

Logan County Extension Homemaker News

Logan County Extension Office
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March 12, 2008

Heart Healthy Program

Mark your calendars for a special Healthy Heart program Thursday, May 8 at the First National Bank Community Center. The Logan County EH Council is sponsoring the program. An educational program presented by the Arkansas Heart Hospital will start at 11:00 a.m.; a heart-healthy lunch will be served at 12:00 p.m., followed by a "red" style show. A cookbook filled with healthy recipes will be provided to participants. Cost is \$8.00 with a portion of the proceeds going to the American Heart Association.

The program is open to the public. Tickets may be purchased in advance. Everyone get your red outfits ready for the style show! Let's have fun, learn healthy heart tips, and help the American Heart Association.

Spring Council Meeting

Wednesday, April 23

1st National Bank Community Center – Paris

11:00 Registration, 11:30 Starting Time

Program: *Recycling: Why, What, and Where?* Angela Allen, District Director with West River Valley Regional Solid Waste Program in Clarksville will answer those questions.

Recycling conserves our natural resources, keeps materials out of the landfill, conserves energy, and reduces greenhouse gases. Let's learn how we can help.

Table Decorations: Club should provide table coverings and centerpieces.

Silent Auction: Each club is asked to furnish one item valued at \$10 or more for the silent auction.

Duties:

Nametags and RegistrationPrairie View
 Inspirational Thought/BlessingSubiaco
 Program CoversBlue Mountain
 Entertainment/Silent AuctionCane Creek
 HostessShoal Creek
 Paper Goods/Set-UpSew Sensational
 Co-HostessSugar Grove

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Economic Stimulus Payments

More than 130 million American households will begin receiving tax rebate checks between May and July. However, to be eligible for the rebate, you must file a 2007 tax return. This also applies to seniors and people in low income tax brackets who normally don't file federal tax returns. To qualify, a person must have at least \$3,000 in income, which includes most Social Security benefits and veteran's benefits. The maximum rebate is \$600 for an individual and \$1200 for a married couple.



The Volunteer Tax Assistance (VITA) program offers free help to low income and moderate-income filers (\$40,000) for tax preparation. In Logan County, sites volunteers are available:

Logan County Library, Booneville – Tuesdays (675-5438)
Boys and Girls Club, Paris – Wednesdays (963-2939)

AEHC State Meeting

Plan now to attend the AEHC State meeting June 10–12 at the Hot Springs Convention Center. Plan now to attend and enjoy the educational classes, entertaining speakers, and creative skills workshops. Call the office for an information packet. The **final** deadline for registration in the county office is **April 18**.

Member of the Year

Congratulations to the 2007 Club Members of the Year. They are:

Candious Koch – Prairie View
Doris Heathman – Sugar Grove
Pat Corbin – Blue Mountain

Head Dressing Contest

The Cultural Arts display at the state meeting will be head dressings for cancer patients. Use your imagination to design and make a cap from fabric, yarn, etc. Bring your cap to the Spring Council meeting where the cap for the county entry in the state contest will be selected.

Shingles Vaccine



If you've had chicken pox, you're at risk for shingles. A new vaccine approved by the Food and Drug Administration in 2006 offers protection. The CDC recommends it for Americans age 60 or older.

Without vaccination, about 20 percent of people who have had chicken pox are at risk to eventually get shingles. Shingles can be especially dangerous for older people due to weakened immune systems. Getting the vaccine can't guarantee that you won't get shingles, but it can greatly reduce symptoms.

Most people don't have problems after getting the vaccine. Some people get redness, soreness or itching at the spot where they got the shot. A few get a headache. More serious reactions are unlikely.

In most cases, you will need to pick up the vaccine from the pharmacy and take it to your doctor to get the shot. Some pharmacies may not keep the vaccine and will need to order it for you.

Medicare Part D (prescription drug coverage) will cover the vaccine if a doctor writes a prescription for it. The amount you must pay depends on your Part D plan. Private insurance providers might also cover it. Medicare Part B will not cover the shingles vaccine. Without any insurance coverage, the vaccine costs about \$200.

Normal Aging or Memory Problem?



Occasional memory lapses, such as forgetting why you walked into a room or having difficulty recalling a person's name, become more common as we approach our 50s and 60s. It's comforting to know that minor forgetfulness is a normal sign of aging, not a sign of dementia.

However, other types of memory loss, such as forgetting appointments or becoming momentarily disoriented in a familiar place, may indicate mild cognitive impairment. In the most serious form of memory impairment—dementia—people often find themselves disoriented in time and place and unable to name common objects or recognize once familiar people.

Here are examples of the types of memory problems common in normal age-related forgetfulness, mild cognitive impairment, and dementia:

Normal Age-Related Forgetfulness:

- Sometimes misplaces keys, eyeglasses, or other items
- Momentarily forgets an acquaintance's name
- Occasionally forgets to run an errand
- May forget an event from the past
- When driving, may momentarily forget where to turn – quickly orients self
- Jokes about memory loss

Mild Cognitive Impairment:

- Frequently misplaces items
- Frequently forgets people's names and is slow to recall them
- Find words become more difficult
- Begins to forget important events and appointments
- May forget more recent events or newly learned information
- May temporarily become lost more often
- Worries about memory loss – family and friends notice the lapses

Dementia:

- Forgets what an item is used for or puts it in an inappropriate place
- May not remember knowing a person
- Begins to lose language skills – may withdraw from social interaction
- Loses sense of time
- Short-term memory is seriously impaired – has difficulty learning
- Becomes easily disoriented or lost in familiar places – sometimes for hours
- May have little or no awareness of cognitive problems

Invitation to Activities

All of the activities mentioned in the newsletter are open to everyone regardless of race, color, national origin, age, religion, gender, disability, or any other legally protected status. Persons with disabilities who require alternative means for communication of program information (large print, audiotapes, etc.) should notify the county Extension office as soon as possible prior to the activity.

Sheila Brandt
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Staff Chair