



# Don't Be a Victim of Identify Theft

by Julie Beaulieu

Up to one in every three people in the US will be victims of identity theft.

Half of all identity thefts are committed by someone the victim knows.

Seniors are particularly vulnerable to identify theft.

(Privacy Rights Clearinghouse)

## Important to Know:

Identity thieves will:

- Steal credit card payments
- File a change of address form in your name so they can start receiving your mail

- Steal mail
- Go through your garbage, looking for any personal information you have thrown out
- Steal discarded credit card applications, and fill them out with their address
- Send fraudulent e-mails
- Run a Medicare scam asking for you card number (which is the same as your social security number)

## Protect Yourself:

- Do not leave bill payments on your curb-

side mail box, take it to the post office

- Have the post office hold your mail when you are out of town, or have someone you trust pick up your mail everyday
- Do not give any personal information over the phone
- Keep your identifying information like social security card in a secure locked place
- Do not put your trash out way ahead of pick up time
- Do not carry your social security card in your purse or wallet

- Do not give Medicare information out over the phone or through e-mail. To report a Medicare scam call 1-800-Medicare
- Be cautious if a friend or family member starts asking you for small loans, or says they are in a financial bind
- If you assign a power of attorney, make sure it is someone you completely trust and won't take advantage of the opportunity
- Shred all financial statements
- Do not write your passwords down

# National Aging in Place Week

Aging in Place is the idea of supporting Seniors in preparing their homes and their lives to be able to live long, healthy and happy lives right where they want to be: in their own homes, neighborhoods and communities.

The National Aging in Place Council has set aside **October 12-18** as **National Aging in Place Week**.

This special week is a specific time to highlight the benefits of aging in place. The week is focused on educating and highlighting community and home based services that help seniors successfully age in place.

A Better Life Homecare will participate in National Aging in Place Week with a variety of events and activities, including a memory scrap booking

event, and a yard cleaning event for needy seniors.

Scrapbooking is a great activity for seniors, especially those with dementia because it can help jog their memory. It's also a great way for family members to preserve their memories with their loved ones.

For more information check our website:

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

*A Better Life Homecare reduces family stress by promoting independence and providing expertise. We safely support "your life your way" at home and in the community.*

## Caregiver's Corner

by Julie Beaulieu

Your loved one with Alzheimer's disease has a lot of living to do. Help keep the LIFE in the living by participating in activities that are enriching to both of you:

- Simple physical and recreational activities such as taking regular walks along familiar routes help establish routines, work out anxiety and maintain health.
- Social time is important, Keeping the events small and familiar will help your loved one benefit most from the time. Prepare friends and family members to automatically provide helpful cues about names and history together, rather than "testing" your loved one with "who am I?" or "don't you remember me?" challenges.
- Creative activities such as painting, drawing and scrapbooking and participating in cultural events can help your loved one take advantage of natural creativity to express their thoughts and feelings. **I'm Still Here** by John Zeisel is a wonderful resource for helping caregivers maximize use of arts to help family members keep the LIFE in living!
- Have quiet time. Sometimes you don't need to say a word, just sit with each other.
- Task-Related activities will help your loved one continue to contribute. This can be helping prepare a meal, dusting around the house, or folding sheets.
- Consider modifying activities that you and your loved one used to enjoy together.

## What's on your bookshelf?

by Julie Beaulieu

If the books on your bookshelf are starting to gather dust, it may be time to visit your local bookstore or library. Try some of these top rated books in 2009.

**Picking Cotton: Our Memoir of Injustice and Redemption** by Jennifer Thompson-Cannino and Ronald

Cotton. The overturning of Cotton's conviction with DNA calls to question the reliability of eye witness accounts. After Cotton's release from Prison, he and Thompson-Canning form an unlikely alliance and friendship.

**Brooklyn** by Colm Toibin. An account of

a young woman's move from Ireland Brooklyn in the 1950s, and the interesting life journey that comes with the immigration.

**The Strain** by Guillermo Del Toro and Chuck Hogan. The first of a series of three, **The Strain** is the newest twist on vampire sagas.

**American Lion** by Jon Meacham. This is a new biography about President Andrew Jackson

**Local Authors:** Local book fairs are a great way to meet authors from the Tulsa area.

Whatever your book preference is you are sure to find some great books in 2009.

## Did you know?

- The skin on your feet is thicker than it is anywhere else on your body
- The first of the baby boomers will become eligible for Medicare in 2011
- By age 60 most people have lost half of their taste buds
- The adult human ear weighs about 10 ounces
- Your hearing is less sharp if you eat too much
- The lens of an eye continues to grow throughout a person's life

## Be Healthy; Live Long

### How can I be healthier and live longer?

#### A: Focus on fitness.

T-town is loaded with opportunities and supports for senior fitness, including Central Center in Centennial Park. With a grant from the Older Americans Act, Tulsa Parks has teamed up with OU Tulsa to pro-

vide extensive fitness programming for folks over 60. With a quick call to register, you can participate in the following free activities at **Central Center**:

- Personal Training: Tues/Thurs 1 p.m.
- Stability and fitness training: Wed 1 p.m.
- STEPS walking pro-

by Lori Hauge

gram: Mon/Wed 2 p.m.

- Tai Chi Chuan: Fri/Sat 11 a.m.

For a minimal charge, you can participate in these fun, healthy activities:

- Fitness room (open during building hours): \$10 per month
- Zumba: Mon/Wed

5:30; \$25 for 8 classes

- Beginning Yoga: Tues, 5:45, Sat 9 a.m. \$40 for 4 classes or \$70 for 8 classes.
- Square Dancing: Wed 12 p.m.

Call 596-1444 to register for classes or for more information.

## Asparagus with Blue Cheese Sauce: A Taste of Home Recipe

### Ingredients:

- 1/2 lb of fresh asparagus spears
- 2 oz cream cheese, softened
- 3 tbsp. of evaporated milk
- 1/8 tsp. salt

- 1-2 tbsp. crumbled blue cheese

**Directions:** In a small saucepan, cook asparagus in a small amount of water until crisp-tender. Meanwhile, in another saucepan, whisk

cream cheese, milk, and salt over low heat until smooth. Stir in blue cheese and heat through. Drain asparagus and top with sauce.

**Yields:** 2 servings

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



## The Importance of Calorie Intake

by Julie Beaulieu

Does it seem like your waistline is expanding, even if you haven't changed anything about the way you eat? You're probably right!

**As we age, our metabolism slows.** We need to adjust our eating habits and maintain activity levels to avoid gaining weight.

**Every decade we age, we need 10% fewer calories than we did the decade before.** So people in their 70's and up only need about half of the calories that they did when they were in their mid-twenties.

Adjusting our eating habits as we age is even more important if we aren't physically active. Overweight and obesity dramatically in-

creases the risk for heart disease, diabetes, etc. The health care costs of an obese person are \$1400 per year greater than average.

To learn more about nutrition attend some classes. The Central Center offers classes two Wednesdays every month starting on September 16 at 5:30. Upcoming classes include:

- Become a weight loss loser
- Covering the Basics
- Shop and Drop
- Scale Down on Portions
- Eating for Your Heart
- Full on Fiber
- Packing in Nutrients, Not Empty Calories (call 596-1444 for more information)

