

# Northeast County Senior News

A Member of  
SGSM  
NETWORK

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October-December, 2011

## HELP WITH HEATING BILLS

The Missouri Low Income Home Energy Assistance Program (LIHEAP) is designed to help pay heating bills for those Missourians in need of assistance now through the month of March. If the head of household and/or spouse are over 60 and/or disabled, the application can be sent beginning October 1, 2011.



Eligibility for benefits under this program is limited to households who: are responsible for paying home heating costs; are U.S. citizens; do not have available resources in excess of \$3,000; and meet specific income guidelines that vary according to household size. For one person, monthly income cannot be greater than \$1,218. For a household size of two, the monthly income limit is \$1,639. Please call Brion Abel at 314-664-9700 for an application.

## NEW CHURCH JOINS NE COUNTY SENIOR MINISTRY

Northeast County Senior Ministry would like to welcome our newest partner church, St. Andrew United Methodist, located at 3975 North Highway 67. St. Andrew was first established in 1965 by the St. Louis Mission and Church extension society, who saw a need for a future Methodist Church in North County.

Today, St. Andrew's has grown to more than 400 members, with programs including music ministries, grief sharing, prison outreach, and men's, women's, youth, and children's groups.

Led by Reverend Monica Jefferson, St. Andrew's vision is to form connected communities where people matter, find purpose, and serve God by making a difference as followers of Jesus through faith and action.

## THE RAT PACK IS BACK: JOIN US FOR MOVIE, GAMES

What could be better than a dinner, movie, and game night... Rat Pack style? Join Northeast County Senior Ministry on **Friday, November 4, 2011** at **Blessed Teresa of Calcutta** for a dinner while we watch the Rat Pack movie, *Ocean's Eleven*. Following the movie will be fun and games!

Your game options include bingo, poker, bridge, etc. This night will also include a raffle, door prizes and more. Doors will open at 3:00 pm, the movie starts at 3:30 pm, dinner will be served at 5:00 pm, and the games will begin at 6:00 pm. The cost of this event is \$10 at the door, which includes movie, snacks, hot dog dinner, and games. Small donations will be accepted if you wish to have more than two BINGO boards.

For more information or to RSVP, please contact Greg Payne at 314-664-9700.

## FREE FALL YARDWORK

Fall is approaching and so is the fall yard work! Northeast County Senior Ministry is currently scheduling groups for fall yard work blitzes including leaf raking and gutter cleaning for older adult homeowners age 65 and up.

This is a great family-friendly volunteer opportunity or simply an opportunity for a group of friends to serve older adults in their community.

To be placed on the list or to volunteer, please call Brion Abel at 314-664-9700. Homeowners will be accommodated according to the availability of volunteers.

## Wii BOWLING LEAGUE

Join us **every Monday** from 1:30 - 3:30 pm for Northeast County Senior Ministry's Fall Wii Bowling League. This is a bowling league which travels from parish to parish to compete against the other local senior bowling teams using the Nintendo Wii gaming system. So come have fun, socialize, and even get a little exercise while learning to bowl interactively. For more information or to sign up a team, please call Nicole Edwards at 664-9700.

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100 North Jefferson, 2nd Floor  
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## NEW VISTA VOLUNTEERS JOIN SENIOR MINISTRY

All of the programs being offered by Northeast County Senior Ministry are staffed by AmeriCorps\*VISTAs (Volunteers in Service to America).

We'd like to introduce two more VISTA members who have just joined our team.

**Greg Payne** is from Charlotte, NC and is taking over as Social Engagement VISTA, working with current VISTA Amy LeMieux for three months



to transition nicely into the position. He went to Erskine College in Due West, SC, where he majored in Business Administration with a Marketing concentration; after college he worked as a Marketing consultant and a Spa Coordinator. He misses his dog Brinkley, but looks forward to working with seniors and the non-profit industry.



We also welcome **Nicole Edwards**, who replaced Faria Ahmed as the Health and Transportation VISTA. Nicole has already served a year with AmeriCorpsVISTA in Norfolk, Virginia with the YWCA of South Hampton Roads. She was the Self-Sufficiency Coordinator, working in a domestic violence shelter for women, helping them secure jobs, housing and resources. She is originally from Roanoke, Virginia, graduating from Old Dominion University with a degree in Sociology. She has a passion to receive her MSW and become a LCSW. She is a very happy, outgoing person who likes to explore new places, have new experiences, volunteer and help others.

# MEDICARE OPEN ENROLLMENT OCTOBER 15-DECEMBER 7

*This message is brought to you by the U.S. Department of Health & Human Services.*

**Y**our health needs change from year to year. And, your health plan may change the benefits and costs each year too. That's why it's important to evaluate your Medicare choices every year. Open Enrollment is the one time of year when ALL people with Medicare can see what new benefits Medicare has to offer and make changes to their coverage.

There's never been a better time to check out Medicare coverage. There are new benefits available for all people with Medicare — whether you choose Original Medicare or a Medicare Advantage plan — including lower prescription costs, wellness visits, and preventive care. Take advantage of Open Enrollment and you may be able to save money, get better coverage, or both.

## **What is the benefit of having an earlier enrollment period?**

Starting this year, Open Enrollment starts earlier — on October 15th — and lasts longer (7 full weeks) to give you enough time to review and make changes to your coverage. But, also starting this year, you will need to make your final selection for next year's Medicare coverage by December 7th. This change ensures Medicare has enough time to process your choice, so your coverage can begin without interruption on January 1.

It's worth it to take the time to review and

compare, but you don't have to do it alone. If you typically use the December holidays to discuss health care options with family or friends, plan now to move that conversation earlier. And remember that Medicare is available to help.

- Visit [www.medicare.gov/find-a-plan](http://www.medicare.gov/find-a-plan) to compare your current coverage with all of the options that are available in your area, and enroll in a new plan if you decide to make a change.
- Call 1-800-MEDICARE (1-800-633-4227) 24-hours a day/7 days a week to find out more about your coverage options. TTY users should call 1-877-486-2048.

- Review the Medicare & You 2012 handbook. It is mailed to people with Medicare in September.

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*If you typically use the December holidays to discuss health care options with family or friends, plan now to move that conversation earlier.*

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- Get one-on-one help from your State Health Insurance Assistance Program (SHIP). Missouri SHIP is called CLAIM (Community Leaders Assisting the Insured of Missouri) and can be reached at 1-800-390-3330.

- Call Nicole Edwards, SGSM Network's Health and Transportation VISTA, at 314-664-9700 to help you with a review.

Medicare has a program to help pay for prescription drugs for those with a limited income. To find out if you qualify, visit [www.socialsecurity.gov](http://www.socialsecurity.gov) or call 1-800-772-1213 and ask about "Extra Help" program.

## DISCOUNTED HEARING AIDS

**A**re you having difficulty hearing but believe you cannot afford to buy a hearing aid? The Center for Hearing & Speech has an affordable program for individuals with limited income.

Reduction in costs can be as great as 95%, depending on income level. The Center is a nonprofit organization that receives funding from the United Way, foundations and private contributions, making it possible to get the services you need at affordable fees.

For more information, call 314-968-4710.

## LIFE MEANINGS OF BEREAVED ADULTS

**I**f you have experienced the death of someone close to you (parent, sibling, child, spouse or partner, close friend), the University of Missouri-St. Louis would like to hear from you about your grief experience and the ways your grief has (or has not) affected your goals in life, priorities, values, and all the things that mean the most to you in your life.

The research study will help psychologists better understand what bereaved people need most in their recovery. Volunteers will be asked to participate in a two-hour focus group and talk about their loss experiences and the things in life that they find meaningful.

You may gain increased awareness of your own values, goals and life meanings. Individuals who participate in a focus group will receive a \$20 gift card in appreciation of your time and effort. Contact Rachel Hibberd at 516-5829 and leave a message with your name and number.

## GO GREEN WITH VINEGAR

**V**inegar naturally cleans like an all-purpose cleaner. Mix one part water to one part vinegar in a new store-bought spray bottle and you have a solution that will clean most areas of your home. Vinegar is a great natural cleaning product as well as a disinfectant and deodorizer. Always test on an inconspicuous area first.

It is safe to use on most surfaces, including hardwood floors and windows. Plus vinegar has the added bonus of being incredibly cheap. However, improperly diluted vinegar is acidic and can eat away at tile grout. Never use vinegar on marble surfaces. Don't worry about your home smelling like vinegar. The smell disappears when it dries.

**Bathroom** — Clean the bathtub, toilet, sink and countertops. Use pure vinegar in the toilet bowl to get rid of rings. Flush the toilet to allow the water level to go down. Pour the undiluted vinegar around the inside of the rim. Scrub down the bowl. Mop the floor with a vinegar/water solution. The substance will also eat away the soap scum and hard water stains on your fixtures and tile. Make sure it is safe to use with your tile.

**Kitchen** — Clean the stovetop, appliances, countertops and floor.

**Laundry Room** — Use vinegar as a natural fabric softener. This can be especially helpful for families who have sensitive skin. Add ½ cup of vinegar to the rinse cycle in place of store-bought fabric softener. Vinegar has the added benefit of breaking down laundry detergent more effectively.

For more tips, go to [vinegartips.com](http://vinegartips.com)

# REMEMBERING THE GREAT DEPRESSION, SURVIVING

## PART 2

*Mary Ruhland responded to our request for past stories of survival, given today's continued economic slump. This is a continuation of her essay (first published in the July-Sept newsletter edition).*

—by Mary Ruhland

One day on the way to church, my mother told me she only had 17¢ left. Another time, she told my sister she had 32¢ left. But we made it over those humps and never went without a meal.

My mother would buy whole wheat, which some people said was chicken feed, but it was very nourishing. It was the whole kernel including the outer covering which is bran. She would cook a big kettle of it for three to four hours until the wheat could be chewed. Then we had a small helping of it for breakfast with milk and a little brown sugar.

We wore hand-me-down clothes, even shoes. And clothes were mended and shoes repaired. Woolworth, 5 & 10¢ Stores sold soles and heels which my dad glued on our shoes and when they got too small they went down to the next sister or brother or were given to someone who could use them. It was the same with clothes or any useable item.

In the winter of 1935-1936 when I was in 8th grade, I only had a jacket to wear as a winter coat and I froze in that thing. I was so cold and I didn't tell my mother because I knew she had no money to buy me a warmer one.

Even though we were poor, we had a very happy life. As kids we played games like jumping rope, hopscotch, marbles, hide and seek, and running games. We were fortunate enough to live across from a public school that had a summer playground program and we went there. And, of course, always chores around the house came first.

My uncle Frank was good to all of us as were all our relatives and friends. He lived with us or we lived with him for four years when he remarried a wonderful lady and went to live on her farm. Two years later, he sold the house we lived in which would have been 1939. That year, my dad got his first full-time job as an architect and they also bought their first

house wondering how they were going to pay for it, but they did. It was a happy house full of happy memories. It cost \$3,200.

You should remember in those days, we had coal furnaces. Coal was dumped in the basement and ashes

were carried out to an ash pit that was then emptied by men who made a living going through our alleys collecting trash. For \$2 or \$3, they would empty it. We had iceboxes and would get a 30- or 40- or 50-pound chunk of ice delivered three times a week, so food was only kept for a day or two. We had a wringer washer and tubs to rinse the clothes in and hung them outside in good weather and in the basement in bad weather. We had a radio and a wind-up Victrola on which we could play records.

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*"... I only had a jacket to wear as a winter coat and I froze in that thing."*

—Mary Ruhland

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*To Be Continued Next Newsletter*

## HEALTH CORNER: UNDERSTANDING CHOLESTEROL, CANCER TALKING TIPS

### HOW TO BOOST YOUR HDL

When it comes to counting your cholesterol, there is bad and good. That's because cholesterol is carried through the bloodstream by molecules called lipoproteins. Low-density lipoproteins (LDL) tend to deposit cholesterol in arterial walls. High-density lipoproteins (HDL), however, tend to sweep cholesterol away. That's why you hear HDL cholesterol referred to as "good."

Not surprisingly, doctors say the higher your HDL, the better, preferably a count of 40 or greater. To raise yours, follow these ABCs:

- A. **Ace aerobics.** Aerobic exercise raises HDL — and the longer and harder you exercise, the higher it goes.
- B. **Battle the bulge.** If you have to choose between dieting and exercising, try losing weight through workouts. It's better than dieting alone, especially if you're "apple" shaped. *Reason: Fat around the waist appears to reduce HDL.*
- C. **Consider medications.** Talk to your doctor about drugs that can boost HDL significantly, such as high-dose niacin and gemfibrozil (Lopid).
- D. **Don't smoke.** Smoking lowers HDL by an average of 5 points — and raises total cholesterol. Not a smoker? Be careful. Even secondhand smoke can lower your HDL.



### WHEN SOMEONE YOU KNOW HAS CANCER

How do you help when someone you know has been diagnosed with cancer? What should you say or do? The following advice from the *American Cancer Society* may help:

- ◆ **Speak from the heart.** Simply showing interest or concern is fine; the main point is to be sincere. "I'm not sure what to say, but I want you to know I care" is a perfectly appropriate sentiment. Other examples: "I'm sorry to hear you're going through this," "I'll keep you in my thoughts" or simply "How are you holding up?"
- ◆ **Say something nice.** When the person is looking good, say so. On the flip side, don't point out the person's obvious signs of fatigue or weight loss. Cancer is a hard disease to fight, and patients have good days and bad.
- ◆ **Don't advise.** Cancer can be unpredictable. Avoid telling the person you know how he or she feels. When encouraging optimism, be sensitive to hardships so you don't discount the person's own fears and sad feelings, which are perfectly natural.

Research shows that people with strong social networks handle major illnesses better. Reach out if someone you know has cancer. It's the healthy thing to do.

### PUMPKIN SEEDS: YOU CAN EAT THEM

Pumpkin seeds are not only tasty, they're nutritious. Per ounce, they contain 12 grams of healthy fat and nearly a day's supply of vitamin E!

## UPCOMING EVENT

### *CELEBRATE OUR LADY OF GUADALUPE*

Come celebrate Our Lady of Guadalupe on **Monday, December 12<sup>th</sup>** at Our Lady of Guadalupe Church, 1115 South Florissant Road. A special Mass will begin at 9:00 am, which will include music, dancing, a flower presentation to the Lady, and a presentation of the story of Our Lady of Guadalupe.

There will be a reception immediately following the mass in the cafeteria, where guests will have the chance to talk, meet new people, and enjoy refreshments. Although this is a free event, RSVP's would be appreciated. To RSVP or for more information, please contact Sister Cathy at 314-522-9264.

## JOB SQUAD PROVIDES MINOR HOME REPAIR

**J**ob Squad is a program of NE County Senior Ministry that matches older adults who need minor home repairs with volunteers who are able to help them. This is especially good for homeowners who do not have family to help with the little projects around the house as well as for those who cannot afford to pay someone.



*Job Squad* provides tasks such as gutter repair/cleaning, interior hand rail repair, replacement of light switches and plugs, furniture moving, minor plumbing, weatherization and more. The service is free of cost; however, the homeowner is responsible for materials and supplies.

Please call Brion Abel at (314) 664-9700 for more information.

## PROGRAMS AVAILABLE

**A**s a collaborative ministry, Northeast County Senior Ministry has five main programs:

**Job Squad:** Minor home repair program for senior homeowners.

**Health promotion activities:** Free exercise programs; and occasional health fairs.

**Social events:** Educational opportunities, dances and more!

**Spiritual activities:** Days of prayer and speakers to help you draw closer to God.

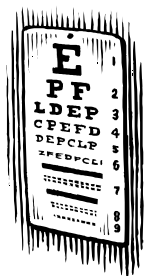
**Lights On:** A neighborhood engagement program to improve lighting and safety for homeowners.

If you are interesting in learning more about these programs or how to become a participant or volunteer, please call the office at **314-664-9700**.

## EYE EXAMS IN YOUR HOME

**V**ision changes happen throughout our lifetime. Health problems affecting other parts of your body can affect your vision as well. Diabetes, hypertension (high blood pressure), or certain medications can have eye-related side effects, and have the potential to cause vision problems.

Annual eye examinations are the best way to prevent these changes. Dr. Kim Folwarski offers comprehensive eye examinations in the comfort of your own home. To schedule your appointment, please call House Call Doctors at (314) 727-2226. Medicare Part B will be billed for services.





**Northeast County Senior Ministry**  
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## **THE LORD IS MY SHEPHERD**

I shall not want. He makes me lie down in green pastures; He leads me beside still waters; He restores my soul. He leads me in right paths for His name's sake.

Even though I walk through the darkest valley I fear no evil, for you are with me; your rod and your staff—they comfort me.

You prepare a table before me in the presence of my enemies, You anoint my head with oil, my cup overflows.

Surely goodness and mercy shall follow me all the days of my life; and I shall dwell in the house of the Lord my whole life long.

~ Psalm 23

## **A BIT OF HUMOR**

**A** Sunday School teacher decided to have her young class memorize one of the most quoted passages in the Bible, Psalm 23. She gave the youngsters a month to learn the verse.

Little Rick was excited about the task, but he just couldn't remember the Psalm. After much practice, he could barely get past the first line.

On the day that the kids were scheduled to recite Psalm 23 in front of the congregation, Ricky was so nervous. When it was his turn, he stepped up to the microphone and said promptly, "The Lord is my Shepherd, and that's all I need to know."

