



# The Aging Advocate

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## **May 2014 is Older Americans Month**

The INCOG Area Agency on Aging encourages all communities to honor older Americans by celebrating Older Americans Month during the month of May. In 1963, President John F. Kennedy began the tradition of honoring the contributions older Americans make in our society. This year's theme, "Safe Today. Healthy Tomorrow." encourages older adults to stay active, involved, and engaged in the lives of others by sharing their past experiences and knowledge with others.

As the average age of our population increases the demand for more meaningful activities and opportunities also increases. The baby-boomers are more active, technologically savvy, and ready to engage life in a way that we have never seen before. Older Americans over the age of 60 account for a growing percentage of participants in community service positions, faith-based organizations, and online social networking; by remaining active, older Americans are gaining health benefits such as increased mobility and cognitive abilities.

Frank McGilbra, Chairman of the Tri-County Council on Aging reflected on Older Americans Month by saying, "This is an excellent opportunity to celebrate the contributions older Americans have made to their families and surrounding community. It is a time to celebrate the achievements of our older Americans and help them discover how to stay physically, socially, and mentally healthy."



## **The BUZZ on Our Spellers**

The 2014 INCOG AAA Spelling Bee was held on April 17 at the Martin Regional Library. There were nine contestants and the spelling bee lasted 29 rounds with Elinor Verville taking first place and Elouise Carlton coming in second place. The two winners will go on to represent INCOG AAA at the State Spelling Bee which will be held at the Oklahoma State Conference on Aging in Norman, Oklahoma on May 20, 2014. Congratulations Elinor and Elouise!

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



# Spring is Here and the Farmers' Markets are in Full Bloom!

INCOG Area Agency on Aging is excited to offer the Senior Farmers' Market Nutrition Program to seniors in Creek, Osage and Tulsa Counties for a fifth consecutive year!

With the goals of promoting agricultural development and enhancing senior nutrition, the Senior Farmers' Market Nutrition Program will provide a \$50 debit card to quali-

fying, low to moderate income seniors in Creek, Osage, and Tulsa counties. This card can be used to purchase fresh, nutritious, locally-grown fruits and vegetables from three participating farmers' markets.

**Applicants must be 60 years of age or older at the time of application and meet specified income guidelines.**

The markets accepting the debit card for 2014 are:

- Cherry Street at 15th Street and Peoria  
Saturdays 7:00 a.m. – 11:00 a.m.
- Brookside Market at 41st Street and Peoria (East of WholeFoods)  
Wednesdays 7:30 a.m. -11:30 a.m.
- Owasso Farmers' Market at YMCA parking lot 8300 N. Owasso Expressway  
Wednesday and Saturdays 8:00 a.m. – Noon

Please choose one of the free events below to attend where you can enroll in the FREE Farmers' Market \$50 debit card program. Please note that you will only complete your application at the event and the debit card will be mailed to you at a later date. Applications are limited! Priority will be given to event participants.

## **Wednesday, May 14, 2014**

9:30 a.m. - 11:00 a.m.

Central Center at Centennial Park — 1028 E. Sixth Street, Tulsa, OK

## **Thursday, May 15, 2014**

9:30 a.m. - 11:00 a.m.

Martin Regional Library — 2601 S. Garnett Rd, Tulsa, OK

## **Friday, May 16, 2014**

9:30 a.m. - 11:00 a.m.

Lacy Park Community Center — 2134 N. Madison Place, Tulsa, OK

**For more information, contact  
Charissa Tottress  
at 918.579.9486.**





## Preventing Injuries in Long Term Care Facilities

Injuries do occur in long term care facilities, especially in nursing homes. Residents are generally frailer which presents challenges, but other reasons contribute to the problem.

Medication may affect a resident's coordination and causes confusion which may cause a resident to fall.

Nursing homes are required by law to perform a fall risk assessment on every resident.

This assessment checks for gait disorders and other problems that predispose residents to falling. If your loved one is falling, check to see if a fall risk assessment has been completed.

Falls often occur because residents try to get to the bathroom by themselves rather than waiting for assistance. Sometimes lower beds are used along with a protective mat placed by the bed to help minimize falls and injuries. If a resident has the history of injuries in the facility, their Care Plan should include ways the facility is working to prevent further ones, such as falls.

If you know of a loved one or friend living in a nursing home, or assisted living, or residential care facility that may need the assistance of an advocate, please call one of the IAAA LTC Ombudsman Supervisors. Ombudsmen work to improve the quality of life and the care available to the residents.

## Senior Companions Celebrate Senior Corp Week!

Seniors bring a lifetime of skills and experience as parents, workers and citizens that can be tapped to meet the many challenges in our communities. Each year Senior Corps provides service opportunities for close to 330,000 older Americans across the nation, including 27 Senior Companion volunteers at INCOG Area Agency on Aging. In the three months the Senior Companion Program has been operating under the INCOG Area Agency on Aging, the volunteers have provided more than 3,600 hours of service to other seniors.



The fifth annual Senior Corps Week, taking place from May 19-23, is an opportunity to thank Senior Corps volunteers for their service and to recognize their positive impact and value to our communities and nation. INCOG Area Agency on Aging will recognize our Senior Companion volunteers at their May in-service training. Thank you to all the Senior Companions, and other Senior Corp volunteers, for making a difference! You are appreciated!

For more information, contact our LTC Ombudsmen Supervisors:  
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**Bill Waggoner** at [bwaggoner@incog.org](mailto:bwaggoner@incog.org)  
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## **New LTC Ombudsman Supervisor and Senior Companion Coordinator Join IAAA Staff**

Belinda Walker is joining the staff as the new Senior Companion Program Coordinator. Prior to joining IAAA she was a Community Care Department Outreach Worker with Oxford HealthCare. She is a native Tulsan and attended Oklahoma Junior College and Cameron University. Belinda enjoys spending time with family, traveling, music, baking, and leading Living Longer Living Stronger workshops for seniors battling chronic disease. She has volunteered for a number of organizations including Tulsa Iron Gate, as an Ombudsman in Texas, and with the Autism Task Force for the Tulsa Public Schools.

Bill Waggoner has moved from the Senior Companion Coordinator position to an Ombudsman Supervisor. Bill is a graduate of Oklahoma University with a Master's Degree in Public Administration and has many years of social service work experience. Bill is excited to have the opportunity to advocate on behalf of residents in nursing homes, assisted living, and residential care facilities.