

outside in

BRINGING THE OUTSIDE WORLD IN FOR SENIORS IN OUR COMMUNITY

OUR MISSION: "Using primarily volunteers, PeopleCare will assist and support the homebound elderly by providing socialization, emotional support and access to service providers where no one is denied services."

In This Issue

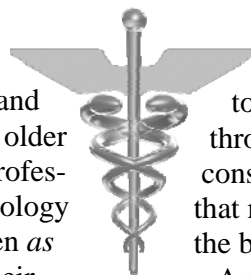
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Aging Men's Health

by Edward H. Thompson, Jr., Lenard W. Kaye, Jennifer A. Crittenden, and Jason Charland

With the increase in the proportion of older adults comes a need to better understand the unique healthcare needs of older men. Unfortunately, too few professionals in geriatrics and gerontology have paid attention to older men *as men* or sought to understand their worlds from a perspective that appreciates how much gender matters to aging and the meaning of later life. Men in the United States have higher death rates for all fifteen leading causes of death and, on average, still die five years younger than women do. In fact, for men, the age-adjusted death rate from the two leading causes of death, heart disease and cancer, is one and one-half times greater than for women; from Parkinson's, liver disease, and accidents, two times greater; from suicide, four times greater.

An important consideration is the importance of understanding the unique experiences and health concerns of older men. Consequently, practitioners who interact with older men should encourage these clients to visit a physician on a regular basis for many reasons. Though men tend to contract more serious, even life-threatening, chronic ill-



nesses than do their female counterparts, men tend to visit a physician less often throughout adulthood. The consequences of such behavior is that many older men are foregoing the benefits of preventative care.

Another concern is that the mental health complaints of older men often have physical correlations that require attention by a medical professional. A case in point is the close relationship that exists between depression, alcoholism, stress, and physical decline.

Studies have found that older men tend to engage in fewer preventive health care services such as regular visits to primary care physicians. In fact, men are 30 percent less likely than women to have contact with a physician. The bottom line is that the leading causes of death among older men are in some cases preventable given timely access to quality healthcare.

One of the greatest challenges for practitioners working with men is a persistent resistance to asking for help. This resistance manifests itself in various ways, for example, not following up on a referral, and can lead to consequences that are deleterious to the pa-

AGE IS A HIGH
PRICE TO PAY
FOR MATURITY.
- TOM STOPPARD

Aging Men's Health *continued*

tient and the medical system. For example, older men's lack of timely help-seeking means that they are likely to end up utilizing hospital services and outpatient surgery. Because older women are more likely to seek help sooner, before a problem becomes serious, they are more likely to utilize home-based services, which are less expensive.

In addition, gender affects the way that patients describe medical symptoms to physicians and so may very well affect which services and interventions physicians offer to older men. For example, research studies show, the very ways in which patients presented their symptoms to physicians did affect the resulting diagnosis and treatment regimens assigned to that patient. Women tended to convey their symptoms using more emotional and dramatic language, whereas men often took the approach of presenting their symptoms in a straightforward and fact-based manner.

Practitioners must raise their own awareness around the presentation of symptoms by patients and the impact that may have on their professional clinical responses. Treatment approaches should be based on objective measures of symptoms and medical conditions rather than a portrayal of symptoms that is either emotional or minimizing to the extent that the reality of the situation cannot be understood.

It is important to bear in mind that men tend to disclose symptoms only at later stages of disease. This delay means that by the time men do decide to seek help, they will require more intense medical treatment. Practitioners are thus advised to use targeted questions with older men whenever possible, creating the opportunity for them to disclose any questions or symptoms they may have before they require urgent attention. Given that many men delay seeking help, we must not underestimate the importance of any health-care visit.

Finally, an important thing to remember is that caregivers and significant others within an older man's life can serve as the practitioner's greatest ally in addressing the health care and mental health needs of older men. Should such individuals accompany patients during health care visits, it is important to educate them and provide them with critical healthcare information. Such individuals often serve to mediate the use of healthcare information after the visit is over. Accommodating them can be facilitated by ensuring that proper seating is available in the exam room and communicating instructions and answering questions clearly so that both the caregiver and patient understand.

For more information on older men's health concerns, please contact your doctor. Additional information is also available in Spring 2008 issue of *Generations Journal of the American Society on Aging*.

"I KNOW A LOT
OF MEN WHO
ARE HEALTHIER
AT AGE FIFTY
THAN THEY
HAVE EVER
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BECAUSE A
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FEAR IS GONE."

- Robert Bly



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Brookfield Aging Well Health Fair

Tuesday, October 14, 2008 10:00 a.m.- 2:00 p.m.
Brookfield Recreation Dept. 8820 Brookfield Avenue,

- License renewal and State ID's by Secretary of State 10:00 a.m.- 2:00 p.m.
- Hearing Screenings by Beltone
- Flu Shots by Dominick's (some Medicare accepted)
- Refreshments, Free Raffle and Special Presentations

For more information, call: 708-354-1323 x19

Health Reform? Get Practical !!

Here's what you can do for health reform if you are 50 or older: Stand on one leg when you brush your teeth!!

Performing this exercise will help you improve your balance and thus decrease the likelihood that you will fall. Fewer falls mean less risk of a hip fracture, which can bring massive medical bills, loss of independence and heightened risk of death.

This bargain basement approach to healthcare reform—without high-tech devices, expensive pills or delicate surgeries—is one recommendation from Jennie Chin Hansen, who takes office in May as national president of the 39-million member AARP. She offered her prescription at the Aging in America Conference of the National Council on Aging and American Society on Aging (ASA) in Washington, D.C., where caregiving, including its importance and its cost, was a major, recurring theme.

- by Robert A. Rosenblatt, **Aging Today**

RETHINKING INDEPENDENCE

Do any of these major driving skill indicators cause concern for you?

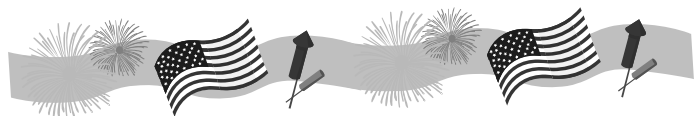
Y N

- Do you always buckle up?
- Do you have difficulty working the pedals?
- Do you find it difficult to merge on busy streets or freeways?
- When you change lanes, do you rely ONLY on rear view mirrors instead of turning your head to check blind spots?
- Do you find yourself straddling lanes, weaving or drifting into other lanes?
- Is it more difficult for you to identify vehicles and/or pedestrians at night?
- Have you had more than 2 tickets, warnings or accidents in the last 2 years?
- Have you checked with your doctor or pharmacist about how your medications could effect your driving?



Should I be concerned?

If you find that any of your answers to these questions cause you concern it may be time for you to try to work on improving your driving skills or even to consider other transportation options. In the near future, Aging Well will be offering classes called "Rethinking Independence: Helping Make Choices." If you are interested in learning more about when the sessions become available, please contact **Bruce Jablonski** at PeopleCare, **708.442.1223**



Do You Have Questions about Early Voting in Chicago and Suburban Cook County, IL?

For information about early voting and polling locations call the Cook County Clerk's information line at (312) 603-0906, or call PeopleCare at 708.442.1223

Answer Fads and Fancies:
1. C. LAVA LAMP
2. D. HULA HOOP
3. A. RUBIK'S CUBE
4. E. HENNA TATTOO
5. F. CHIA PET
6. B. PET ROCK
Answer Circles and Numbers:
The missing number is 2.

Ask Your Elders



Mary Jane Martin was in love with a man, but he wasn't exactly the most reliable guy on the planet. "I never knew when I was going to see or hear from him again," says Mary Jane, a 45-year old divorced mother of two from St. Louis, Missouri.



She didn't want to ask family members for advice, so she sent an e-mail to **Elder Wisdom Circle** at elderwisdomcircle.org,

a website staffed by volunteers aged 60 to 103 who share insights gleaned the hard way—from life itself.

A few days later, she received a response. Bottom line: he's not a good romantic prospect. "They were brutally honest in the kindest way imaginable. It's an incredible resource," says Mary Jane, who has found happiness in another relationship.

Roughly 500 elders answer more than 3,000 letters each month either alone at their home computer or in groups at nursing homes or assisted living facilities. "You can't shock us," says elder Renee Mazon, who answered Mary Jane and is a 77-year-old former New York City cab driver.

— KATHLEEN PARRISH *Better Homes & Gardens*

IN HONOR OF REVAY

Doug Meckelson's grandmother, Revay, saw many of her friends enter nursing homes. "It bothered her to see people shut away," says Doug. "Revay said, 'One day, you can do something about that.' "

So he did. In October 2001, Doug, a California-based financial services professional, started the website elderwisdomcircle.org in her memory.

my Volunteer STORY

STORIES, MEMORIES & THOUGHTS
BY PEOPLECARE VOLUNTEERS

Chester said, "I have no one..." then, Lorraine, a PeopleCare staff member *and* volunteer, did the rest.

One day PeopleCare got a call and could barely hear a weak voice say, "If your friendly visitors want to visit someone who is lonely...*That's Me*...no one can be more lonely than me. I read about you in my church bulletin and thought I'd call."

Lorraine called Chester and visited him until she was able to find a suitable volunteer. Finally, she did and the volunteer turned out to be just fabulous. She visited him often and played Scrabble whenever Chester was up to it. When she couldn't visit, she called to check in to make sure everything was ok.

Chester was a changed person. His voice got stronger, he was not nearly as depressed and loved hearing from his PeopleCare friend.

Physically however, Chester started to deteriorate and was finally admitted to the hospital. Not too long after being admitted, Chester died. His family sent us a very nice card thanking us for the time we spent with him. "You had made him very happy, thank you," they said.

GOD PUT ME
ON EARTH TO
ACCOMPLISH
A CERTAIN
NUMBER OF
THINGS. RIGHT
NOW, I'M SO
FAR BEHIND,
I WILL
NEVER DIE!!

-AUTHOR
UNKNOWN

MEMORIAL GIFT PROGRAM

MAKE A GIFT IN MEMORY OF A LOVED ONE OR FRIEND, OR MAKE A GIFT AS A LIVING TRIBUTE IN HONOR OF SOMEONE YOU CARE ABOUT.

In Memory of: NAME _____

In Honor of: NAME _____

Amount of Gift: \$15 \$25 \$50 \$100 Other _____

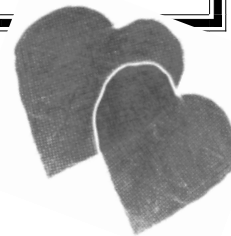
Please make your gift checks payable to: **PeopleCare, Inc.**
60 Akenside Road, Riverside, IL 60546 or call, **708-442-1223**

Name

Address

City, State, Zip

Phone



REMEMBER PEOPLECARE

When you write or review your will, we hope you will consider making life better for those we serve by leaving a charitable bequest to PeopleCare, Inc., a 501(c)3 not-for-profit organization. Ask your attorney to include such words as: "I give or bequest to PeopleCare, Inc. X% of my estate, or the sum of X dollars, to be used for the general purposes of PeopleCare, Inc." For more information, contact People Care at **708-442-1223**

Patience...

Isn't just a virtue anymore — it's a necessity.

*Some of us may live in a 10-second sound bite world,
but many seniors do not.*

*It takes patience and respect to slow down, listen,
problem-solve and provide good explanations.*

*slow down
& listen*



- FROM THE BRITISH HOME ACTIVE LIVING

Who Gets Grandma's Yellow Pie Plate — Transferring Non-Titled Property



"I REFUSE TO
ADMIT I'M MORE
THAN FIFTY-TWO,
EVEN IF THAT
DOES MAKE
MY SONS
ILLEGITIMATE!"

- Nancy Astor

Almost everyone has personal belongings such as wedding photographs, a baseball glove, or a yellow pie plate with meaning for them and for other family members. What happens to your personal belongings when you die? Who decides who gets what? How can these decisions be made during your lifetime?

Planning for the transfer of personal items is a challenge for the item's owner and, potentially, family members and legal representatives who may be left to make decisions when a family member dies.

When personal belongings are not identified formally by papers of ownership, they are called *non-titled property*. In contrast, *titled property* includes real estate, savings accounts, motor vehicles, machinery, stocks, or other property whose ownership is identified in a written document.

Who receives the personal property is an issue frequently ignored until a crisis occurs. Many assume it isn't important or will just take care of itself. However, experiences of family members and their attorneys suggest otherwise. Transferring non-titled property is an issue that impacts individuals regardless of financial worth, heritage or cultural background.

IMPORTANT FACTORS TO CONSIDER:

1. Understand the sensitivity of the issues. Decisions about personal property involve dealing with the emotional value attached to personal belongings and that often makes the transfer issue so challenging.

2. Decide what is to be accomplished. The following goals are often identified as important when transferring non-titled property; however, you may want to add others: maintaining privacy, maintaining or improving family relationships, being fair to all involved, preserving memories and contributing to society.

3. Decide what fair means in your family. Equal has many interpretations. In some families, it may mean that all members receive an equal number of items from a collection or a set. Or it may mean equal in dollar value or emotional value.

4. Identify the meaning of objects. An important step in making decisions about transferring non-titled property is to make a list of special objects. Include on this list the meaning attached to each item, what makes that item special, and who should receive each item and why.

5. Recognize distribution options and consequences. Distribution methods that require planning prior to death include gifting before death, preparing a list of who is to receive which items after your death, making a will, auctions and even lotteries. Gifting before death is the most certain way to make sure items go to the intended recipients. While Illinois law does recognize a dated, signed list of personal property with the intended recipients identified, attorneys often advise you to also list those items in your will.

6. Agree to manage conflicts as they arise. Listening well, speaking without blame and improving conflict management skills can make disagreement less serious. The transfer of non-titled property is an issue that can impact all individuals and families regardless of their financial worth or the amount of property to be distributed. Remember that a potentially difficult and negative situation can become a time of family bonding and a celebration of the past as the family looks to the future.

- Molly Hofer, Family Life Educator
COLLEGE OF AGRICULTURAL, CONSUMER AND
ENVIRONMENTAL SCIENCES



BRAIN EXERCISES - KEEP YOUR BRAIN AND BODY HEALTHY

Fads and Fancies

Remember troll dolls, Furbies, mood rings? Cabbage Patch Kids, Barney, Silly Putty? Poodle skirts, coonskin caps, flagpole sitting? There seems to be no end to these crazes du jour, and to prove it here are six more we haven't mentioned yet. Decipher the anagrams (rearrangements) below, and match them to the pictures.

1. ALVA PALM

2. HAUL POOH

3. BUICK REBUS

4. ANT ON HOT SEAT

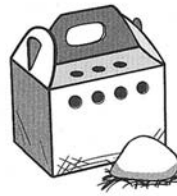
5. EPIC HAT

6. TREK COP

A.



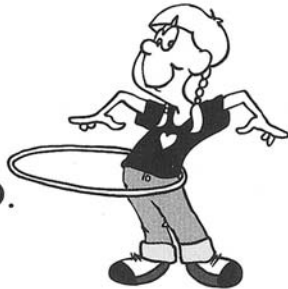
B.



C.



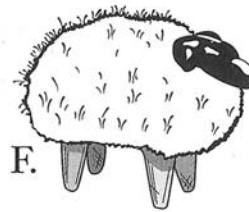
D.



E.

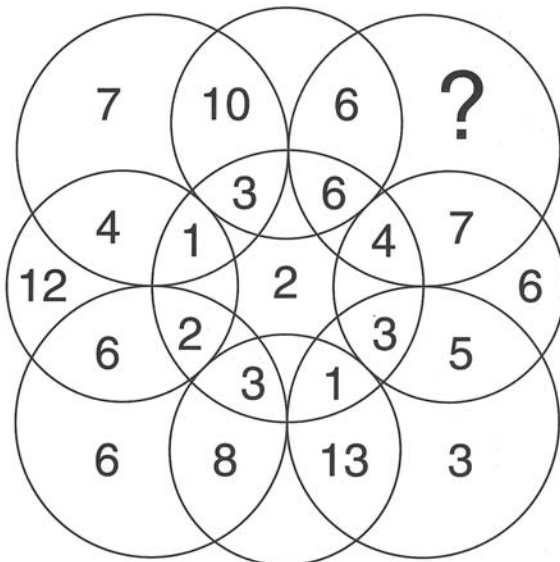


F.



Circles and Numbers

Look at the circles and numbers. Replace the question mark with the correct number.



"FEW THINGS
ARE MORE
DELIGHTFUL THAN
GRANDCHILDREN
FIGHTING OVER
YOUR LAP."

- Doug Larson





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www.peoplecareinc.org

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GREATER LAGRANGE YMCA MEN'S CLUB ANNUAL
**CHRISTMAS
TREE SALE!**



Continue your family tradition or start a new one this season at **OUR NEW LOCATION in Gordon Park behind the old YMCA.** Enter the park from Ogden Ave. just east of LaGrange Rd. and before the train bridge. For info. call: **708-352-7600.**

Supporting the YMCA Men's Club Christmas Tree Sale helps support the needs of the community. All proceeds benefit local charities and organizations.

SALE BEGINS

November 28, 2008
GORDON PARK
(behind the old YMCA)

Monday - Friday
3:30 pm - 9:00pm

Saturday-Sunday
9:00 am - 9:00pm

