



Ionia County Commission on Aging
115 Hudson Street
Ionia, MI 48846
Phone: 616-527-5365
Toll Free: 888-527-5365

In the Spotlight

September, 2010

IONIA HIGH SCHOOL
PRESENTS
COMMUNITY AWARENESS WEEK
SEPTEMBER 19-24, 2010

The **Purple Ribbon** designates General Cancer Awareness and represents a variety of different cancers that families in places like Ionia have experienced. The Ionia County Commission on Aging has agreed to partner with IHS for this community fund-raiser. All profits raised will be donated to the Commission on Aging for gas cards, food cards, and other programs for seniors battling cancer.

CONCERT ON THE GREEN: September 19th 7:00 p.m. at First United Methodist church. Join IHS Musicians (past and present) for a Showcase of Talent! A freewill offering will be taken. Concert held indoors if it rains.

PURPLE T SHIRTS: available at Wrecker's in Ionia for a cost of \$10.00. \$5.00 from each shirt will be donated to the Commission on Aging.

PURPLE FOOTBALL JERSEYS: at a cost of \$40.00 will sponsor a loved one. . . . "In Honor of" or "In Memory OF". Varsity Football Players will wear these special jerseys during the September 24th home game. They will be given to the sponsors by the players after the game.

FOOD WAR: Fans of Ionia Football are asked to bring at least one nonperishable canned food item to the September 24th football game. These will be donated to the Zion United Methodist Church Food Pantry. The event is sponsored by the IHS FFA.

For more information call Diane Grummet at 527-9306.

The Ionia County Commission on Aging is funded by the following:

*State Appropriations and Older Americans Act Federal Funds received through the Office of Services to the Aging and Area Agency on Aging of Western Michigan, Inc.

*Michigan Dept of Transportation Funds received through City of Ionia/Ionia Dial-a-Ride. *Ionia County Board of Commissioners support in various forms.

*Community Support in the form of client donations and fund raising events.

*Ionia County Senior Millage for supportive services.

September, 2010 Memorials were received in honor of:

Arnold Wilcox

Our 2010 Memorial Tree at the Ionia Co. Commission on Aging will be decorated with ornaments in memory of all those listed throughout the year.

AARP Driver Safety Program

This program is the nation's first and largest classroom driver improvement course speciall designed for motorists age 50 and older. It is intended to help older drivers improve their skills while teaching them to avoid accidents and traffic violations.

Our class will be held: October 7 and 8, 2010 1:00 until 5:00 p.m.
Ionia Co Com on Aging Call 527-5365 to register

September 23rd is the first day of Fall!
It is also Fall Prevention Awareness Day



The Ionia County Commission on Aging will be planning many different Fall Prevention activities and programs throughout the Fall season beginning on September 23rd. More information on fall prevention and CoA activities will be available in the October newsletter. Please join us at our Autumn Harvest Dinner on September 23rd at 12:00 p.m. to help us kick-off our **Fall Prevention Programs!**

Autumn Harvest Noon Dinner September, 2010

Dates and Location: September 22nd Clarksville
September 23rd Belding, Ionia,
Lake Odessa, Portland, Saranac

Menu: Turkey a la King
Whipped Potatoes
Wax and Green Beans
Fresh Baked Bread
Melon Chunks



Suggested donation is \$2.00 per meal
RSVP by September 20th by calling 616-527-5365 or toll free 1-888-527-5365

SAVE THE DATE:
BACK BY POPULAR DEMAND
SENIOR PROM
MARK YOUR CALENDAR FOR SATURDAY, OCTOBER 16TH
AT THE IONIA COUNTY COMMISSION ON AGING

DO YOU HAVE **CONCERNS**
ABOUT FALLING?



A MATTER OF
BALANCE

Managing Concerns about falls

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes
practical strategies to
manage falls.

You will learn to:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

Who should attend?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns.

Clarksville Class:

meets Tuesdays starting September 7th
1:00 p.m. - 3:00 p.m.

Belding Class:

meets Wednesday Starting September 8th
1:00 p.m. - 3:00 p.m.

For more information please call:

616-527-5365

or

Toll-free 888-527-5365

The Ionia County Commission on Aging is committed to ensuring that no person is excluded from participation in, or denied the benefits of services on the basis of color, or national origin, as protected by Title VI in Federal Transit Administration (FTA) Circular 4702.1.A. If you feel you are being denied participation in or being denied benefits of the services provided by the Ionia County Commission on Aging, or otherwise being discriminated against because of your race, color, national origin, gender, age, or disability, you may contact our office at

Lynette Seiler, Administrator
Title VI Coordinator
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WALKTOBER™

National Walking Month

Did you know that October is a great month to start a walking program?
The temperatures are cool and the colors are spectacular.

Walktober is a month long walking program designed to:

- ☺ Guide participants through the benefits of walking
- ☺ Help people incorporate a daily walk into their routine
- ☺ Inspire everyone to make walking a priority—in October and beyond!

How does it work? Individuals track the number of steps they take (using their own pedometer) or the amount of time they spend walking every day. Then participants set goals for improvement and record their progress on a Walktober Log Sheet.

Who can participate? Walktober is designed for everyone—from inactive individuals to those already making great strides toward better health.

The Ionia County Commission on Aging will have registration packets available for participants to pick up on Thursday, September 23rd & Friday, September 24th

Prizes!

\$5.00 suggested donation to register and receive tracking materials

Join us for the annual
Crop Walk
Sunday, October 3rd
at Ionia County Commission on
Aging

Registration at 1:30 p.m.
Walk at 2:00 p.m.
25% of all proceeds support
Ionia County Food Programs

Contact ICCoA 616-527-5365 or
toll-free at 888-527-5365



Nutrition News Information for Senior Citizens

*Provided by the Family Nutrition Program, Ionia County MSU
Extension Developed by Colorado State University Cooperative
Extension Department of Food Science & Human Nutrition*



What You Should Know About Drug-Nutrient Interactions

Over-the-counter and prescription drugs are used every day by millions of people. It is not uncommon for individuals to take eight different medications a day. Although drugs are certainly necessary, it is becoming increasingly more recognized that many drugs affect the way our bodies handle nutrients. Drugs can also affect the amount of food we eat by altering our sense of taste and smell. In terms of drug-nutrient interactions, drugs can:

- ◆ cause some vitamins and minerals to be removed faster from the body
- ◆ reduce the amount of nutrients that our bodies can absorb
- ◆ destroy certain vitamins
- ◆ cause bleeding from the digestive tract, thereby losing iron

INSIDE THIS ISSUE

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2 Medication Table

It is therefore important that you ask a doctor or pharmacist the proper time and way to take your medication. Some medications should be taken

at meal times; other medications should be taken between meals and some should be taken only with water.

Over-the-counter drugs (OTC) should be taken only temporarily. Be sure to check with your doctor or pharmacist before you use an OTC drug with any current prescriptions. Remember to read the label carefully before taking the drug because there may be important information regarding drug-nutrient interactions or interactions with other medications listed on the label.

Special Note for People with Diabetes

If you have diabetes, you need to be aware that certain medications may raise or lower your blood sugar (glucose) levels. Some medications contain sugar or alcohol. Before taking any medication, it is important that you ask your doctor or pharmacist if the medication will affect your blood sugar and how it will interact with your other medications.



Family Nutrition Program, Ionia County-MSU Extension, 50 E. Sprague Rd., Ionia MI 48846, (616) 527-5357. Michigan State University Extension programs and materials are open to all without regard to race, color, gender, religion, age, disability, sexual orientation, political beliefs, sexual orientation, marital status or family status. MSU is an affirmative-action, equal opportunity institution. This project has been partially funded with Federal funds from the USDA, Supplemental Nutrition Assistance Program (SNAP) by way of the MI Department of Human Services (DBS) and the Family Nutrition Program (FNP) at Michigan State University. SNAP provides nutrition assistance to people with low income; it can help to buy nutritious foods for a better diet. FNP provides nutrition education to SNAP participants. To find out more, contact your local DHS

office, check online at <http://www.mtia.state.mi.us/imarsiindex.asp>. In Michigan, You can also call the Center for Civil Justice Food Stamp Hotline (1-800-481-4989).

Medication	Nutrient(s) Involved	Mechanism
Allopurinol(Zyloprim)	Iron	Impaired absorption
Antacids containing magnesium and/or aluminum hydroxide	phosphorus	impaired absorption
antibiotics	All nutrients	Decreased appetite, nutrients lost through diarrhea
Aspirin	Iron, Vitamin C, Folic Acid, Vitamin K	Increased iron and Vitamin C loss, competes with folic acid and Vitamin K
Barbituates (Fiorinal, Butisol-sodium, Sodium Butabarbital)	Vitamin C	Increased requirement
Cholesterol lowering medications (Questran)	Vitamins A, D, E, K and Folic Acid	Decreased absorption
Cimetidine (Tagamet)	Iron	Impaired Iron Absorption
Corticosteroids (Solu-Medrol, Deltasone, Prednisone)	Calcium, Vitamins B6 & C P/Potassium & Zinc	Decreased absorption and increased excretion
Digoxin (Lanoxin)	Zinc, Thiamin	Increased excretion, Increased requirement
Estrogen (Premarin)	Folic Acid, Vitamin B6 Vitamin C	Impaired absorption Increased requirement Increased breakdown
Indomethacin (Indocin)	Iron	(see aspirin)
Iron Supplements	Vitamin E	Reduced absorption
Laxatives	Vitamins A, D, and K and Potassium	Impaired absorption
Phenobarbital (Donnatal)	Folic acid, Vitamin B12 Vitamins B6, D & K	Reduced absorption Increased requirement of Vitamin B6 & breakdown of Vitamins D & K
Phenytoin (Dilantin)	Vitamins K & D Folic Acid	Increased breakdown Reduced absorption
Spirolactone (Aldactone, Aldacrazide)	Calcium	Increased excretion
Thiazide diuretics (Aldoril, Diuril, Hygroton, Dyazide)	Potassium, Zinc, Magnesium, Iodine, Calcium	Increased excretion
Triamterene (Dyazide)	Calcium Folic acid	Increased excretion Impaired metabolism
Trimethoprim (Septra, Bactrim)	Folic Acid	Inhibits utilization



Introduction to
Arthritis Foundation®
Tai Chi Class

Tuesdays at 4:30 p.m.
September 28-November 2, 2010
Ionia County Commission on Aging
115 Hudson St.
Ionia, MI 48846

This is a 6 week class offered for a suggested donation of \$35.00.
Wear tennis shoes and comfortable clothing.
Call ICCoA at 616-527-5365 or
888-527-5365 for more information or to register



The Arthritis Foundation Exercise Program is a fun and invigorating recreational exercise program, led by specially-certified instructors, for anyone who is limited by impaired joint motion and/or strength.

The Arthritis Foundation Exercise Program is currently offered at the Saranac Housing Commission every Monday at 1:00 p.m.

The program returns to the Ionia County Commission on Aging Tuesday, October 5th. This 45-minute class will meet Tuesdays at 11:15 a.m. from October 5th to December 14th.

Please wear tennis shoes and comfortable clothing.

Suggested donation of \$1.00 per class at the Commission on Aging location only.

Reminder: ICCoA also serves lunch at noon on Tuesdays for a suggested donation of \$2.00.

Call 616-527-5365 or toll-free 888-527-5365 for more information!



Be Wary of Scams

By Vonda VanTil, Social Security Public Affairs Specialist

These days, everyone needs to be cautious of scams—Internet, mail, and even phone scams—which can damage your credit score and pocketbook. Any time someone asks for your personal information, you should be wary. Particularly cruel are swindles that target Social Security beneficiaries.

Recently, Social Security became aware of a scam targeting beneficiaries. Scammers telephoned beneficiaries to tell them they were due a “stimulus payment.” The scammer offered to deposit the payment to each beneficiary’s account once the personal and bank account information was provided. The scammer then contacted Social Security by telephone to request the benefits be deposited into a new account—the scammer’s account—to steal the payments. In a similar version of this criminal ploy, the scammer calls the beneficiary to “confirm” the beneficiary’s personal and financial information.

As a rule of thumb, Social Security will not call you for your personal information such as your Social Security number or banking information. If someone contacts you and asks for this kind of information, do not give it.

You should never provide your Social Security number or other personal information over the telephone unless you initiated the contact, or are confident of the person to whom you are speaking. If in doubt, do not release information without first verifying the validity of the call by contacting Social Security at 1-800-772-1213.

If you’ve fallen victim to fraud or identity theft, be sure to file a report with the local police, and keep a copy of the police report as proof of the crime.

Learn more about Social Security at www.socialsecurity.gov

Vonda VanTil is the public affairs specialist for West Michigan. You can write her c/o Social Security Administration, 50 College SE, Grand Rapids, MI 49503 or email at vonda.vantil@ssa.gov.

The Association for the Blind and Visually Impaired hosts a monthly support group in Ionia. The group meets typically the 4th Wednesday of the month from 9:30-11:00 at the Commission on Aging.

Donations to Commission on Aging

Please remember that local community support (client donations, fund raising and senior millage) make up 66% of our budget. Without your continued help, our services will shrink! Thanks to those who have donated. Please help all you can!