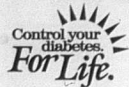


SENIOR LIVING

ATTENTION MEN!

Control your diabetes. For Life... and for your family



By the National Diabetes Education Program
Almost 11 million men age 40 and older currently have diabetes in the United States.

can also lead to blindness, kidney disease, loss of a toe or foot, and erectile dysfunction. But there is good news. Although diabetes is a serious disease, taking good care of yourself and your diabetes can help you avoid long-term problems and live a long and healthy life.

High blood pressure makes your heart work too hard. The goal for most people with diabetes is below 130/80. C is for cholesterol. Bad cholesterol, or LDL, builds up and clogs your arteries. The LDL goal for most people with diabetes is below 100.

and if you smoke, get help to quit. Use your diabetes meal plan and if you don't have one, talk to your health care team. Stay at a healthy weight by eating your meal plan and moving more - try to get 30 to 60 minutes of physical activity most days of the week.

Ask for the support of your family and loved ones and make managing your diabetes a family affair. Eat healthy foods together at meal times, such as fruits and vegetables, fish, lean meats, chicken or turkey without the skin, dry peas or beans, whole grains, and low-fat or skim milk and cheese. Limit fried foods and avoid foods that are high in fat, sugar,

and salt. Drink water more often. If you don't normally get help with grocery shopping or meal preparation, get involved! When eating out, take time to look over the menu and make healthy choices, such as starting with a salad or sharing an entrée. Order the smallest size meal instead of the larger, super-sized versions at fast-food restaurants.

Helping older Americans use OTC medicines wisely

(NAPS) There are more than 100,000 over-the-counter (OTC) medicines on the market today, and those age 60 and over use more than one-third of all OTCs purchased. In an effort to provide consumers with more information on the safe use of OTC medicines, the Consumer Health Education Center (CHEC) launched a national education campaign to help mature Americans better manage their health, specifically regarding the OTC use of their drugs.

According to Linda Soudan, D.P.A., president of CHEC, the campaign instructs older Americans across the country, each featuring a local pharmacist to answer questions and provide tips for the safe use of OTC medicines. "All consumers need to know the risks of not using their personal health care decisions, including becoming more informed about all of their medications-prescription and OTC," says Soudan.

bel on OTC medicines. And while almost 80 percent say they are very likely to follow the recommended dose, some do not pay attention to the active ingredients in their medicines. "CHEC is dedicated to making sure this vital population understands the importance of reading medicine labels thoroughly and paying particular attention to the active ingredients in all medicines," says Soudan.

Long-Distance caregiving: Reaching out across the miles

(NAPS) Advances in transportation have made us a very mobile society. People may move from place to place for a variety of reasons. And age is not a deterrent to this mobility. Within the last decade, the number of people aged 65 and older who have moved from one state to another has increased 65 percent.

channels with family members and service providers kept open. The physical and emotional demands may feel overwhelming at times. Long-distance caregiving must often juggle the demands of two households. They frequently have to rely on reports from others about daily events. Work schedules, business trips and school appointments have to be arranged and then rearranged. Care services have to be coordinated, services paid for and communication

implemented. Communication is Key. Another option for a long-distance caregiver is the use of a Geriatric Care Manager (GCM). This is a professional specializing in needs assessment and arrangement of services for older people-usually a nurse, social worker or gerontologist. The GCM can make an initial assessment of care needs, suggest options for meeting identified needs, listen to what others have to say, and do not make assumptions.

Three tips to help survive the retirement wilderness

(NAPS) When lost, the first rule of wilderness survival is to not panic. Experts agree the same principle applies to those who worry about saving enough for retirement. Focus on the immediate things you can control, rather than how far you are from your goal, recommends Symetra Financial executive and Boy Scout troop leader Roger Harbin. "Stay calm, and with a little planning and fortitude, you'll get there sooner than you think."

As a first step, an assessment of your loved one's care requirements is essential. This should include both the current medical diagnosis and prognosis and an evaluation of the individual's needs for assistance. You will have to differentiate between activities of daily living-lathing, dressing, toileting, eating and transferring from table to place, e.g., bed to chair and so on. Instrumental Activities of Daily Living-laundry, meal preparation, shopping, managing finances, housekeeping and transportation.

Carers face many challenges as they search for information and make decisions about how best to provide care to their loved ones. One good source of information on retirement and caregiving is a free booklet from the MetLife Mature Market Institute called "Retirement and Caregiving." It is part of the "Since You Care" series of guides created in cooperation with the National Alliance for Caregiving. It includes information to access and checklists. You can get a copy by calling (203) 221-6580, emailing mature.marketing@metlife.com, visiting www.metlife.com, or visiting www.metlife.com.



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LIFESTYLE

In The Kitchen With Beth

This week's recipe is a quick and easy chicken enchilada recipe I have written about before. It's a red sauce enchilada instead of a cheese sauce enchilada and a different version that your family may enjoy more depending on your taste.

- 1/2 teaspoon salt (optional)
1 (15 ounce) can tomato sauce
1/2 cup water
1 tablespoon chili powder
10 1/2-cup chopped red bell pepper

You will need to begin by preheating your oven to 350 degrees F. Next in a medium, non-stick skillet, cook thawed chicken over medium heat, until it is no longer pink and the juices are cooked out of the chicken run clear or if

4 skinless, boneless chicken breast halves (thawed)
1 onion, chopped
1/2 pint sour cream
1 cup shredded Monterey jack cheese
1 tablespoon dried parsley
1/2 teaspoon dried oregano
1/2 teaspoon ground black pepper

Family and Consumer Sciences Corner

4-H: Coming From The Heart

as the ability to think critically and to view their community with an eye toward improving it. At the bronze level, young people examine and analyze their own personal development and growth since joining 4-H. They evaluate where they've been, what they've learned, and they begin to look at where they're going.

close examining the issues their community faces and leading a team composed of 4-Hers and non-4-Hers, a 600 level member learns the process by which positive change is accomplished. Teens who have won the gold medal honor have led teams that have cleaned up a town and repaired home appliances in their community.

Thoughts from ... the Pastor's Wife

By Rev. Jack Hughes Robinson, Ph.D. Carlisle Presbyterian Church. I am one of three out of eight children to survive the trauma of a dysfunctional family. I reached out early in my life for strength. I found it in a faith that proclaimed: "Prayer brings you more strength than you can imagine."

saying a slave is a person who has the right to defend herself from her master from abuse. Jameson had the courage to take this unpopular stand. Jameson lost the case, Celis was hanged, but her trial was one step towards the demise of slavery. I learn to change circumstances at work, school, and society for the better, when I ask God for the courage to do what is right.

Happy 50th Birthday



The Carlisle Mercury strives

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To Report A Crime 859-289-3710

Bake Sale Thursday, June 17 7 a.m. - 12 noon in the Hospital Lobby

Living Heritage Quilt Show Presented by The Courthouse Square Art Guild July 2 - July 7 at the Historical Neal Building

Ain't it Nifty C.M. Dailey is 50

The Big 5-0

HAPPY 50th BIRTHDAY We Love You, Your Family

In Loving Memory Gary L. Craig July 13, 1953 November 30, 2006

God looked around His garden and saw an empty place. He then looked down upon the earth and saw your tired face. He put His arms around you and He lifted you to rest. God's garden must be beautiful. He always takes the best. He knew that you were suffering. He knew you were in pain. He knew that you would never get well on earth again. He saw the road was getting rough, the hills were hard to climb.