



NEW CONCEPTS FUND PROGRAM

Some of you may remember a few months back when these people were here before. This organization is comprised of several former telemarketers and their mission is to get the word out about telemarketers practices and how they target vulnerable groups such as seniors. They have come up with some new information and asked to come back to update us.

For everyone who has ever received a fund raising phone call or has wondered about giving a charitable donation, or received those letters in the mail, this program is for you. Get all the facts on who is calling you and where does the money go should you make a donation.

Join us on Thursday, August 18th at 12:15 and get all of the latest information from them.

PRESCRIPTION DONUT HOLE

This is the time of year when many of you reach the “donut hole” in your prescription coverage which means that you are responsible for paying the full cost of your prescriptions.

This year thanks to the Affordable Care Act you will automatically receive a 50% discount on all of your prescription purchases while you are in the “donut hole”.

Check your receipts, you should be paying less for your prescriptions than you did last year when you reached the “donut hole”, if you are not you should contact your insurance company or Medicare and get the problem corrected.

STAY SAFE IN THE HEAT

You probably are tired of hearing all of the warnings about the dangers of heat on seniors, but it is a serious enough problem that it bears repeating.

Seniors are particularly susceptible to heat related illness particularly because of other health problems and the medications they are taking.

Perhaps the simplest, cheapest, thing you can do is hydrate, hydrate, hydrate! Don’t wait until you are thirsty to take a drink, by that time you are starting to dehydrate. Keep a bottle of water nearby and sip it frequently. The average persons needs around four or five bottles of fluid daily. If you have been sweating profusely you may want a sport drink

such as Gatorade to replace electrolytes but on average water or any other non-alcoholic drink is just fine.

Also, try to avoid exercise or strenuous activity during the hottest part of the day, 11-4. If you must exercise plan to do it early in the morning or in the evening when it cools down a bit.

If you are planning on being outdoors, don’t forget the sunscreen, SPF30 or greater even if you are only going out for a short period of time.

If you can afford it, get an air conditioner. Especially to use during the day. You will be much more comfortable and at less risk of developing a heat related illness. If you don’t have an air conditioner and can’t get one, go to air conditioned places during the heat of the day. The senior center is air conditioned and all are welcome to stop in and watch TV, visit with friends or maybe play cards or cribbage, the Library is also air conditioned, feel free to stop in and sit and read a good book or newspaper, or go to the local mall and do some window shopping. It will be a nice break from the heat and humidity.

Finally, please check on your neighbors and friends to make sure they are alright.

INSECT BITES

One problem with this hot, humid weather is that insects like it just as much as we humans do.

In our area the insects that are of greatest concern, according to the MA Dept. of Public Health, are mosquitoes and deer ticks.

While there is always publicity about mosquitoes spreading Eastern Equine Encephalitis, the good news is that only a few of the many types of mosquitoes found locally can actually transmit the disease and only about 100 cases have been documented since they start keeping track in 1938. None the less, it is still a good idea to eliminate their breeding grounds by draining all standing water, such is found in plants, wading pools, etc.

The other insect, the deer tick, is known to spread Lyme Disease. All ticks in our area are not necessarily deer ticks but many of you know that Lyme Disease can and has occurred here. The CDC recommends that you protect yourself when spending time outside by using an insect repellent containing either DEET or Picardin both of which are readily available at local pharmacies or department stores.

August 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
PLEASE TALK TO THE COOK IF YOU HAVE ANY FOOD ALLERGIES.	1 <i>Cribbage -Noon</i>	2 <i>American Chop Suey, Green Beans, Brownie</i>	3 <i>Food Bank 10-12 Arthritis Class 11:00</i>	4 <i>Sausage Grinder, Salad, Sherbet Yoga 10:00 Strength Class 11:00</i>	5	6
7	8 <i>Cribbage-Noon</i>	9 <i>Broccoli Bake, , Cake</i>	10 <i>Food Bank 10-12 Arthritis Class-11:00</i>	11 <i>Spaghetti & Meatballs, Salad, Ice Cream Yoga-10:00 Strength Class-11:00</i>	12	13
14	15 <i>Cribbage-Noon</i>	16 <i>Boiled Dinner, Corned Beef, Cabbage, Carrots, Pudding</i>	17 <i>Food Bank-10-12 Arthritis Class-11:00</i>	18 <i>Sloppy Joe's, Corn, Fruit New Concepts Talk-12:15</i>	19	20
21	22 <i>Cribbage-Noon</i>	23 <i>Tuna Melt, Soup, Brownie</i>	24 <i>Food Bank 10-12 Arthritis Class-11:00</i>	25 <i>Meat Loaf, Mashed Potatoes, Mixed Veggies, Dessert Yoga-10:00 Strength Class-11:00</i>	26	27
28	29 <i>Cribbage-Noon</i>	30 <i>Baked Fish, Red Skin Potatoes, Veggie, Dessert</i>	31 <i>Food Bank 10-12 Arthritis Class-11:00</i>			PLEASE RESERVE YOUR MEAL AT LEAST 24 HRS. IN ADVANCE.