



COMING OF AGE

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Thoughts to Ponder

**First a howling
blizzard woke us,
Then the rain came
down to soak us,
And now before our
eyes can focus—**

Crocus.

Lilja Rogers

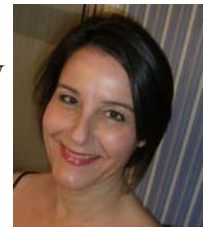


Senior Day At The Capitol April 5th, 2010

Once again, the Tulsa Area Agency on Aging is sponsoring "Senior Day at the Capitol." It is held every year at the Capitol building on the fourth floor of the Rotunda. This year's theme is "**Aging in Action!**". Several of the speakers this year are: Secretary of State Susan Savage and OKDHS Aging Services Director Lance Robertson. It starts at 9:00 am to 11:00 am in the morning. This is your opportunity to meet your legislators and make your voices heard on issues affecting seniors. Fortunately several sponsors will be providing buses and we are coordinating transportation with other groups as well. If you want to attend, please contact us at 596-7688 for help with your transportation and as usual the seats will be available on a first-come basis.

New Planner II—Donna Lynn Harvey

Donna Lynn has worked for the City 14 years, primarily as a Planner and Grant Writer for the Urban Development Department. She came to TAAA from the Working in Neighborhoods Department as a special projects planner. With a scholastic and professional background in social work, planning administration and fiscal analysis, she brings 25 years of experience to the position recently vacated by Sandie Sullivan, who retired at the end of December. She's an avid reader, frequenting Kendall-Whittier Library on a weekly basis; gardens; and has been a Big Sister for the Children of Promise program sponsored by Big Brothers/Big Sisters of Green Country and OU. In that role, she's been able to share her passion for photography, music and movies with young girls who may not otherwise be exposed to the arts. This is her second position with an agency assisting the elderly, and with her grant writing background and expertise in housing policy and trends, TAAA is delighted to have Donna Lynn on board to add a new perspective to issues affecting our senior citizens.



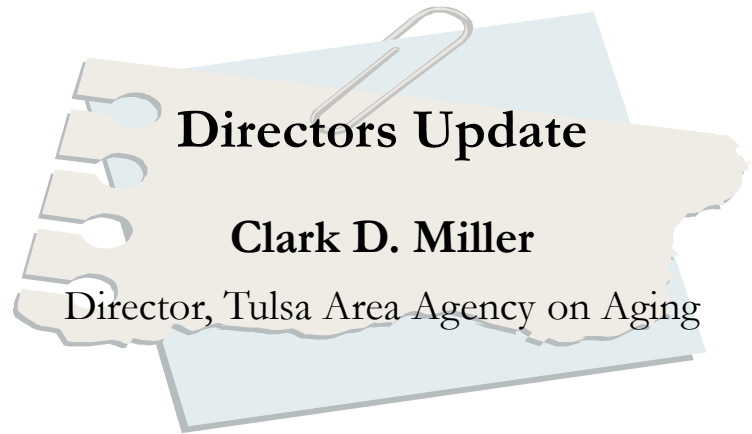
Reauthorization of the Older Americans Act

The Older Americans Act (OAA) is the driving force behind the Tulsa Area Agency on Aging. Signed into law in 1965, the OAA provides a vision for the aging network, and sets forth the enabling legislation that specifies each service provided through our agency. Every five years it requires reauthorization by Congress. This provides a unique opportunity to create new programs or services and/or redirect existing programs. For example, in 1978 the Long-Term Care Ombudsman program was created and in 2000 the National Family Caregiver Support Program was established. Funding soon followed and both programs are a mainstay of the TAAA operations.

In anticipation of the next reauthorization in 2011, the Administration on Aging (AoA) has been holding “listening” sessions to capture ideas that might be incorporated into the act. In February, I had the opportunity to attend a session in Dallas and offered the following input:




1. Combine the congregate and home-delivered nutrition funding into one funding pool: Nutrition Programs and allow each AAA to allocate funding based on need in each area.
2. Narrow the focus of some of the Supportive Service programs, especially Legal and Transportation to a coordinating role, rather than service based role. Funding in these areas is so limited, that it often fails to make a measureable impact.
3. For decades Health Promotion programs have consisted of brochures and unfocused marketing. This area has been woefully underfunded, thus making quantifiable results difficult. My recommendation is to utilize evidence-based programs that involve senior citizens in finding solutions for personal health issues, whether it is exercise or chronic disease self-management.

It is my hope that the reauthorization doesn't get sidetracked by the health care reform partisan politics. We just need to continue to improve on cost effective OAA programs that save money on long-term health costs. Reauthorization of the Older Americans Act is one vote that should be unanimous, because it benefits everyone!



Keeping Track of Personal Items In Long Term Care Facilities

The Tulsa Area Agency on Aging Long Term Care Ombudsman Program advocates for residents sixty years or older in nursing homes, assisted living and residential care facilities. When working with residents ombudsmen have learned that the transition from one's own home to a long term care facility may be a stressful adjustment. Not only do many residents feel they have lost their home, but their independence. Compounding the adjustment, many are grieving the loss of a loved one. Often, the only remaining link to their past are a few cherished possessions. These might be photographs, artwork, or a piece of furniture or perhaps jewelry. These possessions may be a source of comfort while living in a facility, so protecting these belonging from loss or theft is of paramount importance. There are steps residents or family members can take to protect their personal property.

1. Label all clothing & personal items with resident's name. Do this when you first move in & when new items are purchased. Keep your receipts for proof of purchase.
2. Engrave or permanently mark dentures and eyeglasses with name. 
3. Take pictures or videos of valuable items such as jewelry. Consider taking your costume jewelry instead of your valuable jewelry.
4. Keep an up-to-date inventory of all belongings & give a copy to the facility. 
5. Check your homeowner's insurance to see if coverage can be extended to protect property during a stay in a skilled unit. 

If a facility accepts Medicare and/or Medicaid payments, federal law gives you the right to keep and the use of personal possessions. However, you may be restricted of that right if an item interferes with the rights or health and safety of other residents. Ombudsman supervisors and volunteers in your community are trained to protect these rights for residents in long term care facilities.

If you are interested in becoming a trained advocate for residents in long term care facilities in your neighborhood become an ombudsman volunteer. An opportunity to attend the next Ombudsman Volunteer training will be Thursday, April 15th & Thursday, April 22nd. For more information, contact Loretta Bailey at 596-7657 or Sarah Strecker at 596-7210.



Have questions or need more information?

Call Tulsa Area Agency on Aging at

918-596-7688 or SENIOR INFO-LINE AT 1-800-211-2116 (in-state only)



BE RED CROSS READY—TORNADO SAFETY CHECKLIST

March and April are the months when Oklahoma begins having severe storms which can cause tornados! The Red Cross has published a list on how to prepare for a tornado, what to do if one is threatened and what to do after one has gone through your area.

What should I do to prepare for a tornado?

- ✓ During any storm, listen to local news or a NOAA Weather Radio to stay informed about the watches and warnings.
- ✓ Know your community's warning system. Communities have different ways of warning residents about tornados, with many having sirens intended for outdoor warning purposes.
- ✓ Pick a safe room in your home where you, your family and pets may gather during a tornado. This should be a basement, storm cellar or an interior room on the lowest floor with no windows.
- ✓ Move or secure lawn furniture, trash cans, hanging plants or anything else that can be picked up by the wind and become a projectile.
- ✓ Watch for tornado danger signs:
 1. Dark, often greenish clouds—phenomenon caused by hail.
 2. Wall cloud—an isolated lowering of the base of a thunderstorm.
 3. Clouds of debris
 4. Large hail
 5. Funnel cloud—a visible rotating extension of the cloud base.
 6. Roaring noise.



What should I do if a tornado is threatening?

- ✓ The safest place to be is an underground shelter, basement or safe room.
- ✓ If those places are not available a small windowless interior room or hallway on the lowest level of a sturdy building is the safest alternative. **Note:** A mobile home is not safe during tornados—seek shelter in a sturdy building. If you must drive to a sturdy shelter, wear your seat belt while driving and do not wait to leave until you see a tornado.
- ✓ When the tornado alert is announced by the news media—dress appropriately in long pants, long sleeved shirt and sturdy shoes. If the tornado alert is announced for the nighttime hours put the appropriate clothing and shoes in your safe room so if the alarm is sounded you can go immediately to the safe room and dress there. Also, place your pet leashes or carriers there as well so you can have your pets under your control.
- ✓ Do not stand in front of the window to watch as the tornado approaches.



What do I do after a tornado?

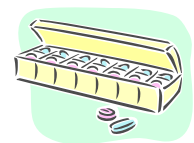
- ✓ Examine your walls, doors, staircases and windows for damage.
- ✓ Watch out for fallen power lines or broken gas lines and report them to the utility company immediately.
- ✓ If you smell gas or hear a blowing or hissing noise, open a window and get everyone out of the building quickly and call the gas company.
- ✓ Take pictures of damage, both of the building and its contents, for insurance claims.
- ✓ Use the telephone only for emergency calls.
- ✓ Keep all of your animals under your control. If you must go to a shelter be sure it is one that accepts pets.

Let your family know you are safe!!!

If your community experiences a tornado or any disaster, register on the American Red Cross Safe and Well Web site available through the [RedCross.org](https://www.redcross.org) to let your family and friends know about your welfare. If you don't have Internet access, call **1-866-GET-INFO** to register yourself and your family.

Emergency Kit for the home!

- ✓ **Water**– one gallon for each person.
- ✓ **Non-perishable food:** a three day supply
- ✓ **Flashlight and extra batteries**
- ✓ **First Aid Kit**
- ✓ **Whistle** to signal for help
- ✓ **Filter mask** or t-shirt to help filter the dusty air
- ✓ **Moist towelettes, garbage bags and ties** for personal sanitation.
- ✓ **Wrench** or **pliers** to turn off utilities
- ✓ **Battery-powered radio** and extra batteries.
- ✓ **Manuel can opener** if this kit contains canned food
- ✓ **Plastic sheeting** and **duct tape** in case you must shelter-in-place.
- ✓ **Important family documents.**
- ✓ **Items for unique family needs,** such as daily prescription medication or pet food.
- ✓ **A disposable camera** for taking pictures of damage if any.



Keep kit items in a portable container in your safe room, if your safe room is your bathroom or hallway, then keep it in a closet close by so you can drag it into your safe room when the alert is first sounded.



What to Do if You Are in an Automobile Accident

By **Kim Holland**, Oklahoma Insurance Commissioner



- ◆ Call the police.
- ◆ Obtain the following information: The names, addresses, telephone numbers and driver's license numbers of all persons involved in the accident, and any witnesses.
- ◆ Record the time, date, location, road conditions, make and year of vehicles involved, apparent damages and injuries, and your version of what happened.
- ◆ Call your insurance agent or company to report the incident as soon as possible.
- ◆ Ask your agent what documents, forms and data you will need.
- ◆ Take notes each time you talk with your insurance company, agent, lawyers, police or others involved in the situation. Write down the dates, times, names and subjects you talked about, as well as any decisions or promises made.
- ◆ Ask your insurance company if you have coverage for a rental vehicle if your car is not drivable. Save all receipts and bills, including those from renting a car or having your car towed and/or stored.
- ◆ Keep a disposable camera in your glove box or use your cell phone to quickly take photos in the event that you are in accident.



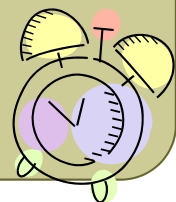
Contact the Oklahoma Insurance Department

If you have a dispute with your insurer about the amount or terms of the claim settlement, you should contact the Oklahoma Insurance Department at <http://www.oid.ok.gov> or call our toll free number at (800) 522-0071.



Remember! Spring Forward **March 14th!** Daylight Savings Time Begins!!

Daylight Savings time comes early this year! So be sure to set your clocks ahead one hour Saturday night so you can wake up on time Sunday morning!!!



TIPS FOR SENIOR NUTRITION

Nutrition Notes



- ◆ **Focus on good carbs.** Opt for whole grain nutrition (brown rice, whole wheat bread, rolled oats, barley, millet), not refined "white" products, such as white bread, white rice, or products made with white flour.
- ◆ **Raw equals roughage!** Aim to eat at least one daily serving of your fruits and vegetables raw. This not only preserves their nutritional value, it's an easy way to eliminate constipation. Raw fruits and veggies are loaded with fiber, vitamins, minerals, and enzymes to aid digestion. Plus, there's no preparation involved. If you have difficulty biting or chewing, cut your apple or carrot into bite-sized pieces. You might try a green salad with grated zucchini. Steaming is the best way to cook vegetables; it preserves nutrients. Light sautéing is next. Boiling dilutes nutrients—but you can use the leftover cooking water as soup stock!
- ◆ **Go lean on protein.** Fish, poultry, eggs, beans, peas, nuts and tofu all count as protein, so it's easy to vary your healthy protein choices. Try skinless turkey, chicken, or fish; baked, broiled, grilled, steamed or poached, and you'll savor the flavor while adding healthy, low-fat, low cholesterol nutrition to your diet. Go easy on red meats, which contain saturated fat, and on salty meats such as bacon or ham.
- ◆ **Bone up on calcium.** All dairy products are not created equal. Milk, cheese and yogurt retain their calcium content; cream cheese, cream and butter do not. As part of a healthy senior diet, choose fat-free or low fat dairy products. If you're lactose-intolerant, consider lactose-free and lower-lactose products, such as hard cheeses and yogurt. Or, a calcium supplement might be a better way for you to meet your calcium requirement.
- ◆ **Choose first-rate fats.** Get your "good" fats from oils such as olive oil and sunflower oil, avocados and avocado oil, nuts and seeds.
- ◆ **Keep it moist.** In addition to drinking enough water each day, aim to consume foods with a high water content. Staying properly hydrated flushes toxins from your body, relieves constipation, helps keep your joints flexible and your mind clear. High water content foods include melons, grapes, cucumbers, onions, apples, cabbage, and, of course, soup!

www.helpguide.org/life/senior_nutrition



A Tickle for Your Funny Bone!!



Three older women were discussing the trials of getting older. One said, "Sometimes I catch myself with a jar of mayonnaise in my hand in front of the refrigerator and can't remember whether I need to put it away or start making a sandwich."

The second lady chimed in, "Yes, sometimes I find myself on the landing of the stairs and can't remember whether I was on my way up or on my way down."

The third one responded, "Well, I'm sure glad I don't have that problem, knock on wood." She raps her knuckles on the table. Then she says, "That must be the door. I'll get it."

From The Comedy Strip



Tulsa Area Agency on Aging is dedicated to improving the quality of life by promoting **independence, dignity, and health** for senior citizens in Creek, Osage, and Tulsa counties through advocacy, education and support of community-based services.

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Editor: Jeanne Tackett

Tulsa Area Agency on Aging

(918) 596-7688

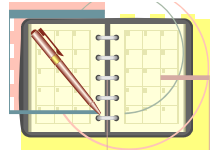
(800) 211-2116

175 East 2nd Street, Suite 480

Tulsa Oklahoma 74103-3208

taaa@cityoftulsa.org

SENIOR CALENDAR



March 8—TCCA Executive Meeting—GCC

March 17—TCCA Meeting—GCC

March 18—Osage County Council on Aging—Hominy Senior Cen.

April 1—Census Day—Deadline for mail-in Census Forms

April 4—Easter

April 5—Senior Day at the Capitol

April 12—TCCA Executive Meeting—GCC

April 15—Osage County Council on Aging—Skiatook Senior Cen.

April 21—TCCA Meeting—Greenwood Cultural Center

April 29—Osage County Health Fair—Osage County Fairgrounds
Hwy. 99 south of Pawhuska, OK

UPCOMING EVENTS

May 18-20—State Conference on Aging—Tulsa Southern Hills
Marriott

June 9—Alzheimer's Education Conference—Tulsa Renaissance
Hotel, early registration deadline May 7th.



Tulsa
A New Kind of Energy.

Tulsa Area Agency on Aging

175 East 2nd Street, Suite 480

Tulsa, OK 74103-3208