

The Aging Advocate

A Publication of the INCOG Area Agency on Aging



**Summer 2011
ISSUE**

CONTACT US

Clark Miller
Director
918.579.9473
cmiller@incog.org

Reena Shetty
Planner
918.579.9477
rshetty@incog.org

Regan McManus
Aging Specialist
918.579.9495
rmcmanus@incog.org

Cheryl Lopez
Financial Monitor
918.579.9482
clopez@incog.org

Barbara McDonald
ADRC Counselor and
I&A Specialist
918.579.9486
bmcDonald@incog.org

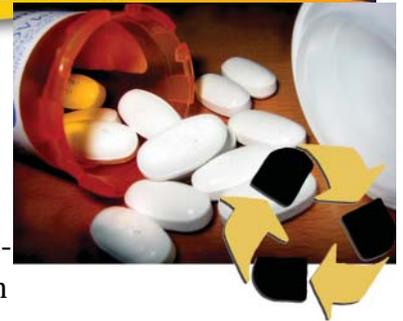
**LTC Ombudsmen
Supervisors:**

Sarah Strecker
918.596.7210
sstrecker@incog.org

Loretta Bailey
918.596.7657
lbailey@incog.org

Lesley Smiley
918.596.7685
lsmiley@incog.org

Drug Recycling Program Creates Partnership



The high cost of over-the-counter medications and prescription drugs is forcing more people to choose between putting food on the table or following doctor's orders.

Each year, large quantities of medications go unused and are thrown away, while seniors in need go without. To alleviate this issue, INCOG Area Agency on Aging has partnered with Tulsa County Social Services to increase awareness about availability free over-the-counter medications and prescription drugs in the Tulsa County area.

We have partnered with Tulsa County Social Services to recycle and redistribute over-the-counter medications through our network of senior centers. This includes pain medicines, dietary supplements, diabetic supplies that do not require a prescription. If you are a senior center, nutrition site, or other agency serving senior citizens interested in participating in this program, please contact Reena Shetty at 918.584.7526.

Tulsa County Social Services Pharmacy provides a variety of pharmaceutical products either free of charge or at discounted prices to persons in need of all ages. Contact the pharmacy at 918.596.5560 for more detailed information.

Safe Medication Disposal

Proper disposal of unwanted prescription and over-the-counter medications is very important. Prescription drugs can easily find their way into the hands of people looking to use them incorrectly, and flushing medications pollutes the water supply and harms fish and other wildlife. Having a variety of ways to dispose of unwanted medications thus helps both the community and the environment. The Oklahoma Bureau of Narcotics has recently announced its "Safe Trip for Scripts" program, establishing five permanent medication drop-off sites around Tulsa. For drop-off sites, contact Tulsa County Sheriff's Office — 500 S. Denver — 918.596.5601 or the City of Tulsa Police Department — 918.596.9222

Supporting Senior Citizen Independence, Dignity, and Health
in Creek, Osage, and Tulsa Counties



A Healthier YOU!

Medication Management Workshop

The presentation will give you information about medications and important tips that everyone should know about how to use medications safely to prevent problems or side effects from them. Bring all of your medications both prescription and over-the-counter so the pharmacist and pharmacy students can review them and answer your questions.

Sand Springs Senior Center - June 1, 9:30 am
Skiatook Senior Center - June 6, 9:00 am
Fairfax Senior Center - June 7, 10:30 am
Heritage Landing, Tulsa - June 9, 11:30 am
Oilton Senior Center - June 14, 11:00 am

Barnsdall Senior Center - June 17, 10:15 am
Asian American, Tulsa - June 18, 10:20 am
Cedar Ridge, Pawhuska - June 24, 12:00 pm
Sapulpa Senior Center - June 30, 10:30 am

Fall Prevention Seminar

A health care professional from OU Physicians will talk about what you can do to minimize your risk of falling. Topics covered will help you learn to remove any fall hazards in your residence and other things you can do to prevent falls.

Sand Springs Senior Center - June 15, 9:30 am
Cedar Ridge, Pawhuska - June 17, 12:00 pm
Oilton Senior Center - June 21, 11:00 am
Sapulpa Senior Center - June 23, 10:30 am

Barnsdall Senior Center - June 24, 10:15 am
Skiatook Senior Center - June 27, 9:00 am
Fairfax Senior Center - June 28, 10:30 am
Heritage Landing, Tulsa - June 30, 11:30 am

Pain Management Seminar

You will learn what you can do to manage pain, including how to talk your health care provider about your pain, understanding the basics of pain management including the emotional aspects and medicinal and non-medicinal options.

Sapulpa Senior Center - June 2, 10:30 am
Cedar Ridge, Pawhuska - June 3, 12:00 pm
Sand Springs Senior Center - June 8, 9:30 am
Barnsdall Senior Center - June 10, 10:15 am
Heritage Landing, Tulsa - June 16, 11:30 am
Skiatook Senior Center - June 20, 9:00 am
Fairfax Senior Center - June 21, 10:30 am
Oilton Senior Center - June 28, 11:00 am



Effective Communication with Your Health Care Provider Seminar

A health care professional from OU Community Medicine will talk about how you can communicate better with the health care system and with your health care provider. You will learn how to prepare for your health care visit by writing down important information, and how to make sure that you understand the information given by your health care provider.



Heritage Landing, Tulsa - June 2, 11:30 am
Barnsdall Senior Center - June 3, 10:15 am
Oilton Senior Center - June 7, 11:00 am
Sapulpa Senior Center - June 9, 10:30 am

Cedar Ridge, Pawhuska - June 10, 12:00 pm
Sapulpa Senior Center - June 30, 10:30 am
Skiatook Senior Center - June 13, 9:00 am
Fairfax Senior Center - June 13, 10:30 am

Chronic Disease Self-Management Workshop

If you are 60 years of age or older (or a caregiver) and have a disease such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety or if you are a caregiver for someone who does, this program will help you:

- Feel Better.
- Be in Control.
- Do the things you want to do!

This free workshop is 2 ½ hours a week for six weeks. You'll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health. If you have a group of 10-12 people who would like to schedule a workshop for your location, contact us. Current workshops scheduled are:

Skiatook Senior Center

4999 W. Rogers Blvd. — Skiatook, OK
June 7, 2011 thru July 12, 2011 — Every Tuesday — 1:00 pm to 3:30 pm
Reservations are required. Space limited to 12 people.
To learn more about this program or to register for the program contact:
Dee Akin at 918.396.3320



Owasso Senior Center

301 S. Cedar - Owasso, OK
June 21, 2011 thru July 26, 2011 — Every Tuesday — 12:00 pm to 2:30 pm
Reservations are required. Space limited to 12 people.
To learn more about this program or to register for the program contact:
918.272.3903





2 West Second Street • Suite 800
Tulsa, OK 74103

Program Provides Free Weatherization

The United Community Action Program Weatherization Department is offering free home weatherization for low-income homeowners and renters while supplies last. Weatherization is the installation of materials to improve energy efficiency, specifically by preventing cool air from escaping your home during the summer and heat in the winter. Families or individuals with incomes at or below 200% of Federal Poverty Level (\$21,660/year for a single person, \$29,140 for a 2-person household) may apply. Homes will be evaluated through onsite visits, and data will be entered into the National Energy Audit Toolkit (a computer program) and used to determine the most appropriate weatherization procedures required. Examples of such work include: altering or replacing inefficient doors; replacing broken glass or installing windows; installing carbon monoxide and smoke detectors; insulating attics and hot water tanks; replacing old refrigerators; caulking pipe and drain lines to prevent air loss; and the installation of more energy-efficient lighting. No more than \$500 per person can be spent on repairs. If your home weatherization will cost more than this, the program will not be able to help you.

For an application to this program, please contact the United Community Action Program at 918.762.3041 and ask for Charmaine (ex. 162) or Robyn (ex. 131). Funding for this project comes from the U.S. Department of Energy.