Profile: The Provosts, Continually Caring

Margaret and Henry Provost have been married for 59 years. They are just two of many seniors being honored during Older Americans Month.

This loving couple presently receives Meals on Wheels service and light housekeeping support from Gwinnett County Senior Services, but Margaret stays busy ‘taking care of Henry’.

Margaret owes her strong work ethic to words of wisdom from her mother. She offers, “My mother always said to work hard and you’ll never be sorry.” She managed to work until she was 80 with Henry right beside her.

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In addition to raising her family, Margaret put her earlier nursing training to use by caring for others in their home. She cared for her parents as well as Henry’s mother, but now she is devoted to helping Henry.

Margaret and Henry Provost don’t want any attention or acclaim, because they only care about caring for others.

An avid Senior Services supporter, Linda Lavelle emphasizes the true value older people provide us when she says, “Seniors add relevance to our lives. They are the people who shaped us.” Senior Services Manager Linda Bailey adds, “Older Americans Month is a time to honor seniors like the Provosts for their lifetime of contributions to our nation. Tom Brokaw had it right when he called today’s seniors ‘the greatest generation’.”

Melanie Miller
Public Relations Specialist

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Older Americans - Getting Better With Age

Mind Games - Use It or Lose It

1. Move It
What’s the No. 1 thing you can do for your brain’s health? The best brain exercise may be to pump up your heart rate. Just as important, exercise staves off heart disease, obesity, diabetes and other maladies that increase the risk of brain problems as we age.

2. Feed It
Another path to a better brain is through your stomach. The best things you can eat for your body are also the best things you can eat for your brain. Your brain is in your body, after all.

3. Speed It Up
Given the right tools, we can train our brains to act like they did when we were younger. All that’s required is dedicated practice: exercises for the mind. If you ask your brain to learn, it will learn. And it may speed up in the process.

4. Stay Calm
Stop! Breathe. Relax. While challenging, your brain is very important, remaining calm is equally so. Stress can disturb learning and memory, and possibly limit the quality of life; so laugh yourself wise.

5. Give It a Rest
Staying calm is perhaps the most creative benefit of sleep. There is something real about solving a problem by ‘sleeping on it’.

6. Laugh a Little
Humor stimulates the part of your brain that makes you feel good. That makes laughter an activity you’ll want to do over and over again; like eating chocolate. Laughter is fun for the brain.

7. Get Better With Age
You’ve heard about the wisdom and judgment of older people? When you are older, you have millions of life experiences stored. As Barry Gordon puts it, “It’s nice to know some things get better with age.”

adapted from “Mind Games” by William Speed Weed, Readers Digest, August, 2006

“‘It’s nice to know some things get better with age.’”

Barry Gordon

May Highlights
May 13 - Mother’s Day
May 28 - Memorial Day
Birthstone – Emerald
Flower - Lily of the Valley
Senior Sitter Safety Course

PrimeTime Health is presenting a new 6-hour workshop for seniors caring for loved ones who are disabled or confined to home. Topics to be covered include:
• caregiving basics
• emergency response
• dealing with personal stress

Date
Tuesday, May 29, 2007
8:30 AM, coffee & registration

Location
Gwinnett Medical Center
1000 Medical Center Blvd.
Lawrenceville, GA 30045
MOB 100 - Learning Resources Suite

Cost
$20, class limited to 20 students

Information & Registration
Contact Cathy Grubbs, PrimeTime Health, at (678) 442-2512

Contact Information

First Call for Help, United Way
Dial 2-1-1

DFCS – 446 W. Crogan Street
(678) 518-5500

Adult Protective Services
(404) 657-5250

Medicare – Social Security
www.ssa.gov
1 (800) 772-1213

Health Departments:

Lawrenceville
(770) 963-6136

Buford
(770) 614-2401

Norcross
(770) 638-5700

GeorgiaCares
(Health Insurance Information)
(404) 463-3350

Voter Registration
(770) 822-8787

Senior Auto Emissions Waiver
(770) 822-8818

Senior Elder Abuse
(404) 657-5250

Senior Information and Referral
(678) 377-4150

Georgia Senior Legal Hotline
(404) 657-9915

Gwinnett County Library
(770) 978-5154

Gwinnett County Extension Service
(678) 377-4010

Gwinnett Council for Seniors
(770) 822-5147

Elder Care Locator
1 (800) 677-1116

Program Income

Congregate
$ 1,500.92

Home Delivered Meals
$ 202.00

In-Home Services
$ 243.00

Transportation
$ 2,985.81

The mission of Gwinnett County Senior Services is to provide our citizens with a range of collaborative services structured to enhance the quality of their lives, maintain their independence, and prevent premature institutionalization.

Area seniors or caregivers are always encouraged to contact Gwinnett County Senior Services, either by using the Internet or calling on the phone. The website address is www.gwinnettseniorservices.com. To contact via e-mail write to Adrienne.Noble@gwinnettcounty.com. The contact numbers are as follows:

For services you or someone else might need

Senior Information Helpline
(678) 377-4150

Homemaking Services
(678) 377-4150

Meals on Wheels
(678) 377-4150

Senior Transportation
(678) 377-4150

If you want to help

Donations
(770) 822-8775

Volunteering
(770) 822-8837

Dietary Supplements
Do You Know All the Facts?

Dietary supplements are a $17 billion-a-year business, but do you know if they are really good for you?

People use supplements for a variety of reasons, but with so many choices, it is important to know the facts. Never let some ‘pills’ make up for poor food choices and always look out for outrageous ‘miracle results’ claims. If it sounds too good to be true, it probably is!

Dietary supplements do not function as food replacements and have not been proven to boost energy. They are not regulated by the government the way food and drugs are, and many of these products are not reviewed or tested before being sold. The government can only study the concerns and take action if enough people report problems or side effects with a dietary supplement.

Be sure to check with your doctor before taking supplements. Ask plenty of questions and make sure that you are taking care of yourself.

Life After a Heart Attack

There are millions of people who have survived a heart attack. Many recover fully and are able to lead normal lives. If you have already had a heart attack, your goals should be:
• to recover and resume normal activities as soon as possible
• to prevent another heart attack
• to prevent complications, such as heart failure or cardiac arrest.

You need to to see your doctor regularly for checkups and tests to find out how your heart is doing. Your doctor may recommend:
• lifestyle changes, such as quitting smoking, changing your diet, or increasing your physical activity
• medications, such as aspirin and nitroglycerin tablets for angina
• medications to lower your cholesterol or blood pressure and help reduce your heart’s workload
• participation in a cardiac rehabilitation program.

Most people who do not have chest pain or other complications are able to return to their normal activities within a few weeks, depending on the severity of the heart attack. Many can begin walking immediately, drive within a week (if allowed by state law), and resume sexual activity within a few weeks. Patients with complications or chest pain should not drive until their symptoms have been stable for a few weeks.

Many heart attack survivors also have chest pain or angina, usually after exertion or when dealing with emotional stress. This pain will go away in a few minutes when you rest or take angina medication or nitroglycerin, as directed. When experiencing a heart attack, the pain is usually more severe than angina, and it does not go away when you rest or take angina medication. If you think your chest pain could be a heart attack, call 9-1-1.

Submit by: Arlene Williams, RN
Adapted from: NIH Senior Health

You don’t stop laughing because you grow old; you grow old because you stop laughing.”

Michael Pritchard, Writer

Adapted from: “Dietary Supplements: Do You Know All the Facts”, American Dietetic Association Daily Nutrition Tip, March 24, 2004;
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