A N D C O U N T Y
C O M M I S S I O N O N
A G I N G**

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Bringing Seniors and Services Together

Spring Cleaning To Reduce Senior Safety Hazards

It's that time of year again. Spring is here and it's time to do some spring cleaning. Here are a few tips to help you and your loved ones get the most out of your spring cleaning:

- ◆ Clear out your medicine cabinet. Spring is a good time to discard old and/or expired medicines and dispose of them properly (see Medication Take-Back Program– page 1). Review your home safety measures
- ◆ Throw away any expired food
- ◆ Replace batteries in carbon monoxide and fire detectors; run a test to ensure they are working
- ◆ Create an emergency plan. Set the speed dial on the phone for emergency contacts. Also appoint a neighbor as an emergency back up
- ◆ Replace light bulbs if necessary and ensure rooms and hallways are adequately lit
- ◆ Make sure your home has a fire extinguisher that has been inspected within the past year. Ask for brief instruction on using the device and leave in an obvious location
- ◆ Get rid of throw-rugs to eliminate tripping hazards
- ◆ Organize your cabinets so that the most frequently used items are easily accessible
- ◆ Clean up clutter especially from walkways. Clutter increases the risk for falls, fire and other problems such as insects or rodents. Remove unnecessary furniture that obstructs the traffic flow
- ◆ Recruit any help you will need from family or friends. A little housekeeping help from a caregiver for just a few hours a week can help keep the home clean while offering companionship and support on a regular basis. Take advantage of the Commission on Aging's Homemaker Program (details on page 3)