October 2017

ALLEGANY ADVISOR

Helping people, Changing lives
HRDC
Human Resources Development Commission

Add years to your life and life to your years!

HRDC Senior Centers

Cumberland Senior Center
125 Virginia Avenue
Cumberland, MD 21502
301-783-1722
Manager: Rhonda Hardman
Aide: Vacant

Frostburg Senior Center
27 S. Water Street
Frostburg, MD 21532
301-689-5510
301-268-8973 (cell)
Manager: Joyce Shade
Aide: Gloria Whitehead

Georges Creek Senior Center
7 Hanekamp Street
Lonaconing, MD 21539
301-463-6215
301-268-8974 (cell)
Manager: Jeanne Jones
Aide: Frances Wilson

Westernport Senior Center
33 Main Street
Westernport, MD 21562
301-359-9930
301-268-8911 (cell)
Manager: Taylor Preston
Aide: Cathie Lee

If you are unable to reach the center on regular number, please call the cell number listed.

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Suggested Meal Donation $3.75

Birthstone: Opal
Flower: Marigold

Gathering Leaves
by Robert Frost

Spades take up leaves
No better than spoons,
And bags full of leaves
Are light as balloons.

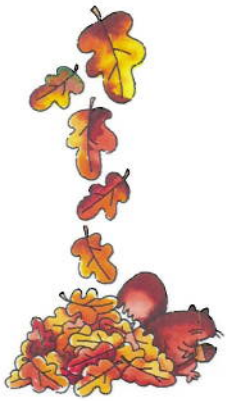
I make a great noise
Of rustling all day
Like rabbit and deer
Running away.

But the mountains I raise
Elude my embrace,
Flowing over my arms
And into my face.

I may load and unload
Again and again
Till I fill the whole shed,
And what have I then?

Next to nothing for weight,
And since they grew duller
From contact with earth,
Next to nothing for color.

Next to nothing for use.
But a crop is a crop,
And who's to say where
The harvest shall stop?



Health Education

HRDC RECOGNIZES NATIONAL BREAST CANCER AWARENESS MONTH

October is National Breast Cancer Awareness Month (NBCAM). Since the program began in 1985, mammography rates have more than doubled for women age 50 and older and breast cancer deaths have declined.

This is exciting progress, but there are still women who do not take advantage of early detection at all and others who do not get screening mammograms and clinical breast exams at regular intervals.

- Women age 65 and older are less likely to get mammograms than younger women, even though breast cancer risk increase with age.
- Hispanic women have fewer mammograms than Caucasian women and African American women.
- Women below poverty level are less likely than women at higher incomes to have had a mammogram within the past two years.
- Mammography use has increased for all groups except American Indians and Alaskan Natives.

The National Breast Cancer Awareness Month program is dedicated to increasing public knowledge about the importance of early detection of breast cancer. Fifteen national public service organizations, professional associations, and government agencies comprise the Board of Sponsors, who work together to ensure that the NBCAM message is heard by thousands of women and their families.

The Breast Cancer Myth: Finding a lump in your breast means you have breast cancer.
The Truth: Only a small percentage of breast lumps turn out to be cancer. But if you discover a persistent lump in your breast or notice any changes in breast tissue, it should never be ignored. It is very important that you see a physician for a clinical breast exam. He or she may possibly order breast imaging studies to determine if this lump is of concern or not. Take charge of your health by performing routine breast self-exams, establishing ongoing communication with your doctor, getting an annual clinical breast exam, and scheduling your routine screening,mammograms.
The Breast Cancer Myth: Men do not get breast cancer; it affects women only.
The Truth: Quite the contrary, each year it is estimated that approximately 2,190 men will be diagnosed with breast cancer and 410 will die. While this percentage is still small, men should also check themselves periodically by doing a breast self-exam while in the shower and reporting any changes to their physicians. Breast cancer in men is usually detected as a hard lump underneath the nipple and areola. Men carry a higher mortality than women do, primarily because awareness among men is less and they are less likely to assume a lump is breast cancer, which can cause a delay in seekingtreatment.
The Breast Cancer Myth: A mammogram can cause breast cancer to spread.
The Truth: A mammogram, or x-ray of the breast, currently remains the gold standard for the early detection of breast cancer. Breast compression while getting a mammogram cannot cause cancer to spread. According to the National Cancer Institute, "The benefits of mammography, however, nearly always outweigh the potential harm from the radiation exposure. Mammograms require very small doses of radiation. The risk of harm from this radiation exposure is extremely low." The standard recommendation is an annual mammographic screening for women beginning at age 40. Base your decision on your physician's recommendation and be sure to discuss any remaining questions or concerns you may have with your physician.
The Breast Cancer Myth: If you have a family history of breast cancer, you are likely to develop breast cancer, too.
The Truth: While women who have a family history of breast cancer are in a higher risk group, most women who have breast cancer have no family history. Statistically only about 10% of individuals diagnosed with breast cancer have a family history of this disease.
If you have a first degree relative with breast cancer: If you have a mother, daughter, or sister who developed breast cancer below the age of 50, you should consider some form of regular diagnostic breast imaging starting 10 years before the age of your relative's diagnosis.
If you have a second degree relative with breast cancer: If you have had a grandmother or aunt who was diagnosed with breast cancer, your risk increases slightly, but it is not in the same risk category as those who have a first degree relative with breast cancer.
If you have multiple generations diagnosed with breast cancer on the same side of the family, or if there are several individuals who are first degree relatives to one another, or several family members diagnosed under age 50, the probability increases that there is a breast cancer gene contributing to the cause of this familial history.
The Breast Cancer Myth: Antiperspirants and deodorants cause breast cancer.
The Truth: Researchers at the National Cancer Institute (NCI) are not aware of any conclusive evidence linking the use of underarm antiperspirants or deodorants and the subsequent development of breast cancer.

Material on this page courtesy of the National Cancer Institute.

What's Happening...

Cumberland

301-783-1722

Oct 5, -11:00am Garden Club Activity
Oct 6-9:00-11:00am Bingo 4 Prizes-wear pink and Receive 2 extra cards
Oct . 7 -**Trip-Springs Folk Festival** Call center for more information
Oct . 11- 11:00am-Speaker: Lisa Moran-Women's health
Oct 13-9:30-11:00 Wheel of Fortune
Oct 14-**Trip-Bedford Fall Foliage**-Call center for more details
Oct 17- 11:00am SPEAKER: Lisa Bohrer Breast Health
Oct 18- 2:00-5:00-Special Bingo 4 Prizes-Call center for details
Oct 23- 8:00-11:00am Bake Sale
Oct 25- 4:00pm-Dinner Trip to Texas Grill House
Oct 27. 2017-9:30-11:00am Trick OR Treat Bingo
Oct 31- 9:00-10:00am- Halloween Party and Visit from HEAD start kids

Frostburg

301-689-5510

Oct 7 – 9:00 a.m. Breakfast Club @ Princess Restaurant; 5:30 p.m. Free Community Dinner sponsored by FSU sorority Alpha Sigma Alpha
Oct 11 - 11:00 a.m. **SPEAKER** Sandy Roland from Community Trust Foundation
Oct 13 – 2:30 p.m. **TRIP** Massage at Allegany College
Oct 14 - 9:00 a.m. Operation Second Chance "Ride Allegany" at Paw Paw Tunnel
Oct 17 - 11:00 a.m. **SPEAKER** Ron Freeman – Diabetic shoes; 3:00 p.m. **TRIP** Dinner Club at Traditions
Oct 20 – 1:00 p.m. Senior Club meeting
Oct 25 – 11a.m. **SPEAKER** Allegany Health Right - Dental Clinics
Oct 26 – 10:00 a.m. Stepping On Workshop; 11:00 a.m. Sweet Treats word find
Oct 27 – 11:00 a.m. Bridge Kids Trick or Treat
Oct 28 – 7:00 p.m. Palace Theatre "The Thing" Cost $5
Oct 30 – 1:00 p.m. Trick or Treat with Head Start children; 4:00 p.m. Meet and Eat at Dennys
Oct 31 - 1:00 p.m. Halloween and Birthday Party!

Georges Creek

301-463-6215

Oct 9- 9:30 am- HRDC Intergenerational Activity-Susan K Westfall Headstart Reading Activity W/Wink Stevenson
Oct 10- 1:00 pm- Blackwater Falls/Dinner at Lodge **Trip**
Oct 11- 11am- **Speaker-** Chelle Broadwater- Breast Cancer
Oct 12- 4pm- Dinner W/Don & Jeanne- **Traditions- Trip**
Oct 17- 9:00 am- Volunteer Recognition Breakfast-
Oct 18- 11am- **Speaker-** Leona McTaggart- Medicare
Oct 20- 9:30 am- Fall Craft Class
Oct 21-9am-Breakfast Club-Chat n Chew **7:45 bus leaving**
Oct 24- 11:00 am- **Speaker-** Sheriff Prescription Disposal;
Oct 25- 9:30 am- & 1:30 pm- HRDC Susan K Westfall Headstart classes Halloween Sing a long & treat day W/GCSC; 11:00 am- **Speaker-** Attorney Brandon Hoover &Legal Assistant Melissa Buskirk- Estates & Wills
Oct 27- 1:00 pm- Halloween party at center
Oct 30- 9:00 am- 4:00 pm- Making soup for soup sale-Vegetable & Chili $7.00 per quart/ Rolls $2.00 per pan
Oct 31- 9:00 am – 4:00 pm- Pick up soup and roll orders All day.; 11:00 am- **Speaker-** Lisa Bohrer- Breast Cancer Health she will be also do Medication Management Reviews

Westernport

301-359-9930

Oct 2: 1:00pm- 2:30pm **SPEAKER**: Lisa Bohr/ Nurse: Free flu Shots
Oct 3- 4:00pm **TRIP:** Chat N Chew
Oct 10- 1:00pm **SPEAKER**: Lisa Bohr/ Nurse: Breast Health
Oct 11- 5:00pm **TRIP**: Perkins
Oct 17- 11:30am **Q&A** with Mayor and Town Commissioners
Oct 18- 10:00am-11:00am: Bel Air Head Start Center to do activity with the children
Oct 23- 1:00pm **SPEAKER:** Kathleen Broadwater/ Personal Trainer: Fitness and Health
Oct 24- 10:00am-3:30pm **SPEAKER**: Barth Frankberry: Open Enrollment (call to make an appointment)
Oct 31- 5:00pm Pot Luck: Costume Party Contest

Call for more information

THE SPOTLIGHT

Senior of the Month

Joann Shimer is the Westernport Senior Center Senior of the month for the month of October. Joann has been an active member at the center for 20 years. She attends our center regularly, participating in almost all the activities we have and is one of our dedicated RSVP volunteers. She not only volunteers at our center, but throughout the community. At the center she helps clean up after lunch, putting away dishes, and getting ready for lunch the next day. In the community she volunteers at her church and helps the Town of Westernport with the gardening. At the Senior Center she enjoys swim aerobics, dance class, and the Wii activities. In her free time Joann enjoys exercising and gardening. Joann is such a big help in our center and our community and we don't know what we would do without her. Thank you for all that you do!

Left: Westernport Senior Center clients participating in chair exercising

Pictured below are some of the Cumberland Senior Center clients who helped our center raise $250 that we used to purchase school supplies through a breakfast fund raiser. Supplies were donated to South Penn Elementary School for them to distribute to the teachers.

Members at the Frostburg Senior Center enjoy Chair Exercise. Chair exercise class meets each Tuesday and Thursday at 11:15 a.m.

Sandy Fletcher, Mary Ann Engleman, & Carolyn Stafford exercise daily at the HRDC George's Creek Senior Center. The equipment is very popular amongst many clients!

October is....
Resident Rights Month
Popcorn "Poppin" Month
Pear & Pineapple Month
Apple Month
Sausage Month

Directory of Services

Adult Medical Day Services
301-777-8422 / 301-463-4085

Office of Home Energy Program
301-777-8550

Mobility Management
301-783-1725

Weatherization
301-777-8550

Homeless Services
301-724-8286

Adult Evaluation & Review Services
301-759-5210

Adult Protective Services
301-784-7068

Maryland Access Point
301-783-1752

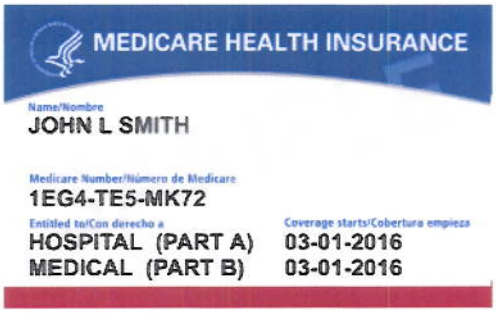
Senior Legal Aid
301-722-3390

CMS Reveals New Medicare Card Design

Date 2017-09-14

Title CMS Reveals New Medicare Card Design

Contact press@cms.hhs.gov


MEDICARE HEALTH INSURANCE
Name/Nombre
JOHN L SMITH
Medicare Number/Número de Medicare
1EG4-TE5-MK72
Entitled to/Con derecho a — Coverage starts/Cobertura empieza
HOSPITAL (PART A) 03-01-2016
MEDICAL (PART B) 03-01-2016

CMS Reveals New Medicare Card Design

Removing Social Security numbers strengthensfraud protections for about 58 million Americans

Today, the Centers for Medicare & Medicaid Services (CMS) gave the public its first look at thenewly designed Medicare card. The new Medicare card contains a unique, randomly-assigned number that replaces the current Social Security-based number.

CMS will begin mailing the new cards to people with Medicare benefits in April 2018 to meet the statutory deadline for replacing all existing Medicare cards by April 2019. In addition to today's announcement, people with Medicare will also be able to see the design of the new Medicare card in the 2018 Medicare & You Handbook. The handbooks are being mailed and will arrive throughout September.

"The goal of the initiative to remove Social Security numbers from Medicare cards is to help prevent fraud, combat identify theft, and safeguard taxpayer dollars," said CMS Administrator Seema Verma. "We're very excited to share the new design."

CMS has assigned all people with Medicare benefits a new, unique Medicare number, which contains a combination of numbers and uppercase letters. People with Medicare will receive a new Medicare card in the mail, and will be instructed to safely and securely destroy their current Medicare card and keep their new Medicare number confidential. Issuance of the new number will not change benefits that people with Medicare receive.

Healthcare providers and people with Medicare will be able to use secure look-up tools that will allow quick access to the new Medicare numbers when needed. There will also be a 21-month transition period where doctors, healthcare providers, and suppliers will be able to use either their current SSN-based Medicare Number or their new, unique Medicare number, to ease the transition.

This initiative takes important steps towards protecting the identities of people with Medicare. CMS is also working with healthcare providers to answer their questions and ensure that they have the information they need to make a successful transition to the new Medicare number. For more information, please visit:www.cms.gov/newcard

NUTRITION EDUCATION

8 Amazing Benefits Of Turnips

Turnips are a lesser-known vegetable in the market despite a number of health benefits associated with them, including their ability to improve bone health, protect your heart, prevent cancer, reduce inflammation, and optimize digestion. They also regulate metabolism, increase circulation, and boost the immune system. A turnip is a white-skinned root vegetable that is popular for both, human consumption and livestock feed. Scientifically known as Brassica *rapa*, turnips are commonly grown in temperate areas across the globe and are cultivated for their nutritional value and taste of the root.

Turnip greens are consumed in some parts of the world as a cruciferous vegetable and there is a slight difference between the nutrient profile of the leaves and roots. These leaves, are often bitter and must be boiled down to be palatable, much like mustard greens. Turnips have also been known as an important part of the human diet for over two thousand years. Countries from Brazil, England, and Japan to Iran, the United States, and Norway all have their own culinary takes on turnips and have made them a mainstay in their cultural meals for centuries.

Nutrition Facts Of Turnips: Turnips are not only excellent at soaking up the flavor and adding a hearty element to your meals and stews, but these root vegetables also possess high levels of important nutrients and minerals that the body requires to function properly.Turnips are rich in calcium,phosphorus,potassium,sodium, and magnesium. Amongst vitamins, they contain vitamin C, folate, and niacin. These vegetables are high in fiber and low in calories and are typically inexpensive, making them a logical choice for inclusion in any healthy diet.

Health Benefits Of Turnips: Benefits of turnips help in boosting heart health, immune system, and preventing cancer. Let's take a closer look at the health benefits in detail.

Improve Heart Health: Turnips have a number of essential nutrients that our body needs for proper functioning, including high levels of potassium and fiber. Potassium functions as a vasodilator, helping to reduce the strain on our blood vessels and arteries by lowering the blood pressure. This can prevent the development of atherosclerosis, as well as heart attacks and strokes. Dietary fiber, on the other hand, is excellent for scraping excess cholesterol from the heart and eliminating it from the body.

Aid Digestion: Most people are aware that dietary fiber is very important in the digestive process. It can help to treat symptoms of constipation,diarrhea, cramping, and bloating, as well as gastric issues that can occasionally arise. So the fiber present in turnips can help to bulk up the stool and move it through the gut while promoting more efficient uptake of nutrients so we get the most from our food.

Improve Blood Circulation: The significant level of iron found in turnips makes them an asset if you suffer from low blood cell count or anemia. Iron is required in the formation of RBC that are needed by the body to oxygenate, repair, and run the body's organ systems. Therefore, more iron means better circulation to every extremity of the body.

Boost Immune System: Vitamin C and ascorbic acid, present in large quantities in turnips are important boosters for our immune system. Vitamin C can stimulate the production of white blood cells and antibodies, in addition to acting as an antioxidant and reducing chronic health concerns like cancer and heart diseases.

Improve Bone Strength: Calcium, in turnips, can help aid in the growth and repair of bone matter throughout our body. It is essential in boosting the bone mineral density, especially as we grow older and begin to suffer from arthritis and osteoporosis. If you want to add some strength and durability to your bones, add these calcium-rich foods to your diet!

Prevent Cancer: Aside from vitamin C, turnips provide considerable levels of vitamin E,manganese, and beta-carotene, all of which function as antioxidants in the body. These antioxidants seek out and neutralize free radicals before they can induce further cell mutation or drive the spread of cancer. Antioxidants found in turnips help to prevent chronic health conditions over the long term and should always be considered an important part of your diet.

Fight Inflammation: The turnip greens are packed with beneficial omega-3 fatty acids and vitamin K, which are important if you suffer from any inflammatory conditions. These 'good' fats can lower inflammation, balance cholesterol levels, and promote overall wellness. So boil down those leaves and enjoy the benefits, particularly if you suffer from gout, arthritis or chronic pain.

Boost Metabolism: The B family of vitamins is often overlooked, but without them, our hormonal and enzymatic processes would be very difficult to control, and all of our bodily functions would be compromised. Turnips supply a healthy dose of vitamin B to the body, ensuring that all of our organ systems are functioning properly and that our hormone levels are stable.

How To Select And Store Turnips? Turnips are available throughout the year but they mostly tend to flourish in cold weather. Hence, one would find fresh and sweet turnips from winter through spring.

While selecting, look for the ones that are smaller in size, with a heavy skin, no brown or unhealthy looking spots, and with lush, green tops. They can be placed in plastic bags and stored in the refrigerator for up to a week, sometimes more. Both the root and the greens of turnips are used in cooking. Despite being slightly bland in taste, they have plenty of uses in the kitchen.

How To Cook Turnips? Turnips can be enjoyed in a variety of ways, both raw and cooked. They can be chopped, sliced, diced or left whole depending on their size, and the chosen cooking technique. They can be cooked in different ways like baking, boiling, sauteing or steaming. One must ensure not to overcook them in order to retain their crunchy texture.

Before cooking or serving turnips, care must be taken to wash them under running water and scrub them thoroughly with a brush to remove any dirt or fungicide residues. Peeling them and cutting away their greens is optional.

Word of Caution: Like other cruciferous vegetables, some of the compounds found in turnips can affect the thyroid gland and the production of this hormone. If you are at risk of thyroid disorders or currently suffering from one, it might be wise to speak to a doctor before adding turnips to your diet. Aside from that, enjoy eating turnips!

https://www.organicfacts.net/health-benefits/vegetable/turnips.html

October is National Dental Hygiene Month!

American Dental Hygienists' Association

Senior Oral Health

Almost 250 million people or about 40 percent of the adult population in Europe, USA and Japan are estimated to suffer from some form of edentulousness, or loss of natural teeth.[1] Incidence of tooth loss generally increases with age. While the National Institute of Dental and Craniofacial Research (NIDCR) reports the prevalence of both partial and total tooth loss in seniors has decreased from the early 1970s, seniors over age 65 have lost an average of 13 teeth (including wisdom teeth) and 26% of seniors over age 65 have no remaining teeth.[2]

Whether caring for natural teeth or dentures, seniors face a range of special oral concerns, including root decay and periodontal disease. You can keep your smile healthy by following a routine of proper oral care and making regular visits to your registered dental hygienist and dentist.

If you have arthritis or limited use of your hands, try adapting the toothbrush for easy use. Insert the handle into a rubber ball or sponge hair curler; or glue the toothbrush handle into a bicycle grip. Toothbrush handles can be lengthened with a piece of wood or plastic such as a ruler, ice cream bar stick or tongue depressor.

For people who have dexterity problems and cannot use a manual toothbrush, an electric toothbrush may be easier to use and increase effectiveness. Numerous studies confirm that electric brushes are excellent plaque removing devices and are extremely effective in stimulating gums. Dental floss holders are also available.

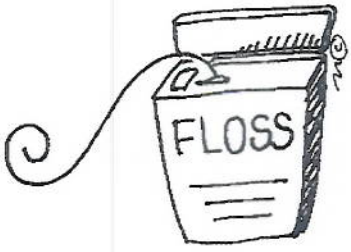
Among other benefits, daily brushing and flossing protect older smiles from two common problems of getting older: Root decay--a condition that affects older adults if a great amount of root surfaces are exposed--and tooth decay caused by the weakening or chipping of older fillings.

Denture care and cleaning

Dentures—full or partial—should be brushed daily with a soft toothbrush or denture cleaning brush, using a commercially prepared denture powder or paste, hand soap, or baking soda. Toxic or abrasive household cleaners should never be used. Dentures should be brushed inside and outside, and rinsed with cool water.

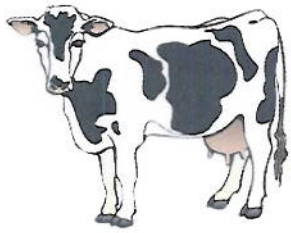
Remaining natural teeth and gums, especially those teeth supporting a partial denture, should also be brushed. When not in use, dentures should be covered with water or a denture cleaning solution to prevent drying.

1. http://www.astratechdental.com/Library/396636.pdf, retrieved 6/2008, Astra Zeneca, 2005
2. http://www.nidcr.nih.gov/DataStatistics/FindDataByTopic/ToothLoss/ToothLossSeniors65andOlder, retrieved 6/2008 NIDCR, 2008



Nutritional Health Benefits of Milk

References: Teagasc Dairy Products Research Centre and US Department of Agriculture



Health Benefits of Milk

The health benefits of milk include increased bone strength, smoother skin, stronger immune system, prevention of illnesses such as hypertension, dental decay, dehydration, respiratory problems, obesity, osteoporosis and even some forms of cancer. The beneficial health nutrients obtained from milk are essential for the human body and help prevent a number of chronic ailments. Milk, quite simply, is a liquid that mammals can create in mammary glands in order to feed their young. The reason mammals have this is because this is what their young are naturally supposed to consume until they are strong enough or old enough to hunt for themselves or eat what their parents typically eat. Humans also have this ability, which is why we have begun to explore the interesting world of milk from other animals, in the hopes that milk could continue to nourish us throughout our lives, rather than simply at the beginning of it.*Spoiler Alert*…we were right! Milk can be very beneficial to us at all times of our life! Many animals can provide us with thisvital health substance,but cow's milk is considered the best wholesome supplement for children as well as for adults. It is also the most accessible, while the milk of other animals like buffalo, goats, sheep, camels, reindeer and yak is much more difficult to acquire.
Milk from horses and donkeys can also be consumed by humans, but that is even less common, and much less pleasant to extract. The health benefits of milk can be achieved from drinking milk directly or by consuming dairy products such as cheese, butter, curd, clarified butter or ghee, dairy whitener, ice cream, cottage cheese or paneer, flavored milk, or milk sweets.Put it this way, around the world, there are more than 6 billion people who regularly consume some type of food that is based on milk from an animal; it is one of the most essential elements of the human diet, since these animals that create milk are on almost every continent and country.The US Department of Agriculture (USDA) has clearly mentioned in its Dietary Guidelines to include milk and milk products to ensure a healthy, balanced diet.

Nutritional Valueof Milk: The nutritional value ofmilkis so well known that people all around the world include it as a staple part of their diet. Adding milk to your daily diet can also help you to achieve a well-balanced diet. Milk is an ideal source of nutrients such as vitamin A, B12, D calcium, carbohydrates, phosphorous, selenium, magnesium, protein, zinc and riboflavin. The Teagasc Dairy Products Research Center at Moorepark, Fermoy has reported recent research on using milk to neutralize the cholesterol content of the body. Most of the caloric content in milk comes from the natural sugars found in it. These are essential to the overall functioning and health of the body, and they reduce the chances of a number of deficiencies, and boost health in a variety of ways! Let's explore more about the important impact of milk and milk-based products on our health!

Milk Deficiency: Milk deficiency can cause severe anemia, osteoporosis and other related illnesses. The consumption of milk is essential for maintaining good health and having the energy and strength to do normal activities.
It is the best source of calcium for all age groups, and since calcium is considered the most important mineral in the healthy growth, functioning, repair, and durability of the bones and skeletal system, milk will always have a significant role in people's diets, as a way of preventing calcium deficiency or osteoporosis.

Health Benefits of Milk: Milk is an extremely beneficial drink for the health of the human body. Some of the advantages of drinking this life-giving nectar are as follows:

Calcium: Milk is the best source of calcium that we can supply to our body.Calcium protects the bodyfrom major chronic ailments such as cancer, bone loss, arthritic conditions, migraine headaches, pre-menstrual syndrome, and obesity in children. It also functions as a healthy aid in losing unwanted fats and reducing weight. Calcium is an essential mineral in the creation of bone matter, and bone mineral density measurements rely highly on calcium as the main support structure of our body. Milk is the quickest, least expensive, and most readily available source of calcium on the market.

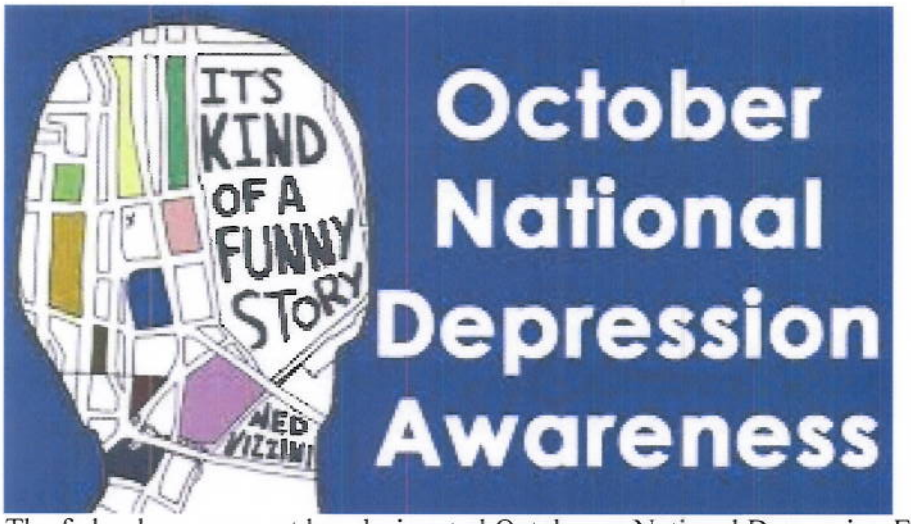
Heart Health: Although most of the focus of calcium is on bones, it has also been shown toreduce cardiovascular diseaseand the chances of strokes. Two long-term studies in Japan have positively shown a correlation between daily calcium intake and a reduction in stroke, atherosclerosis, and cardiovascular disease. Therefore, grab some milk for a healthier heart! Furthermore, the magnesium and potassium content in milk both act as vasodilators, which reduces blood pressure, increases blood flow to vital organs, and reduces the stress on the heart and cardiovascular system. Thepeptides found in milkare also believed to inhibit the creation of ACEs, (angiotensin-converting enzymes), which increase blood pressure.

Healthy Bones: As mentioned above, milk is rich in calcium, which is essential for growth and the proper development of strong bone structure. Bone disorders such as osteoporosis can be prevented with a significant daily intake of milk.Children deprived of cow's milkhave an increased chance of suffering from bone fractures when injured, and their healing time will be significantly higher if they don't have a steady stream of calcium to aid in the regrowth of bone matter.

Healthy Teeth: Encouraging children and youngsters to drink milk will give themexcellent dental health, as milk protects the enamel surface against acidic substances. Drinking milk for energy and health would also lessen the frequency of children consuming soft drinks, thus reducing the risk of decaying teeth and weak gums.

Rehydration: Fluids are an integral part of the human body, and the body needs to be frequently replenished with liquids as they are used up within the body. Water is essential for growing children and they must drink at least six to eight glasses of fluid every day. Milk contains a good quantity of water molecules and is considered the best fluid for rehydration, outside of drinking actual water. Water makes up more than 80% of our body mass, and the balance of fluids in our body is essential for every single process in our body. That is whydehydrationis such a major and dangerous problem, as it threatens all of our metabolic functions. So, if you can't find any water, grab a glass of milk!

Skin Care: Have you heard of Cleopatra, the Queen of the Nile? She was considered to be one of the most beautiful women of all time. Well, it shouldn't surprise you that she had a tradition of taking a milk bath every single day!
She used to mix honey and milk in the bath, which enabled her to maintain soft and beautiful skin. For thousands of years, milk has been known tobenefit our skinby helping us maintain a fair and smooth complexion. Therefore, milk and milk products are used in a number of cosmetic preparations to this day! Milk is also good for treating dry skin, so if you have dry skin, apply milk on your face and other affected areas, leave it on for about 15 minutes and then wash it off. The milk solids nourish and smooth your skin. The lactic acid present in milk is known to aid in removing dead skin cells, thereby rejuvenating your skin and keeping it fresh. Finally, simply drinking milk, due to its impressive content of vitamin A, helps to boost the health of the skin from inside the body, particularly since the antioxidant potential of milk helps to eliminate free radicals, the dangerous byproducts of cellular metabolism that are partially responsible for premature aging of the skin, resulting in wrinkles and age spots.



The federal government has designated October as National Depression Education and Awareness Month to better educate and inform the public about the causes, treatments and realities of living with depression. Depression can occur in people who do or do not have a family history of depression. People who have low self-esteem, who consistently view themselves and the world with pessimism or who are readily overwhelmed by stress, are prone to depression. A serious loss, difficult relationship, financial problem or any stressful (unwelcome or even desired) change in life patterns can trigger a depressive episode. Very often, a combination of genetic, psychological and environmental factors is involved in the onset of a depressive disorder.

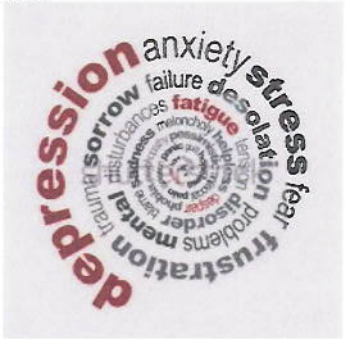
The three of the most common types of depressive disorders include major depression, dysthymia and bipolar disorder. However, within these types there are variations in the number of symptoms, their severity and persistence.

Symptoms and signs of depression include:

> Persistent sad, anxious or "empty" mood
> Restlessness and irritability
> Feelings of hopelessness and pessimism
> Feelings of guilt, worthlessness and helplessness
> Loss of interest or pleasure gained from former hobbies and interests
> Fatigue and decreased energy
> Difficulty concentrating, remembering and making decisions
> Insomnia and oversleeping
> Weight loss or overeating
> Persistent physical symptoms that do not respond to treatment, such as headaches, digestive disorders and chronic pain
> Thoughts of death or suicide

The first step to getting appropriate treatment for depression is a physical examination by a physician. If a physical cause for the depression is ruled out, the physician, a psychiatrist or psychologist should perform a psychological evaluation. Antidepressant medications are widely used and effective treatments for depression. Certain types of psychotherapy have also been found helpful for depression. However, severe depression appears more likely to respond to a combination of psychotherapy and medication. The most important thing anyone can do for a depressed person is to help him or her receive an appropriate diagnosis and treatment. This may involve encouragement to stay with treatment until symptoms begin to abate (several weeks), or to seek different treatment if no improvement occurs. On occasion, it may include making an appointment and accompanying the depressed person to the doctor or monitoring whether the depressed person is taking medication. It is also important to offer emotional support. Demonstrate understanding, patience, affection and encouragement. Engage the depressed person in conversation and listen carefully. Do not disparage feelings expressed, but point out realities and offer hope. Do not ignore remarks about suicide. Report them to the depressed person's therapist.

Source: National Institute of Mental Health



Additional Information

This information is brought to you by ComPsych® GuidanceResources®.
This company-sponsored benefit offers confidential help and support
24 hours a day, seven days a week, at no cost to you or your immediate family.
Our Guidance Consultants can assist you with your concerns at: **877.623.3879**
Online: **www.guidanceresources.com**

Maryland Access Point Provides:

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- Guest speakers for your community organization
- Information and assistance for seniors and their families
- Options Counseling for adults with disabilities

www.marylandaccesspoint.info

301-783-1752

STOP HEALTH CARE FRAUD SCAM ALERT

Medicare Advantage/Managed Care Fraud
From the Office of Inspector General (OIG), U.S. Department of Health & Human Services

Medicare Advantage plans save money by providing services that are monitored by the plan. This method is similar to the older version of health maintenance organizations (HMOs) but with much tighter rules that the plans must follow. Approximately 20 percent of Medicare recipients choose the Advantage Plan option.
How the Scam Works
One method is for a fraudulent physician to begin increasing the number of diagnoses on the chart. These inflated diagnoses are then submitted to Medicare, which pays a higher monthly fee to the physician (capitated payment) because the patient appears sicker on paper.
Another method involves a sales representative who wants to talk to you about her version of the Medicare Advantage plan. The beneficiary may give some information such as name, address, and Medicare card. Without realizing it, the fraudulent sales representative has signed up the beneficiary for her plan without his knowledge or consent.
Another tactic involves a sales representative offering incentives such as food, trips, or "free" items in return for signing up for his program. Medicare prohibits these kinds of sales tactics, and they are illegal marketing schemes.
How to Fight Back
Make sure your diagnoses in your records are accurate. Question a sudden rise in the number or severity of diagnoses that are in your medical records.
Feel free to talk to vendors about the Medicare Advantage plans they have to offer. You might find a good deal for you. However, during the talk with the sales representative, make sure you do not give any personal information. She absolutely does not need this in order to tell you about the plan.
Make sure you do not receive any gifts or services in return for signing up for any Medicare plan. These are an illegal marketing and incentive plan and are considered "kickbacks."

NUTRITIOUS RECIPE

Roasted Turnips & Butternut Squash with Five-Spice Glaze

From:Eating Well Magazine, November/December 2012
In this delicious side dish recipe, turnips and butternut squash are glazed with a mixture of molasses and flavorful five-spice powder. Try the dish with garlic-rubbed roasted chicken or pork.

Ingredients **6 servings**
4 medium turnips (about 1½ pounds), peeled
1 small butternut squash, peeled and seeded
2 tablespoons extra-virgin olive oil
½ teaspoon salt
¼ teaspoon freshly ground pepper
1 small red onion, halved and sliced
2 tablespoons molasses
1 teaspoon Chinese five-spice powder (see Tip)

Preparation
Position racks in upper and lower thirds of oven; preheat to 450°F. Slice turnips and squash crosswise into ¾-inch-thick slices. Cut each slice into ¾-inch-wide strips or "sticks." Toss with oil, salt and pepper in a large bowl until well coated. Divide between 2 large rimmed baking sheets and spread into an even layer. (Set the bowl aside.) Roast the turnips and squash for 10 minutes. Carefully transfer back to the bowl. Gently stir in onion, molasses and five-spice powder to combine. Return the vegetables to the baking sheets; roast, stirring once halfway through and rotating the pans top to bottom and front to back, until tender, 15 to 20 minutes more. Tip: Chinese five-spice powder is available in well-stocked supermarkets and Asian markets. All blends contain cinnamon, fennel seed, cloves and star anise; some versions are made with white pepper, some with Szechuan pepper.

Nutrition profile
Dairy-Free, Gluten-Free, Healthy Immunity, High Fiber, Low-Calorie, Vegan, Vegetarian

Nutrition information
Serving size:about ¾ cup
Per serving:153 calories;5g fat(1g sat);5g fiber;28g carbohydrates;2g protein; 52 mcg folate;0mg cholesterol;12g sugars; 4 g added sugars; 14,064 IU vitamin A; 48 mg vitamin C; 112 mg calcium; 2 mg iron;264mg sodium; 757 mg potassium
Nutrition Bonus:Vitamin A (281% daily value), Vitamin C (80% dv)
Carbohydrate Servings:2
Exchanges:1½ vegetable, 1 starch, 1 fat

From the Desk of the Older Americans Act Manager

October is Emotional Wellness Month!
The month of October is now recognized as Emotional Wellness Month.
After reading an article from Recovery Innovations website, they recognize the importance of Emotional Wellness through including it as one of their Dimensions of Wellness.
What is Emotional Wellness? The definitions of Emotional Wellness include:

- The ability to express feelings without restrictions
- Being able to adjust to change
- Coping with stress in a healthy way
- Acceptance of one's feelings and the ability to manage them in healthy ways
- Feeling positive and enthusiastic about oneself and life.
- Being aware of personal strengths, abilities and challenges
- Being able to make your own choices and direct your own life
- Being able to laugh

Many citizens decide to commit to improving their Emotional Wellness. There are many ways to do so. Ways to Improve Emotional Wellness Include:

- Talk with others.
- Step away from unnecessary drama.
- Surround yourself with positive people.
- Laugh and smile everyday
- Take a Recovery Education Class such as:
    1. Moving Through & Beyond Anger
    2. Coping with Difficult People
    3. Emotional Wellness in Recovery
    4. Coping with Anxiety
    5. WELL
    6. And Many Others!

If you'd like to find out more information about Emotional Wellness and ways to improve this dimension of wellness (or any other), call Recovery Innovations at 1-866-481-5361 or visit their website at https://riinternational.com/

October is Long Term Care Planning Month

Will You Need LTC?
About 70 percent of people over age 65 will require some type of long-term care services during their lifetime. More than 40 percent will need care in a nursing home. Things that increase your risk or make it more likely that you'll need long-term care include:

Age: The older you get, the more likely it is that you'll need help.
Living alone: If you live alone, you're more likely to need paid care than if you're married or single and living with a partner.
Gender: Women are more likely to need long-term care than men, primarily because women tend to live longer.
Lifestyle: Poor diet and exercise habits increase the chance that you'll need long-term care.
Personal history: Health and family history can increase the chances you'll need long-term care.

How Much Care Will You Need?
Service and support needs vary from person to person and often change over time.
On average, someone who is 65 today will need some type of long-term care services and supports for three years. Women need care longer (on average 3.7 years) than men (on average 2.2 years), mostly because women usually live longer. While about one-third of today's 65-year-olds may never need long-term care services and supports, 20 percent will need care for longer than 5 years. If you need long-term care services and supports, you may receive or use one or more of the following:

Assistance with personal care or other activities from an unpaid caregiver who may be a family member or friend
Services in your home from a nurse, home health or home care aide, therapist, or homemaker
Services in the community such as adult day services
Care in any of a variety of long-term care facilities

More Info: http://www.longtermcare.gov

Hours of Operation
8:00am - 4:00pm

HRDC Website
www.alleganyhrdc.org

HRDC's MISSION

HRDC, a nonprofit Community Action Agency in Allegany County, strives to eliminate social and economic barriers to promote individual and community stability through services, advocacy and collaboration.