



# Senior Nutrition News

Volume 11 Issue 2

FALL 2016

Autumn is a second spring where every leaf is a flower. Albert Camus

alzheimer's awareness

**GO PURPLE!**

November 1-30

alzheimer's association

## Alzheimer's and dementia basics

**Alzheimer's is the most common form of dementia**, a general term for memory loss and other intellectual abilities serious enough to interfere with daily life. Alzheimer's disease accounts for 60 to 80 percent of dementia cases.

**Alzheimer's is not a normal part of aging**, although the greatest known risk factor is increasing age, and the majority of people with Alzheimer's are 65 and older. But Alzheimer's is not just a disease of old age. Up to 5 percent of people with the disease have early onset Alzheimer's (also known as younger-onset), which often appears when someone is in their 40s or 50s.

**Alzheimer's worsens over time.** Alzheimer's is a progressive disease, where dementia symptoms gradually worsen over a number of years. In its early stages, memory loss is mild, but with late-stage Alzheimer's, individuals lose the ability to carry on a conversation and respond to their environment. Alzheimer's is the sixth leading cause of death in the United States. Those with Alzheimer's live an average of eight years after their symptoms become noticeable to others, but survival can range from four to 20 years, depending on age and other health conditions.

**Alzheimer's has no current cure, but treatments for symptoms are available and research continues.** Although current Alzheimer's treatments cannot stop Alzheimer's from progressing, they can temporarily slow the worsening of dementia symptoms and improve quality of life for those with Alzheimer's and their caregivers.

### Symptoms of Alzheimer's

**The most common early symptom of Alzheimer's is difficulty remembering newly learned information.**

Just like the rest of our bodies, our brains change as we age. The most common early symptom of Alzheimer's is difficulty remembering newly learned information because Alzheimer's changes typically begin in the part of the brain that affects learning. As Alzheimer's advances through the brain it leads to increasingly severe symptoms, including disorientation, mood and behavior changes; deepening confusion about events, time and place; unfounded suspicions about family, friends and professional caregivers; more serious memory loss and behavior changes; and difficulty speaking, swallowing and walking.

People with memory loss or other possible signs of Alzheimer's may find it hard to recognize they have a problem. Signs of dementia may be more obvious to family members or friends. Anyone experiencing dementia-like symptoms should see a doctor as soon as possible. Early diagnosis and intervention methods are improving dramatically, and treatment options and sources of support can improve quality of life.



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Community Partner

## Month of December 1-31



# Identity Theft Prevention and Awareness Month

When it comes to **identity theft**, senior citizens are particularly at risk, for several reasons. For one, identity thieves believe that senior citizens will prove easier targets in scams. For another, thieves expect seniors to have more money in their bank accounts than their younger counterparts might. Finally, senior citizens are at risk because many live in large communities like senior living, nursing care or retirement community centers.

Financial experts report that senior citizens are also less likely to closely monitor their credit reports and bank statements, possibly because their spending becomes more habitual and regular in the years following retirement and they are less likely to be seeking a loan.

In 2010, the Federal Trade Commission announced that 28 percent of identity theft attacks were targeted at victims who were over 50 years old, and researchers at the University of Iowa published a paper in 2012 reporting that the area of the brain controlling belief and doubt actually deteriorates as individuals age. This means that elderly people could physiologically be less suspicious and more vulnerable to scams.

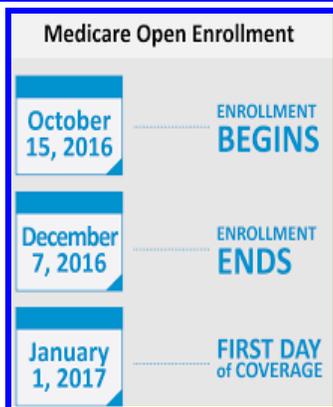
Senior citizens are also frequently enrolled in government programs that require personal information and are complicated by nature. Many scam artists use Medicare and Social Security scams to lure in unsuspecting individuals.

If you or a loved one is a senior concerned with **identity protection**, follow these tips to remain secure:

- **Contact family before you offer help:** Scam artists will sometimes call or email elderly individuals, claiming that their grandchild is in trouble and needs money immediately. Grandparents are naturally eager to offer help, but it's best to call your children or other family members to verify the situation so you don't end up sending money to a con artist.
- **Don't carry your Medicare card:** Make a copy of your Medicare card and black out the last four letters of your Social Security number. This way, if your wallet gets stolen the thief doesn't have access to your information.
- **Don't leave information out:** Many seniors live in retirement or assisted living communities where their caregivers could easily pick up credit cards, bank statements, or even simply lift a Social Security number from the patient's file. For this reason, it's important to check your bank statements regularly, even if you're not spending much. This way you'll know if you fall victim.
- **Don't respond to emails:** Everyone should be aware of the dangers of phishing schemes. Tell your elderly relatives not to open emails that come from unverified sources, and that misspelled words, generic greetings and demands for personal information are hallmarks of fraudulent messages. Legitimate institutions won't ask for sensitive identifying information out of the blue, so delete the email and contact your institution to notify them of the situation.
- **Don't talk to telemarketers:** Criminals sometimes pose as telemarketers, calling to offer healthcare-related products and benefits and asking for personal information. Don't give your name, birthday, Social Security number or Medicare ID number to anyone over the phone, even if you think they might be with a legitimate institution. It's always safer to contact an institution yourself on a separate occasion.
- **Guard your medical information:** Seniors typically receive more medical care as they get older, so it's important to keep your medical records to yourself. Thieves will sometimes use another person's insurance to get treatment, tampering with the victim's medical record in the process.
- **Lock up your information:** Especially if you're living in an assisted care facility, or if you have a private caregiver come to your home, you should be sure to put your passport, birth certificate, Social Security card, Medicare card, checks and financial statements in a locked safe.
- **Watch out for tax scams:** Sometimes thieves will file a tax return using the Social Security number of an individual's deceased spouse, which can then cause problems when the victim attempts to file legitimately.

Finally, you may want to register for **credit monitoring** services, which can alert you to certain activities that may indicate fraud.

# Open Enrollment By [Ken Moraif](#) of Market Watch



Every year from Oct. 15 to Dec. 7, Americans have the opportunity to change their Medicare coverage. Many beneficiaries could save hundreds of dollars by changing plans. But every year, most of them do nothing.

I believe people don't bother with open enrollment because the information seems overwhelming. To help remedy that, I'd like to offer a few tips that can help you make good decisions:

**Review your current plan.** Plans can change, as can your needs. You should receive an Annual Notice of Change (ANOC) and/or Evidence of Coverage (EOC) if you have a Medicare Advantage Plan or a standalone Part D plan. Read them so you're aware of any changes.

**Make sure your doctor still accepts your particular Medicare Advantage plan.** If your health-care provider's affiliation changes, you may need to choose a new doctor, or decide to pay more for your current doctor's out-of-network costs.

**Check your medications.** Don't just make sure your drugs are on your plan's list, but also look carefully for restrictions like quantity limits, or prior authorization. Also, if your plan has a network-pharmacy benefit, check to see if the pharmacies covered are easy for you to access. Lastly, compare prescription-drug benefits across plans: you may be surprised at the amount of money you could save.

**Consider premiums and out-of-pocket costs.** Add up co-payments, co-insurance, and annual deductibles, along with the monthly premiums. *Then* compare costs.

**Be aware of the Medicare Advantage maximum out-of-pocket limit.** After you spend a certain amount out of pocket, you pay nothing for covered services. Different plans may have different caps, and the limits can change each year, so compare and review.

**Get some help.** Medicare.gov offers a [Plan Finder](#) tool where you can find and compare Medicare Advantage and prescription-drug plans available in your area. In addition you can contact **Senior Resources of Guilford's SHIIP Coordinator, Bob Boyd at 336-373-4816, ext. 253.** Bob is our SHIIP representative who is experienced and knowledgeable regarding these plans. This service is offered at no cost to you.



## Community Nutrition sites will be closed on Thursday, November 24 and Friday, November 25.

***Mobile Meals: On Thanksgiving Day a delicious meal will be delivered by volunteers to participants that will be home and who have informed Mobile Meals prior to Thanksgiving Day, that they want a meal. Volunteers who deliver your regular meals will be asking you if you will be home and want a meal. You will need to let us know by November 18. These meals are sponsored by the Greensboro Restaurant Association, under the auspices of Mary Lacklen.***



*A frozen meal will be sent out prior to Friday, November 25th to be utilized on that day as we will be closed.*



## Community Nutrition and Mobile Meals

**Mobile Meals:** On Christmas Day a delicious meal will be delivered by volunteers to participants that will be home and who have informed Mobile Meals prior to Christmas Day, that they want a meal. Volunteers who deliver your regular meals will be asking you if you will be home and want a meal. You will need to let us know by December 19. These meals are sponsored by Golden Corral.

A frozen meal will be sent out prior to Friday, December 23 to be utilized on that day as we will be closed.



Community Nutrition sites  
will be closed on  
Friday, December 23  
and  
Monday, December 26.



## Portable Pet Provisions

Free pet food available to  
Mobile Meals recipients.

### To be eligible:

- ◆ The pet owner must be a current Mobile Meals client
- ◆ Pets must reside at the home where Mobile Meals are delivered
- ◆ Must have proof of up to date vaccinations

Contact Ashlyn Martin, Assistant Director of Home and Community Based Services, at (336)- 373-4816 to sign up today!



## SeniorLine

### Information & Referral

Have questions?

Need answers?

Call SeniorLine!

**Greensboro/County:**

**(336) 333-6981**

**High Point/Jamestown:**

**(336) 884-6981**

### Senior Resources of Guilford

#### Promoting Independent Lifestyles

*Founded in 1977 as United Services for Older Adults, Senior Resources of Guilford is a United Way agency dedicated to serving our diverse community of seniors and their families by advocating and providing supportive services that enhance the independence, health and quality of life for seniors.*

For more information about the services offered at Senior Resources of Guilford, please visit our website [www.senior-resources-guilford.org](http://www.senior-resources-guilford.org)

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