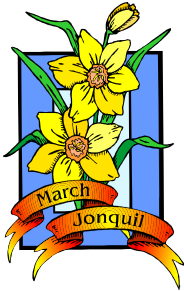


Helping Hands

March
2011



Caregiver Advisory Services

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A Monthly Newsletter for Family Caregivers
and
Grandparents Raising Grandchildren

American Diabetes Alert Day March 25, 2011

The number of American adults treated for diabetes more than doubled between 1996 and 2007, rising from about 9 million to 19 million, says a federal government report released January 5, 2011.

By age groups, the number of adults treated for diabetes increased from 4.3 million to 8 million among people 65 and older, reported the latest *News and Numbers* from the agency for Healthcare Research and Quality.

Diabetes comes in two forms: type 1, an autoimmune disorder in which patients lack the insulin-producing cells needed to control blood sugar; and type 2, often related to obesity, where cells gradually lose their sensitivity to insulin. Over 95 percent of diabetes cases are of the type 2 variety.

According to Dr. Christine Resta of the division of endocrinology at Maimonides Medical Center, New York City, "Part of this rise is increased detection--patients are being evaluated and tested sooner and more often. But part of it is a real increase in the rates."

Resta is sure of one culprit behind the soaring numbers of American diabetics. "The percentage of U.S. adults who are overweight or obese has also risen dramatically, and there is no doubt that rising rates of obesity are linked to the rising rates of diabetes.

If you can connect to the internet, paste this link in your browser and take the diabetes risk-assessment from the American Diabetes Association:

<http://www.diabetes.org/diabetes-basics/prevention/diabetes-risk-test/>



Are you or someone you know being mistreated or abused?

If the person being mistreated is 60 years old or older call:
1-815-432-5395

If the person being mistreated is 18 years of age or younger call:
1-800-252-2873

If the person being mistreated is between the ages of 19-59 call your local
Law Enforcement Agency



If you are raising your grandchildren and know or suspect that they have been exposed to violence, there are certain behaviors you may notice in your grandchild. These behaviors may be different from what you experienced when raising your own children, or they may be more intense. You can help your grandchild, and yourself, by practicing these simple strategies. If your grandchild receives counseling through school or other social service agency, it is always a good idea to mention any unusual behaviors to the child's counselor.

Grandparents

Raising

Grandchildren



In this issue of ***Helping Hands***, we will explore how children between the ages of **12 to 18** years old might react after witnessing a violent event. The event might have happened only once, or it may be that they have witnessed many different events over a period of time. Even if a few years have passed, the child may still show these signs.

What to Look For

The teen complains about being tired. He thinks about the event all the time. She becomes rebellious or wants to seek revenge. She stops caring about how she looks. He skips school. She may become violent to get what she wants. He drinks or uses drugs. She talks about dying. He spends more time away from home. She likes to do risky things: driving too fast or jumping from high places. He ignores you or changes the subject when you talk.

How You Can Help

Reach out to teens by asking, in private, "is something bothering you?" Expect some difficult behavior but set firm limits. Respond calmly. Reflect his feelings to show you understand, "It sounds like you really hated Dad when he was hitting Mom." Enroll them in programs that teach conflict resolution skills. Plan with them to keep busy in positive ways, such as sports, music, art or drama. Encourage them to volunteer for activities that help others, such as stocking a local food pantry, picking up litter in a park, or doing yard work for a neighbor.

"Unless someone like you cares a whole awful lot, nothing's going to get better. It's not." ~ Dr. Seuss



Saint Patty's Cake

1 package white cake mix ~ 3 eggs ~ 3/4 cup vegetable oil ~ 1 cup black walnuts or toasted pecans ~ 1 cup lemon-lime flavored soda ~ 2 (3 ounce) packages instant pistachio pudding mix ~ 2 cup frozen whipped topping, thawed ~ 1 cup cold milk ~ Optional: 1 small can of drained crushed pineapple (mix in the cake or the frosting).

Directions

1. Combine cake mix, eggs, oil, soda drink and 1 box pistachio pudding. Pour batter into a greased and floured 13 x 9 inch pan.
2. Bake at 350 degrees F (175 degrees C) for 30 to 40 minutes, or until a toothpick inserted into cake comes out clean. Cool completely.
3. While cake is baking, mix 1 box pistachio pudding, whipped topping, and milk. Chill. Ice cooled cake with chilled frosting. Keep refrigerated.



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www.facebook.com/home.php#!/pages/Ford-Iroquois-Public-Health-Department-fiphd/153622388016389

Senior Swindles:

Beware of These 4 Come-ons

By Richard Eisenberg, USA Weekend

A striking 20% of Americans over 65 have been victims of financial scams, according to the *Investor Protection Trust*. Some people, frustrated by low CD rates, are getting reeled into schemes promising high returns. Others fall prey to telemarketing, internet and direct-mail solicitations.

What to watch out for:

Free Seminar Lunch! This solicitation is generally a ruse to sign you up for “low risk” investments that will enrich only the seminar leader.

Help Me, Grandma! Someone phones claiming to be your grandchild, needing money after an accident or an arrest. “Ask a question your grandchild could answer, like his school name,” says Alison Southwick, of the Council of Better Business Bureaus.

Take a Trip on Us! Ignore pitches for pricey time-shares.

You’re a Winner! But first, you need to wire cash for taxes or fees. “You never pay money to win a legitimate sweepstakes,” Southwick says.



Check out the free Risk Meter and Scam Meter tools at www.saveandinvest.org/55Plus.

The Truth About Health Myths

By Jennifer Tung, Shine from Yahoo

You Shouldn’t Cut Off the Bread’s Crust. It’s Full of Vitamins The truth is, in a 2002 German study, researchers found that the baking process produces a novel type of cancer-fighting anti-oxidant in bread that is eight times more abundant in the crust than in the crumb.

If You Go Out With Wet Hair, You’ll Catch a Cold The truth is, you will feel cold but will be just fine healthwise, says Jim Sears, co-host of the daytime TV show *The Doctors*, “Feeling cold doesn’t affect your immune system.

You Should Feed a Cold and Starve a Fever The truth is, in both cases, eat and drink, then drink some more. “Staying hydrated is the most important thing to do, says Dr. Sears.

Gum Stays in Your Stomach for Seven Years Fluids carry gum through the intestinal tract and it passes within days.

An Apple a Day Keeps the Doctor Away Eating a variety of fruits and vegetables is important to prevent many chronic illnesses. Blueberries keep the doctor away more effectively than apples. They are a nutritional jackpot, rich in anti-oxidants and fiber.

To Get Rid of Hiccups Have Someone Startle You The truth is, most home remedies like holding your breath or drinking from a glass of water backward haven’t been proven effective. You can try this trick: swallow one teaspoon of white, granulated sugar. This tactic stopped hiccups in 19 out of 20 afflicted patients. Sweet.

Caregivers and Grandparents Raising Grandchildren Support Group Meeting

Will meet on **Tuesday, March 8, 2011 at 1:30 PM** at the Watseka Office 114 N Third Street
Call Marcia to reserve your seats 815-432-2483



*It's Paczki Day! ~ Refreshments will be served ~ It's Mardi Gras!
Find out what Paczki is all about...*



YOUR HEALTH & THE TELEVISION

Do you find yourself serving your family more meals in front of the television set? We all like to catch a favorite program while eating pizza or a sandwich, but when it becomes a habit rather than a treat, here are some things to consider. Eating in front of the tv usually means you are eating less nutritious food and missing out on the social aspects of dining together as a family.

Several recent studies have linked obesity with prolonged tv watching. For women, every two hours of viewing time can increase your risk of obesity by 23% and your risk of Type II diabetes by 14%, according to an analysis done on data from the Nurses' Health Study in 2003.

We tend to serve and eat fewer vegetables, calcium rich-foods and grains if we eat in front of the big screen, and then wash it down with pop. If we sit down at the table, we tend to eat more slowly and consume less food. Whether our family is composed of two people or twenty, we can benefit from interacting during a family meal if our attention is on each other instead of The Tube. Our relationships are strengthened and we connect better emotionally.

David Burley, Ph.D., assistant professor of sociology at Southeastern Louisiana University, says "If we turn off the tv, we can engage others and pay attention to our food. It gets closer to what we all claim our values to be."





Frank Sinatra's "Pallies" Trivia Quiz by funtrivia.com

1. This pianist accompanied Frank for many years. He is better known by his nickname, Suntan Charley.
A. Sammy Cahn B. Charlie Brown C. Jimmy Van Heusen D. Bill Miller
2. This comic actor was reportedly the man who introduced Frank to his favorite drink, Jack Daniels. While out of work in the mid-40's, they racked up big bar tabs at Toot's Schorr's.
A. Bob Hope B. Phil Silvers C. Sid Ceaser D. Jackie Gleason
3. He was both Frank's friend and idol, but that didn't stop Frank from courting his widow after this actor died of cancer on January 14, 1957.
A. William Powell B. Zeppo Marz C. Humphrey Bogart D. James Cagney
4. This fellow crooner sang and danced with Frank in two hit films. Who is this silky-voiced pally?
A. Tony Bennet B. Bing Crosby C. Dean Martin D. Vic Damone
5. This suave British actor was exiled from Frank's circle of friends just for delivering the bad news that JFK would not be coming to visit Frank's Palm Springs home.
A. Rex Harrison B. Peter Sellars C. Peter O'Toole D. Peter Lawford
6. This comic spent many an afternoon with Frank in the Sands' steamroom recovering from a long night of drinking. This fringe member of The Rat Pack was given a robe that simply read "RHINO".
A. Don Rickles B. Joey Bishop C. Rodney Dangerfield D. Joe E. Lewis
7. This singer's mother was a true friend to Frank until her death in the 1960's. Who is this diva with the world famous mother?
A. Liza Minnelli B. Edie Gorme C. Barbara Streisand D. Dinah Shore
8. This one-eyed friend was Frank's best pal in later years. Tragically this man was killed by a drunk driver in 1992 on his 75th birthday.
A. Sammy Davis Jr. B. Jilly Rizzo C. Hank Cattaneo D. Tyrone Power
9. This pally's robe at The Sands simply said "Smokey".
A. Dean Martin B. Sammy Davis Jr. C. Peter Lawford D. Joey Bishop
10. This talk show host and entrepreneur was often a dinner guest of Frank & Barbara Sinatra in their later years. This is an answer you can gamble on.
A. Merv Griffin B. Jay Leno C. Johnny Carson D. Mike Douglas

1. D - Cahn & Van Heusen helped write many of Frank's greatest hits but it was his piano player who was his silent partner. 2. D - This was in the days before Gleason hit it big & Frank's career was in a temporary decline. 3. C - It was Bogart's tight-knit group of friends that was the original Rat Pack. Zeppo Marx may sound like a strange option but some Sinatra fans might remember his fourth wife Barbara was once married to the fourth Marx Brother. 4. B - Crosby was another man Frank respected on many levels but Bing's notoriously bad treatment of his children kept Frank at a distance. 5. D - Lawford's place in the Rat Pack was based on his relationship with JFK, who Sinatra respected and supported in the 1960 presidential election. 6. A - Rickles was one of the few comedians Frank would go to see on stage. 7. A - Frank tried many times to help her mother, Judy Garland, kick her drug habit. 8. B - I hope you didn't let the one-eye bit fool you. Jilly Rizzo was the owner of Jilly's Restaurant, Frank's favorite haunt in the 1960's. 9. B - Davis had a several pack-a-day cigarette habit. 10. A - Griffin owned an Atlantic City casino, created Wheel of Fortune & Jeopardy.

