

YOUR GAST TEAM MEMBERS

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NC211.org

There are hundreds of health, human service and other helpful organizations listed for nearly any kind of need. Simply dial 2-1-1 any time of day or visit www.NC211.org to find the help you need.

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100 NEVER LOOKED So GOOD

by Kimberly Williams, MSW, LCSW

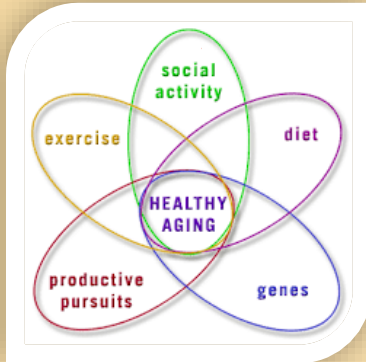
Do you know someone who is 100 years old? Have you ever thought about whether you would live to be 100 or older? We have great news! According to the U.S. Census Bureau, by the year 2030 people age 65 and older will more than double from 35 million to 71.5 million; with people over age 85 as the fastest growing segment. Beginning in 2031, Baby Boomers will begin reaching the age of 85 and influence a rapid increase the 85-and-over population from 4 million in 2000 to 21 million by 2050.

What about those Centenarians? By the year 2050, it is predicted there will be 600,000 individuals 100+ in the United States and almost 6,000,000 worldwide. That's a big leap from 1950 when there were only around 2000 individuals age 100 and older.

So how do you live to be 100? Have good genes, right? Although our genetic makeup is important, there are other factors that determine and influence the aging process. To offer the best tips, we gathered advice from the experts - those who have made it to 100. In addition to eating right, exercising, and getting plenty of rest, I have listed below some advice given by centenarians (www.mentalfloss.com Deanne Kerley):

- ✦ 116-year-old Brooklynite Susannah Mushatt Jones—attributed her longevity to a daily dose of four strips of bacon.
- ✦ Adrienne Lee recommends 4 simple steps: “Keep going and never give up, make yourself walk, drink the faucet water, and don't just die all because you want to.”
- ✦ “It's wonderful to live long. Until one is 60 years old, it is easy to work for one's family and to achieve one's goals. But in our later years, we should strive to contribute to society. Since the age of 65, I have worked as a volunteer. I still put in 18 hours seven days a week and love every minute of it.”
- ✦ “You gotta be... lucky for 100 years.”
- ✦ Try not to eat anything that's healthy. It's true. I eat whatever I want. The secret to longevity is ice cream.”
- ✦ “It is very important to have a widespread curiosity about life.” “Learning new things makes you happy and keeps your mind active.”
- ✦ “Be positive and don't forget to laugh. Laugh everyday!” “Take it easy, enjoy life, what will be will be. Sleep well, have a Bailey's Irish Cream before bed if you have a cold—you will wake up fine the next morning.”

The bottom line...live simply, laugh often, and love much.



HEALTHY AGING

by Ruthie Fredrick, BSW, QP

Think it is too late to re-invent yourself? Think again. According to Carolyn Worthington, editor-in-chief of *Healthy Aging Magazine* and executive director of *Healthy Aging*, it's never too late to start a new career, play a new sport, recognize a new passion or find a new hobby.

For more than 20 years, September, known as *Healthy Aging Month*, has been providing inspiration and practical ideas for adults, ages 45 and over, on how to improve their physical, mental, social, and financial well-being.

Use September as the motivation to take stock of where you've been, what you really want to do, and take the steps to try it. Who says, you can't start your own home business later in life, test your physical prowess, or do something wildly different from anything you have done before? It is never too late to take control of your life, your health, and it is never too late to get started on something new.

To get started on re-inventing yourself, here are some ideas from the editors of *Healthy Aging Magazine*.

- **Do Not Act Your Age:** Do not act your age or at least what you think your current age should act like. What was your best year so far? 28? 40? Now? Picture yourself at that age and be it. (Tip: Don't keep looking in the mirror, just FEEL IT!)
- **Be Positive:** Be positive in your conversation and your actions every day. When you catch yourself complaining, check yourself right then and there and change the conversation to something positive.
- **Ditch the Negativity:** Try to avoid friends who complain all the time and constantly talk about how awful everything is because they will only depress you and stop you from moving forward. Surround yourself with energetic, happy, positive people of all ages. (Tip: Smile often. It is contagious and wards off naysayers.)
- **Walk Tall:** Walk like a vibrant, healthy person. You can probably do it. Analyze your gait. Do you walk slowly because you have a fear of falling or just lazy? (Tip: Make a conscious effort to take big strides, walk with your heel first, and wear comfortable shoes.)
- **Stand Tall:** Stand up straight! You can knock off the appearance of a few extra years with this trick. Are you holding your stomach in, have your shoulders back and your chin up? Check out how much better your neck looks! You will look great and feel better.
- **Lonely:** Stop brooding and complaining about having no friends or family. Do something about it now. Pick up the phone and do one or more of the following: Volunteer your time, take a class, invite someone to lunch or take a computer class.
- **Find Your Inner Artist:** You can have an artist lurking inside you just waiting to be tapped. Have you always wanted to play the piano, tuba, violin or wonder if you could paint a picture? (Tip: Sign up now for fall art or music classes and discover your inner artist!)
- **Get Those Annual Check Ups:** Make this month the time to set up your annual physical and other health screenings. Go to the appointments and hopefully you can stop worrying about ailments for a while.



Dear Geri,

I have recently lost my husband. The house seems so empty. Even though I go out with my friends at times, when I get home the loneliness is unbearable. Several of my peeps have dogs and are encouraging me to get a pooch. Geri, what do you think?? Could a dog help??

Thanks,
Lonely Widow

By Linda Windley, MS, QP, LRT/CTRS



Dear Lonely Widow,

Animals can offer physical, social, and emotional benefits. Many long term care facilities have acknowledged these benefits for residents and staff alike and have incorporated pets in their surroundings. Facilities may have a beautiful bird sanctuary where residents can look through a glass at all the beautiful birds. Another facility allows pet therapy dogs to visit and entertain the residents. Fish tanks are beautiful and relaxing to look at during time spent at a facility also. Some facilities have a resident cat or dog that all the residents can enjoy all the time.

According to Barbera Ballinger with AgingCare.com, elderly pet owners, who often live alone or in group facilities have found that pets can help reduce stress, lower blood pressure, increase social interaction and physical activity and help them learn.

"A new pet can stimulate someone to read up on an animal or breed, which can be very mentally stimulating and important at that age," says Dr. Katharine Hillestad, a veterinarian with the office of Doctors Foster and Smith in Rhinelander, Wis., which provides online advice and retails pet supplies and pharmaceuticals. Pets provide other intangibles. "Dogs—and other pets—live very much in the here and now. They don't worry about tomorrow. And tomorrow can be very scary for an older person. By having an animal with that sense of now, it tends to rub off on people," says Dr. Jay P. Granat, a New Jersey psychotherapist.

Pets can reduce depression and lessen loneliness. "Older pet owners have often told us how incredibly barren and lonely their lives were without their pet's companionship, even when there were some downsides to owning an active pet," says Linda Anderson, who with husband Allen founded the Angel Animals Network in Minneapolis. The couple speaks about the joys of pet ownership and has authored books.

Even though the care of pets can be cumbersome at times, one has to weigh out the benefits vs. the problems related to having a pet around. Sometimes the kind of pet we decide on can make all the difference. A small fish bowl with one or two fish might be more feasible than a dog or cat for some, whereas others want 2 or 3 dogs. Give yourself time to think on this issue and get an experts opinion before making a final decision. I hope this helps.

Sincerely,

Gerri



MEDICATION CORNER

By Linda Klund, RN, BSN

Cannabis, how much do you know about the medicinal uses? Admittedly, I knew very little about its uses and side effects. When I saw an article in *Nursing2017/ Volume 47, Number 8* by *Maria Pettinato, PhD, RN, CCN*, I had to read it.

To begin with, did you know that states where cannabis is legal a prescription is not written? Instead, the healthcare provider documents why the person needs it and writes the authorization for use. There are no specifics as to the type, strength, or how often the person may use it. From there, the person (depending on the state) takes the authorization to a dispensary or store and receives the cannabis. These establishments must employ a person who is trained in the dispensing of medicinal cannabis and provide education and instructions on proper use according to guidelines put forth by the state.

Research has shown that cannabis helps with pain other issues associated with several disease processes but unfortunately most of this research has been done outside the US. This is due to it still being listed as a Schedule I drug and federal funding for research has been historically only given to those that are attempting to prove the negative effects of the drug. To date, Great Britain, Spain and Israel are doing the most research as to the positive uses for this drug.

The strain of cannabis that is used most for medicinal purpose is the endogenous cannabinoids. This strain will either increase or decrease biological activities by activating or limiting the activity of the person's own endogenous cannabinoids. Our bodies produce these and activate them on demand to deal with pain and other disease related issues. This strain of cannabis has a very low THC (the substance that creates euphoria) and has a higher amount of positive substances. Because there is a lower THC the dosing and use of this strain is not as difficult.

What can medicinal cannabis help with? The list is growing as research continues.

- Cancer
- HIV/Aids
- Seizure Disorders
- Spasticity disorder
- Intractable pain
- Posttraumatic Stress Disorder
- Glaucoma
- Crohn disease
- Multiple sclerosis
- Hepatitis C
- Chronic renal failure requiring hemodialysis
- TBI
- Nausea, vomiting, wasting, appetite loss, cramping
- Joint pain, Headaches

How is it administered? Medicinal cannabis can be inhaled with the use of a machine or put in food or capsules and ingested. Both methods are monitored to ensure the person is not over using the drug.

If used correctly, side effects are minimal and with overuse dizziness or fatigue can occur. Cannabis does not suppress the respiratory system as opioids do but there needs to be more research to determine the effects of long-term use. This can only be accomplished once it has been removed from the Schedule I list.

So how will this drug change the treatment of pain and other diseases that rely on opioids for treatment? Only time will tell. In the wake of the opioid addiction crisis the medical community is seeking alternative treatment options. Medicinal Cannabis is only one of many options being considered.

NO-BAKE PUMPKIN CHEESECAKE

Pumpkin, fall's golden child, is blended into a delectable cheesecake, all without turning on the oven. Pumpkin, cheesecake, no-bake. Enough said.



- ✦ 1 pkg. (8 oz.) PHILADELPHIA Cream Cheese, softened
- ✦ 1 cup canned pumpkin
- ✦ 1/2 cup sugar
- ✦ 1/2 tsp. pumpkin pie spice
- ✦ 1 tub (8 oz.) COOL WHIP Whipped Topping, thawed, divided
- ✦ 1 ready-to-use graham cracker crumb crust (6 oz.)

Preparation:

1. Beat cream cheese, pumpkin, sugar and pumpkin pie spice with mixer until blended. Gently stir in 2-1/2 cups COOL WHIP.
2. Spoon into crust.
3. Refrigerate 3 hours or until firm.
4. Serve topped with remaining COOL WHIP.

Makes 8 servings.

THANKFUL TREE



Fall is a natural season to step back and reflect on what you and your family and friends are thankful for. Use this easy autumn craft as a visual reminder. Start by finding an interesting branch; tape off the base and spray-paint the top white. Fill a vase with nuts or rocks and insert the branch. Cut out leaves from construction paper (search online for leaf shapes), punch a hole at the top of each, write a thankful message, and hang with ribbon or twine.

COMMUNITY HAPPENINGS

SEPTEMBER

National Holidays

- ✦ Sept 4 - Labor Day
- ✦ Sept 10 - Grandparents Day
- ✦ Sept 10 - World Suicide Day

Observances

- ✦ Healthy Aging Month
- ✦ Sept 10-16 National Assisted Living Week
- ✦ National Traumatic Brain Injury (TBI) Awareness Month

Opportunities

- ✦ **North Carolina Diabetes Prevention Program**
The Diabetes Prevention Program (DPP) is a 12-month intervention designed to assist people with *prediabetes* avoid developing type 2 diabetes. The program is designed to assist participants achieve two primary goals:
 - Reduce and maintain individual weight loss by 5-7%
 - Participate in regular physical activity

For more information on how to qualify, contact **Sandra Stanley - Community Health Systems Coordinator, Obesity, Diabetes, Heart Disease, and Stroke Prevention** sstanley@arhs-nc.org
Office (252)426-2103; Cell (252)340-1656

THE GRANDS GROUP

(Grandparents Raising Grandchildren Support Meetings)
12-1 p.m.
Location: Pitt County Council on Aging
4551 County Home Road, Greenville

UPCOMING MEETINGS

September 7, October 5, November 2, December 7

OCTOBER

National Holidays

- ✦ Oct 10 - World Mental Health Day
- ✦ Oct 31 - Halloween

Observances

- ✦ National Depression Education & Awareness Month
- ✦ Long Term Care Planning Month

Opportunities

- ✦ October 19 - 9:00am - 1:00pm
"2017 Healthy Aging And Wellness Expo"
Location: Greenville Convention Center



"SENIOR CENTER WITHOUT WALLS"

Is an award-winning program of [Episcopal Senior Communities](#) offering activities, education, friendly conversation, and an assortment of classes, support groups, and presentations to seniors. Each week, seniors can access over 70 groups by phone or online, all from the comfort of home.