



ALLEGANY ADVISOR

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: Tara Hausman

Frostburg Senior Center
27 S. Water Street
Frostburg, MD 21532
301-689-5510

Manager: Joyce Shade
Aide: Gloria Whitehead

Georges Creek Senior Center
7 Hanekamp Street
Lonaconing, MD 21539
301-463-6215

Manager: Jeanne Jones
Aide: Frances Wilson

Westernport Senior Center
33 Main Street
Westernport, MD 21562
301-359-9930

Manager: Vacant
Aide: Cathie Lee



Birthstone:
Pearl
Flower: Rose

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Meeting
June 13, 2018
1:30pm
Georges Creek
Senior Center



Nutrition Education

The **health** benefits of figs or anjeer include the **fruits'** use in the treatment of sexual dysfunction, **constipation**, indigestion, **piles**, **diabetes**, cough, **bronchitis**, and **asthma**. Figs are also used as a quick and healthy way to gain weight after **suffering** from an illness. The fig tree is a member of the **mulberry** family, usually found in Asia. The dried form of fig is available almost everywhere, all year round.

Nutrition Facts Of Figs: The health benefits of figs come from the presence of **minerals**, **vitamins**, and **fiber** contained in the fruits. They contain a wealth of beneficial **nutrients**, including **vitamin A**, **vitamin B1**, **vitamin B2**, **calcium**, **iron**, **phosphorus**, **manganese**, **sodium**, **potassium**, and chlorine.

Health Benefits Of Figs: Figs have many amazing health benefits. Let us discuss them in detail below.

Prevent Constipation: There are 5 grams of fiber in every three-fig serving. That high **concentration** of fiber helps promote **healthy**, regular bowel function and prevents constipation. Fiber works to add bulk and mass to the bowel movements, so it not only prevents constipation but also eliminates **diarrhea** and unhealthy or irregular bowel movements.

Weight loss: The fiber in figs helps reduce **weight** and is often recommended for obese people. However, their high-calorie count can also result in weight gain, especially when consumed with **milk**. A few figs are enough to get the recommended amount of nutrients, so don't overeat.

Lower Cholesterol Levels: Figs contain pectin, which is a soluble fiber. When fiber moves through the digestive tract, it mops up excess clumps of **cholesterol** and carries them to the excretory system to be eliminated from the body. As a soluble fiber, pectin from figs also stimulates healthy bowel movements. They can have a laxative effect, as they are one of the most fiber-dense **foods** available. High amounts of fiber in your diet can benefit your overall health by preventing certain types of abdominal as well as **colon cancer**.

Prevent Coronary Heart Diseases: Dried figs contain phenol, omega-3, and omega-6 fatty acids. These fatty acids reduce the risk of coronary **heart** diseases. Furthermore, fig leaves have an inhibitory effect on triglycerides, making their overall number drop. Triglycerides are another major factor behind various heart diseases.

Treat Colon Cancer: The presence of fiber helps stimulate the elimination of free radicals and other **cancer**-causing substances, particularly in the colon, since fiber increases the healthy movement of the bowels.

Prevent Breast Cancer: The fiber content in figs has been known to protect against **breast cancer**. After **menopause**, the hormonal balance in women can often fluctuate. The body's systems are so interconnected that these hormones affect the immune system, which in turn affect the ability of **antioxidants** to fight free radicals. Free radicals are prime factors behind the development of cancer, so figs take care of one extra line of defense by providing fiber to the body.

Control Diabetes: The American Diabetes Association recommends figs as a high-fiber treat that helps to promote functional control of diabetes. Fig leaves reduce the amount of insulin needed by **diabetic** patients who have to regularly take insulin injections. They are rich in potassium, which **helps regulate** the amount of **sugar** absorbed by the body after meals. Large amounts of potassium can ensure that **blood** sugar spikes and falls are less frequent, so figs can help diabetics live a normal life.

Prevent Hypertension: People usually consume sodium in the form of **salt**, but low potassium and high sodium level may lead to hypertension. Figs are high in potassium and low in sodium, so they are a perfect defense against the effects of hypertension. This makes them a relaxing **food** as well, one that can settle the nerves and bring some calmness to your day.

Treat Bronchitis: The **natural** chemicals in fig leaves make them an ideal component for a **tea** base. Fig leaf tea has been popularly prescribed for various **respiratory** conditions like bronchitis and is also used as a way to prevent and lessen the symptoms of asthma.

Treat Venereal Diseases: Figs have been traditionally used in the Indian subcontinent and a few other areas of the world as a calming salve for venereal diseases. Ingestion or topical application of these fruits work towards providing relief from sexually transmitted diseases, although further research needs to be done on the exact range of **symptoms** and diseases that figs positively affect.

Treat Sexual Dysfunction: For centuries, figs have been recommended as a way to reduce sexual dysfunction like sterility, endurance or erectile dysfunction. They have been a major part of mythology and culture, and most of the time are referred as a powerful fertility or sexual supplement. Their actual success as an aphrodisiac is questionable, but the huge amount of valuable vitamins and minerals is probably the reason for the sudden boost in **energy** and stamina that people mistake for a sexual surge. Soak 2-3 figs in milk overnight and eat them in the morning to enhance your sexual abilities.

Strengthen Bones: Figs are rich in calcium, which is one of the most important components in strengthening bones and reducing the risk of **osteoporosis**. They are also rich in phosphorus, which encourages the **bone** formation and spurs regrowth if there is any damage to or degradation in bones.

Prevent Urinary Calcium Loss: People that maintain a high-sodium diet may be affected by an increased urinary calcium loss. The high potassium content in figs helps to avoid that condition and regulates the content of waste in your urine. It minimizes the calcium loss while increasingly eliminating the amount of uric acid and other harmful toxins out of your **body**.

Prevent Macular Degeneration: The major cause of vision loss among the elderly is macular degeneration. Fruits like figs are good at helping you avoid this common symptom of aging.

Relieve Throat Pain: The high mucilage content in figs helps heal and protect **sore throats**. The soothing nature of figs and their natural juices can relieve **pain** and **stress** on the vocal cords as well.

Other Benefits: Helpful in treating various respiratory disorders like **whooping cough** and asthma. They are also effective **digestive** aids and are helpful in treating constipation, indigestion, stomach ache, and various other intestinal conditions. They are good for **fever**, earache, **boils**, abscesses, venereal diseases, and are excellent for the **liver**. They have a high level of alkanes and therefore, help regulate the pH of the body. Figs are rich in flavonoids and polyphenols, which are antioxidants that prevent the damage caused by free radicals. They are known for their soothing and laxative properties and are also low in fat and sugar.

Uses of Figs or Anjeer: Figs are sweet and soft and their paste is often used as a replacement for sugar. Processed figs are used to make pies, pudding, cakes, assorted baked goods, jams, jellies, and preserves.

Word of Caution: Eating too many figs can cause diarrhea. Furthermore, dried figs are high in sugar and can potentially cause tooth decay. Also, there are those who are allergic to figs or certain chemical components within them, and the resulting allergic reactions can be mild to severe. As always, before making a major change in your diet, speak with your **doctor**. Finally, it is best not to consume too many figs in the first few weeks leading up to a surgery, because they can occasionally cause bleeding in the digestive tract in sensitive people.

Article last updated on May 16, 2018 by [OrganicFacts](#)

HEALTH EDUCATION

June is Men's Health Month



Want to see these stats change?

- On average, men live about 5 years less than their female counterparts
- Men have a higher death rate for most of the leading causes of death, including cancer, heart disease, diabetes and suicide
- 1 in 2 men will develop cancer in their lifetime
- Men make ½ as many physician visits for prevention as women

Schedule a checkup today!

Do it for yourself and for those who count on you.



Learn more at:

www.MensHealthMonth.com

or call 1-866-543-6461 ext. 101

MensHealthMonth.com



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MensHealthMonth](https://twitter.com/MensHealthMonth)



What's Happening

Cumberland

301-783-1722

- June 6-10am-1pm Picnic at Constitution Park-
- June 7-9:30-10:00am Financial Literacy Program; 10:30am Garden Club Activity; 4:30pm Dinner Trip to Oscar's
- June 9-TRIP TO HOLLYWOOD CASINO- Bus leaves center at 9:00am
- June 14-10-11am Financial Literacy Program
- June 15-9:30am-12:00pm Father's Day Lunch- Entertainment by Kenneth Swanger
- June 19-1:00-3:00pm Penny Bingo; 4:30pm Dinner Trip to Penn Alps
- June 20-11am SPEAKER: Mary Pirolozzi-Wills
- June 21-10-11am Financial Literacy Program
- June 22-9:30-10:30am Cup Cake Challenge; 10:30-11:00am Judging of the Cupcakes
- June 26-2:30-5:30pm Special Bingo 4 Prizes- Small fee applies
- June 27-11am Speaker:L.Moran-Summer Safety
- June 28-1:00pm Trip to Mr. Toads Pottery
- June 29-7:00-9:00am Breakfast-Small fee applies

Frostburg

301-689-5510

- June 5- CENTER CLOSED -CITY ELECTION
- June 6 - 10:00am-1:00pm Picnic in the Park with Cumberland Senior Center at Constitution Park. Cost \$3.75
- June 7 -11-12pm Speaker Melissa Savage Dental Clinic
- June 9 - 9am Breakfast Club at Lashbaughs
- June 12- Elder Abuse Prevention - Wear purple
- June 13 - 1:30pm Nutrition Council at Georges Creek Senior Center; 4pm Dinner Club at Hummingbird Café t
- June 15 - 1Father's Day lunch will be served with gift for all Dads; Senior Club Picnic at Glendening Park. More information to follow
- June 18 - 7:30pm Palace Theatre showing "On the Town" with Gene Kelley & Frank Sinatra
- June 26 - CLOSED FOR ELECTION DAY; 9am Trip to Hagerstown
- June 27 - 4pm Meet and Eat at Sand Spring

Westernport

301-359-9930

- June 5: TRIP: 4:00pm Chat N Chew
- June 12: SPEAKER: 1:00pm Lisa Bohr Summertime Pests; TRIP: 3:30pm Ride for Ice Cream
- June 15: 12:00pm Father's Day Celebration
- June 19- SPEAKER: 11:00am Mayor &Town Commissioners Q&A; TRIP: 3:00pm Castiglia's Italian Restaurant
- June 26 Easy Recipe - Marinated Vegetables; 5:00pm Pot Luck "Under The Sea"
- June 27 SPEAKER: 11:00am Attorney Alexander Miltenberger "Asset Protection & Estate Planning"

Georges Creek

301-463-6215

- June 2- 8:00 am Breakfast Club Chat N Chew "Father's Day" Men get a Free Breakfast
- June 5- 4:00pm Senior Center Dinner Roast Beef;7:00pm Barton Ladies Auxiliary Outreach
- June 6- 11:00am Speaker Melissa Savage AHEC- Dental Health & Exams Sign Up Day.
- June 7- 11:00am Speaker: Mary Beth Pirolozzi- Registering a Will, Organizing Personal Information
- June 8- 12:45pm Trip Swimming Piedmont Pool
- June 11- 1:00pm Afternoon Movie at Country Club Mall Free Popcorn
- June 13- 11:00am Speaker Chelle Broadwater- The Importance of Hydration
- June 14- 4:00pm Trip Out to Dinner w/ Don & Jeanne:Lashbaugh's in Cresaptown
- June 20- 12:45pm Trip Swimming Piedmont Pool
- June 21- 5:00pm Senior Center & Club Dinner; 5:45pm Senior Club Meeting
- June 22- 11:00am Speaker Lisa Moran Summer Safety
- June 25- 1:00pm Trip Workman's Ice Cream Stand
- June 27- Trip 9:00am AHEC Dental Clinic
- June 28- 4:00pm Movie Night at the Center Hot Dogs & Popcorn

Call for more information...

The Senior Corner



Above: Mary Ann Engleman, Frances Wilson, & Janet Nicol from the HRDC George's Creek Senior Center made & donated beanies for WVU neonatal unit in Morgantown. What a special gift! Thank you for your generosity!

Below: Belle Bell & Bev Connors from the Westernport Senior Center enjoying the Senior Prom.



Right: Patty LaClair has her blood pressure checked at the Frostburg Senior Center. Blood pressures with Josh, an intern from Frostburg State, are done weekly at the Center



Left: John Klink instructs the Cumberland Senior Center on chair exercises using a Cane. He is teaching them self-defense techniques using a cane, walker or wheel chair as a weapon.



Service Directory

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

Medicare Updates



U.S. Department of Health & Human Services

NOT GETTING QUALITY CARE? WE WANT TO KNOW.

If you don't think you're getting high-quality care, you have the right to file a complaint. When you're unhappy with the quality of your health care, it's often useful to talk about your concerns with whoever gave you the care. But, if you don't want to talk to that person or need more help, you can file a complaint.

How you file a complaint depends on what or who it's about. Each health or drug plan has its own rules for filing complaints, so check out the pages below depending on what type of complaint you have:

- A Medicare doctor, hospital, or provider
- Your health or drug plan - The quality of your care
- Your dialysis or kidney transplant care
- Durable Medical Equipment

Once you file a complaint with your plan, if you still need help, call 1-800-MEDICARE.

If you've contacted 1-800-MEDICARE about a Medicare complaint and still need help, ask the 1-800-MEDICARE representative to send your complaint to the Medicare Beneficiary Ombudsman. The Ombudsman staff helps make sure your complaint is resolved.

You can also let us know if you disagree with a coverage or payment decision made by Medicare, your Medicare health plan, or Medicare Prescription Drug Plan by filing an appeal. For other kinds of Medicare-related complaints, you can call your State Health Insurance Assistance Program (SHIP) 301-783-1710 for free, personalized help.

Know that you have the right to get quality care. Also know you have the right to complain if you don't.

Call to find out more
about Senior Medicare
Patrol 301-783-1710



Getting Medicare right 6

Join me in celebrating
**National Dairy
MOO-nth!**



National Dairy Month started out as National Milk Month in 1937 as a way to promote drinking milk. It was initially created to stabilize the dairy demand when production was at a surplus, but has now developed into an annual tradition that celebrates the contributions the dairy industry has made to the world. After the National Dairy Council stepped in to promote the cause, the name soon changed to "Dairy Month."

National Dairy Month is a great way to start the summer with nutrient-rich dairy foods. From calcium to potassium, dairy products like milk contain nine essential nutrients which may help to better manage your weight, reduce your risk for high blood pressure, osteoporosis and certain cancers. Whether it's protein to help build and repair the muscle tissue of active bodies or vitamin A to help maintain healthy skin, dairy products are a natural nutrient powerhouse. Those are just a few of the reasons that you should celebrate dairy not just in June, but all year long.

Importance of Milk in Diet

Although milk from the cow is processed, it is not an engineered or fabricated food. It is about 87 percent water and 13 percent solids. The fat portion of the milk contains fat soluble vitamins. The solids other than fat include proteins, carbohydrates, water soluble vitamins, and minerals. These nutrients in milk help make it nature's most nearly perfect food.

Milk products contain high quality proteins. The whey proteins constitute about 18 percent of the protein content of milk. Casein, a protein found only in milk, contains all of the essential amino acids. It accounts for 82 percent of the total proteins in milk and is used as a standard for evaluating protein of other foods. Protein is needed to build and repair body tissues and to form antibodies which circulate in the blood and help fight infection.

Milk also contains the following nutrients: calcium, phosphorus, magnesium, and potassium. The calcium found in milk is readily absorbed by the body. Phosphorus plays a role in calcium absorption and utilization. Phosphorus is needed in the proper ratio to calcium to form bone. Milk provides these two minerals in approximately the same ratio as found in bone. Milk is also a significant source of riboflavin (vitamin B2) which helps promote healthy skin and eyes, as well as vitamins A and D.

In adults, a calcium deficiency, along with other factors, may result in bone deterioration called osteoporosis. The recommendations for calcium are 1,000 milligrams for adults, 1,300 milligrams per day for adolescents, 500-800 milligrams per day for young children and 1,200 milligrams per day for adults over 51 years of age. One serving of milk has about 250 milligrams of calcium. It is difficult to obtain adequate calcium without milk and milk products in the diet. About 73 percent of the calcium available in the food supply is provided by milk and milk products. The following daily consumption of milk group foods is suggested by the government's U.S. Dietary Guidelines:

Children 1-8 years old, 2 servings
Children 9 years and older, 3 servings
Adults, 3 servings

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Mascarpone-Stuffed Figs

Nutritious Recipe

From: EatingWell Magazine, September/October 2014
A creamy, honey-scented mascarpone filling makes this fresh fig recipe luxurious, yet still lets the fruit be the star. Serve these pretty stuffed figs to top off a special meal.

By: Jane Black *EatingWell Recipe Contributor*

Nutrition profile: Gluten Free, High Fiber, Low Calorie, Low Sodium, Vegetarian

Ingredients 4 servings

- 12 fresh figs
- 1/4 cup mascarpone cheese
- 3 teaspoons honey, divided
- 1 teaspoon vanilla extract
- 2 tablespoons chopped almonds, toasted
- 1 teaspoon fresh mint, chopped
- 1/2 teaspoon orange zest

Preparation

Trim about 1/2 inch off the top of each fig. If needed, cut a thin slice off the bottom so they stand up straight. Cut an X into the tops about 3/4 inch deep. Gently open each fig from the top without breaking it open all the way.

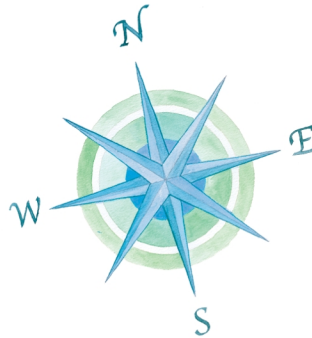
Combine mascarpone, 2 teaspoons honey and vanilla in a small bowl. Spoon about 1 teaspoon of the mixture into each fig. Drizzle with the remaining 1 teaspoon honey and sprinkle with almonds, mint and orange zest.

Nutrition information Serving size: 3 figs

Per serving: 219 calories; 15g fat (7g sat); 3g fiber; 21g carbohydrates; 3g protein; 7 mcg folate; 35mg cholesterol; 18g sugars; 4g added sugars; 54 IU vitamin A; 2 mg vitamin C; 79 mg calcium; 0 mg iron; 16mg sodium; 225 mg potassium
Carbohydrate Servings: 1 1/2



You would use a MAP to plan your summer vacation...



Now use MAP to plan your future for Long Term Care...



Call Today
301-783-1752

or visit: www.marylandaccesspoint.info

June 15, 2018



**WORLD ELDER ABUSE
AWARENESS DAY**

Building Strong Support for Elders

**PROTECT SENIORS
TAKE A STAND AGAINST
ELDER ABUSE**

Wear purple to show your support and to raise awareness about elder abuse, neglect, and exploitation and to empower individuals in your community to get involved and take action.

Elder abuse is a significant public health problem. Each year, hundreds of thousands of adults over the age of 60 are abused, neglected, or financially exploited. Elder abuse, including neglect and exploitation, is experienced by 1 out of every 10 people, ages 60 and older, who live at home. This statistic is likely an underestimate because many victims are unable or afraid to disclose or report the violence.

The following six types of maltreatment occur among persons over the age of 60:

**Physical abuse * Sexual abuse
Emotional abuse * Neglect * Abandonment
Financial abuse**



Medical Identity Theft

Medical identity theft occurs when a beneficiary's Medicare number is misused, either by a provider, a supplier, or by someone posing as the real beneficiary in order to receive medical care. Such Medicare numbers are considered "compromised." Medicare numbers are for life, even if stolen or misused, so a beneficiary whose number is compromised may be affected forever by false claims against his or her Medicare number.

Health Impact

Receiving health care from a fraudulent provider can mean the quality of the care is poor, the intervention is not medically necessary, or worse: The intervention is actually harmful. A beneficiary may later receive improper medical treatment from legitimate providers as a result of inaccurate medical records that contain:

- False diagnoses
- Records showing treatments that never occurred
- Misinformation about allergies
- Incorrect lab results

Additionally, because of inaccurate or fraudulent claims to Medicare, beneficiaries may be denied needed Medicare benefits. For example, some services have limits. If Medicare thinks such services were already provided, they will deny payment.



Allegany County HRDC



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.



Suicide Prevention Hotline
1-800-273-TALK (8255)

Alzheimer's Support Group
Held 2nd Tuesday of every month at the
AC Health Dept Conf Rm #2
5:00pm-7:00pm
More info call:
Frank Puhalla, 301-359-3000

Diabetes Support Group
Held 1st Tuesday of every month
WMRMC - Auditorium Room 6
5:30pm-6:30pm
More info call:
Lori Shaulis
240-964-8789

Bereavement Support Group
Held 4th Wednesday of every month at
the Former Ames Bldg
6:00pm - 7:00pm
More info call:
Brent Thornton 240-964-9000