

Lee and Russell  
County Nursing  
Homes

Arbor Springs Health  
and Rehabilitation

Canterbury Health  
Care

EAMC Skilled Nursing  
Facility

Oak Park

Parkwood Health Care

Phenix City Health  
Care

Lee and Russell  
County Assisted Living  
Facilities

Azalea Place (ALF)

Cambridge Place  
(SCALF)

Camellia Place  
(SCALF)

Lakewood (ALF)

Magnolia (SCALF)

Morningside (ALF)

Northridge (SCALF)

# Ombudsman News

VOLUME 2 ISSUE 3

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## From the Ombudsman.....

I recently had some routine lab work done that was ordered by my primary physician. As I was waiting to have my blood drawn, I looked over my paperwork and noticed a couple of things that I did not understand. I immediately made note of the questions that I needed to ask the physician at my appointment the following day. I asked the questions and the original answers were kind of vague but I asked follow up questions until I had a clear understanding of what was going on. One of my questions regarded the doctor having my diagnosis as Diabetes Type II as opposed to Type I and another diagnosis that I was not aware of. The doctor explained that the Diabetes Type was a error and the other was so that a particular lab test would be covered by my insurance. I thought about all of the people who do not bother to look at their lab orders. They usually take what their physi-

cian says as law and never question it. Doctors are human and can make mistakes just like anyone else. The difference is their mistakes can be life threatening. It is so important that patients understand their diagnosis and treatment. Some people try but for any number of reasons, they are unable to effectively manage their care. This is where caregivers and family come in. It is important that seniors do not go to doctors' appointments alone. The person that goes with them needs to be someone that can listen to the physician and get a clear understanding of what is needed in order for the patient to be able to effectively manage their health. This quarter's newsletter will include ways to have effective appointments with your physician.



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Please visit our agency website ([www.lrcog.com](http://www.lrcog.com)) regularly to see upcoming events. You may also contact the Ombudsman via email in order to receive event notices and the Ombudsman News electronically.

The Ombudsman is available to speak with any church or civic organizations about any long-term care topics.

Any one interested in volunteering with the Ombudsman program should contact the Ombudsman.

**Maria Davis**

**Long-Term Care Ombudsman**

**LRCOG**

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## Area Agency on Aging

The Lee-Russell Council of Governments Area Agency on Aging is able to provide a number of services to area seniors. The Agency is available to residents of Lee and Russell Counties. Programs available include the following:

SenioRx assists seniors age 55-64 with applying for free medications

offered by pharmaceutical companies.

Senior Centers provide socialization for those seniors able to get out of their homes with minimal assistance.

Home delivered meals provide those who qualify with at least one nutritious meal a day.

Medicaid Waiver program enables persons to remain in their home as

opposed to a long-term care facility.

Ombudsman program advocates for those residing in long-term care facilities.

For additional information on agency programs call the Lee-Russell Council of Governments Area Agency on Aging at (334) 749-5264 or 1(800) AGE-LINE (243-5463).

## Conversations with Christine...



**“ We believe that working together enhances the quality of life for our patients..”**

*“Giving Yourself Permission to Grieve”*  
 Sometimes, I believe, one of the hardest things to do is to give yourself permission to grieve. Part of the reason why many don't allow themselves time to grieve is due to the preconceived notion that we have to be STRONG-strong for our children, strong for our neighbors, strong for our family. In being “strong,” what we fail to realize is that we may be repressing those feelings that those around us need to see. Grief is a real and honest event that we go through and sometimes letting others see our pain, our anguish, our frustrations, and our anger, is the role modeling

that others can benefit from. Giving in to our grief to others, we are giving a gift to not only those around us but to ourselves as well.  
 There is STRENGTH in being in touch with our feelings and it is that strength that will carry us forward in our grief journey.

Christine McIntosh  
 Community Relations Manager  
 Hospice Advantage EAMC & Bethany House  
 Jenny Filush, LPC, M. ED  
 Bereavement Coordinator  
 Hospice Advantage EAMC & Bethany House  
 \*For informational purposes only.



**Stuart Echols,  
 MSW student**

**“Remember we only have one body let us treat it special.”**

## The Things That You Should Know...

Did you know...?

Alzheimer's disease was named after Fr. Alois Alzheimer, a German doctor, in 1906. He discovered abnormal clumps and tangled bundles of fibers in the brain tissue of a woman who died of an unusual mental illness. There are 10 warning signs of Alzheimer's disease that have been identified within the aging population.

- Memory loss that affect job skills
- Difficulty performing familiar tasks
- Problems with language
- Disorientation to time and place
- Poor or decreased judgment
- Problems with abstract thinking
- Misplacing things
- Changes in mood or behavior
- Changes in personality
- Loss of initiative

It is important to remember that a person suffering from Alzheimer's has no control over their actions. We must adjust instead of expecting them to.

## Wellness...

Sleep is important no matter what you age. As a person ages sleep becomes even more important because it helps to improve concentration and memory formation, allows your body to repair any cell damage that occurred during the day, and refreshes your immune system. Older adults

who do not sleep well are more likely to suffer from depression, attention and memory problems, and excessive daytime sleepiness. They are also more likely to suffer nighttime falls, have increased sensitivity to pain, and use more prescription or over-the-counter sleep aids. Sleep dep-

riation also leads to other serious health problems. These problems include risk of cardiovascular disease, diabetes, weight problems, and breast cancer in women.  
 Most adults require between seven and half and nine hours of sleep a night to function at their best.

# Hearty Chicken & Vegetable Chowder...

Prep: 15 minutes

Cook: 45 minutes

Serves: 6

**Ingredients:**

- 1 tablespoon canola oil
- 1 Lg. onion, minced (1C)
- 1 clove garlic, minced
- 1 can (103/4oz) Campbell's Healthy Request Condensed Cream of Celery Soup
- 1 C nonfat milk
- 1 C water

- 2 med red potatoes, diced
- 1 Lg. zucchini, diced
- 1 C whole kernel corn
- 2 C diced cooked chicken
- 2 T chopped fresh parsley

**Directions:**

1. Heat the oil in a 4 quart saucepan over medium high heat. Add the onion and garlic and cook for 2 minutes, stirring occasionally.
2. Stir in soup, milk, and wa-

ter and heat to a boil. Stir in potatoes, zucchini, and corn. Reduce the heat to medium low.

3. Cook for 35 minutes or until potatoes are tender.
4. Stir in chicken and parsley and cook until mixture is hot and bubbling.

*This recipe and more can be found online at [www.Campbellskitchen.com](http://www.Campbellskitchen.com).*

*“Preventing the loss of life and minimizing the damage to property from hurricanes are responsibilities that are shared by all.”*

## Disaster Preparedness...

Flu season is upon us and it is coming in full force and packing a serious punch. The single best way to prevent seasonal flu is to get vaccinated. Practicing other good health habits also go a long way in preventing the spread of the flu virus. These habits include the following:

- Avoid close contact with people who are sick. When you are sick, keep your distance from

others to protect them from getting sick too.

- If possible, stay home when you are sick in order to prevent others from catching your illness.
- Cover your mouth or nose with a tissue or cough or sneeze into your arm. It may prevent those around you from getting sick.

- Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose, and mouth.
- Clean and disinfect frequently touched surfaces at home, work, or school, especially when someone is ill.

## Activities Corner...

A healthy brain is just as important as a healthy body. Below are some brain teasers to help you exercise your brain.

*Name the Cake*

- #1 A cake named after a baseball play
- #2 President Carter's favorite cake
- #3 Integrated cake named after a

stone

#4 Cake that is like a babies

#5 A 10 ounce cake

Answer the following:

1. Who is Kelly Ripa's new co-host? Seth Michaels-Michael Strahan-Regis Philbin-or Anderson Cooper
2. Which actress did not speak at the democratic convention? Kerry Wash-

ington-Natalie Portman-Katie Holmes-Scarlet Johanson

3. Which pop sensation declared her "Artpop" album will be a multi media experience? Lady Gaga-Katy Perry-Britney Spears-Madonna

4. Which movie took total control of the weekend box office? The Bourne Legacy-Lawless-The Expendables- The Possession

*Answers on last page...*



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**The Lee-Russell Council of Governments is pleased to serve and provide assistance and benefits to seniors and their families in Lee and Russell Counties.**

**Our Area Agency on Aging will assess the needs of persons 60 years or older and coordinate programs which improve the quality of life and promote independence.**

**There are no income requirements for participation in most programs.**

**Call our office if you have any questions or concerns.**

## Interesting Facts On Aging...

- You get happier as you get older
- A lousy childhood shortens your life.
- Staying in school lessens the ravages of dementia.
- Soda prematurely ages you.
- Thinking about falling over makes you fall over.
- Good Habits = Good Aging
- By 2020 there will be more than 50 million older Americans.
- Of older persons, over 10% are over 85 years old.
- If anti-aging medications could delay admission to nursing homes by one month, the U.S. Healthcare system would save \$3 BILLION per year.
- The National Institute on Aging recently reported that if the onset of Alzheimer's Disease could be delayed by 5 years, the nation would save \$40 BILLION per year.
- Exercise is the closest thing to an anti-aging pill that exists.
- In the United States, as many as 250,000 deaths per year are attributed in part to lack of regular physical activity.
- At age 70, a person needs 500 fewer calories per day to maintain body weight.
- Most Americans see an increase in blood pressure with age, exercise can control this.
- The body's ability to regulate temperature declines with age.
- Risk of Alzheimer's Disease doubles every five years after age 60.

*Brainteasers Answers:*

*Name the cake*

*#1 Bundt cake; #2 Peanut cake; #3 Marble cake;  
#4 Bottom cake; #5 Pound cake*



*Answer the following:*

1. Michael Strahan
2. Katie Holmes
3. Lady Gaga
4. The Possession