

GRANDPARENT CORNER

Supporting Grandparents Who Raise Their Grandchildren

According to a 2005 U.S. Census estimate, 88,000 Ohio grandparents are the primary caregivers to their grandchildren--accounting for an estimated ten percent of all households with children in the state of Ohio. The national average is six percent. Grandparents face many challenges raising their grandchildren due to their retirement incomes and lack of public assistance. Assistance is available both through Kinship Navigation Programs available at your local County Department of Jobs and Family Services, as well as through the Area Agency on Aging Caregiver Support Program: (800) 582-7277.

Other resources include the Kinship Permanency Incentive Program, implemented January 1, 2006. This program provides financial support for minor children in the custody of grandparents or other kinship caregivers. To qualify, the family's monthly gross income may not exceed 200 percent of the federal poverty guidelines (currently \$2,933 for a family of three). For more information on this program, contact your local public children's services agency.

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Reminder: Don't Be Left In the Dark

On February 17, 2009, all TV stations will stop broadcasting analog signals and will broadcast only in digital. Digital broadcasting promises to provide a clearer picture, more programming options and will free up air waves for use by emergency responders. If you currently have a TV connected to cable, satellite, or other pay TV service, you will not need a TV converter box. But if you currently do not pay for TV service and have not upgraded to a television with a digital tuner, you will need to do one of the following:

1) Keep your existing analog TV and purchase a TV converter box to plug in your TV to keep it working after February 17, 2009. Through March 31, 2009, all U.S. households may request up to two \$40 coupons to help pay for the converter box.

2) Connect to cable, satellite, or another pay TV service.

3) Purchase a television with a digital tuner.

More information can be found at www.DTV2009.gov or call toll free (888)-388-2009.

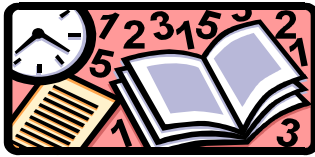
How Can You Reduce Your Risk for Heart Disease?

Eat Healthy Foods--Eating the right foods and the right amounts can help you live a longer, healthier life. For a heart-healthy diet, eat a variety of foods, including: Vegetables -- especially dark-green leafy and deep yellow vegetables, like spinach and carrots, and legumes, like lima beans and green peas. Fruits -- like melons, berries and citrus fruits, or juices, like orange or grapefruit. Fish, poultry, meat, eggs and dried beans (like navy, kidney or black beans) -- especially products low in fat, like lean meat and poultry prepared without skin. Dairy products -- like milk, yogurt and cheese, especially low-fat or fat-free dairy products. Grains -- especially whole grains, like oatmeal or whole-grain breads.

Keep Active -- Physical activity can help prevent heart disease and reduce your risk of diabetes and high blood pressure. Exercise also helps you stay at a healthy weight, reduce stress, sleep better and feel better overall. All kinds of physical activity, whether moderate or vigorous, will help you stay healthy. Aim for at least moderate activity -- such as brisk walking, raking leaves or house cleaning -- for 30 minutes most days of the week. **It is important to always talk to your doctor before starting any new diet or exercise program.**

The Area Agency on Aging District 7, Inc. serves Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto, and Vinton Counties. For assistance from the Area Agency on Aging District 7, Inc., please call 1-800-582-7277.

"Services Provided on a Non-Discriminatory Basis"



QUICK QUIZ

Heart failure is a severe condition that affects many older people.
Read this issue and answer True/False to the questions below.

Circle T for TRUE or F for FALSE:

- T F 1. Heart failure means a person's heart has failed; it is another name for heart attack.
- T F 2. Fluid builds up in the feet, legs, arms, lungs and other organs of people with heart failure.
- T F 3. Diastolic blood pressure is the larger number in a blood pressure reading.
- T F 4. Heart failure weakens the heart muscle, and the heart's pumping action becomes weaker and weaker.
- T F 5. The best cure for heart failure is plenty of aerobic exercise.
- T F 6. High blood pressure usually has no symptoms but is defined as a blood pressure reading of 140/90 mmHg or higher.
- T F 7. Heart failure usually develops over many years, therefore, people often don't even know they have it until symptoms appear.
- T F 8. Salt is commonly listed as "sodium" on food labels.
- T F 9. Keeping a gratitude journal can improve both the quality and duration of sleep.
- T F 10. Most of the salt people consume they add to their food at the table.



Answers
1. F, 2. T, 3. F, 4. T, 5. F, 6. T, 7. T, 8. T, 9. T, 10. F

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Name _____

Signature _____

Date _____