



LAKE COUNTY
FLORIDA

the ELDER COUNCIL ledger

Elder Affairs

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The Council FORUM



Have a Healthy, Wealthy 2007

Most people don't think that their health and wealth are related but they are more similar than you think. Think of your health as an investment in yourself. The steps to good health are very similar to the steps to financial security.

1. **Set realistic goals.** You are not going to wake up tomorrow as a millionaire or thirty pounds lighter. Set goals that you can obtain such as saving an extra \$50 a month for two years towards a new refrigerator or losing ten pounds.
2. **Identify small do-able action steps.** Make plans to walk each day for thirty minutes or reduce the number of sodas consumed. Save money and calories by eating out less often.
3. **Identify obstacles and make plans to overcome them.** For example, if you have trouble getting motivated to exercise each day, exercise with a buddy so you can encourage each other. If you have trouble saving money, have a certain amount automatically deducted from your checking account into your savings account.

4. **Put your mind to it and take action.** Don't procrastinate, start today. Put your new health or wealth strategy in action. Monitor your progress as you go along and make changes as needed.

Over-eating and over-spending affect your life. The start of a new year is always a good time to review your eating and spending habits. Small changes can make a difference. Once you are successful with one change, you will feel inspired to set new goals make more changes in your life. It all starts with a single step, make that step today!

Submitted by: Julie England

University of Florida IFAS Lake County Extension

When you are stuck, try this...

Are you stuck on a problem you just can't solve? Do you feel that no matter how you look at it you just can't come up with the answer?

If so, you may feel the need to go over everything you know about the situation—even though you have already done this to the point of exhaustion.

A better idea might be to scrap what you know and start over again. Try to erase what you know and get rid of any assumptions that could be blocking your success. For example, watch some detective shows on television. Inevitable you will come across one where the detective sits down to go over the facts. He usually does not discover a new fact, but discovers instead that his "knowledge" was the problem all along.

When you find yourself stuck in this way, heed the words of Daniel J. Boorstin: "The greatest obstacle to discovery is not ignorance—it is the illusion of knowledge."



FRIDAY, JANUARY 5, 2007

Arthritis Support Group of South Lake Co.

Location: National Training Center
 Address: 1109 Citrus Tower Blvd, Clermont
 Cost: FREE
 Contact Name & Number: Meg King 352.243.2098

WEDNESDAY, JANUARY 10, 2007:

Senior Caregiver Hour

Location: Cooper Memorial Library
 Address: 821 W. Mineola Ave, Clermont
 Cost: FREE
 Contact Name & Number: Lynda Hogans 352.394.4265

THURSDAY, JANUARY 11, 2007:

Genealogy

Location: Astor County Library
 Address: 54905 Alco Road, Astor
 Cost: FREE
 Contact Name & Number: Eric Tommerdahl
 352.759.9913

WEDNESDAY, JANUARY 17, 2007:

"Royal Highlands" Annual Health Fair

Location: Royal Highlands
 Address: 6001 Monarch Blvd., Leesburg
 Time: 11:00 a.m.—1:00 p.m.
 Cost: FREE Open to the Public
 Contact Number: 352.253.3544

THURSDAY, JANUARY 18, 2007:

Elder Affair Coordinating Council Meeting

Location: Community Services Complex Bldg. E
 Address: 1300 Duncan Drive, Tavares
 Time: 9:00 a.m.
 Contact Name & Number: Allison Thall 352.742.6525

TUESDAY, JANUARY 30, 2007

"Pennbrooke Fairways Annual Health Fair

Location: Pennbrook Fairways
 Address: 32403 Countryside Blvd., Leesburg
 Time: 11:00 a.m.—3:00 p.m.
 Cost: FREE Open to the Public
 Contact Number: 352.253.3544

HELP FOR SENIORS WITH ENERGY ASSISTANCE



With the rising costs of utility bills, many older adults and their caregivers often struggle to keep their home warm during the winter and cool during the summer. There are even times when older adults may be temporarily unable to pay utility bills because of unexpected bills or medical costs. Energy assistance is important to all that receive it, but it is critical for the elderly who are more at risk for life threatening illness or death if their home is too cold during the winter or too hot during the summer.

Emergency Home Energy Assistance for the Elderly Program (EHEAEP), is available to assist those seniors who are in an energy related crisis. EHEAEP is federally funded and can pay electricity bills for those with a cut-off or impending cut-off; purchase energy related supplies such as fuel, fans, space heaters, wood, blankets, air conditioners; and repair heating and cooling systems.

To qualify for the program, a household must have at least one person who is 60 years or older with the electricity cut-off or in danger of being cut off or lack energy related supplies. The household must also meet income guidelines by size. Assistance is on a first come first serve basis and the total amount awarded is limited.

If you are in need of energy assistance, please contact the Elder Helpline at 1-800-963-5337. The Elder Helpline is toll free and available Monday to Friday, 8 a.m. to 5 p.m.



DISABILITY ETIQUETTE

(Excerpted from a publication of United Spinal Association)

Tips on Interacting with People with Disabilities

This is the first installment of a 5-part series on how to practice disability etiquette.

The National Organization on Disability reports that more than 54 million Americans have a disability. With that being said you don't have to feel awkward when dealing with a person who has a disability. Below are some basic tips to follow and if you are ever unsure about what to do or say with a person who has a disability, just ask them. Practicing disability etiquette is an easy way to make yourself and people with disabilities feel comfortable.

THE BASICS

ASK BEFORE YOU HELP.

Just because someone has a disability, don't assume she needs help. If the setting is accessible, people with disabilities can usually get around fine. Adults with disabilities want to be treated as independent people. Offer assistance only if the person appears to need it. And if she does want help, ask how before you act.

BE SENSITIVE ABOUT PHYSICAL CONTACT.

Some people with disabilities depend on their arm(s) for balance. Grabbing them—even if your intention is to assist—could knock the person off balance. Avoid patting a person on the head or touching his wheelchair, scooter or cane. People with disabilities consider their equipment part of their personal space. *Continued on page 4...*

Some Oxymoronic Fun...



An oxymoron is a combination of words that seem contradictory or incongruous, cruel kindness, for example. Here is a list of some more modern oxymorons as they appeared in *The Giant Book of Jokes*, edited by Dave Phillips.

- Postal Service
- Act naturally
- Bankrupt millionaire
- Microsoft Works
- Holy war
- Minor disaster
- Military intelligence
- Beginning Finnish
- American beer
- New classic
- Original copies
- Deafening silence
- Great depression
- Genuine imitation
- Athletic scholarship
- Pretty ugly
- Gov't organization
- Student teacher
- Old news
- Working holiday
- Exact estimate
- Singles club
- Head butt
- Tax return
- Hot chili
- Airline food
- Virtual reality
- Soft rock
- Auto pilot
- Art student
- Near miss
- Fun run
- Living dead
- Civil war
- Good grief
- Death benefits
- Free trade
- Crash landing
- Now then
- Peace force
- Sweet sorrow
- Alone together
- Tight slacks
- Healthy Tan

HO HO HO...



Man invented language to satisfy his deep need to complain.—Lilly Tomlin

I cook with wine, sometimes I even add it to the food.—W.C. Fields

Disability Etiquette

Continued from page 3

THINK BEFORE YOU SPEAK.

Always speak directly to the person with a disability, not to his companion, aide or sign language interpreter. Making small talk with a person who has a disability is great; just talk to him as you would with anyone else. Respect his privacy. If you ask about his disability, he may feel like you are treating him as a disability, not as a human being. (However, many people with disabilities are comfortable with children’s natural curiosity and do not mind if a child asks them questions.)

DON’T MAKE ASSUMPTIONS.

People with disabilities are the best judge of what they can or cannot do. Don’t make decisions for them about participating in any activity. Depending on the situation, it could be a violation of the ADA to exclude people because of a presumption about their limitations.

RESPOND GRACIOUSLY TO REQUESTS.

When people who have a disability ask for an accommodation at your business, it is not a complaint. It shows they feel comfortable enough in your establishment to ask for what they need. And if they get a positive response, they will probably come back again and tell their friends about the good services they received.

TERMINOLOGY TIPS

PUT THE PERSON FIRST.

Say “person with a disability” rather than “disabled person.” Say “people with disabilities” rather than “the disabled.”

Avoid outdated terms like “handicapped” or “crippled.”

Say “wheelchair user,” rather than “confined to a wheelchair” or “wheelchair bound.”

With a disability, avoid negative, disempowering words, like “victim” or “sufferer.”

It's Time For...

BrainAEROBICS



DOCTOR’S VOCABULARY

Matching: Find the matching, “flexible” definition for each of the doctor’s vocabulary terms. Since these are rather unusual definitions, this exercise requires a bit of stretch. (Answers below)

- | | | |
|--------------------|-------|---------------------------------------|
| 1. ARTERY | _____ | A. Where Washington is |
| 2. BACTERIA | _____ | B. Baseball between teams of soldiers |
| 3. BARIUM | _____ | C. A fatherhood test |
| 4. CESAREAN SECION | _____ | D. The study of paintings |
| 5. CAT SCAN | _____ | E. Not a friend |
| 6. CAUTERIZE | _____ | F. A small lie |
| 7. COMA | _____ | G. Made eye contact with her |
| 8. D & C | _____ | H. A neighborhood in Rome |
| 9. DILATE | _____ | I. Getting hurt at work |
| 10. ENEMA | _____ | J. A higher offer than I bid |
| 11. FIBULA | _____ | K. To live long |
| 12. GENITAL | _____ | L. Searching for Kitty |
| 13. MEDICAL STAFF | _____ | M. A Punctuation Mark |
| 14. LABOR PAIN | _____ | N. A Doctor’s cane |
| 15. G.I.SERIES | _____ | O. What doctors do when patients die |
| 16. IMPOTENT | _____ | P. Cheaper than day rates |
| 17. MORBID | _____ | Q. Distinguished, well known |
| 18. NITRATES | _____ | R. Back door to the cafeteria |
| 19. OUTPATIENT | _____ | S. A non-Jewish person |
| 20. PAP SMEAR | _____ | T. A person who fainted |

FEEDBACK

Your feedback is very important. If you have any suggestions for future articles or if there is any information you would like to see included in your newsletter please let me know. I can be reached at 352.742.6525 or athall@lakecountyfl.gov. Thank you.
Allison Thall
Elder Affairs Director

I.D.2.R.3.O.4.H.5.L.6.G.7.M.8.A.9.K.10.E.11.F.12.S.13. N.14.I.15.B.16.Q.17.J.18.P.19.T.20.C