

# HEALTHY AGING

Summer 2005

***Take Control  
Of Your Life***

A publication of

*Lincoln University Cooperative Extension*

**Paula J. Carter Center on Minority Health and Aging**

## **Paula J. Carter Center and Salvation Army Work Together for YOU!**

The Salvation Army in Jefferson City provides assistance to low-income individuals and families in crises. It also operates a homeless shelter and offers emergency food, clothing, medicine, rent and utility assistance, counseling and referrals. Recently, through a partnership with the LUCE Paula J. Carter Center on Minority Health and Aging, the Salvation Army has added health programs to its services. Cole County Outreach Worker for the Paula J. Carter Center, Shirmere Singleton, and Research Assistant, Deborah Jenkins have been serving as instructors in a variety of health related subjects ranging from substance abuse and smoking cessation to high blood pressure. The classes are part of the Improving Access to Healthcare for Missouri's Underserved Minority Seniors (IAHMUMS) program the Center offers. Outreach Workers provide the information, arrange the health screenings, and work through Centers like the Salvation Army or even through home visits. The IAHMUMS program focuses on Callaway, Cole, Moniteau, Pemiscot Counties, and St. Louis City. Ollie Hall is the Outreach Worker for St. Louis City.



Her telephone number is (314) 867-4915.

Sandra Jones is the Outreach Worker for Pemiscot County (the Bootheel). Her telephone number is (573) 931-1232. Shirmere Singleton is the Cole County Outreach Worker, she can be contacted at the Paula J Carter Center, (573) 681-5530. If you are interested in participating in health education activities, or you know of a senior group that would be interested, please call the Outreach Workers nearest you. The IAHMUMS program is free to all participants.



*Deborah Jenkins sets up for a class at the Jefferson City Salvation Army*

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## *From the desk of Treaka Young...*

This particular issue of the Healthy Aging Newsletter is all about you...literally. It's about what you can do to have an impact on your own life. There are topics ranging from health issues, programs and needed services that we are offering through the Paula J. Carter Center on Minority Health and Aging. The changes you make may improve the quality of your life. It may mean learning new skills to make yourself the best you can be. In these days it's also important to know what changes are going on with insurance and healthcare. Our role is to help you solve your health issues by pointing you in the right direction. In the end though it really is about you, and what you can do by yourself, for yourself.



*Treaka*

### Remembering Your Service



If you're a veteran that served in the United States military...are you aware of all the benefits that you deserve? If not, you are invited to the Missouri Veteran's Commission's Supermarket

of Veteran's benefits. The "supermarkets" are being offered across the state, and are free. Veterans can get information on VA pensions and compensation benefits, education, employment opportunities, housing, and health screenings like the ones the Paula J. Carter Center on Minority Health and Aging offers. Far too many veterans are unaware of the benefits they have earned as they served our country. This program is a way to get that information out to Missouri's Veterans.

For information on a veteran's supermarket in your area, contact the Missouri Veteran's Commission, (573) 522-1411...or visit them on the internet: <http://www.mvc.dps.mo.gov/Supermarkets.htm>



## Stay fit NOT fat!

Over 25 percent of Americans over 50 are considered obese. The number of people between 65 and 74 that are just overweight also increased, from 57 percent in 1980 to 73 percent in 2002. While recent studies show that older Americans are in better physical condition than ever, improving the quantity of their life, the additional weight is having a negative impact on the quality of their life. That weight can place stress on the joints, the heart, and the spine. It can aggravate hypertension, diabetes, or other health conditions. As people age, their caloric needs go down, specifically after 50. Those extra calories turn to fat. At the same time as the need for calories declines, so does metabolism. The best way to counter the decline in metabolism is to cut calories. Most of us don't do that. It is important for seniors to eat the right foods. Replace those high calorie sweets and snacks with fruits and vegetables. Physical activity is important as well. Walking 15 to 20 minutes every day will help keep the weight off. The exercise can also help the body fight chronic diseases like diabetes, heart diseases, and high blood pressure. Take a walk.



### Some Handy Resources For You!

Mo Veteran's Commission. 1-573-522-1411 [www.mvc.dps.mo.gov/Supermarkets.htm](http://www.mvc.dps.mo.gov/Supermarkets.htm)

Medicare 1-800-633-4227 [www.medicare.gov](http://www.medicare.gov)



Paula J. Carter Center - 1-573-681-5530 [www.luce.lincolnu.edu/pjccmba.htm](http://www.luce.lincolnu.edu/pjccmba.htm)

Mo Dept. of Health/Sr. Services 1-573-751-6400 [www.dhss.mo.gov](http://www.dhss.mo.gov)

Medline Plus: [www.medlineplus.gov](http://www.medlineplus.gov)



## Changes In Prescription Drug Plans May Affect You

Starting January 1, 2006 -



Medicare will soon be offering insurance coverage for prescription drugs through Medicare prescription drug plans. Insurance companies and other private companies will work with Medicare to offer these plans. These plans will help you save money on your prescription drug costs. Medical practice has come to rely more and more on new drug therapies to treat chronic conditions and out-of-pocket spending on drugs has increased dramatically. In order to get this prescription coverage, you must choose and enroll in a Medicare prescription drug plan that meets your needs. Here's how you can get ready to take advantage of this new option.

If you don't use a lot of prescription drugs now, you still should consider joining. As we age, most people need prescription drugs to stay healthy. For most people, joining now means you will pay a lower monthly premium than if you wait to join until later.

### When can I get more information?

Detailed information about Medicare prescription drug plans in your area will be available in the fall of 2005. Throughout 2005, Medicare will provide general information to help you get ready, including how to choose and join a plan that meets your needs. **In the fall of 2005,**

- \*you will get the "Medicare & You 2006" handbook in the mail. It will list the Medicare prescription drug plans available in your area.
- \*you will be able to get free personalized information at [www.medicare.gov](http://www.medicare.gov) on the web, or by calling 1-800-MEDICARE (1-800-633-4227) to help you choose the plan that meets your needs.
- \*you can get free personalized counseling from your State Health Insurance Assistance Program (SHIP), and other local and community-based organizations.

1-800-MEDICARE to get the telephone number of the SHIP nearest you.
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## Juneteenth Commemoration

Several hundred people attended the Jefferson City Juneteenth Celebration. The commemoration was held June 19<sup>th</sup>, at the Jefferson City Community Center. Among the band, and the exhibits for kids, representatives from the Paula J. Carter Center on Minority Health and Aging could be found talking to participants. Juneteenth commemorates the arrival of Union soldiers in Galveston, Texas, on June 19<sup>th</sup>, 1865, to enforce the Emancipation Proclamation.



*Outreach Worker, Shirmire Singleton (L) and Research Assistant, Deborah Jenkins (R) stay out of the sun as they represent the Paula J. Carter Center on Minority Health at the Jefferson City Juneteenth Celebration.*



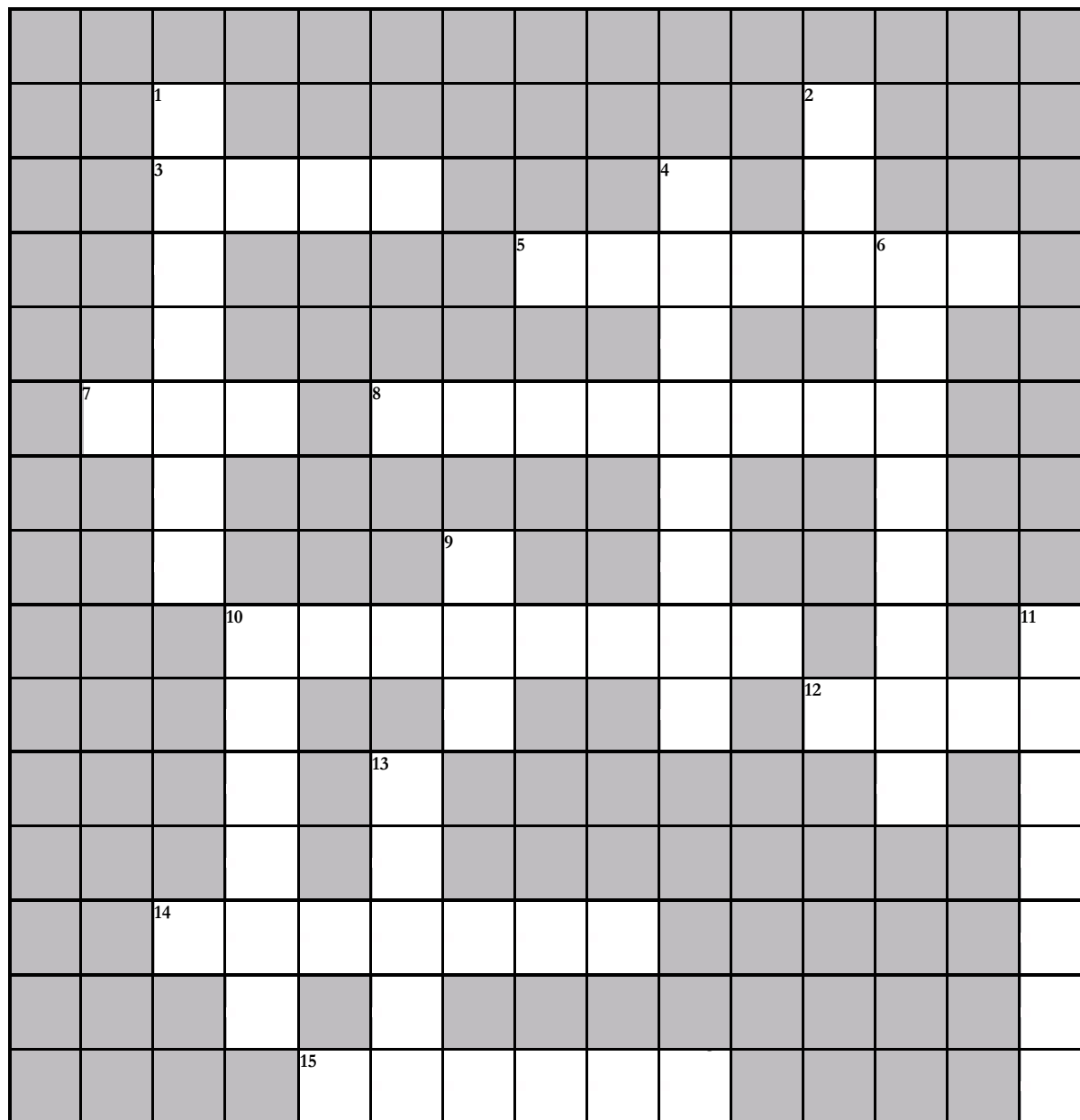
*Outreach Worker, Ollie Hall (L) poses with Coordinator, Treka Young at the St. Louis Urban Impact Center Grand Opening*

## New St. Louis Office To Serve You Better

Lincoln University Cooperative Research and Extension has opened the St. Louis Urban Impact Center. The official dedication took place June 17, as about 80 people attended the grand opening. The Center will offer community support and education programs, including the Paula J. Carter Center on Minority Health Community Outreach Worker, Ollie Hall. The Center is located at 9041 Riverview Drive, in the north part of St. Louis. If you are interested in participating in Paula J. Carter Center programs, you can call Ollie Hall at (314) 867-4915.

## ***CROSSWORD PUZZLE***

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



### **Down**

1. Month Medicare changes begin
2. Who should be in control of your life
4. \_\_\_\_\_ Singleton, Outreach Worker
6. The Show Me State
9. A possible stroke indicator
10. Veteran's Super \_\_\_\_\_ on benefits
11. \_\_\_\_\_ Jenkins, Research Assistant
13. 25% or people over 50 are \_\_\_\_\_

### **Across**

3. The Salvation \_\_\_\_\_
5. A great Paula J Carter Center program (initials)
7. Fit NOT \_\_\_\_\_
8. Cut these to control weight
10. Federal program about to undergo changes
12. Cost of Paula J Carter Center programs
14. Served our Country
15. Paula J. Carter \_\_\_\_\_

## Possible Stroke Indicator

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New information is showing that transient ischemic attacks, or TIAs are strong predictors of subsequent strokes, and maybe even death. Within three months of suffering a TIA, also known as a “mini-stroke”, more than 14 percent of the people followed suffered a major stroke. Up until this recent study in Ohio, the only recent study of TIAs was conducted in Rochester, Minnesota, where there is only a 1 percent African American population...compared with the 13 percent nationwide. The new study is more representative of all races. The overall rate of TIAs was 83 per 100,000 population. Blacks, and men, had a significantly higher rate than whites and women. The risk of stroke after TIA was almost 15 percent at 3 months, rising to 17 percent by 6 months. The highest risk of stroke after TIA is within 2 days. Age, race, and sex were not associated with the recurrence of TIA or stroke, but age was associated with a higher mortality rate.



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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 goal.

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.**



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***Visit our Website at:***

[www.luce.lincolnu.edu/PJCCMHA.htm](http://www.luce.lincolnu.edu/PJCCMHA.htm)

The newsletter is also available online  
at our website



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