



A Grandparents Newsletter

will start being mailed quarterly.

Look for the next issue in February 2019



Upcoming Wellness Programs

Diabetes Self-Management in JACKSON COUNTY

Wednesdays from February 6th - March 13th

1:30 pm - 4:00 pm

Jackson County Water Department in Jackson

Tools for Caregivers of Veterans in ROSS COUNTY

Thursdays from February 14th - March 21st

1:00 pm - 2:30 pm

Synergy Family Foster Care Training Building in Chillicothe

Wellness Coach Training in ADAMS COUNTY

February 19, 21, 25, 26 (all four days must be attended)

9:00 am - 4:00 pm

Adams County Senior Center in West Union

Classes are free, but pre-registration is required.

Call 1-800-582-7277 to register or to learn more information.

Contact us to learn more about the free wellness programs we feature throughout our district including:

Chronic Disease Self-Management
Chronic Pain Self-Management
Diabetes Empowerment
Diabetes Self-Management
Matter of Balance Falls Management
Tools for Caregivers

Vision loss can reduce independence and take the joy out of living for seniors and their family caregivers. Test your knowledge by reading this issue and answering True or False to the questions below.

1. The best prevention of diabetic retinopathy is maintaining stable blood sugar levels.
T F
2. Macular degeneration is the most common cause of severe, irreversible vision loss.
T F
3. While vision loss can occur at any age, it occurs most often among seniors. T F
4. Estimates are that 25 percent of people with diabetes have some diabetic retinopathy, and they all will develop severe vision problems. T F
5. Symptoms of cataracts are hazy vision, difficulty driving at night, double vision, trouble distinguishing colors, and sensitivity to glare. T F
6. Glaucoma is the leading cause of blindness in the United States. T F
7. An 85-year-old needs about three times the amount of light a 15-year-old needs to see the same thing. T F
8. A person with Alzheimer's disease should have regular eye examinations because poor vision can contribute to confusion. T F
9. A doctor should be seen immediately if a person has any acute or prolonged episodes like blurred vision, flashes of light, blind spots, or any other symptom that affects vision. T F
10. Adults with no signs or risk factors for eye disease should get a baseline eye disease screening at age 40—the time when early signs of disease and changes in vision may start to occur. T F

KEY: 1. T 2. T 3. T 4. F 5. T 6. T 7. T 8. T 9. T 10. T