

Elderly Hit Hardest by Hypothermia in Missouri

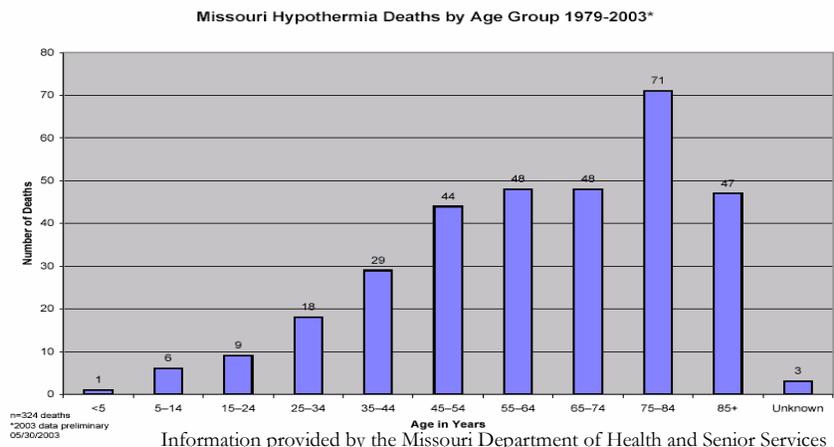
It's the time of year when thermostats go up, blankets come out, and Missourians start to dream about warmer weather. As the temperatures drop, staying warm can become a challenge. Exposure to cold temperatures, whether inside or outside, can cause serious, and even life threatening health problems...especially to the elderly.

In Missouri, 371 people have died of hypothermia since 1979. 51% were age 65 years or older. The assumption that the majority of the elderly die due to exposure inside because they are trying to reduce expenditures doesn't hold true in Missouri. Among those aged 65 and older in Missouri the majority of deaths occurred outside. 61% had apparently wandered outside their homes, or were walking or working outside.

When you're outside in the cold weather, dress warmly and stay dry, avoid exertion, and avoid walking on the ice as much as you can. Use rock salt, sand or other chemical de-icers on your walkways. Also keep an eye out for hypothermia symptoms: stumbles, mumbles, fumbles, and grumbles. If you, or someone you know exhibits these signs get medical attention...immediately. Keep the person warm, and dry. Use blankets, coats, towels or whatever is handy. If you begin rubbing the arms and legs to generate warmth, remember be gentle...an older person's skin may be easily damaged.

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Coordinator's Corner



Hi Friends,

The purpose of the Healthy Aging newsletter is to raise awareness and insight, and promote action as it relates to improving the quality of your health and life. The way to maintain good health is the same for all us...take an active role in your life and your health. With better knowledge you can go a long way toward being happy and healthy. One way **we** can help is to provide information to help you on your way...look for helpful tips in this issue.

The 10th Annual Missouri Institute on Minority Aging (M.I.M.A.) has been scheduled. The Institute will be held on the Lincoln University campus August 4th and 5th. Some of the scheduled presentations include Improving the quality of life, Improving the quality of your health, and Heart Disease. There will be more information on M.I.M.A. in the next issue of the Healthy Aging newsletter, but we wanted to give you the chance to mark your calendars. Remember August 4 and 5, 2005.

Wishing you all good health,

DEBORAH

Please cut along the dotted line and post next to your telephone

Kitty litter is another alternative de-icing material you can spread on sidewalks or driveways.

Emergency Phone Numbers



Police Phone Number: _____

Sheriffs Phone Number: _____

Fire Department Phone Number: _____

Hospital Emergency Room

Phone Number: _____

Doctor _____

Phone Number: _____

Utility Company

Phone Number: _____



Staff Spotlight

Krishonda McCoy is glad that she gets to do the kind of work she was trained to do. Krishonda is the secretary for the Lincoln University Cooperative Extension/Paula J. Carter Center on Minority Health and Aging. Fresh from her graduation from the Metro Business College, with her Associates Degree as a Business Computer Specialist, Krishonda began working at the Center last September. Part of her duties included producing the Healthy Aging newsletter.

Krishonda moved to Jefferson City with her family from Gary, Indiana when she was 7. Since her graduation from Jefferson City High School in 1998, she has lived in St. Louis, the Washington D.C. area, and mid-Missouri.

Eventually, she would like to open a catering business or become a personal chef. Krishonda enjoys making Chinese food, or experimenting with traditional dishes. When she's not in the kitchen cooking, Krishonda spends time with her pride and joy, her daughter Jazzlyn Johnson, soon to be 1. She also enjoys playing cards and pool, and considers herself to be somewhere between a beginner and an intermediate player.

We're glad to have Krishonda as our first contact for the public with the LUCE/PJCCMHA program.

Don't let a cozy candle-lit romantic evening go bad. Just before you go to bed...make sure all candles have been blown out.



Don't Let The Winter Blues Beat You



Almost everyone looks forward to the holiday season, but for some, the time from about Thanksgiving to Valentines Day brings about the “blues”. According to some studies, six percent of Americans suffer from Seasonal Affective Disorder (SAD), and another 10 to 20 percent may suffer from a milder form of the illness.

Symptoms of SAD include difficulty in sleeping, changes in eating habits, lack of energy, irritability, and a lack of interest in social interactions. In most cases, the feelings are less severe than clinical depression. In fact, not much is really known about SAD.

The conditions are believed to be tied to sunlight. Melatonin is a chemical produced by the brain, only at night. When daylight reaches the eye, production of melatonin stops, therefore the body increases production when the days become shorter, and the amount of darkness increases.

In mild cases of SAD, you can increase your exposure to the sun. To help relieve some of the symptoms, take a walk outside, or arrange your furniture so that you are exposed to a window during the day. New studies are also looking into dietary answers. Try a high carb diet, or if you need to stay away from carbs, try a high protein diet.

There is also “light therapy” with a specialized lamp.

If you feel the stress of the holidays is still with you, don't be afraid to ask for help.

Don't let the blues beat YOU!

Be careful walking outside. Even a short trip to the mailbox can end up as a long trip to the emergency room. Walk slowly and carefully, look for ice, and take your time.

Food Suggestions for a High Carb Diet

- Breakfast: English muffin, Whole Wheat Toast, Oatmeal, Orange Juice
- Lunch: Vegetables, Fruits, Rice
- Dinner: Baked Potato, Vegetables, Fruits

Food Suggestions for a High Protein Diet

- Breakfast: Egg White Omelet, Whole Wheat Toast
- Lunch: Turkey Sandwich on Whole Wheat Bread
- Dinner: Pasta, Vegetables



Before you begin a high carb, or high protein diet please consult your physician

The Missouri Public Service Commission

Informed Consumers, Quality Utility Services, and a Dedicated Organization for Missourians in the 21st Century

ENERGY ASSISTANCE



If you received a shut-off notice from your utility company, please do not ignore it! Call your utility to see if you can work out a payment plan. Many utility companies have assistance programs available for its customers.

If you are unable to resolve the problem after contacting your utility provider, please contact the Missouri Public Service Commission at 1-800-392-4211.

LOW INCOME HOME ENERGY ASSISTANCE PROGRAM

The Low Income Home Energy Assistance Program (LIHEAP) is a federally-funded program to help eligible low income households meet their home **heating** and/or **cooling** needs.

The availability of LIHEAP assistance is not guaranteed. Applications are accepted in Community Action Agency offices throughout Missouri starting in October. Funds are limited. When applying for LIHEAP funds, you may need the following items:

- Recent copies of your utility bills.
- A recent payroll stub or other proof that shows your current gross income.
- Documentation showing income from Social Security, Unemployment Insurance, Pension Funds, Disability, etc.
- Final Utility Termination Notice (if you've received a shut-off notice from your energy company).
- Proof of present address (e.g., rent receipt, lease or deed, property tax bill).
- Proof of total members living in your household (e.g., birth certificates, school records, etc.). Social Security cards (or numbers) for all persons living in your household.
- Proof of U.S. citizenship or permanent residence.

There are 19 Missouri Community Action Agencies located throughout the state. Each agency has specific service regions. To find an agency that represents your county, please call 573-634-2969 or visit www.communityaction.org/CAAServiceAreas.htm

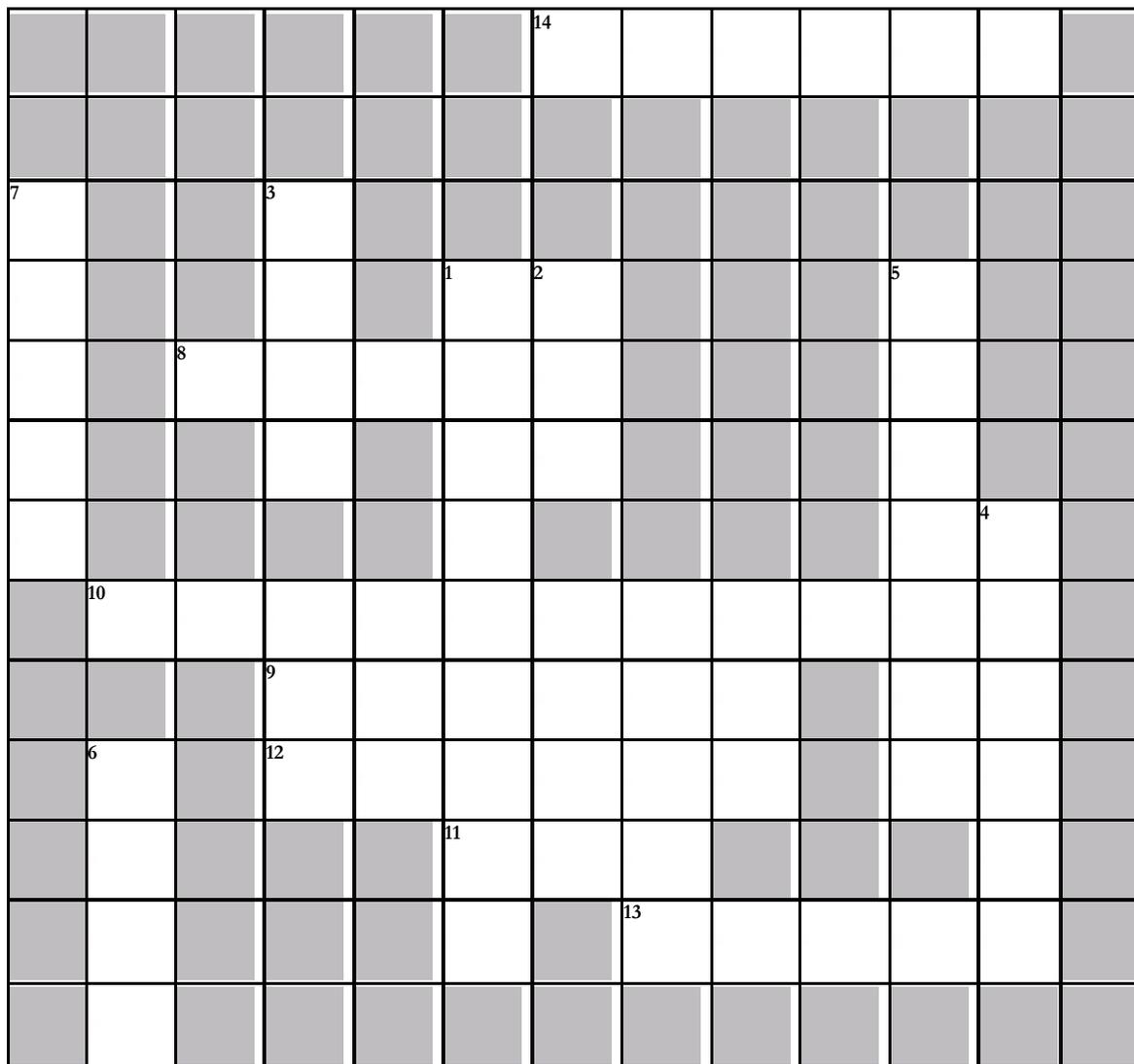


Created in 1913, the Missouri Public Service Commission (PSC) regulates over 1,000 investor-owned telecommunications, water and sewer, natural gas, electric and steam utilities. The PSC works to ensure that Missouri citizens receive safe, reliable and reasonably priced utility services. If you have an inquiry, billing question or service-related problem that your utility provider cannot answer, please call the PSC at 1-800-392-4211 or visit our website at www.psc.mo.gov

12/04

CROSSWORD PUZZLE

All answers can be found in this edition of the Healthy Aging Newsletter



Down

- 1. Chemical produced by the body as you sleep
- 2. A place to call for energy assistance
- 3. Used to get rid of ice
- 4. How to dress in winter
- 5. High _____ diet helps curb S.A.D.
- 6. Frosty the _____ man
- 7. One treatment for S.A.D. (2 words)

Across

- 8. S.A.D., the winter _____
- 9. Item used to clean a sidewalk
- 10. A dangerous physical condition when it's cold outside
- 11. Frozen water
- 12. One of the four seasons
- 13. Krishonda _____
- 14. The Paula J. _____ Center for Minority Health and Aging



When its cold outside, more people stay inside. Take a few moments to check on how your friends are.





The LUCE/PJCCMHA is Here to Help

The Paula J. Carter Center on Minority Health and Aging, a service offered through Lincoln University Cooperative Extension, was established to help make life better for all Missourians.

Our Mission is to provide leadership in addressing the health, social, and psychological needs of Missouri's minority, disabled and elderly populations. The Center offers education, research, policy analysis and the use of technology as strategic tools to meet this goals.

We have information concerning arthritis, cancer, diabetes, healthy eating, heart disease, and many other topics. This information focuses on specific health concerns of people who are African American, Asian/Pacific Islander American, Hispanic/Latino American, or Native American.

Some material is available in Spanish.

We would be happy to talk with you and send you information about your concerns. Call us at (573) 681-5530, or write us at:

Lincoln University Cooperative Extension
Paula J. Carter Center on Minority Health and Aging
215 Allen Hall, P.O. Box 29
Jefferson City, MO 65102



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