

SENIOR LIVING

Safe, Sound and Solo

According to the U.S. Census Bureau, the number of Americans over age 65 is expected to double, reaching 72 million by 2030. And when it comes to their homes, the National Association of Home Builders reports that this generation is no longer downsizing or moving in with family. Instead, most are choosing to live on their own - updating their current homes or purchasing homes with amenities to meet their changing needs.

Stairs and Hallways Stairs and hallways are two areas of a home where most falls occur. To increase safety in these areas, make sure each hallway is well lit so you can see any obstacles in your path. Remove throw rugs that can become tripping hazards and never use the stairs to house decorative objects. Finally, be sure that each stairwell has hand rails on both sides.

A simple way to add this safety feature is with decorative hand grips. Home Care by Moen offers attractive-looking 9-inch grips that install easily and blend in with your decor. With these simple updates you'll be able to navigate pathways with confidence.

Bedroom As we get older, trips to the restroom tend to become more frequent. While this is a normal part of aging, navigating from the bed to the bathroom in the middle of the night can be dangerous - especially if the bathroom is not located close by. For added security, consider purchasing a bedside commode. Models such as the new Premium Bedside

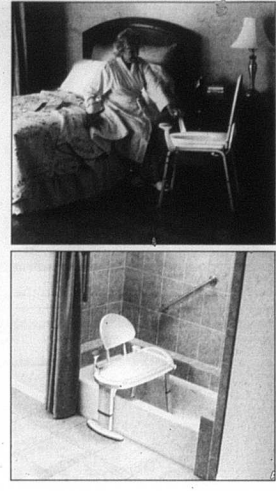
Commode from Home Care by Moen offer a sturdy, wide-leg design and extra large seat to keep you safe and comfortable. Bathroom According to the Home Safety Council, falls are the leading cause (66 percent) of all nonfatal home injuries. With the waxy and slick surfaces, the bathroom is a frequent location for these falls. Luckily, there are many updates to the bath that can provide older adults with the added security and independence they desire.

Studies show that adults over age 60 often have difficulty getting in and out of the shower or bathtub. To combat this issue, the Home Safety Council recommends homeowners install grab bars surrounding the shower or tub area. Secure them to the wall. Home Care provides an extra hand when entering and exiting the tub or shower. Plus they feature a unique anti-rust installation system that is not located close by. For added security, consider purchasing a bedside commode. Models such as the new Premium Bedside

Commode from Home Care by Moen offer a sturdy, wide-leg design and extra large seat to keep you safe and comfortable. Products such as Home Care's new Premium Transfer Bench offer sturdy and comfortable construction for a transfer into the bathtub that is as easy and worry-free. Additionally, the Home Safety Council recommends installing non-slip strips to the bottom of the tub, using a bathtub with a non-skid bottom near the tub or shower, and always keeping the floor dry to avoid potential slippery spots.

With a few updates to the danger zones of the home you can be sure that no matter what your age, you can feel safe. You'll be able to live the independent lifestyle you choose and your loved ones will be at ease knowing that these safety precautions are in place. For more information on home care products from Home Care by Moen, visit homecare.moen.com.

Courtesy of ARACountent



LIFESTYLE

A Piece of This and a Dash of That

By Jill Matton EFNP Program Assistant Nicholas County Extension Office

I hope that you are having a great week. By the time you are reading this article, at the Extension Office, will have moved this from the county fair and be in Louisville for the state fair. The first day of the state fair is the country ham project day. The 4-H youth that have completed the Country Ham Project will present their speeches at the state fair. Did you know that last year we had 3 of our Nicholas County 4-H youth place in the top 5 of their age category for their country ham speeches? They compete with children from all across the state this day. We are very proud of them all of our youth to participate in this event. We are hopeful that this year we will have great hams and great speeches.

Country ham goes well with green beans. A lot of people will cook some ham with their green beans and what goes great with green beans. Of course you guessed it...potatoes. This is what we will focus on this week. Potatoes have in the past received a bad wrap as far as health goes. It's not the potato, but how we prepare it. Potatoes are a good source of

vitamins B and C, potassium, and complex carbohydrates. Potatoes are one of the more vegetables that provide vitamins for assistance. Potatoes can provide enough sustenance to nearly 10 people on an acre of land. Even though potatoes are grown widely across the United States, Idaho is the state most associated with the potato. The first potatoes in Idaho were planted by a Presbyterian missionary, Henry Harmon Spalding. Spalding established a mission at Lapwai in 1836 and he wanted to demonstrate that they could provide food for themselves through agriculture rather than hunting and gathering.

Do any of you remember hearing those potato MYTHS as a child... 1.) Laying a potato peel at the door of a girl on May Day showed her that you disliked her. 2.) If a woman is expecting a baby, she should eat potatoes because the baby will be born with a big head. 3.) A potato in your pocket will cure rheumatism and eczema. 4.) If you have a wart, rub it with a cut potato, then bury the potato in the ground. As the potato rots in the ground, your wart will disappear.

Remember these are just myths and it is just fun to read myths sometimes. Kentucky Potatoes Season: July through October Selection: Green potatoes and those containing sprouts can be had for you. Select firm, unbruised potatoes. For scalloped potatoes or salads, boiled red or new potatoes are best. For baking, frying, and mashing choose denser varieties. Storage: Potatoes should be kept in a cool, humid, dark place that is well ventilated. Preparation: Scrub potatoes, and peel if desired. Cook peeled potatoes right away, since soaking potatoes in water for more than a few minutes causes vitamin loss. If you cannot chop potatoes at once, sprinkle them with lemon juice to prevent darkening. To boil: Put potatoes in a saucepan and cover with water. Bring them to a boil. Cover the saucepan and cook potatoes over medium heat for 30 minutes.

Cover the pan tightly and steam potatoes for 15 to 20 minutes. To bake: Scrub potatoes, leaving skin on. Pierce the skin with a fork. Bake at 400°F for 45 minutes to 1 hour. To microwave: Scrub potatoes, leaving skin on. Pierce with a fork. Microwave for 4 to 6 minutes for each potato, turning half way through cooking time. Let stand for 5 minutes.

Vegetable Potato Salad 4 medium potatoes, cooked, peeled, and sliced 7 ounces whole kernel corn 1/2 cup celery, sliced 1/2 cup carrots, thinly sliced 1/2 cup radishes, sliced 1/2 cup green pepper, chopped 1/2 cup onion, chopped 1 medium tomato, cut into 8 wedges 1/2 cup mayonnaise 1 tablespoon sugar Dash pepper 1 tablespoon vinegar

2 teaspoons prepared mustard In a small bowl, combine all dressing ingredients and blend well. In large bowl, combine all salad ingredients except tomato wedges. Combine dressing and salad mixture, cover, and refrigerate. When ready to serve, garnish the salad with tomato wedges. Reduce-calorie mayonnaise would cut the fat in this recipe by one-third. Yield: 10 half cup servings.

\*In season Nutritional information for each serving: 200 calories, 2 g. protein, 20 g. carbohydrate, 13 g. fat, 10 g. cholesterol. Prepared by Pat Sigler. Yields 6 servings. Nutritional information: 170 calories, 2 g. protein, 30 g. carbohydrates, 3 g. fiber, 4 g. fat, 5 mg. cholesterol, 1.9 g. sodium. Prepared by Pat Sigler. Have a great week and remember to try a new recipe!!

Ensuring Your Legacy Lives On

(ARA) - You have a lifetime to live. Proper planning can reduce your chances of having to depend on others for financial support and help ensure that you have a legacy to pass to your loved ones. Two of the top worries for seniors are working toward those goals isn't as complicated as it might seem. In fact, if you have a savings account, 401(k) or investments, you're already on your way. But that may not be enough. It is important to consider how insurance can help to protect your savings from unexpected costs.

serious illness can eat into even large savings accounts and investment portfolios in a very short time. Many people fail to realize the true risk for illness and the impact that can have on their savings. According to the Centers for Disease Control and Prevention (CDCP), over 30 percent of adults over age 65 fall each year. A study of seniors, age 72 and older, cited by the CDCP, pegged the average health care cost of an injury caused by a fall at \$19,440. The non-profit organization Life and Health Insurance Foundation for Education (LIFE) notes that even when seniors have life insurance, life insurance can still play an important role in preserving a couple's retirement plans. While many nearing, or at retirement, think they no longer qualify for coverage, LIFE says that's not always

growing markets for life insurance. Once your plans for the future are made, share them with your children. Bankers' Aging in America survey found gaps in perception between older adults' actual decisions on long-term care issues and younger adults' perceptions of what their parents' viewpoints were. Misconceptions like these reinforce the need for communication between parent and child, and not just about health care plans. Parents should also share their preferences on how they would like to be cared for in the future as well as how they would like to be remembered. Addressing these issues today can prevent future family conflicts and ensure that your legacy lives on according to your wishes. For more senior topics, visit www.bankers.com. Courtesy of ARACountent



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How to Shop Around for the One Purchase Everyone Must Make

(ARA) - The origin of money may be lost to antiquity, but it's a pretty sure bet that shortly after someone invented cash, someone else came up with the idea of shopping around to get the best deal for their money. As comfortable as Americans are with seeking a deal - witness the thousands of price-comparison Websites - there is one major purchase many still see unwilling to comparison shop for, and it's a purchase everyone should eventually make. "Although more people than ever are preplanning their funeral services, for many Americans there is still a sense that this is something they don't want to deal with until they absolutely have to. Remember that Jody Brandenburg of the

Dignity Memorial network of funeral, cremation and cemetery services - one that carries out your wishes, ensures you've gotten good values for your money and protects your family from making potentially costly decisions during a difficult time. Comparison shopping for your best-cost preplanned funeral arrangement really isn't that different than shopping around for a good deal on anything else you buy. Brandenburg says, "The basics are the same, with a few added considerations. First, discuss your desire to preplan with your absolutely have to. Remember that you have the right to decide for yourself how you would like your funeral to be - and how much you want to spend on it. Next, compare prices and levels of service to determine the funeral provider and service options that are best for you. Your best-cost funeral will be one that carries out your wishes and fits within your budget." Brandenburg advises, "Personalization is becoming increasingly popular, and making your arrangements in advance ensures your funeral will be a delicate subject for many people." Brandenburg says, "For that reason, making arrangements in advance makes sense to ensure you're getting the best-cost funeral you can have." To learn more about preplanning, visit www.DignityMemorial.com. Courtesy of ARACountent



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COMMONWEALTH OF KENTUCKY NICHOLAS CIRCUIT COURT CASE NO. 08-0024. NOTICE OF SALE. DIGNITY MCGEEHEE COMMONWEALTH OF KENTUCKY, DIVISION OF UNEMPLOYMENT. DEFENDANTS. By virtue of Judgment and Order of Sale of the Nicholas Circuit Court entered in the above styled case on June 24, 2008, and to make known the date and place of sale of the property...

UK Digestive Health Program expanding in Cynthiana. UK HealthCare is proud to partner with Harrison Memorial Hospital to provide digestive health services and procedures to Harrison County and the surrounding area. With this partnership, Dr. Patrick Mosler joins Dr. Luis Peña and Dr. Antonio Bosch. Drs. Mosler, Peña and Bosch specialize in advanced endoscopy and colon cancer screening. They are experts in the digestive system and diseases. No physician referral is required to make an appointment. To schedule an appointment, call 859-235-3600. The clinic is located in Harrison Memorial Hospital's Specialty Clinic at 1210 Kentucky Highway 36E, Cynthiana.

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