



Family and Friends Newsletter

Key Facts about Influenza (Flu) Vaccine

The single best way to protect against the flu is to get vaccinated each fall.

There are two types of vaccines:



- **The "flu shot"**—an inactivated vaccine (containing killed virus) that is given with a needle, usually in the arm. The flu shot is approved for use in people older than 6 months, including healthy people and people with chronic medical conditions.
- **The nasal-spray flu vaccine**—a vaccine made with live, weakened flu viruses that do not cause the flu (sometimes called LAIV for "Live Attenuated Influenza Vaccine"). LAIV is approved for use in healthy people 5 years to 49 years of age who are not pregnant.

Each vaccine contains three influenza viruses—one A (H3N2) virus, one A (H1N1) virus, and one B virus. The viruses in the vaccine change each year based on international surveillance and scientists' estimations about which types and strains of viruses will circulate in a given year.

About 2 weeks after vaccination, antibodies that provide protection against influenza virus infection develop in the body.

When to Get Vaccinated

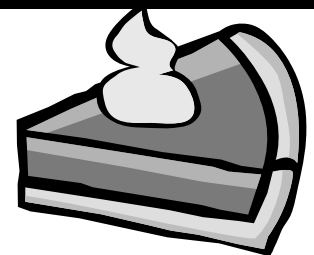
October or November is the best time to get vaccinated, but you can still get vaccinated in December and later. Flu season can begin as early as October and last as late as May.

Who Should Get Vaccinated

In general, anyone who wants to reduce their chances of getting the flu can get vac-

Creamy Pumpkin Pie

Ingredients:



- ½ cup cold milk
- 1 cup canned pumpkin
- 1 package (6 serving size) vanilla flavor instant pudding & pie filling
- 2 ½ cups frozen non-dairy whipped topping, thawed
- 1 Keebler® Ready Crust® Graham Pie Crust
- 1 teaspoon pumpkin pie spice **OR**
- ½ teaspoon ground cinnamon, ¼ teaspoon ground ginger & 1/8 teaspoon ground cloves

Directions: (prep time 10 minutes)

In large bowl beat milk, pudding mix and spice with wire whisk for 1 minute. Mixture will be very thick.

Whisk in pumpkin. Stir in whipped topping. Spread in crust.

Refrigerate at least 2 hours or until set.

Garnish as desired. Store in refrigerator. Makes 8 servings.

NOTE: You may omit the crust and simply serve in parfait glass topped with additional whipped topping, chopped pecans or a sprinkle of cinnamon.

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cinated. However, it is recommended by the Advisory Committee on Immunization Practices (ACIP) that certain people should get vaccinated each year. They are either people who are at high risk of having serious flu complications or people who live with or care for those at high risk for serious complications. During flu seasons when vaccine supplies are limited or delayed, ACIP makes recommendations regarding priority groups for vaccination.

People who should get vaccinated each year are:

People at high risk for complications from the flu, including:

- Children aged 6–59 months,
- Pregnant women,
- People 50 years of age and older, and
- People of any age with certain chronic medical conditions;
- People who live in nursing homes and other long term care facilities.

People who live with or care for those at high risk for complications from flu, including:

- Household contacts of persons at high risk for complications from the flu (see above)
- Household contacts and out of home caregivers of children less than 6 months of age (these children are too young to be vaccinated)
- Healthcare workers.

Use of the Nasal Spray Flu Vaccine

It should be noted that vaccination with the nasal-spray flu vaccine is always an option for healthy persons aged 5-49 years who are not pregnant.

Who Should Not Be Vaccinated

There are some people who should not be vaccinated without first consulting a physician. These include

- People who have a severe allergy to chicken eggs.
- People who have had a severe reaction to an influenza vaccination in the past.
- People who developed [Guillain-Barré syndrome \(GBS\)](#) within 6 weeks of getting an influenza vaccine previously.

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- Influenza vaccine is not approved for use in children less than 6 months of age.
- People who have a moderate or severe illness with a fever should wait to get vaccinated until their symptoms lessen.

Vaccine Effectiveness

The ability of flu vaccine to protect a person depends on the age and health status of the person getting the vaccine, and the similarity or "match" between the virus strains in the vaccine and those in circulation. Testing has shown that both the flu shot and the nasal-spray vaccine are effective at preventing the flu.

Vaccine Side Effects (What to Expect)

Different side effects can be associated with the flu shot and LAIV.

The flu shot: The viruses in the flu shot are killed (inactivated), so you cannot get the flu from a flu shot. Some minor side effects that could occur are

- Soreness, redness, or swelling where the shot was given
- Fever (low grade)
- Aches

If these problems occur, they begin soon after the shot and usually last 1 to 2 days. Almost all people who receive influenza vaccine have no serious problems from it. However, on rare occasions, flu vaccination can cause serious problems, such as severe allergic reactions. As of July 1, 2005, people who think that they have been injured by the flu shot can file a claim for compensation from the National Vaccine Injury Compensation Program (VICP).

LAIV: The viruses in the nasal-spray vaccine are weakened and do not cause severe symptoms associated with influenza illness. (In clinical studies, transmission of vaccine viruses to close contacts occurred only rarely.)

In children, side effects from LAIV can include

- runny nose
- headache
- vomiting
- muscle aches
- fever

In adults, side effects from LAIV can include

- runny nose
- headache
- sore throat
- cough

Upcoming Alzheimer's Association Events

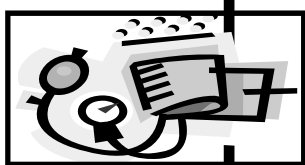
Alzheimer's Association's Memory Walk® 2006

The South Central Wisconsin Chapter of the Alzheimer's Association's annual Memory Walk for Alzheimer's disease will take place on Sunday, October 1 at UW Richland, Richland Center. Registration is at 12:00 p.m. with the walk taking place at 1:00 p.m. Nearly 2000 people across the South Central Wisconsin Chapter area are expected to participate in this year's event, which will raise funds to support local programs in our nine-county region.

The Alzheimer's Association's Memory Walk, the only national fundraising event for Alzheimer disease, is held in more than 600 communities across the country. Participants walk as individuals or as part of a team. To register or make a donation, contact the Alzheimer's Association at www.alzswisc.org or 800-272-3900.

Alzheimer's Caregiver Support Group

Held the 4th Wed. of each month, 6 - 7 PM, Brewer Library, 325 North Central Avenue, Richland Center, 800-272-3900



FREE Blood Pressure Clinics

Blood pressure clinics will be held at 11:30 a.m. on the following Tuesday dates:

Town and Country Church—

Viola Meal Site @ old grade school

For more information on the nutrition site blood pressure clinics, contact the:

**Aging and Disability
Resource Center at
608-647-4616**

SENIOR PET ADOPTION PROGRAM

Senior citizens 55 and older receive \$10.00 discount on all pet adoptions.

If you adopt a pet that is a "Senior" (8 yrs or older), handicapped or special needs pet, you will receive an additional \$10.00 discount.

Total = \$20 saving off normal adoption fee!

We offer both cats and dogs on this program.

Request an adoption application by calling or emailing:

- v 608-LET-LIVE
- v 608-647-4340
- v monakin@mwt.net
- v rcfoainc@mwt.net

"Fat Free" Can Sabotage Your Diet



Heart-healthy guidelines include advice to cut back on saturated and trans fats along with maintaining a healthy weight. But when you choose reduced-fat and fat-free foods, keep in mind that a calorie is a calorie whether it comes from fat or carbohydrate. Anything eaten in excess can lead to weight gain.

You can lose weight by eating fewer calories and by increasing your physical activity. Reducing the amount of fat and saturated fat that you eat is one easy way to limit your overall calorie intake. However, eating fat-free or reduced-fat foods isn't always the answer, especially if you eat more of the reduced fat food than you would of the regular item. For example, if you eat twice as many fat-free cookies you have actually increased your overall calorie intake. Check the labels to see if the fat-free food is significantly lower in calories — because many aren't.

Improving Diabetic Management

Everywhere you turn these days you see more and more emphasis being put on better management of health conditions. Diabetes is no exception. It has become the focus of many health care programs, professionals and services.

Within the Family Care program alone (a service of Richland County Health and Human Services—please contact the Aging and Disability Resource Center at 608-647-4616 for more information), diabetes is a major prevention and wellness project for 2006 and 2007. This includes proper education about the disease, the appropriate medical tests, monitoring techniques and the importance of their personal involvement in managing this potentially deadly disease.

Providing the necessary education is the vital first step to improving the management of diabetes. This article is designed to help address some of the more common treatment mechanisms recommended for managing the disease. Included are blood pressure monitoring, A1c testing, LDL (bad cholesterol) testing and foot care.

BLOOD PRESSURE

What Does Blood Pressure Measure?

Blood pressure reflects both how hard your heart is working and what condition your arteries are in. The formula is as simple as ABC , or actually, $C \times A = B$. That is, cardiac output times arterial resistance equals blood pressure.

Cardiac output is the amount of blood your heart pumps per minute. With each beat, your heart propels about 5 ounces of blood into the arteries. That adds up to about 4-5 quarts over the course of a minute of normal activity. During strenuous activity, your heart must pump considerably more blood to meet your body's increased demand for oxygen.

Arterial resistance is the pressure the walls of the arteries exert on the flowing blood. As blood pushes into the arteries with each heartbeat, it forces the artery walls to expand, much like an elastic waistband stretches to accommodate your body. When the blood flow ebbs, the vessel returns to its original shape. The less

flexible the vessels are, the greater the arterial resistance. Narrowed, tightened, or inflexible vessels reduce blood flow.

As cardiac output or arterial resistance increases, so does blood pressure. This is because, in both cases, the heart must pump harder to push the necessary amount of blood through the arteries.

Natural Blood Pressure Controls

Your blood pressure is never constant, nor should it be. Your body continually adjusts cardiac output and arterial resistance to deliver oxygen and nutrients to the tissues and organs that most need them — your muscles during a jog or your digestive system at mealtime, for example. Your blood pressure also varies according to the time of day. It's highest in the morning and lowest at night during sleep.

Your body can make dramatic adjustments in blood pressure within seconds. A sprint for the elevator, the sound of breaking glass, or a confrontation with someone may send blood pressure soaring from an idling 110/70 mm Hg to a racing 180/110 mm Hg or higher.

These changes occur without conscious thought and are directed by complex interactions among your central nervous system, hormones, and substances produced in your blood vessels. The layer of cells lining the inner wall of blood vessels (known as the endothelium) produces an enormous number of vasodilators and vasoconstrictors — chemicals that cause the vessels to widen or narrow. The endothelium helps maintain the tone of your blood vessels by releasing these substances as your body's needs change. As long as your blood pressure is "normal," healthy vessels tend to be dilated.

When blood pressure gets too high (such as during times of stress) or too low (when you're dehydrated, for example), pressure-sensing nerve cells located throughout your circulatory system relay this information to your autonomic nervous system. The autonomic nervous system manages the involuntary activities of smooth muscles, including those in the intestines, sweat glands, airways, heart, and blood vessels. It responds by setting off a chain of events designed to restore blood pressure to normal levels.

A Complex Chain Reaction

The autonomic nervous system is divided into two parts: the sympathetic and the parasympathetic nervous systems. The sympathetic nervous system prepares the



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Family Care Corner

Important Updates for Family Care Members

Member Handbook Updates

The following are updates to the Family Care Member Handbook:

p. 39 Living Will and Durable Power of Attorney — Added the following paragraph:

If you experience a time when a health care provider has not followed your advance directive, you have the right to file a complaint. Complaints should be directed to the Provider Regulation and Quality Improvement Section of the Bureau of Quality Assurance at (608) 266-2055. For further assistance, you can also contact the CMO Quality Coordinator at (608) 647-8821, Ext 273.

p. 39 Voluntary Disenrollment — In the second paragraph, we clarified your 45 day and 14 day deadlines for filing an appeal and requesting services to continue are **calendar** (includes weekends and holidays) days.

p. 42 What is an appeal? — In the third paragraph, we clarified your 45 day and 14 day deadlines for filing an appeal and requesting services to continue are **calendar** days.

p. 44 What is the local grievance and appeal process? — Clarified that the 20 day deadline is **business** (does not include weekends and holidays) days.

p. 45 When will I hear back about my appeal or grievance? — In the first paragraph, we clarified the CMO's five (5) day and 20 day deadline to acknowledge and resolve an appeal are **business** days. In the second paragraph, we clarified your 45 day and 14 day deadlines for filing an appeal and requesting services to continue are **calendar** days.

p. 47 What is the Wisconsin Department of Health and Family Services Grievance Review Process? — In the first paragraph on this page, we clarified MetaStar's five (5) day deadline for contacting you in writing is **business** days.

p. 47 What is the State Fair Hearing Process? — In the second paragraph, we clarified your 45 day and 14 day deadlines for filing an appeal and requesting services to continue are **calendar** days.

body for action by quickening heart rate and breathing, while the parasympathetic nervous system has the opposite effect. The sympathetic nervous system rules during times of stress or fear. The parasympathetic governs during sleep.

When your blood pressure drops suddenly, the sympathetic nervous system compensates by releasing two *neurotransmitters*, or chemical messengers, from nerve endings: *norepinephrine* and *epinephrine* (also called adrenaline). These substances stimulate your heart muscle and cause your blood vessels to tighten. This reaction speeds your heart, increases cardiac output, and raises your blood pressure. To lower the pressure, the parasympathetic nervous system releases acetylcholine, a neurotransmitter that slows the heart.

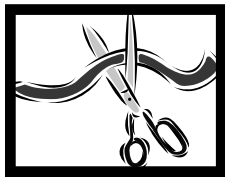
The autonomic nervous system can also trigger specific organs to release chemicals that regulate blood pressure. For example, when blood pressure drops, the sympathetic nervous system signals your kidneys to release an enzyme called *renin* into the circulatory system. Renin, in turn, triggers the production of *angiotensin*, a protein that helps increase pressure by constricting the walls of small arteries. Angiotensin also stimulates your adrenal glands to secrete the hormone *aldosterone*, which causes the kidneys to conserve sodium and water, thereby raising blood volume and blood pressure. Together, this sequence of events is called the renin-angiotensin-aldosterone (RAA) cascade.

Given the many mechanisms the body uses to regulate blood pressure, there are a number of ways something could go wrong. Some researchers suggest, for instance, a lack of vasodilators — particularly nitric oxide, which is also known as endothelium-derived relaxing factor — or an overproduction of certain vasoconstrictors, such as endothelin, can cause some cases of hypertension, although this hasn't been proved.

How High is High Blood Pressure?

The Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure (JNC), a group of physicians and researchers from across the United States, developed these guidelines for classi-

| Category | Systolic blood pressure (mm Hg) | | Diastolic blood pressure (mm Hg) |
|----------------------|---------------------------------|-----|----------------------------------|
| Normal | Less than 120 | and | Less than 80 |
| Prehypertension | 120-139 | or | 80-89 |
| Stage 1 hypertension | 140-159 | or | 90-99 |
| Stage 2 hypertension | 160 or higher | or | 100 or higher |



“Red Tape Cutter” Page

Presented by your local Elderly Benefit Specialist—Joanne Welsh with the Richland County Health & Human Services—Elderly Services Unit.

SAFEGUARDING YOUR SSN

COMMON SOCIAL SECURITY QUESTIONS



By: *Bruce W. Schultz*
Social Security Public Affairs Specialist

www.ssa.gov In a time when identity fraud is a major concern, Social Security is working hard to protect your Social Security number.

Our efforts are focused on preventing anyone with criminal intent from using false or stolen birth records to get a Social Security number. A new law, which went into effect last December, requires, for example, specific proofs of the age, identity and citizenship of anyone applying for either a new or replacement Social Security card.

Also, all documents used as proofs of age, identity or citizenship must be either originals or copies certified by the issuing agency. We cannot accept photocopies or notarized copies of documents.

Even before the most recent law, additional steps had been taken to protect Social Security numbers. For example, Social Security numbers have been removed from all benefit checks, and now only the last digits of Social Security numbers are used on such mailings as the annual Social Security Statement. This ensures that if someone should steal your mail, he or she would not also be able to steal your number.

But protecting your Social Security number is still a joint effort. Here are just a few things you can do:

- You should keep your Social Security card in a safe place with your other important papers. Do not carry it with you unless you need to show it to an employer or service provider.
- You should be very careful about sharing your number and card to protect against misuse of your number. Giving your number is voluntary even when you are asked for the number directly. If requested, you should ask why your number is needed, and how your number will be used.

Q: What is the difference between SSDI and SSI disability?

A: The Social Security Administration is responsible for two major programs that provide benefits based on disability: Social Security Disability Insurance (SSDI), which is based on prior work under Social Security, and Supplemental Security Income (SSI). Under SSI, payments are made on the basis of financial need.

Social Security Disability Insurance (SSDI) is financed with Social Security taxes paid by workers, employers, and self-employed persons. To be eligible for a Social Security benefit, the worker must earn sufficient credits based on taxable work to be "insured" for Social Security purposes. Disability benefits are payable to blind or disabled workers, widow(er)s, or adults disabled since childhood, who are otherwise eligible. The amount of the monthly disability benefit is based on the Social Security earnings record of the insured worker.

Supplemental Security Income (SSI) is a program financed through general revenues. SSI disability benefits are payable to adults or children who are disabled or blind, have limited income and resources, meet the living arrangement requirements, and are otherwise eligible. The monthly payment varies up to the maximum federal benefit rate, which may be supplemented by the State or decreased by countable income and resources. See <http://www.socialsecurity.gov/notices/supplemental-security-income/text-benefits-ussi.htm> for an explanation of SSI benefit payment rates.

Q: Can I receive Social Security benefits and SSI?

A: You may be able to receive SSI in addition to monthly Social Security benefits, if your Social Security benefit is low enough to qualify.

The amount of your SSI benefit depends on where you live. The basic SSI check is the same nationwide. Effective January 2006, the SSI payment for an eligible individual is \$603 per month and \$904 per month for an

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eligible couple. However, many states add money to the basic check.

Q: Are Supplemental Security Income (SSI) payments only paid to disabled people?

A: No. SSI payments are made also to people who are age 65 or older and have limited income and financial resources. For more information, see <http://www.socialsecurity.gov/pubs/11000.html>.



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For more information about protecting your Social Security number, you can visit the Social Security website at: www.socialsecurity.gov. Or you can call Social Security's toll-free number at 1-800-772-1213 (TTY 1-800-325-0778) and ask for the publication *Your Social Security Number and Card*. Also, if you would like more information on preventing identity theft, you can visit www.consumer.gov.

Bruce Schultz is the Public Affairs Specialist for Northern Wisconsin. You can contact Bruce at 352 Grand Avenue, Wausau, Wisconsin 54403 or via email at bruce.schultz@ssa.gov

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Will an Aspirin a Day Really Keep the Doctor Away?



Some cardiovascular medications function as anti-platelet drugs, which prevent tiny blood cells known as platelets from clumping together — the first step in the formation of a blood clot. Others dilate blood vessels or provide two medicines in one pill.

Aspirin is an old standby, yet it continues to surprise. This common, inexpensive drug helps protect survivors of heart attack and stroke from subsequent heart attacks and death, and even helps reduce the number of deaths that occur within the first hours following a heart attack. Al-

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though aspirin is best known as an anti-platelet drug, it may also subdue the inflammation that is central to coronary artery disease.

Randomized trials have provided clear evidence of aspirin's value in both preventing heart attacks in men and treating coronary artery disease in both sexes. Over all, dozens of studies, involving tens of thousands of people, have shown that low-dose aspirin reduces the risk for heart disease and stroke by about 25%. A standard dose of aspirin to prevent heart attack is 81 mg per day, about what you'd find in a baby aspirin.

Guidelines from nearly every major medical group urge people with heart disease or at high risk for it to take aspirin. Although a major study reported in 2005 concluded that the advice is not as clear-cut for how to prevent first heart attacks in women (see Advice for Women), the prevailing consensus remains that in general, unless you are allergic to aspirin or it causes you problems, you should take it if you

- have had a heart attack
- have had an ischemic (clot-caused) stroke or a mini-stroke (transient ischemic attack)
- have angina (chest pain)
- have had a coronary artery bypass or angioplasty
- have diabetes
- are at high risk for heart disease.

Despite aspirin's benefits, it also has some drawbacks. The evidence that its benefits exceed its risks is much stronger in men than in women, at least in terms of primary prevention (avoiding a first cardiovascular event). It can increase the risk for stroke and significant gastrointestinal bleeding. Even people who take aspirin occasionally with no problems could experience bleeding complications with regular use over prolonged periods. In particular, it may not be a good choice for people with uncontrolled hypertension (a major cause of hemorrhage into the brain). In such people, aspirin could more likely cause dangerous bleeding than prevent a heart attack. In addition, aspirin occasionally irritates the stomach lining without causing bleeding. However, these side effects can be reduced with the use of coated aspirin, which minimizes stomach irritation.

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Preventing Height Loss

HOW TO KEEP FROM STOOPING TO NEW LOWS



The image of a tiny old man or woman stooping over a cane is a common association with aging. While your body will undergo changes as the years pass, there are steps you can take to keep standing tall.

Height loss is natural and shouldn't be a cause of worry, unless it occurs rapidly. On average, people lose about one centimeter in height every 10 years, beginning at 40 years of age. This rate increases after the age of 70, leading to a total loss of between one to three inches of height.

The reason for the shrinking has to do with the vertebrae, the disk-like bones that make up your spine, which begin to lose mineral content and thin slightly. Additionally, the fluid that fills the space between each vertebra begins to diminish. Each of these small changes adds up to a noticeable loss in height.

Making matters worse, the loss of muscle mass in your back and the gradual deterioration of your spine and muscles causes many elderly to hunch-over when they stand. This bent-over position can cause pain and difficulty breathing.

The good news is that the sooner you take steps to prevent height loss, the greater the overall impact you can make. The National Institutes of Health suggests two basic means of stemming the tide against height loss:

Prevent osteoporosis

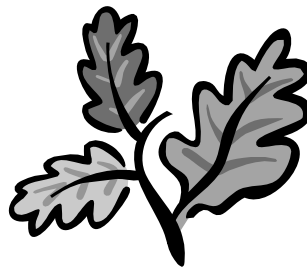
By consuming plenty of calcium, you can prevent osteoporosis, the disease characterized by the weakening of bones. While men may also get this disease, postmenopausal women are most at risk, and need 1,200 to 1,500 milligrams of calcium every day to keep their bones strong. Vitamin D is important, too, as it helps the body absorb calcium.

Exercise

Exercise is important to keep your bones strong and to improve flexibility. Weight-bearing exercises, like running, puts stress on your bones and send signals telling your body to strengthen them. Some experts also suggest trying yoga or tai chi, as these exercises emphasize maintaining

a straight posture. Another exercise to try involves lying on your stomach and lifting your head and shoulders off of the ground for a few seconds. This will strengthen the muscles in your upper back to prevent stooping.

Autumn Health Tips



In the Fall, it's wise to get yourself checked over so that you are prepared for the biggest illness season of the year - Winter.

In addition to your annual check-ups and immunizations, try these basic preventive measures to help keep cold and flu at bay:

- ◆ GET PLENTY OF REST
- ◆ EXERCISE REGULARLY
- ◆ WASH YOUR HANDS
- ◆ AVOID SHARING CERTAIN ITEMS
- ◆ AVOID CROWDS DURING EPIDEMICS
- ◆ BE ON GUARD
- ◆ MAKE WELLNESS AN IMPORTANT PART OF YOUR HOLIDAY PREPARATION

Seniors Surfing the Web? Here are some senior friendly sites!

Suddenly Senior—A place for everyone who's become senior before their time
<http://www.suddenlysenior.com>

Senior Resources—Wisconsin's complete senior resource listing
<http://magazine.seniorresourcesonline.com>

Welcome to Richland County Government Online
<http://www.co.richland.wi.us/>

WELCOME To The CITY OF RICHLAND CENTER! - 450 South Main Street
<http://www.ci.richland-center.wi.us>

Wisconsin AARP Home Page
<http://www.aarp.org/states/wi/>

The Official U.S. Government Site for People with Medicare
<http://www.Medicare.gov>

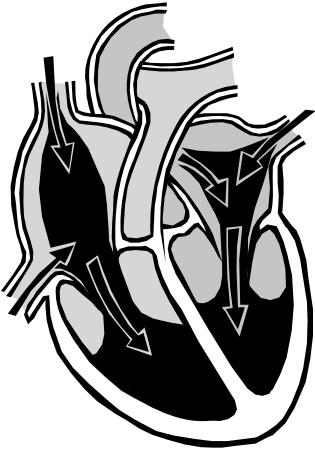
Welcome to Medicaid Site for Consumer Information
<http://www.cms.hhs.gov/medicaid/consumer.asp>

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fying blood pressure in 2003. The figures below are based on extensive reviews of the scientific literature and are updated periodically to keep pace with new research.

To classify your blood pressure, the doctor or other health professional averages two or more readings taken after you have been seated quietly for at least five minutes. For example, a patient with a measurement of 135/85 mm Hg on one occasion and 145/95 mm Hg on another has an average blood pressure of 140/90 mm Hg and is said to have stage 1 hypertension.



When systolic and diastolic pressures fall into different categories, the JNC advises physicians to rate overall blood pressure by the higher category. For example, 150/85 mm Hg is classified as stage 1 hypertension, not prehypertension.

This is also an example of systolic hypertension — defined as a systolic pressure of 140 mm Hg or higher and a diastolic pressure below 90 mm Hg.

The JNC notes that people in the normal category — those with blood pressure below 120/80 mm Hg — have the lowest risk of developing cardiovascular disease. Patients in the "prehypertension" category have a greatly increased risk of developing hypertension and should make changes in their lifestyle to reduce the risk. Patients with stage 1 hypertension generally require medication, although aggressive changes in lifestyle can sometimes eliminate the need for medication.

FOOT CARE

If you have nerve damage or poor circulation and nick yourself while trimming your toenails, go see your health care provider. If you don't have nerve damage or circulation problems, just be sure to wash the injury with soap and water and pat it dry. It is not necessary to apply antiseptic creams to the wound, but you may apply a bandage to keep it clean. Don't wrap the bandage tightly, though; leave it loose enough so circulation will not be cut off if the toe or foot swells.

Do not be reassured just because the wound doesn't hurt. Nerve damage may prevent you from feeling it. A wound that does not hurt may still be a serious injury. Change the bandage



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and inspect the wound every day. Ask for help if you are having trouble seeing or caring for the injury. If you notice any redness, swelling, pus, or an area of increased warmth on your foot, or if the foot does not heal in a reasonable amount of time, report it to your health care provider right away. If you have an infection, you will need an antibiotic to cure it. The antibiotic creams that are currently available over the counter are not strong enough to cure an infection in a diabetic foot.

A1C TESTING

During the course of diabetes care, most patients have a special blood test done every three or four months. It is called the *hemoglobin A1C test*. The major benefit of the A1C test is that it provides a measure of how your blood glucose levels have averaged over the past two to three months, and so gives more of a "big picture" of your overall blood sugar control. The daily blood glucose checks that you do yourself gives you a measure of your blood glucose level *at that moment*, but daily blood glucose levels can fluctuate quite a bit. The value of the A1C test is that it provides an excellent measure of how your blood glucose levels have been over the past two or three months. The A1C test is extremely important for monitoring how well your diabetes is controlled.

The good news is, this is a very simple test to understand. It is reported as a small number, and should be below "7." For most people with diabetes, the A1C should be between "6" and "7;" this would indicate good, consistent control. If your A1C number is lower than "6," that is even better, but any reading below "7" is generally considered acceptable.

Many times, health care providers are too busy and/or patients simply don't ask about their blood work. It is important for you to take a more active role in your diabetes care. One very important factor in

Do you have a friend who cannot read this newsletter because of poor eyesight?

This newsletter is available on cassette tape and may be borrowed from the Elderly Services Unit.

**For more information, call
608-647-6226**

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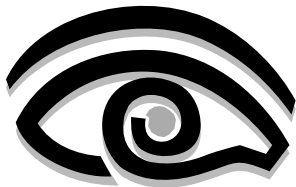
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your diabetes care is for you to always ask your doctor, nurse, or diabetic counselor to inform you of your A1C number. They will be glad to share this important information with you.

Knowing your A1C number will enable you to know how your overall diabetic control is. Be sure to ask any member of your diabetes care team any questions that you may have about your care.

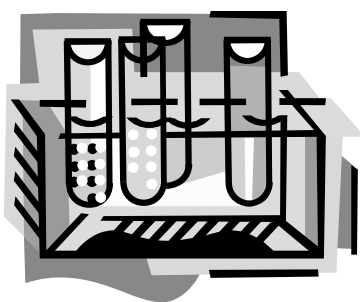
For more detailed information on the A1C test, go to: www.A1CNOW.com, or www.diabetes.org (or call 1-800-342-2383).

A final note: the retina within the eye is the only place in the body where blood vessels can easily be examined. Since diabetes primarily affects the blood vessels, it is very important to have a dilated eye examination every year. This is even more important if your A1C readings tend to be higher than “7.”



LDL (CHOLESTEROL) TESTING

The test for LDL is used to predict your risk of developing heart disease. Of all the forms of cholesterol in the blood, the LDL



cholesterol is considered the most important form in determining risk of heart disease. Treatment decisions are based on LDL values.

LDL levels are ordered as part a lipid profile, along with total cholesterol, HDL, and triglycerides. This profile may be ordered as a screening profile in a healthy person as part of a routine physical exam. A lipid profile may be ordered on someone who has had a high screening cholesterol to see if the total cholesterol is high because of too much LDL.

Elevated levels of LDL indicate risk for heart disease. Treatment (with diet or drugs) for high LDL aims to lower LDL to a target value based on your overall risk of heart disease. Your target value is:

- LDL less than 100 mg/dL (2.59 mmol/L) if you have heart disease or diabetes.
- LDL less than 130 mg/dL (3.37 mmol/L) if you have 2 or more risk factors*.
- LDL less than 160 mg/dL (4.14 mmol/L) if you have 0 or 1 risk factor*.

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*Risk factors include:

- Cigarette smoking
- Age (you are a male 45 years or older or a female 55 years or older)
- Low HDL (less than 40 mg/dL (1.04 mmol/L))
- Hypertension (Blood pressure of 140/90 or higher or taking high blood pressure medications)
- Family history of premature heart disease (heart disease in a first degree male relative under age 55 or a first degree female relative under age 65)

[Note: High HDL (60 mg/dL or above) is considered a "negative risk factor" and its presence allows the removal of one risk factor from the total.]

Laboratory tests for LDL generally require a 12-hour fast—meaning that you must not eat or drink anything that has calories for 12 hours before your blood is drawn. This is because LDL is usually calculated from the results of other tests, including triglycerides, that require fasting. This result may be reported as “Calculated LDL.” Some laboratories can measure LDL directly using a special technology and fasting is not necessary. This test is usually called “Direct LDL.”

LDL cholesterol should be measured when a person is healthy. LDL cholesterol is temporarily low during acute illness, immediately following a heart attack, or during stress (like from surgery or an accident). You should wait at least six weeks after any illness to have LDL cholesterol measured.

In women, cholesterol is high during pregnancy. Women should wait at least six weeks after the baby is born to have LDL cholesterol measured.

Something to Tickle Your Funny Bones

Two cows were talking in the field one day.

First Cow: "Have you heard about the Mad Cow disease that's going around?"

Second Cow: "Yeah, makes you glad you're a penguin, doesn't it?"



A secretary was leaving the office one Friday evening when she encountered Mr. Jones, the manager, standing in front of a shredder with a piece of paper in his hand.

"Listen," said Mr. Jones, "this is important, and my secretary has already left. Can you make this thing work?"

"Certainly," said the secretary. She turned the machine on, inserted the paper, and pressed the start button.

"Excellent, excellent!" said Mr. Jones as his paper disappeared inside the machine. "I just need one copy."



A couple was going out for the evening. The last thing they did was to put the cat out.

The taxi arrived, and as the couple walked out of the house, the cat shoots back in. So the husband goes back inside to chase it out.

The wife, not wanting it known that the house would be empty, explained to the taxi driver "He's just going upstairs to say good-bye to my mother."

A few minutes later, the husband got into the taxi and said, "Sorry I took so long, the stupid thing was hiding under the bed and I had to poke her with a coat hanger to get her to come out!"



Following a woman with a dog out of the movie theater, a man stopped her and said, "I'm sorry to bother you, but I was amazed that your dog seemed to get into the movie so much. He cried at the right spots, moved nervously at the boring spots, and laughed like crazy at the funny parts. Don't you find that unusual?"

"Yes," she replied. "I find it very unusual. Especially considering that he hated the book!"



A devoted football fan was enjoying himself at the game in a packed football stadium, until he noticed an empty seat down in front. He went down and asked the guy next to it if he knew whose seat it was.

The guy said, "Yes, that's my wife's seat. We have never missed a game together, but now my wife is dead."

The fan offered his sympathy and said it was really too bad that he couldn't find some relative to give the ticket to and enjoy the game together.

"Oh no." the guy said. "They're all at the funeral."

Fall Frenzie!



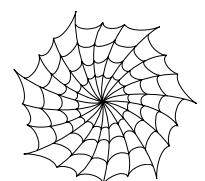
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APPLES
AUTUMN
CANDY
COLORS
COOLER
EQUINOX
FALL
FOOTBALL

GOURDS
HALLOWEEN
HARVEST
LEAVES
PUMPKIN
SCHOOL
SQUASH
SWEATERS

REMINDER: Halloween is October 31st



This newsletter is prepared and submitted six times yearly to the residents of Richland County by Health and Human Services.

Editors are Patrick Metz and Angie Gault.
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(608) 647-6384
metzp@co.richland.wi.us

To view this newsletter as well as past editions of this newsletter go to our website.

<http://co.richland.wi.us/departments/hhs/newsletter/index.html>

SEPTEMBER, 2006

Occasionally, it is necessary to make changes in the menus. All meals are served with bread and milk. Please call the meal site for reservations at least one day in advance.

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| Richland County Nutrition Program | Tip of the Month – To make your own delicious chips, split whole-wheat pitas into 2 disks by cutting around the seams. Slice into wedges, place on an ungreased cookie sheet, dust with cooking spray & garlic powder or Parmesan cheese and bake at 350° for 10 minutes (or broil for 3 minutes) until edges are crispy. | | | 1 Fish, Baked Potato /Sour Cream, Italian Blend Vegetables, Lemon Bar |
| 4 <u>Sites Closed</u> LABOR DAY | 5 Cook's Choice Sandwich, Salad, Baked Beans, Fruit & Cookie | 6 Roast Pork, Au gratin Potatoes, Peas & Carrots, Pudding Torte | 7 Chili/Goulash, Corn Bread w/Honey, Cabbage Salad, Fruit Crisp | 8 Chicken, Mashed Potatoes, Gravy, Broccoli, Jell-O w/ Peaches & Topping |
| 11 Ham, Sweet Potatoes, Mixed Vegetables, Pineapple | 12 Meatloaf, Baked Potato, Sour Cream, Stewed Tomatoes, Frosted Marble Cake | 13 Roast Turkey, Mashed Potatoes, Gravy, Carrots, Cranberry Sauce, Pumpkin Bar | 14 Pork Chop, Potato Casserole, Green Beans, Applesauce Gelatin | 15 Lasagna, Cheese Bread, 7-Layer Salad, Melon Cup |
| 18 Salmon Loaf, Potatoes, Peas, Peaches | 19 Bar-B-Q Beef on a Bun, Potato Wedges, Baked Beans, Toll House Bar | 20 Baked Chicken, Mashed Potatoes, Gravy, California Blend Vegetables, Fruit Crisp | 21 Spaghetti & Meat Sauce, Tossed Salad, Soft Bread Sticks, Pears | 22 Crispy Baked Fish, Baked Potato, Sour Cream, Corn, Fruited Jell-O & Topping |
| 25 Kielbasa, Macaroni & Cheese, Green Beans, Mixed Fruit | 26 Creamed Chicken, Baking Powder Biscuit w/ Honey, Mixed Vegetables, Cottage Cheese, Pineapple | 27 Swiss Steak, Mashed Potatoes/Gravy, Broccoli, Dinner Roll, Cook's Choice Cake | 28 Swedish Meatballs, Noodles, Squash, Cabbage Salad, Cookie | 29 Pork Chop, Cheesy Au gratin Potatoes, Beets, Cheesecake w/Fruit |

Richland County Health & Human Services Elderly Services—Nutrition Program

For information (or reservations) about the Nutrition Program, please call:
Germantown - Judy Thompson @ 983-2786 @ 11:45 am; **Richland Center—Town & Country Presbyterian Church** - Paula White @ 647-2323 @ 11:45 am; **Viola** - Lorraine White @ 627-1869 @ 11:30 am;
Boaz - **Karen's Supper Club** - Serve on Wednesdays ONLY at 11:30 am - 536-3792

OCTOBER, 2006

Occasionally, it is necessary to make changes in the menus. All meals are served with bread and milk. Please call the meal site for reservations at least one day in advance.

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| 2 Ham, Scalloped Potatoes, Corn, Mandarin Oranges | 3 Baked Chicken, Mashed Potatoes, Gravy, Peas, Brownie | 4 Roast Pork, Potato Casserole, California Blend Vegetables, Applesauce Gelatin | 5 Mostaccioli (Beef/Pasta Dish), Soft Bread Sticks, Tossed Salad, Cookie | 6 Baked Fish, Parsley Buttered Potatoes, Fruited Coleslaw, Lemon Poppy Seed Cake |
| 9 Hamburger/Bun, Cheese, Tomato, Onion, Pickles, Potato Wedges, Baked Beans, Melon | 10 Pork Chop & Sauerkraut, Au gratin Potatoes, Fruited Jell-O w/Topping | 11 Roast Beef, Mashed Potatoes, Gravy, Green Beans, Apple Cake | 12 Chicken & Hash Brown Potato Bake, Carrots, Cranberries, Cook's Choice Dessert | 13 Beef Stroganoff, Noodles, Beets, Vanilla Pudding w/Bananas |
| 16 Crispy Baked Fish, Au gratin Potatoes, Italian Blend Vegetables, Apricots | 17 Bar-B-Q Ribs, Baked Potato, Sour Cream, Corn, Tropical Fruit | 18 Baked Chicken, Mashed Potatoes, Gravy, Carrots & Peas, Pumpkin Bar | 19 Beef Stew w/ Vegetables, Baking Powder Biscuit w/Honey, Tossed Salad, Peaches | 20 Cook's Choice Sandwich, Potato Wedges, Cabbage Salad, Cheesecake w/Fruit |
| 23 Ham, Sweet Potatoes, Italian Blend Vegetables, Applesauce | 24 Goulash, Cornbread & Honey, Cottage Cheese, Pineapple | 25 Roast Turkey, Mashed Potatoes, Gravy, Stuffing, Mixed Vegetables, Cranberry Sauce, Spice Cake | 26 Glazed Pork Chop, Hash Brown Casserole, Green Beans, Fruit Crisp | 27 Meatloaf, Baked Potato, Sour Cream, California Blend Vegetables, Striped Delight |
| 30 Chicken Breast Royale, Seasoned Rice, Carrots, Mixed Fruit Cup | 31 Lasagna, Soft Bread Sticks, 7-Layer Salad, Halloween Cookie | Richland County Nutrition Program | | Tip of the Month – Already carved your pumpkin? Spread the washed seeds on a cookie sheet and dust with cooking spray. Sprinkle with garlic powder, pepper and Cajun seasoning. Bake at 350° for 5 – 10 minutes or until browned. |