

AgeWise with Bob Horrocks



Whether you have an older family member, an older friend or neighbor or an older co-worker or employee, the aging of our population is, and will have, an impact on all of us. This column is intended to provide a potpourri of interesting, up-to-date information that you will find useful and relevant to your busy life. This regular column will focus on events, products, legislation, services, people and opportunities relevant to our local older population and their families.

The pitfalls of falling

Hospital emergency departments treated more than 2 million seniors for broken bones, head wounds, cuts and other injuries caused by falls in 2006, at a cost to hospitals of approximately \$7 billion for emergency and subsequent inpatient care, according to the latest data from the Agency for Healthcare Research & Quality (AHRQ). Falls are the leading cause of fatal and nonfatal injuries among Americans aged 65 and older. The federal agency's analysis of hospital emergency department data for patients age 65 and above treated for injuries caused by falls shows that:

- One in 10 emergency department visits by seniors were for injuries related to falls. Emergency department visits related to injurious falls increase with age.
- One in 10 men and one in seven women over the age of 85 have an emergency department visit for an injurious fall.
- Of the seniors who went to emergency department due to falls, 41 percent had fractures, primarily of an upper extremity or a hip. Other common injuries resulting from falls included open wounds (21 percent of visits for falls), sprains and strains (10 percent), injuries to internal organs (5 percent), and joint dislocations (1.5 percent).
- About 63 percent of the patients who had injuries to an internal organ and 51 percent of people with fractures were hospitalized.
- About 41 percent of patients with fractures and 33 percent of those who sustained internal organ injuries were transferred to a nursing home or other type of long-term care facility.

Do I have your attention yet? Falling is a very real issue. To address this locally, the Council for Older Adults and the Delaware General Health District are teaming up to offer the Fall Prevention Program, a free program for Delaware County residents 60 and older. The program includes a home assessment, a personal health assessment and classes designed to help avoid falls. The program will send experts into the homes of older residents to assist them in preventing falls. A health district nurse will check on the resident's medical conditions and medications to help assess individuals' fall risks. A registered sanitarian from the health district will assess tripping and falling hazards inside the home.

Please see AGEWISE, Page 7



Gazette Andrew Tobias

Delaware resident Adam Leferve stands in front of the photos that make up "Forgotten Delaware County," a photo documentary chronicling several abandoned Delaware County buildings of historical significance.

Framing history ▶ Photo documentary features 'Forgotten Delaware County'

By **ANDREW TOBIAS**
Staff Writer

As recently as 1995, Shady Lane Manors, the old county home, housed two dozen elderly or developmentally disabled residents.

However, Delaware County commissioners ordered the home closed in 1996 after residents voted down a tax levy that would have kept it open. The year after it closed, a thunderstorm ripped the roof off and filled the 150-year-old county home with water. Recent interior photos of the derelict building, taken by amateur photographer Adam Leferve, shows the

county home is worse for the wear.

One photo, on display at the Delaware County Historical Society, reveals sunlight partially illuminating a long hallway, speckled with sparkling broken glass. Peeling green paint hangs off the walls like loose clothing.

"You'd think it'd been closed for 100 years," Leferve said.

The photo is there among a few dozen others depicting the insides of abandoned Delaware County buildings as part of Leferve's photo documentary entitled "Forgotten Delaware County."

Leferve, a lifelong Delaware resident, said he got the idea for the exhibit when he read that the present owner of the

now-defunct Kilbourne Elementary School was planning on demolishing the building to make way for a baseball field.

He sought permission earlier this year from Brown Township, the school's current owners, to enter the building and take pictures.

"They were more than happy to let me in after I signed a waiver," he joked.

Leferve, 33, remembers playing little league baseball outside the school shortly before it closed in 1989. He never went to school there, but hopes the photos will help preserve the memories the

Please see HISTORY, Page 7

HEARING PROBLEMS?
TAKE A LOOK INSIDE YOUR EAR CANAL
3 DAYS ONLY! Next Tues., Wed. & Thur.

You are invited to receive a

- FREE Hearing Test
- FREE Video Otoscope
- FREE Speech Understanding Test
- FREE Demonstration of the latest breakthrough in hearing technology

Limited Time Savings

SAVE \$500⁰⁰ A PAIR
IMAGINE™ Hearing Instrument
Offer does not apply to previous purchases.
Limit one coupon per customer. Expires 10/31/09
HUGHES FAMILY HEARING AID CENTER

HUGHES FAMILY HEARING AID CENTER
50 Troy Road Shopping Center • Delaware
362-2845 or 1-800-287-9035

"THE AREA'S CHOICE FOR QUALITY SENIOR LIVING SERVICES"

Distinctive, Affordable Assisted Living
Tastefully Furnished Private Suites
Semi-Private Rooms
Adult Respite Program
Hospice Provider
Skilled Nursing & Post Hospital Care
Infusion Therapy
Physical and Occupational Therapy
Speech and Respiratory Therapy
Cardiac Rehab

Call Today...(740) 369-6400

Delaware Court Healthcare Center
Wesleyan Way Assisted Living
4 New Market Drive, Delaware, OH
www.delawarecourt.org

A Levering Management Senior Living Residence

*Dedicated To Providing
A Level Of Service*

Unequaled

*By Any Other Funeral Service
Provider*

**Rodman Neeper
Funeral Home
& Crematory**

1510 W. William St.
Delaware, OH 43015
(740) 362-1611
www.RodmanNeeper.com



Gazette Andrew Tobias

These photos show the interior of the old Delaware County home, which has been abandoned since county commissioners ceased operations in 1996.

HISTORY

■ CONTINUED FROM PAGE 6

building contains. (Kilbourne Elementary) is a very influential building in the twentieth century. Thousands of county residents went through it," he said. "Once they tear it down, there will be nothing left."

A few phone calls, some research and a few more signed waivers later, Leferve had the photo prints and captions displayed at the Delaware County Historical Society.

County" is Leferve's first photo documentary and he said it marries several different interests. He is a postal worker by trade, but has held an interest in photography and architecture since he traveled and took art classes in college (he was a political science major.)

Leferve was also raised to love history — his father was the president of the historical society in Mount Vernon.

"I've always had an appreciation for our forefathers that came before us," he said.

"Forgotten Delaware County" allows Leferve to show that appreciation through the eye

of an artist — and a camera's lens.

"*Fogotten Delaware County*" will be on display free to the public through the end of the year on Sundays from 2 p.m. through 4 p.m. and Wednesdays and Thursdays from 2 p.m. to 7:30 p.m. The exhibit can be viewed at the Delaware County Historical Society building, located at 157 E. William St. Prints of the photos are available for purchase, with half the proceeds going to the historical society.

atobias@delgazette.com

Older workers, laid off, face uphill climb

MERCEDES M. CARDONA For The Associated Press

NEW YORK — For Marc Karell, the end came unexpectedly. In February the 53-year-old environmental engineer was laid off.

As he spoke to other laid-off employees of the same consulting firm, he found they had something in common: They were all older staffers.

With unemployment edging toward 10 percent and companies going through several rounds of layoffs, many are now cutting from the top ranks. More workers aged 50 and older are job-searching in the middle of a recession.

Recruiters say experience is still valued, but the image of the older job seeker as overqualified and overpriced is still a hurdle to overcome.

A study sponsored by the AARP found the same resumes got more calls for interviews if they appeared to come from a 32-year-old than from a 57-year-old.

That was eight years ago, but "we believe in recessions things get worse," said Marc Bendick, an economist with Bendick & Egan Economic Consultants in Washington, D.C. who did the research.

A second experiment sent the resumes with cover letters touting either qualities associated with older people, or those associated with younger people. The older workers still got fewer interviews, but those among them who touted younger qualities — defined as creativity, energy or technological skills, among other things — did better.

"Unfortunately, we can't change society's stereotypes, but individuals can separate themselves by noting how they don't match the stereotype," said Bendick.

Jennifer Grasz, spokeswoman for the job-search Web site CareerBuilder, agrees. "It

goes back to how you repackage your skills," she said.

An older worker with a longer and more varied resume has a good chance of finding a job in a new industry as long as he or she can relate experience to the job at hand, experts say.

"I always tell people, especially the older ones, you should always have a resume tailored for the job you want. Yes, it takes more time, but it's the only way," said Lewis Benavides, associate vice president for human resources at Texas Woman's University.

A functional resume, in which work experience is arranged by skills instead of chronological order, is one solution. It highlights jobs that involved similar skills to the job you're applying for and boils down others to a line or two.

Benavides said his recruiters have 15 to 20 seconds to look at each of the thousands of resumes they receive every month, so anything relevant should be easy to glean at a glance.

Many employers now also use scanning programs that look for specific terms in resumes. So if you answer an ad, use its buzzwords in your resume to better your chances at making the first cut.

But be honest. Don't fudge your experience or lie about your age. Employers don't like feeling like they're not getting the whole picture, experts say.

After a few months of searching, Karell decided to open his own firm, Climate Change and Environmental Services LLC, out of his home in Mamaroneck, N.Y. But before giving up the job hunt, he had decided against trimming his resume, feeling his 25-year experience was his calling card.

"I didn't want to dumb myself down," he said. "I wanted to give a true version of who I am."

AGEWISE

■ CONTINUED FROM PAGE 6

The Matter of Balance Class provides information and important exercises that will assist participants in improving their balance, and therefore decreases the likelihood of falling. Classes led by health district nurses and sanitarians help participants understand fall risks and gain confidence to avoid falls. The next series of classes lasts four weeks, meeting from 2 to 4 p.m. Monday and Tuesday afternoons on Nov. 2, 3, 9, 10, 16, 17, 23 and 24. The classes are conducted at the Center for Older Adults, 800 Cheshire Road, Delaware. Contact Connie Frambes, RN, 740-368-1700 for additional information.

Our snowbirds are flying south!

Can you believe it's that time of year again? We here at COA are starting to say goodbye to our snowbird volunteers and begin searching for their replacements. In the winter months we have the difficult task of replacing all of our volunteers who head south for the winter. At this time, we have approximately 18 openings on

our Meals on Wheels delivery routes. Our meal delivery drivers receive a free lunch on the day they drive and mileage reimbursement. Delivering meals only takes three hours one day per week. This is a perfect opportunity for the recently retired, stay at home moms (or dads), friends, neighbors, churches and businesses. If you would like to bring a smile to the face of a homebound older adult in our community, please contact Amy Brown at 740-203-2355 or e-mail her at amyb@growingolder.org.

Dining with diabetes

Back by popular demand is another Dining with Diabetes program, this time with holiday flair. The program, co-sponsored by the Delaware General Health District, OSU Extension Delaware Office and Willow Brook Christian Village, is designed to help people with diabetes learn about preparing foods that are well-balanced and have taste but are healthy for them and the whole family. This educational and mouth-watering program takes place over a series of three nights, Nov. 2, 4 and 6. The \$30 fee includes full meals each of the nights as well as a wealth of information that can be used

any time of the year. The program will take place at the new Willow Brook at Delaware Run, 100 Delaware Crossing W. in Delaware. If you have any questions or wish to attend, call either Connie Codispoti at 740-203-2038 or Joyce Fittro at 740-833-2030.

Garage sale at the center

The fall garage sale and fundraiser at the Center for Older Adults will take place on Friday and Saturday. Those wishing to donate gently used items can drop them off at 800 Cheshire Road or call 740-369-5133 for details. The public (all ages) is invited to stop by during the sale for some real bargains and while you are at the Center, visit our Jj's Café for a great lunch at a great price.

Got your shot?

Your next seasonal flu and pneumonia shots opportunity will take place at the Center for Older Adults beginning at 1 p.m. Tuesday.

Questions about medicare?

The Council for Older Adults Annual Insurance

Seminar will be held from 8 a.m. to 12:30 p.m. Wednesday, at the Center for Older Adults. Attendees will have the opportunity to learn about Medicare insurance programs, prescription drug coverage and state and community resources specific-

ally for those 60 years or older. Please call 740-363-6677 to reserve your seat.

Bob Horrocks is the executive director of the Council for Older Adults of Delaware County, which is located at the

Center for Older Adults, 800 Cheshire Road, Delaware. He can be reached at bob@growingolder.org. For more information about the council visit growingolder.org.



Willow Brook's second Delaware healthcare center will be opening on the campus of Willow Brook at Delaware Run off West William Street late this summer.

Assisted living and memory care wings will open with all the features you have come to expect from Willow Brook Christian Communities.

All-inclusive pricing means no surprises at the end of the month, and includes:

- All private rooms & baths
- 24-hour nursing care
- Medication administration
- Laundry & housekeeping
- Local phone
- Cable TV — 70 channels
- Meal choices

The memory care center was created to meet the unique needs of those with Alzheimer's Disease and other memory disorders by providing a simple, uncomplicated daily life with room to safely and securely wander without discouragement, indoors and out.

Call manager Heidi Reed to arrange a tour.

WILLOW BROOK AT DELAWARE RUN
SR 36/West William Street, 1 1/2 miles west of Sandusky
740-201-5640

Making the right decision brings you peace of mind.

■ not for profit ■ Church of Christ ■ www.willow-brook.org

Happy Endings Aren't Just for Kids

Joe and Janet have always been a team, going places and doing things that others only dreamed of. But a few years ago, Joe fell and was severely injured. Janet needed help with his personal care and all the confusing medical bills and insurance claims. She didn't know where to turn for help until one day a neighbor suggested that she call us. Now we're part of their team.

Council for Older Adults
OF DELAWARE COUNTY
"Helping Delaware County Become a Better Place to Grow Older"

Call us for these services and more.
740-363-6677 or 800-994-2255
www.growingolder.org
800 Cheshire Road • Delaware, OH
FUNDED IN PART BY THE DELAWARE COUNTY SENIOR SERVICES LEVY