Charlotte-Mecklenburg
Council On Aging

The Source

"Your Community Resource on Aging"

VOLUME 1, ISSUE 2 SPRING 2006

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SAVE THE DATE!
MAY 25, 2006 – 8:00 AM to 2:00 PM
The Council on Aging and CPCC's Lifetime Learning Institute Joint Conference –
"Can Business Boom as Boomers Retire?"
CPCC West Campus

Workshop & Lunch: $100
Workshop: $75
Keynote Lunch: $35

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Our Mission is…
"to address, advocate and support the rights and needs of adults on issues that affect them."

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Can Business Boom as Boomers Retire?

by Kellie Visker

Save the date! The Charlotte-Mecklenburg Council on Aging is teaming up with CPCC's Lifetime Learning Institute to bring to you an exciting new event! On May 25th, 2006, we will be co-hosting a conference titled: **Can Business Boom as Boomers Retire? Responding to the Threat of Changing Workforce Dynamics**. The conference will be located at the Harris Conference Center.

The conference will address issues pertaining specifically to the changing demographics of the workforce and is targeted specifically to the business community. Dr. David DeLong, a highly reputable research fellow at MIT's AgeLab, will present research and facilitate discussion, as this conference is designed to provide an intimate setting to foster a high level of interaction with our facilitator speaker. Research will be presented from Dr. David DeLong's book: *Lost Knowledge: Confronting the Threat of an Aging Workforce*. There will also be a book signing during the conference.

This conference will be significant for executives and professionals, as well as the business community as a whole, because it will increase awareness of the urgency of the threats posed by an aging workforce. Participants will come away from the conference with a clear idea of how these threats directly affect the strategic objectives of their organizations. Executives and professionals will leave with a high-level plan for action and an understanding of the next steps to take in identifying where their organization is losing its most valuable knowledge. This will allow companies to begin building a business case for investing in knowledge retention or workforce development solutions.

With Mecklenburg County's population of 45-60 year olds being 20 percent of its population, businesses and industries will be looking for creative ways to retain this workforce's knowledge and expertise. This type of information will be captured through the conference on May 25, 2006, making this event extraordinary and important *not* to miss!

For more information on this co-sponsored event, please visit: www.lifetimelearning.cpcc.edu

Tickets can be purchased by calling Jill Koch at 704.330.6146, or emailing her at jill.koch@cpcc.edu

With the Caregiver In Mind by LuAnne Nelson

Medications can help persons manage chronic conditions, treat infections, and relieve discomfort. Some medications are available only through a doctor's prescription and are dispensed by a licensed pharmacist. Others are " over-the-counter" (OTC) and no prescription is required. OTC meds include analgesics (which alleviate pain), antacids, cold and cough preparations, laxatives, vitamins, herbs, and certain sleeping aids.

Taken properly, both prescription and OTC drugs can literally be lifesavers. If taken incorrectly, however, they may cause problems.

Things to Watch For:

- Does my relative see more than one doctor or use more than one pharmacy?
- Does a "health problem" interfere with compliance? For example, poor vision, memory loss, arthritis (childproof container) or tremors may be a hindrance.
- Are prescriptions actually filled? Lack of transportation, forgetfulness, and coordination of required doctor visits with mail delivered prescriptions, or high cost may mean that a prescription is not refilled.
- Does my relative know why and how a drug is taken? The person should know for what condition and what it will do for that condition. How often is it taken? Should it be taken on an empty stomach or with food? A prescription log of this information is helpful.
- Is the correct amount being taken? Incorrect dosages make it difficult for the physician to monitor and determine the medication's effectiveness.
- Is it properly stored? Airtight containers, away from light, or refrigeration, may be required.

Know what effects medications have. Do not assume that some new symptom is simply a "sign of old age." A change in medication may be in order.

Keep your physician informed of your relative's condition and all medications that they take. Use the pharmacist as a resource.

Develop and maintain a routine. Get rid of unnecessary and outdated medicines and talk to your relative about using medications wisely. If all of this is too much for you to handle, ask for help. There are resources in every community for all income levels.

Medication management is an important part of maintaining the well being of anyone, especially an older person. If you would like some help, would like to comment, or have information to contribute, please call LuAnne Nelson at 704-504-3298.

Medication management is an important part of maintaining the well being of anyone

Spring Resolutions for Good Health

❀ Start your day with whole grains – it's as simple as upgrading your toast to multigrain

❀ Time for spring cleaning. Purge your pantry of unhealthy foods

❀ Spring is for salads. The best greens are coming into season now.

❀ Keep canned beans in your cupboard for high-fiber, low-fat soups and salads.

Making Someone's Day! by Maarten Pennink

Recently, I spent some time with my brother (and sister-in-law) in Tokyo. (I know, I am a privileged man.) He has been living there for a while now, but his Japanese is far from perfect.

One day, he and I planned to visit the Casal's Hall in the university area for an organ recital. He asked whether I would mind combining this with a visit to an acquaintance, a lonely soul, an elderly lady in her eighties, who had lost the love of her life several years ago.

After the concert was over we walked up and down hills through narrow streets with left-handed traffic and arrived at the lady's apartment complex.

Guess what?
Her English was really nonexistent. She opened the front door and the broad smile on her tiny face clearly indicated that she was delighted with our visit. We bowed and we even shook hands, something people in Japan rarely do, and exchanged primitive pleasantries in both languages.
A giant photographic portrait of her former husband occupied almost entirely one side of the sitting room. From all the furnishings, one could deduce that she had been exposed to western culture. Original European paintings adorned the hall and living room space.
We were allowed to take a seat at a table already prepared for our visit. The tea, brewing in a Japanese tea set and the wrapped cookies were awaiting consumption.

It is not what we said -- actually nothing profound was discussed -- it was the fact that we were there, that my brother took the time to swing by. He made a special effort to make someone's day. That's the thing that impressed me. My brother was not afraid of being unable to speak Japanese well or any other language for that matter. He knew that the visit by us may well have been the highlight of her day, and it took so little of our time.

I sat there and let it all sink in, realizing that someone's day can be made brighter by a short visit, a call, a letter, and that the language is really secondary. When I make visits like these I find myself sometimes hesitating. "What am I going to say?" Now I have been reminded again that the content of the conversation is truly incidental. 'Company' is what we are mostly yearning for. Society moves quickly and I should try to find time for these kinds of visits. I wonder whether I'll practice what I have learned here.

The Importance of Exercise by Meg Foley

Research suggests that those who are physically active throughout their life course are more likely to maintain a physically active lifestyle in their senior years. Regular physical activity reduces the risk of several life-threatening conditions among older adults. Additionally, physical activity provides social and psychological benefits. Physical activity decreases depression, anxiety and stress and is also associated with improved cognitive function, self-confidence, and life satisfaction among older adults.

In 1980, a Stanford physician named James Fries started a debate called the "compression of morbidity." Dr. Fries argues that although there are limits to human life expectancy, the quality of life can be enhanced by delaying the onset of chronic and disabling diseases and conditions until that last years and perhaps months of life. Dr. Fries emphasized the importance of changing behavior in order to compress morbidity. Preventable factors such as smoking, poor diet, and a sedentary lifestyle are at the root of most morbidity and mortality. Lifelong patterns of sedentary living have profound negative effects on late life health. Insufficient participation in regular, moderate exercise is known to shorten one's life span, increase morbidity, and undermine quality of life, general well-being, and prospects for independent living.

A program of vigorous exercise, even if begun in middle age, and weight control could delay the onset of disability by more than a decade. The known benefits of exercise are of such magnitude that exercise has been called a "survival resource" and the "fountain of youth" for aging adults.

Recipes from "Too Easy Gourmet"

Lemon Chicken

One 1/4lb. chicken breast (skinless, boneless)
2 teaspoons butter
Juice from ½ lemon
1 teaspoon chopped parsley

Place chicken between two sheets of wax paper and pound evenly to 1/4 inch thickness. Melt butter in a pan over medium heat until bubbly. Add the chicken and saute' two minutes per side. Remove the cooked chicken to a warm plate and "de-glaze" pan with lemon juice. Add parsley, stir quickly and pour over chicken as sauce.
Serves one.

Sesame Broccoli

1 cup broccoli florets*
1 tablespoon sesame seeds
2 teaspoons honey
1 tablespoon soy sauce

Place broccoli in a steamer over boiling water. Steam for 3 minutes; broccoli will turn a bright green. Remove from heat; allow to cool to room temperature for easier handling. Toss with remaining ingredients.
Serves one to two.

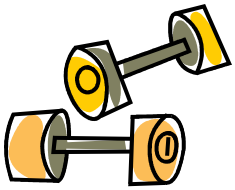
**Helpful Hint: Buy broccoli florets from salad bar rather than buying a whole broccoli*

Cranberry Waldorf Salad

1 medium apple, chopped
1 celery rib, chopped
½ cup dried cranberries
1/3 cup mayonnaise
1 tablespoon sugar
2 teaspoons lemon juice

In a serving bowl, combine apple, celery and cranberries. In a small bowl, combine mayonnaise, sugar and lemon juice. Pour over apple mixture and toss gently to combine.
Serves two.

Exercise Tips! by Kellie Visker



Exercise has shown to sharpen memory, strengthen muscles and bones, and to reduce the risk of falling. Older adults, along with people of all ages, can experience benefits from lifting weights and cardio exercise. These benefits include: improved walking ability, improvement in the ease of performing day-to-day tasks and activities of daily living, and better sleeping ability, as well as weight loss due to increased metabolism. Furthermore, weight resistance exercises can help to reduce pain from arthritis through increasing the capability of the muscles surrounding the troubled joint, decreasing the stress on the joint itself. Here are some exercising tips to help you with a new workout regime:

1. Make an appointment with your doctor prior to beginning a new workout program. It's a good idea to have a physical exam, as well as an exercise test.
2. Warm up! Warm up activities help loosen your muscles and prepare yourself for more strenuous exercises. Cool down activities are just as important in order to prevent soreness.
3. Start your exercise program with low intensity workouts, and progress gradually with time.
4. Pick rhythmic and repetitive workout activities that challenge your circulatory system.
5. Wear comfortable clothing and appropriate footwear.
6. Exercising with companions increases your chances of staying on a regular workout schedule.
7. Drink lots of water! The sense of thirst tends to decline with age, so it is important to keep hydrated.
8. Be safe! If you decide to go for a walk or a jog, make sure that you choose a location that is well lit, has sidewalks, does not intersect with traffic and has a smooth surface.

Most importantly, have fun! Pick workout activities that are fun for you, as well as activities that you can do year round