

REGION III AGING SERVICES

Donna Olson, Regional Aging Services Program Administrator

Serving: Benson, Cavalier, Eddy, Ramsey, Rolette, and Towner Counties



Fall 2010



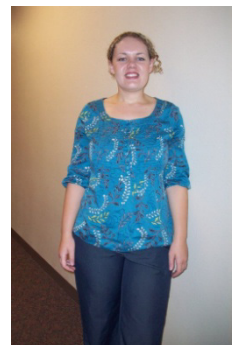
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Halloran hired as Options Counselor for the Aging and Disability Resource Center

BISMARCK, N.D. – The N.D. Department of Human Services announces Katherine Halloran is the new options counselor for the new Aging and Disability Resource Center (ADRC) pilot project in Bismarck. The ADRC assists older adults, adults with physical disabilities, and their family members to learn about long-term care and supportive services available in Burleigh County.

In her new role, Halloran will be a resource for individuals and families who need help locating programs and services to assist them in living independently in their homes and in the community. Options counseling involves helping individuals identify their goals and preferences, review each of the options available, and to encourage planning for future long-term support needs. Halloran will also work with service providers to help individuals who might not qualify for publicly funded programs or services.



*Region III Newsletter compiled by LRHSC–
Aging Services Unit*

Halloran has a bachelor’s degree in social work from the University of Mary and is a

licensed social worker. Previously, she worked in the St. Alexius Home Health and Hospice Program where she assisted older individuals with independent living options.

The ADRC is funded by a three-year federal grant the department received in fall 2009. It's currently serving individuals in Burleigh County. The ADRC will expand services to Morton, Oliver, Emmons and Kidder counties in the spring of 2011, and to Grant, McLean, Mercer, Sheridan and Sioux counties in 2012.

Halloran's office is located in the Aging Services Unit at the West Central Human Service Center in Bismarck. She joins Lynette Hinckley, the ADRC Program Administrator, and Cherry Schmidt, the Regional Aging Services Program Administrator, who supervises the ADRC.

their hometowns. Politicians and veteran officers gave speeches and held ceremonies of thanks for the peace they had won.

Congress voted Armistice Day a federal holiday in 1938, 20 years after the war ended. But Americans realized that the previous war would not be the last one. World War II began the following year. After the Second World War, Armistice Day continued to be observed on November 11th.

In 1953, townspeople in Emporia, Kansas called the holiday Veterans Day in gratitude to the veterans in their town. Soon after, Congress passed a bill introduced by a Kansas congressman renaming the federal holiday to Veterans Day.

Americans still give thanks for peace on Veterans Day. There are ceremonies and speeches and at 11:00 in the morning, many Americans observe a moment of silence, remembering those who fought for peace.



Veterans Day

Veterans Day is always observed in the U.S. on November 11th. The holiday began as Armistice Day on November 11, 1919, the first anniversary of the end of World War I.

In 1918, on the eleventh hour of the eleventh day in the eleventh month, the world rejoiced and celebrated. After four years of bitter war, an armistice was signed. The "war to end all wars" was over.

November 11, 1919 was set aside as Armistice Day in the United States to remember the sacrifices that men and women made during World War I in order to ensure a lasting peace. On Armistice Day, soldiers who survived the war marched in a parade through



A Veterans Day ceremony will be held Thursday, November 11th at 10:00 a.m. at the Russell Reid Auditorium at the North Dakota Heritage Center on the State Capitol grounds.

The ceremony will conclude in time for guests to observe the sun shine through the opening in the All Veterans Memorial on the Capitol grounds to illuminate the state of North Dakota on the globe in the center of the memorial at 11 a.m.

Region III Council on Aging Meeting

October 27, 2010

Esmond, ND

Fire Hall



Agenda

- 9:30-10:00 a.m.** **Registration** – Coffee and Refreshments
Musical Selections-Lyla Roeick, Norma and Edward Schmaltz
- 10:15 a.m.** **Welcome** – Minnie Flynn, President
Call to Order/Pledge to the Flag
Welcome – Donna Olson, Regional Aging Services Program Administrator
Welcome – Beverly Miller

Old Business:

- a. Reading of Minutes of the last meeting and Treasurers Report - Duane Crawford, Secretary, Treasurer
- b. Reports/Communications/Announcements
 1. County Councils/ Senior Center Clubs
 2. Title III Project Directors
 3. Region III Outreach Workers
 4. Other

New Business

1. Donna Olson, Regional Aging Services Program Administrator
Update of Lake Region Human Service Center Aging Services Unit Programs
2. Other
3. Next Meeting date and location

Program Presentation: “Fire Department and Ambulance Services” **Presenter:** *Ron Lauinger, Fire Chief*

Entertainment – Musical Selections by *Lyla Roeick, Norma and Edward Schmaltz*

- 12:00-1:00 p.m.** **Lunch –Menu for the Day**
Scalloped Potatoes and Ham
Variety of Salads
Bars and Ice Cream
- 1:00 p.m.** **Program Presentation:** “*Understanding Memory Loss*” **Presenter:** *Ashley Magner*
- 2:15 p.m.** **Program Presentation, Presenter:** *Shelly Aabrekke, RN, Benson County Health Nurse*
Coffee and Refreshments
Music provided by *Lyla Roeick, Norma and Edward Schmaltz*



☺ ☺ **Door Prize Drawings will be held throughout the day.** ☺ ☺

If you would like to eat the noon meal, please call:
Irene Wolfe at (701) 249-3205 or Beverly Miller at (701) 249-3575
by Friday, October 22nd

There will be a \$5.00 charge for the meal. The meal will not be a Title III meal.

Thanks to the Esmond Senior club members for hosting this meeting. It is appreciated.
Thanks for coming to this meeting. Have a safe trip home.

AutoMARKS – Making Voting Easier for You and Me

As American citizens, we are fortunate to have the right to vote and make our voices heard in selecting leaders for our communities and our country. In fact, participation in the electoral process is regarded as a primary right and responsibility of each citizen. In an effort to ensure that all eligible voters have equal access to the voting process, President George W. Bush signed the Help America Vote Act into law during 2002.



What does the Help America Vote Act or HAVA mean for the North Dakota voters? The law made several changes to the electoral process, making voting more accessible for everyone, including people with disabilities. One important change is the presence of assistive ballot marking devices called AutoMARKs at every polling site. Instead of being confined to voting by absentee ballot or with someone else's assistance, the AutoMARK helps people have choices about how they choose to participate in elections.

Although the AutoMARK may look intimidating, as technology often can, it provides many helpful features. For example, if you are someone with vision impairments, the AutoMARK can enlarge the size of print on the ballot or change the contrast of the print, making the ballot easier to read. The AutoMARK also offers the option of having the ballot read to you, with controls for adjusting the volume, adjusting the speed, and repeating phrases as needed. All controls on the AutoMARK are also marked in Braille, making it useable for people without vision.

Another example of how the AutoMARK can be helpful is for individuals with Parkinson's disease, arthritis or other conditions that cause limited hand or finger dexterity. The AutoMARK features a touch screen, which can be operated with one's hand, or by using a stylus that is also available at each polling site. If necessary, a special two-switch paddle can also be utilized to make ballot selections. Voters who use sip and puff devices can bring their own device to the polling site and connect it to the AutoMARK, enabling them to participate in voting at the polls.

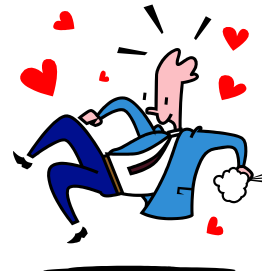
If you are someone with a disability, or if you would like to know more about the AutoMARK assistive ballot marking device and the HAVA program, the North Dakota Protection & Advocacy Project (P&A) can help. P&A is an agency that helps people with disabilities and ensures that people with disabilities are given the same rights as all Americans. P&A will also work to make sure that people with disabilities can participate in the election process in a private and secret manner. Please feel free to contact P&A at 1-800-472-2670 (statewide) or 328-3950 in the Bismarck/Mandan area.



First Day of Fall: Think Fall Prevention

The first day of fall brings thoughts of football, cooler temperatures, and colorful foliage. But the Brain Injury Association of Vermont (BIAVT) is asking the public to consider an important safety issue on the first day of fall: preventing older adults from falling.

- Every year, one in three Americans aged 65+ falls — and that risk rises with age. Falls can lead to injury, hospitalization, loss of independence, and even death. (National Council on Aging)
- Falls are the leading cause of traumatic brain injuries (TBI); 35.2 percent of all TBIs according to the latest Center for Disease Control and Prevention (CDC) report.
- Falls are costly — to quality of life and to our health care system. Each year, we spend \$19 billion on medical care related to falls; and that's not counting family caregiving, home care, loss of productivity, and remodeling to make a senior's home safer. (NCOA)
- There has been an increase in fall-related TBI among adults aged 65 and older.(CDC)



The good news is that most falls are preventable. The four things YOU can do to prevent falls:

1. Begin a regular exercise program.



2. Have your health care provider review your medicines.
3. Have your vision checked.
4. Make your home safer.

“Older adults are the fastest growing segment of population, both nationally and in Vermont, and it is important to raise awareness of this growing public health issue,” said Trevor Squirrell, Executive Director of the BIAVT. “We also hope to create awareness of the undiagnosed brain injuries due to falls. A concussion, which is a TBI, may occur at the time of the fall but may be overlooked by more immediate injuries, such as fractured or broken bones. Signs of concussion often are subtle so it is important to learn the signs and symptoms of TBI and to be alert if you or your loved one experiences the symptoms so medical attention can be sought right away.” Family members and other caregivers of older adults can help protect their loved ones’ health and independence by:

- Reducing their risk for falls
- Recognizing signs of TBI after a fall occurs; and
- Taking appropriate steps when signs of TBI are observed.

For more information on signs of mild TBI/concussion or more moderate or severe TBI please visit the BIAVT website at www.biavt.org or call the toll-free HelpLine 877-856-1772. (Brain Injury Association of Vermont – PO Box 482 – Waterbury, VT 05676) For free brochures, posters and booklets, including “A Home Fall Prevention Checklist for Older Adults” please visit the CDC website at www.cdc.gov/BrainInjuryInSeniors.

LIHEAP Fuel Assistance Applications Accepted October 1st

With rising fuels costs and extreme cold temperatures common in our area, some individuals worry about how they will cover their heating expenses each winter. The purpose of the Low Income Home Energy Assistance Program (LIHEAP) is to provide home energy assistance to eligible low-income households. The North Dakota Department of Human Services and the County Social Service Boards Administer the LIHEAP program.

Applications for this assistance program are accepted October 1- May 31 of each heating season, or until program funds are used up. You must apply each season. You may get an application from your local County Social Service Board, Community Action Agency or other agencies. Applications are submitted to the County Social Service Office and a financial assessment will be conducted.



If Income Eligible, Services Include:

- heating assistance
- making your home energy efficient
- furnace and chimney cleaning
- emergency assistance
- furnace replacements
- minor repairs, and
- energy cost reduction devices

For more information on The Low Income Home Energy Assistance Program (LIHEAP), contact your County Social Service Office or visit: www.nd.gov/dhs/services/financialhelp/energyassist.html

Aging Services Division Director

Jan Engan has been hired as the Aging Services Division Director.

Jan Currently works for an Area Agency on Aging (AAA) in Arizona as Director of Independent living Services and has also been involved in the Senior Community Services Employment Program. Jan Engan will assume her new responsibilities in mid to late October. Linda Wright, previous director of Aging Services Division, retired on August 31, 2010.



Retired Senior Volunteer Program Holds 30th Annual Recognition Banquet

The program for the evening included the special recognition of all of the volunteers who give of their time in various ways throughout the year. Trudi Ertmann and Diane Hill of RSVP arranged the Recognition Event. Thank you to the volunteers, and to Trudi and Diane, for a job well done.

The program included dinner and great entertainment. Several entities had booths with information and brochures about services available for older persons.



Legal Questions and Answers for Seniors—Help! I'm Being Sued On A Debt What is a Writ of Execution or Levy?

- A Levy or Writ is an order giving the sheriff the power to take or "levy" on your property to satisfy the judgment.
- The proceeds of the sale are initially used to pay for the costs of the sale.
- The remaining amount is applied to the debt.
- Any additional funds are paid to you.



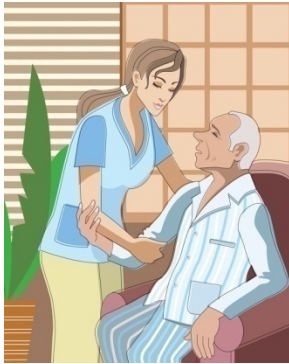
If you receive a Notice of Intent to Levy, Writ of Execution, or Execution of Judgment, you need to immediately file a "Claim for Exemptions" with the law enforcement office serving the Execution or Levy to prevent the law enforcement official from taking statutorily exempt property.

**For more information on these and other legal questions call:
Legal Services of North Dakota's "Senior Legal Helpline"**

Toll Free at 1-866-621-9886 or go on line to www.legalassist.org

DISCLAIMER: This information is not legal advice. If you have a legal problem, talk to a lawyer about your options.

GOVERNOR'S COMMITTEE ON AGING



The Governor's Committee on Aging was established to act as an advisory body for the Aging Services Division as set forth in the Older Americans Act of 1965. The Committee also acts as an advocacy body for older individuals in the State of North Dakota, while providing for a mutual exchange of ideas and information on national, state, and local levels relating to aging.

The Governor's Committee on Aging sponsors the North Dakota Governor's Forums on Aging. The purpose of the forums is to provide an opportunity to receive and share information, and to generate interest in the challenges and opportunities experienced by older North Dakotans.

2010—2011 Committee List

Mr. Frederick Baker – Historian 1600 Mapleton Ave Apt 323 Bismarck, ND 58503 (701) 751-0990 (H) (707) 898-1431 (cell) frederickbaker@me.com 10/01/01 – 09/30/10	Ms. Shirley Blake 2313 26 th Avenue South Fargo, ND 58103 (701) 293-9953 BLAKE@q.com 07/01/02 – 06/30/11	Ms. Betty Keegan Box 444 Rolla, ND 58367 (701) 477-3637 keeganbetty@gmail.com 10/01/01 – 9/30/10	Mr. Marty Heller, Secretary 1661 60 th Avenue SW Beulah, ND 58523 (701) 873-7791 (H) (701) 891-9795 (C) jita@westriv.com 07/01/02 – 06/30/11
Ms. Elaine Keepseagle 8191 11 th Avenue Fort Yates, ND 58538 (701) 854-3737 srchr@westriv.com 10/01/01 – 9/30/10	Ms. Pat Marmon PO Box 2723 Williston, ND 58802 (701) 572-9453 nativegal123@yahoo.com 05/26/2009 – 06/30/11	Mr. Ray Siver Vice-Chairperson 607 18 th Ave S Grand Forks, ND 58201 (701) 772-2708 ray.marysiver@q.com 08/15/06 – 06/30/12	Ms. Bonnie Bieber 402 S Meadow Lane Mott ND 58646 (701) 824-2712 bjb@ndsupernet.com 09/30/07 - 09/30/11
Mr. Larry Wagner 3716 E Princeton Dr Bismarck, ND 58504-7501 (701) 255-3683 thewags@bis.midco.net 10/05/04 – 06/30/10	Ms Dallas Knudson 6491 Berwick Lane Towner, ND 58788-3100 (701) 537-5541 kkountry@srt.com 9/15/2009 – 09/30/2010	Ms. Delores Rath 1322 4 th Avenue NE Jamestown, ND 58401 (701) 952-7170 Cell: 701-269-1788 delores@daktel.com 05/01/2008 – 06/30/2010	Mr. Bruce Davidson 2514 34 th Avenue SW Fargo, ND 58104 (701) 234-0295 mdavidson@cableone.net 05/01/2008 – 06/30/2010
Mr. Pete Belgarde PO Box 179 St. Michael, ND 58370 (701) 351-4449 (cell) (701) 766-4747 11/01/2009 – 9/30/2010	Linda Wright 1237 W Divide Avenue Ste 6 Bismarck, ND 58501 (701) 328-4607 lwright@nd.gov	Tami Wahl Governor's Office 328-2200 tlwahl@nd.gov	Ms. Doreen Yellow Bird PO Box 1435 New Town, ND 58763 (701) 741-0224 (cell) (701) 627-8242 (work) dyellowbird@mhanation.com 2/1/2010 - 6/30/2013

GOVERNORS COMMITTEE ON AGING MEETS AT SPIRIT LAKE

The Governor's Committee on Aging met at Spirit Lake Casino and Resort on September 24, 2010.

- The Governor's Proposed Budget Guidelines were discussed.
- Their work plan for 2011: Aging and Disability Project, Increasing the Visibility of the Governor's Committee on Aging, and Senior Needs.
- Other items on the Agenda included Pilot with Long Term Care Association and the Department of Human Services, and Education Forums.
- Donna Olson, RASPA, Region III Aging services Program Administrator, announced that Jan Engen will be the new Aging Services Division Director. Sheryl Pfliger will continue as Assistant Director.
- Donna also gave a review of the services for older persons provided by the Aging Services Unit at Lake Region Human Service Center as well as a handout describing each of the programs.
- Ray Siver gave a report on the history of the Silver Haired Assembly as well as the 2010 Assembly.
- Edie Armev of UNDLR spoke about the QSP training provided through a contract with Aging Services Division/Department of Human Services.
- Dana Lohnas, of the Community Navigator Program at Spirit Lake.
- The Committee discussed allowing funds to be allocated to each region to provide educational training.
- The next meeting of the Governor's Committee on aging will be December 17, 2010, in Jamestown.

HIV/AIDS AND OLDER ADULTS



HIV (Human Immunodeficiency Virus) affects everyone and does not discriminate against gender, race and ethnicity, where one lives, and of course, age. The 50 and older population is the fastest growing population in the world. In 2008, the 50 and over population comprised greater than 23% of the total US population[5].

In 2007, the Centers for Disease Control and Prevention reported persons aged 50 and older accounted for approximately:

- 16% of new HIV/AIDS diagnoses [3]
- 27% of persons living with HIV [3]
- 33% of persons living with AIDS [1]
- 19% of all AIDS diagnoses [1]
- 38% of deaths of those living with AIDS [1]

Despite the documented cases, there are still older adults who are not aware of their HIV/AIDS status. This may be due to the following reasons:

- I. Health care Providers do not always test older people for HIV/AIDS and may miss cases during routine checkups.
- II. People who are 50 years and older may mistake signs of HIV/AIDS for the aches and pains of normal aging.
- III. They are less likely than younger people to get tested.
- IV. Older Americans know less about HIV/AIDS than younger people and may not know how it spreads or the importance of using condoms, not sharing needles, and getting tested for HIV.
- V. Older people are less likely than younger people to talk about their sex lives or drug use with their health care providers.
- VI. Health care providers may not ask older patients about their sex lives or drug use, or talk to them about risky behaviors.

National HIV/AIDS and Aging Awareness Day (September 18th) /The AIDS Institute
 17 Davis Blvd. Suite 403, Tampa, FL 33606 / PH 813-258-5929 / FX 813-258-5939
 2000 S Street, NW, 3rd Floor, Washington, DC 20009 / PH 202-835-8373 / FX 202-835-8368
www.theaidsinstitute.org



THE AIDS INSTITUTE

When someone knows he/she has HIV/AIDS, it is imperative to know and understand that there can be serious mental health issues associated, like depression. Depression may be a major problem for older people who may not have a strong network of friends or family who can help. People who are 50 and older may be coping with other diseases common to aging, like high blood pressure, diabetes, or heart disease. Older adults living with HIV/AIDS need support and understanding from their health care providers, family and friends [1].

Approximately 38-44% of adults have been tested for HIV. In addition to getting educated about the transmission of HIV/AIDS, getting tested for HIV is another way to reduce the number of people infected with HIV. People can get their blood tested for HIV from their healthcare provider. However, if someone does not have a healthcare provider, check your local listings for contact information to your health department, community organization, or health center.

What Is HIV and AIDS and What Are The Symptoms?

- HIV (Human Immunodeficiency Virus) is a virus that compromises the immune system.
- A person who is HIV-positive can develop an opportunistic infection, which then can develop into AIDS (Acquired Immune Deficiency Syndrome).
- When the body becomes infected, initially antibodies against HIV begin to form between 6-12 weeks.
- During the window period, flu-like symptoms can occur. Examples include fever, rash, muscle aches and swollen lymph nodes and glands as well as unexplained weight loss, bruising, and chronic diarrhea.
- Without treatment, HIV usually progresses to AIDS between 8-10 years after infection with HIV.
- With treatment, symptoms may not be present for 15 years or longer [2].

Risk Factors for HIV Transmission

You may be at increased risk for infection if you have:

- Injected drugs or steroids, during which equipment (such as needles, syringes, cotton, water) and blood were shared with others.
- Had unprotected vaginal, anal, or oral sex (that is, sex without using condoms) with men who have sex with men, multiple partners, or anonymous partners
- Exchanged sex for drugs or money.
- Been given a diagnosis of, or been treated for, hepatitis, tuberculosis (TB), or a sexually transmitted disease (STD) such as syphilis.
- Received a blood transfusion or clotting factor during 1978-1985.
- Had unprotected sex with someone who has any of the risk factors listed above.

Facts About HIV/AIDS

You may have read or heard things that are not true about how you get HIV/AIDS. Here are the FACTS:

- You cannot get HIV through casual contact such as shaking hands or hugging a person with HIV/AIDS.
- You cannot get HIV from using a public telephone, drinking fountain, restroom, swimming pool, whirlpool, or hot tub.
- You cannot get HIV from sharing a drink.
- You cannot get HIV from being coughed or sneezed on by a person with HIV/AIDS.
- You cannot get HIV from giving blood.
- You cannot get HIV from a mosquito bite [4].

PROTECT YOURSELF, GET TESTED

Locate HIV Testing near you: Send a text message with your ZIP code to KNOWIT (566948), Visit HIVtest.org or contact 1800-CDC-INFO (1-800-232-4636) for assistance in locating a testing site.



THE AIDS INSTITUTE

National HIV/AIDS and Aging Awareness Day is sponsored by The AIDS Institute. The AIDS Institute is a national nonprofit and nonpartisan, public policy research, advocacy, and education organization with offices in Washington, DC and Tampa, Florida. Begun as a grass roots community mobilization effort in the late 1980's, The AIDS Institute's mission is to promote action for social change through public policy research, advocacy, and education.

For more information about HIV/AIDS and Older Adults or to become involved with The AIDS Institute's National HIV/AIDS and Aging Awareness Day Campaign (September 18th), Please contact Aging@TheAIDSInstitute.org or visit www.TheAIDSInstitute.org for additional resources.

Works Cited

1. Centers for Disease Control and Prevention. (2009). HIV/AIDS Surveillance Report. [http:// www.cdc.gov/hiv/topics/surveillance/resources/report](http://www.cdc.gov/hiv/topics/surveillance/resources/report)
2. Epigee: "HIV Symptoms", 2009, www.epigee.org/health/hiv/symptoms.html
3. Gay Men's Health Crisis. (2010). Growing Older with the Epidemic: HIV and Aging.
4. National Institute on Aging: "HIV/AIDS & Older People", March 2009, www.nih.gov/HealthInformation/Publications/hiv-aids.htm
5. The Census Bureau. (2008). Age Data of the United States.

Good Christmas Shopping Practices

The tough economic times we face today are even more difficult during the holidays. While we usually have good intentions about saving money each month for our Christmas shopping, we don't always follow through with the plan. Now, more than ever, it is important to be "smart shoppers" when we hit the stores for our holiday shopping. Of course, the best plan is to shop early, but that is not always possible. Here are some things to consider before hitting the mall or the Internet to do your Christmas shopping.



- Set a budget before beginning the shopping process.
- Make a list before leaving home. Do research on brands, features of the product, and rebates that may be available and general product information.
- Don't limit your choices. Have a back-up plan in case you are not able to find the exact item you are seeking.
- Advertised items are not always the cheapest. Before making your final selection, check out other brands of similar products.
- If an item you wish to purchase is sold out, ask for a "rain check" or if the business is substituting another item in its place. Make sure the product will arrive in time for the holidays if you are given a "rain check."
- Watch store ads and look for unadvertised specials while in the store. Most items will go on sale at some point during the holiday season.
- Save your receipts for at least 90 days after your purchase. This will allow you or the recipient of the gift to return a product that doesn't fit, is broken or is a duplicate.
- Be sure to check each store's refund and exchange policy. If you have to return an item to a store, you have only limited rights. In North Dakota, no laws regulate store return policies. A store may set its own policy, which may include a cash refund, a store credit, an exchange, or no refund at all. Others may limit the amount of time in which a return may be made, such as 30 days from the date of purchase. It is best to ask about refund policies before buying anything.
- Don't wait until the last minute. It will help avoid frustration if you are unable to find that perfect gift. Allow time for an alternate plan.
- Shop during off peak hours. Early morning hours and evening hours during the week are usually the busiest.

Gift cards have become very popular in the past several years. These cards allow the recipient to "get what he or she really wants." Universal or "general use prepaid" gift cards are the most frequently purchased gift cards and allow the recipient to go just about anywhere they want to make their purchase including retailers and restaurants.

Examples include mall gift cards contained on a plastic card or other electronic payment device and redeemable at the unaffiliated stores throughout the mall. While gift cards can be the easy gift to buy for someone who has everything, they are not without problems. If a company goes out of business, or files for Chapter 11 bankruptcy, what will be the status of the outstanding gift cards? In many cases, the holders of the gift cards will not receive anything and the giver will be out the money. The gift card will hold no value. If you do give or receive a gift card this year, it should be spent within a reasonable period of time.

In North Dakota, there is a law that addresses gift certificates/cards. This law states that the recipient may not be charged additional monthly or annual service or maintenance fees on gift certificate/cards. The time for redemption on the gift certificate/card may not be limited to a date before six years after the date of purchase. The gift certificate/card may not contain any statement suggesting that any different expiration date or redemption date apply to the gift certificate/card. "General use prepaid cards" are not subject to these restrictions.

Most U.S. adults believe it is better to give, than to receive, the perfect gift. For those on the quest for the perfect gift, there are many options. If all your gifts arrive on time and everyone likes them, and if you like all of your gifts and don't have to return any of them, your Christmas will indeed be Merry! The holidays can be the start of many consumer headaches, but with a little preparation you can avoid the stress.

A Column on Consumer Issues by Attorney General Wayne Stenehjem - Consumer Protection and Antitrust Division - The Attorney General's Consumer Protection Division investigates allegations of fraud in the marketplace. Investigators also mediate individual complaints against businesses. If you have a consumer problem or question, call the Consumer Protection Division at 328-3404, toll-free at 1-800-472-2600, or 1-800-366-6888 (w/TTY). This article and other consumer information is located on our website at www.nd.ag.gov.



September is Preparedness Month

~ Prepare. Plan. Stay informed. ~

Bismarck, ND - Governor John Hoeven has proclaimed September as Preparedness Month in North Dakota to raise awareness on the importance of being prepared in the event of emergencies and disasters.

Preparing for emergencies includes:

- Assembling an emergency supply kit.
- Preparing a family emergency plan.
- Staying informed about potential emergencies and their appropriate responses.

For more information about getting prepared, visit the "Get Ready, Get Set, Get Safe" section of the NDDDES website at www.nd.gov/des/get/ and use the links on the left-hand side of the page. For more information about Preparedness Month, please visit www.ready.gov.

AGING SERVICES NEWSLETTER

Please share this newsletter with a friend, co-worker, at your Senior Center, post on a bulletin board, etc. If you wish not to be on the mailing list for the newsletter, please contact **Donna Olson** at **665-2213**. You are welcome to submit any news you may have regarding services and activities that are of interest to seniors in this region. **Lake Region Human Service Center** makes available all services and assistance without regard to race, color, national origin, religion, age, sex, or handicap, and is subject to Title VI of the Civil Rights Act of 1964, Section 504 of the Rehabilitation Act of 1975 as amended. **Lake Region Human Service Center** is an equal opportunity employer.

ND Family Caregiver Support Program

Common Causes of Dementia

Alzheimer's disease is the best-known cause of dementia — but there are a slew of other causes, too. Do you know what they are?

By Madeline Vann, MPH

Medically reviewed by Pat F. Bass III, MD, MPH

Dementia is really a big umbrella term that covers a number of different conditions that cause dementia symptoms. Of these, Alzheimer's disease is the most common and perhaps best known — but it's not the only one.

"There are many different types of dementia," says Ross Andel, PhD, associate professor at the School of Aging Studies at the University of South Florida in Tampa. "The most common types of dementia are Alzheimer's disease, vascular dementia, Lewy body dementia, and Parkinson's disease. All types of dementia are characterized by abnormal neurodegeneration, that is, brain cells dying off in high numbers daily. In most cases, this leads to cognitive and behavioral deficits or, in Parkinson's disease, to deficits in motor skills."

One of the ways in which types of dementia are categorized is by where the damage to these cells is occurring in the brain.

Broadly speaking, types of dementia are grouped as cortical or subcortical. Cortical refers to dementias that originate in damage to the cortex — the outer, gray, wrinkled layer of brain tissue with which people may be most familiar. Subcortical dementia has its roots in structures below the cortex, inside the brain. The dementia symptoms vary based on whether the dementia is cortical or subcortical. Despite this distinction, dementias of all kinds often involve multiple parts of the brain, and there is ongoing debate as to whether this is a meaningful way to categorize dementia symptoms.

Cortical Dementia

Cortical dementia is likely to result in dementia symptoms such as loss of memory, loss of the ability to recognize people, and difficulty recalling the right words for things or concepts. Cortical dementias include:

- **Alzheimer's disease.** Alzheimer's disease causes a loss of memory and ability to think clearly. It is a progressive disease, eventually leading to a loss of ability to complete tasks of daily living.
- **Creutzfeldt-Jakob disease.** Also sometimes called mad cow disease, Creutzfeldt-Jacob occurs when naturally occurring brain proteins called prions start to change shape. This leads to cognitive impairments such as loss of memory, changes in thought processes, and changes in behavior.
- **Frontotemporal dementia.** This type of dementia results from degeneration of cells in the frontal lobe; it's characterized by behavioral and language deficits at a relatively young age — as young as 40.

- **Wernicke-Korsakoff syndrome.** This type of dementia is due to a deficiency in thiamine (vitamin B1) but is also often related to a history of heavy alcohol consumption or to having AIDS, or acquired immunodeficiency syndrome. Memory is affected, and people with this dementia often tell untrue stories that they fully believe to be true. Physically, this dementia can interfere with a person's ability to move smoothly.

Subcortical Dementia

Dementia symptoms associated with subcortical dementias include loss of motor skills and the ability to learn processes, resulting in a general sense of slowing down. These types of dementia include:

- **Huntington's disease.** A rare, inherited cause of dementia, Huntington's disease leads to problems with motion such as twitches and lack of balance or coordination and may also lead to changes in mood, personality, and behavior.
- **Parkinson's disease.** Parkinson's disease is characterized by the gradual loss of motor skills, or shakiness and tremors while in motion. People with Parkinson's disease may eventually experience other dementia symptoms, such as loss of memory.
- **Vascular dementia.** Vascular dementia occurs as the result of loss of oxygenated blood to parts of the brain. This can be the result of a single stroke or many small strokes, in which case it is called multi-infarct dementia. Evidence shows that subcortical vascular dementia also has effects in the cortex, leading to cortical dementia symptoms.

Some types of dementia appear to affect both cortical and subcortical areas of the brain. Dementia with Lewy bodies falls in this group. This type of dementia occurs because clusters of a certain type of protein called alpha-synuclein form in the neurons in various areas of the brain, leading to impaired memory, motor skills, and mood. Dementia with Lewy bodies can resemble both Alzheimer's disease and Parkinson's disease — and Lewy bodies are often found in patients with other types of dementia.

These are only a few of the many possible causes of dementia — and it's important to understand the cause of your dementia because it will affect treatment decisions.

Credits

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By [Madeline Vann, MPH](#) - Medically reviewed by [Pat F. Bass III, MD, MPH](#)

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*For more information regarding the North Dakota Family Caregiver Support Program call **Kim Helten** or **Donna Olson** at 665-2200, or toll free at 1-888-607-8610. This program can provide for the cost of respite care services, on an intermittent and occasional basis for relief of the primary caregiver. Services are provided in the following counties: Benson, Cavalier, Eddy, Ramsey, Rolette, and Towner.*



Remember to get your flu shot!!



CHAIR EXERCISES

These are exercises and stretches suitable for people of all ages. They are designed to be done sitting on a sturdy straight chair placed on a carpet. Hold each position six seconds by counting 1001, 1002, etc. Then relax. Repeat each exercise four or five times. While you are stretching, you must remember to continue to breathe.

Note: Before beginning this or any exercise regime, be sure to check with your medical doctor for consent to begin.

Neck Muscles: Sit straight. Turn head to left as far as it will go and hold six seconds. Turn head to right as far as it will go, and hold six seconds. Repeat sequence four times.

Sit straight and lower ear to left shoulder without lifting shoulder. Hold six seconds, then relax and repeat on right side. Repeat sequence four times.

Back of Neck and Shoulder Muscles: Sit straight. Tuck chin in and down to chest. Keep chin down and try to pull head back. Hold six seconds, then relax and repeat on right side. Repeat sequence four times.

Back Muscles: Sit straight in chair. With knees together, bend forward and stretch toward the floor (or toes). Hold. Return to original position. Avoid this and other bending-over exercises if they make you dizzy.

Shoulders: Lean out over the side of your chair. Allow the right arm to dangle straight down to the floor and keep it totally relaxed, even the fingertips. Begin circling the arm from the shoulder. Just start the arm moving and let it circle on its own. Don't try to make a perfect circle. Count to 8 and then reverse the circle. Repeat the exercise with the left shoulder and arm.

Roll right shoulder forward-up-back-down. Do exercise with the left shoulder. Repeat 4 times on each shoulder. Then roll both shoulders at the same time. Repeat 4 times.

Legs and Back Muscles: Straighten legs out in front, level with chair seat. Reach toward toes. Hold, relax repeat.

Buttock and Stomach Muscles: Alternate between tightening buttocks and pulling stomach in. Hold each six seconds. Relax. Do five times total.

Ankles: Circle the ankle by drawing an imaginary circle with the toes, 4 times to the right, then 4 times to the left repeat exercise with left foot.

Upper Body: Look straight ahead, lift both arms from the side of body up toward ceiling, and then back down toward floor. Repeat one time. Reach up with one arm at a time. Repeat 4 times.

Every morning you are handed 24 golden hours. They are one of the few things in this world that you get free of charge. If you had all the money in the world, you could not buy an extra hour. What will you do with this priceless treasure? Remember, you must use it, as it is given only once. Once wasted you cannot get it back. *Anonymous*

Telephone Numbers to Know

Regional Aging Services Program Administrators

Region I:	Karen Quick	1-800-231-7724
Region II:	MariDon Sorum	1-888-470-6968
Region III:	Donna Olson	1-888-607-8610
Region IV:	Patricia Soli	1-888-256-6742
Region V:	Sandy Arends	1-888-342-4900
Region VI:	CarrieThompson-Widmer	1-800-260-1310
Region VII:	Cherry Schmidt	1-888-328-2662 (local: 328-8787)
Region VIII:	Mark Jesser	1-888-227-7525

Aging & Disability Resource Center (ADRC)

Region VII Pilot:	LynetteHinckley	328-8605
Options Counseling:	Katie Halloran	328-8606

ND Family Caregiver Coordinators

Region I:	Karen Quick	1-800-231-7724
Region II:	Theresa Flagstad	1-888-470-6968
Region III:	Kim Helten	1-888-607-8610
Region IV:	Raeann Johnson	1-888-256-6742
Region V:	Laura Fischer	1-888-342-4900
Region VI:	Susan Galloway	1-800-260-1310
Region VII:	Tammie Johnson	1-888-328-2662 (local: 328-8776)
Region VIII:	Rene Schmidt	1-888-227-7525

Long-Term Care Ombudsman Services

State Ombudsman:	Joan Ehrhardt	1-800-451-8693
Region I & II:	Deb Kraft	1-888-470-6968
Region III & IV:	Kim Helten or Donna Olson	(701-665-2200) OR 1-888-607-8610
Region V & VI:	Bryan Fredrickson	1-888-342-4900
Region VII:	Joan Ehrhardt	1-800-451-8693
Region VIII:	Mark Jesser	1-888-227-7525

Vulnerable Adult Protective Services

Region I & II:	Deb Kraft	1-888-470-6968
Region III:	Kim Helten, Donna Olson, Tabitha Welk	1-888-607-8610 or 1-701-665-2200
Region IV:	Patricia Soli	1-888-256-6742
Direct referral to GFCSS VAPS:	Raeann Johnson (VAT):	1-701-787-8540 1-888-256-6742
Region V:	Sandy Arends	1-888-342-4900
Direct referral may be made to Cass County Adult Protective Services unit:		1-701-241-5747
Region VI:	Carrie Thompson-Widmer & Donna Lindberg	1-701-253-6395 & 1-701-253-6401
Region VII:	Cherry Schmidt or Karla Backman	1-888-328-2662 or 1-701-328-8888 (local: 328-8787 or 328-8868)
Region VIII:	Rene Schmidt	1-888-227-7525

Other

Aging Services Division and "Resource Link":	www.carechoice.nd.gov	1-800-451-8693
AARP:		1-866-554-5383
Mental Health America of ND Help-Line:	211 or	1-800-472-2911
IPAT (Assistive Technology):		1-800-265-4728
Legal Services of North Dakota:		1-800-634-5263
or (age 60+):		1-866-621-9886
Attorney General's Office of Consumer Protection:		1-701-328-3404 1-800-472-2600
Social Security Administration:		1-800-772-1213
Medicare:		1-800-633-4227
State Health Insurance Counseling (SHIC)		
ND Insurance Department:		1-701-328-2440 1-888-575-6611
Prescription Connection:		1-888-575-6611
Alzheimer's Association:		1-701-258-4933 1-800-272-3900

Donna Olson

Regional Aging Services Program Administrator

Lake Region Human Service

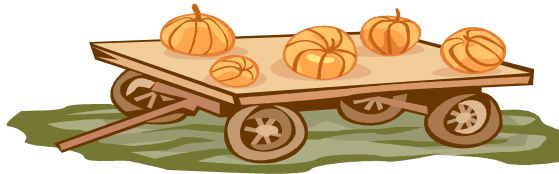
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Center

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To:

Upcoming Events

- September is Preparedness Month..... September 2010
- Region III Council on Aging Meeting, Esmond, ND..... October 27, 2010
- Foster Grandparent Program Meeting, Grand Forks, ND October 21, 2010
- Change Your Clocks—Fall Back November 7, 2010
- Veterans Day..... November 11, 2010
- Thanksgiving Day..... November 25, 2010
- November is Caregivers Month, Alzheimer’s Month, & Diabetes Month November 2010

MISSION STATEMENT

In a leadership role, Aging Services will actively advocate for individual life choices and develop quality services in response to the needs of vulnerable adults, persons with physical disabilities, and an aging society in North Dakota.