

SENIOR CHOICES UPDATE

During the month of May, staff members spoke with **413** people who were interested in obtaining information and assistance, SENIOR CHOICES services or advocacy. Our staff enrolled **30** new clients and disenrolled **34** clients bringing our total to **749** clients at month's end. Our year-to-date total of clients served is **914**.

OFFICE CLOSED FOR THE HOLIDAY

Our office and Meals on Wheels will be closed on Friday, July 3 in observance of the July 4th holiday. Since meals will not be delivered on that date, please contact your Care Consultant if you have no other means for obtaining food.

SUMMER CHORE PROGRAM

The Council for Older Adults and the Department of Job and Family Services have teamed up to offer a summer chore program for county residents, age 60 and over. This free service is available in part through a grant provided by the Council for Older Adults to the Department of Job and Family Services which employs teenagers through the summer for job training. The chores can include heavy cleaning, yard work, minor painting, minor home repairs and window cleaning. Crews will be assigned with an adult supervisor to complete chores.

We will help identify those with the greatest need for assistance and make referrals to the Department of Job and Family Services. Typically, the Council receives many requests for assistance and older adults are asked to get their request in soon. This program will be available from June 15 through August 7. Applications can be obtained by calling the Council for Older Adults at (740) 363-6677 or 800-994-2255. This program is funded, in part, by the local senior services levy.

CANDID CAREGIVER WORKSHOPS

The Council for Older Adults provides monthly opportunities for caregivers to learn, grow, and gather support from each other. Presentations are provided by various members of our caregiving community and focus on a host of topics. Future workshops include: **Dementia, Caregiving, and Controlling Frustration**, presented by Jen Spicer on Tuesday, July 14 from 9:30 – 11:30 a.m., and **Caregiving and the Arthritis Foundation**, presented by the Arthritis Foundation on Tuesday, August 11 from 9:30 - 11:30 a.m. Workshops will be held at the Center for Older Adults, 800 Cheshire Rd., Delaware. Please feel free to bring a friend! To register, please RSVP to Intake & Referral Specialist, Jen Spicer at (740) 203-2377.

SENIOR FARMERS' MARKET VOUCHER PROGRAM

The Senior Farmers' Market Voucher Program, sponsored by the Council for Older Adults, provides county residents with vouchers for fresh foods from farmers' markets in Delaware, Sunbury and Powell. All vouchers are valid through October 31, 2009.

Applicants must be 60 and over, and income restrictions apply. Vouchers are available on a first-come, first-served basis. Applications will be available at the Council office beginning June 15, online at www.growingolder.org, or at the local farmers' markets. Participants who are not able to sign up for the vouchers or visit the markets may appoint up to two representatives to do so for them. Sign ups may also be taken during senior housing site visits in June. Call the Council for specific dates at (740) 363-6677.

17TH ANNUAL SUMMER FESTIVAL WILL BE HELD ON JUNE 19

This 2009 Summer Festival, held at the Delaware County Fairgrounds from 3 – 8 p.m., will feature a Senior Health and Wellness Fair with free health screenings to visitors age 60 and over, as well as the Senior Expo which will spotlight businesses and organizations who offer services and products to older adults and their families. Other activities include the Classic Car Show, handmade arts and crafts, and a special children's play area. Entertainment will include an Elvis impersonator, Bluegrass music, clowns, and Delaware County's own world-famous magician, Dr. Eldoonie. Fairgoers will also enjoy roasted pork and shredded chicken sandwiches with all the fixin's. Pig Roast tickets are \$6 in advance and can be purchased at most Delaware County Bank locations throughout the county, all three Sunbury Cleaners locations, the Delaware County Fair office, and at the Center for Older Adults, 800 Cheshire Rd. Delaware, Monday - Friday from 8 a.m. to 5 p.m. Pig Roast tickets are also available at the event for \$7 and carry out is available. Admission to the Summer Festival and parking are free. Funds raised through the Summer Festival will be used to support the services of your Council for Older Adults.

WELCOME NEW SENIOR CHOICES PROVIDERS!

We would like to welcome the following providers to our Senior Choices family:

Peterson's Professional Services (Chore Provider); **HM Miller and Associates (DBA ComForCare Senior Services)** (Homemaker, Homemaker Escort, Personal Care and Respite Provider); **Health Trans, Inc.** (Homemaker, Homemaker Escort, and Personal Care Provider); and **Duraline Medical Products, Inc.** (Incontinence Supply Provider). We are looking forward to working with these new providers in order to serve you better. Welcome aboard!

BE PREPARED FOR HEAT EMERGENCIES THIS SUMMER

Hot weather can cause serious health problems for the elderly, young children, and people who are overweight. Prolonged exposure to hot temperatures can give a person heat exhaustion or heat stroke. The Delaware General Health District urges everyone to know the warning signs for heat exhaustion and heat stroke, and to be prepared to respond if someone becomes a victim of these medical problems.

Symptoms of heat exhaustion include:

Heavy sweating, nausea, vomiting, dizziness and/or fainting, headaches, difficulty breathing, hyperventilation, anxiety and/or mental confusion, weak pulse, and pale/clammy skin.

Anyone experiencing such symptoms should be taken out of the heat and given small sips of cool water. Never try to give water or any drink to an unconscious person. You should loosen the person's clothing and seek medical attention. If left untreated, heat exhaustion can lead to heat stroke.

Symptoms of heat stroke include:

A sudden onset of symptoms, temperatures of 105 degrees or more, confusion or delirium, increased pulse rate, vomiting, unconsciousness, and some people may stop perspiring and their skin becomes hot, dry and flushed.

Medical attention needs to be sought immediately in such instances. The person should be taken out of the heat. Loosen the person's clothing, and apply ice packs to the back of the neck, behind the knees, and under the arms. Also, fan the person until help arrives.

