

Front Porch NEWS

AUGUST 2011

Showalter receives LeadingAge Ohio award

Sharon Showalter, NA Training Coordinator has been chosen for the *Excellence in Caring—Indirect Award* for the 2011 LeadingAge Ohio Program.

Rebecca Marker-Smith developed the nomination using the heart-felt comments of fellow staff members.

Bonnie Allen explained that her personal mentor has always been Sharon...during difficult times it was Sharon who had a way of taking out the personal feelings and focusing on the good work that was being done.

“Sharon has such a calm about her...highly-respected by the nursing assistants because she would go out of her way to help new staff—a trait that she continues today through her Nurse Aide Training classes,” said Karen Oder, director of assisted living.

Christie Barns expressed that Sharon’s caring leadership taught her the value of looking at things through the eyes of a resident.

Sharon will be recognized during a reception at the annual Leading AgeOhio conference in Columbus on September 8th.

Empty Suitcases

by Pastor Cheryl Siegenthaler

Still fussing about garage sales this month, I’ve begun to set aside items for one my congregation will be having. Among the donations will be a set of luggage my husband no longer uses—his old monogrammed Samsonite set, given as a high school graduation gift for use during his college days. I don’t know if it will sell because few people use the hard-sided suitcases anymore, opting instead for the soft-sided, extended-handle, and wheeled variety. It doesn’t really matter what style we choose, however, for we all carry baggage of one sort or another,

don’t we? The difference is in how and what we pack.

In sending his disciples off on a journey, Jesus instructed them to pack lightly, in fact, not to pack at all. In Matthew 10:9-10 he tells them to take no money, no bag, not even a change of clothes or an extra pair of shoes. His advice would certainly eliminate the problems of checking bags, having airport security x-ray them, and in



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Sharon Showalter

*NA Training
Coordinator*



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Public Service Announcement – ELDERLY SCAM



**West Liberty
Police
Department
Shane Oelker,
Chief of Police**

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West Liberty,
OH 43357
Phone:
937.465.2801
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937.465.4072

From Your Chief—Shane Oelker

Over the past few months, the West Liberty Police Department has responded to many calls from our elderly population regarding various types of scam. I feel that with the increased number of complaints that the community needs to be aware and educated.

Our department is seeing several different types of scams. However the most popular scam in our area uses a “Guaranteed Sweepstakes Winner” tactic. This occurs when the resident is called or mailed a letter guaranteeing them of a cash prize if that resident will wire a set dollar amount to the individuals formulating the scam. These criminals promise to deliver the winnings at a later date once they receive the money wire. They claim to use the money for a variety of reasons, including tax purposes or to “get the money out of the country.” Generally if the resident declines to participate, the criminals will use forceful or threatening language to persuade them into sending money.

How to Identify a Scam

Below are a few warning signs that can help you identify a possible scam:

- You win a contest you have never heard of.
- You are pressured to “Act Now!”
- You must pay a fee to receive your prize.
- The company insists you pay cash.
- Your personal information is requested.
- A large down payment is requested.
- The company refuses to provide written information.
- The company has no physical address, only a PO Box.
- Request you travel to collect the prize
- You are asked to help “get money out” of a foreign country

Fallen Victim to a Scam?

Ohio consumer law protects you from unfair, deceptive and unconscionable practices

in consumer transactions. For example, advertisements must list a sale’s exclusions and limitations, and a store must post its return policy, if it has one. In Ohio, it is illegal to charge a fee for a prize. If you have actually won something, you will not need to send any money to receive it.

If you have a problem with a purchase you made, notify the company in writing. Explain your complaint, the facts of the situation, the resolution you desire, and give a deadline for the resolution. If you suspect fraud or if you cannot resolve the problem on your own, file a complaint with the West Liberty Police Department (465-2801) or the Ohio Attorney General’s Office (1-800-282-0515).

Protect Yourself

There are several ways that the community can protect themselves as well as educate their elderly friends and family. Below are just a few of the steps that can be taken to prevent these thefts, keeping you safe and protecting your pocketbook:

1. Research all charities or businesses promising these large cash prizes.
2. Never do business with anyone who refuses to give you any information about their company.
3. Read all the terms and conditions of any agreement before you sign. Look for exclusions.
4. Always get warranties in writing.
5. Review contracts with a trusted attorney, friend or family member.
6. Monitor your financial accounts. If a fraudulent charge appears on your bank statement, immediately notify your bank.
7. Never give personal information to someone you don’t know or trust.
8. Don’t give in to high pressure sales tactics. If it sounds too good to be true, it probably is.
9. Never sign anything you do not understand.



FREE evening aquatic classes offered



The aquatic fitness program offered by Monica Hill will be extended into the evenings on a trial basis during the month of September. Monica's energetic, fun-filled class will be offered on Tuesday and Thursday evenings from 6:15—7:15 p.m. starting September 6th.

For one hour Monica delights in showing members the benefits of exercise in the low impact water environment. Demonstrating the use of all muscle groups, Monica leads the group through easy-to-follow examples and teaches participants how to utilize these muscles throughout their daily routines. Members of the morning fitness class have nothing but wonderful things to say about Monica and her thorough teachings.

Anyone wanting to participate in this 4 week, evening course, must register in advance by calling Christie at 465-5065 or by signing up in Aquatic & Fitness Center.

Monica is a certified trainer for CPR, Life Guarding and water fitness. She has worked with senior adults recovering from hip and knee replacements, stroke victims and paraplegics.

Suitcases, continued



Cheryl Siegenthaler

*Green Hills
Chaplain*

the end having them arrive at a different destination, wouldn't it? But none of us can pack as lightly as Jesus' instructions, can we?

We spend a lifetime packing our bags, and some of them become quite burdensome. We neatly fold and carefully place inside good memories of good times and good friends. We wrap the fragile moments when life could have gone one way or another in bubble wrap, so our lives won't shatter on the journey. Some bags will be locked forever, defying the contents from spilling out and doing their damage or revealing their secrets. And in the end, we will discover that Jesus knew best all along—that the empty suitcase is the best one.

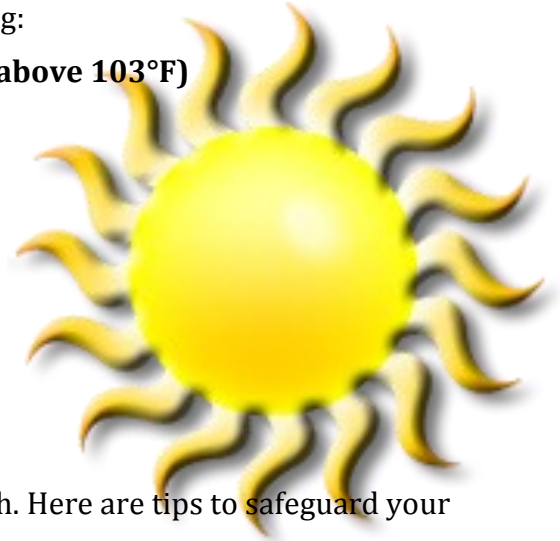
For it is the empty suitcase which God can fill with what is necessary for the living of these days. When we let our hearts and lives be open to God and his love, there will be no need—or even room—for anything else. When we trust completely in his grace and mercy, our emptiness will be jam-packed with God's gifts. When God does the packing, we will find the following: the armor of God, clothing finer than lilies of the field, and generous gifts for all of us prodigal sons and daughters. God will pack the provisions consisting of the fruit of the spirit, the bread of life, and living water. And, finally, God has even made our travel arrangements in providing the road map, the light, and the destination. What more could a person ask? Thanks be to God!

Tips for Preventing Illness during Hot Weather

Older adults (people aged 65 and older) are more likely to experience heat stress than young people during hot weather. They do not adjust to sharp changes in temperature as well as young people. Also they're more likely to take prescription medicines that will weaken their body's ability to regulate its temperature.

Heat-related illnesses that older people may experience include heat stroke and heat exhaustion. Heat stroke is the most serious illness caused by extreme heat. Symptoms of heat stroke include the following:

- **An extremely high body temperature (above 103°F)**
- **Red, hot, and dry skin (no sweating)**
- **Rapid, strong pulse**
- **Throbbing headache**
- **Dizziness**
- **Nausea**
-



Tips for Preventing Heat-related Illness

Prevention is critical to protecting your health. Here are tips to safeguard your health during the hot weather:

- ☼ Drink more fluids. It's very important to keep hydrated. Don't wait until you're thirsty to drink. Warning: If your physician limits the amount of fluid you drink or has you on water pills, check with him on how much you should drink while the weather is hot.
- ☼ Don't drink liquids that contain alcohol or large amounts of sugar. These types of liquids make you lose more body fluid.
- ☼ Stay indoors and, if possible, stay in an air-conditioned room. If your home does not have air conditioning, visit a shopping mall or public library. You can also contact your local health department to find out if there are any heat-relief shelters in your area.
- ☼ Electric fans may offer some comfort. However, when the temperature reaches the high 90s, fans will not prevent heat-related illness. Taking a cool shower or bath, or spending time in an air-conditioned place is a much better way to cool off.
- ☼ Wear clothing that is lightweight, light-colored, and loose-fitting.
- ☼ NEVER leave anyone in a closed, parked vehicle, including pets.

Residents receive priority in new rental procedure—Recreation Center



As suggested by and voted upon by Green Hills’ independent living residents, the following new procedure will be administered in awarding rental privileges of the Recreation Center.

Any party desiring to use the Recreation Center must submit their application at least three months prior to the requested date. (See schedule below.) In the event there is but one applicant at the deadline, the requested date will be awarded to that applicant; however, in the event there are two or more applicants, approval will be granted to the applicant whose name is first selected in a random drawing. At the same time, up to two additional names will be drawn in the event of cancellation by the original awardee, in which event the date will be awarded to the second name drawn or to the third if necessary. Resident applicants will always be given preference over non-resident applicants. No applicant, regardless of residency, will be awarded a second reservation within a twelve-month period unless a date they want has not been awarded to someone else at the three-month deadline for awarding such date. After the three-month window has opened, dates can be reserved on a first come, first served, basis.

The following schedule will be observed.



<u>Event Month</u>	<u>Application Deadline</u>	<u>Drawing Date</u>
January	October 1st	October 15th
February	November 1st	November 15th
March	December 1st	December 15th
April	January 1st	January 15th
May	February 1 st	February 15th
June	March 1 st	March 15th
July	April 1 st	April 15th
August	May 1 st	May 15th
September	June 1st	June 15th
October	July 1 st	July 15th
November	August 1 st	August 15th
December	September 1 st	September 15th

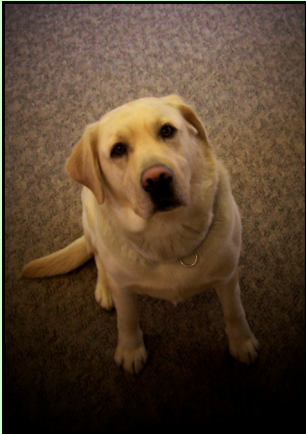
Recreation Center located at the Green Hills Apartments

Green Hills Retirement Community reserves the right to set aside any and all dates required for community functions, and no-one may reserve such dates. Should any such dates be made available at a later time through cancellation of events, the above-described procedure will be followed in the awarding of those dates.

The only “official” rental calendar for the Recreation Center will be maintained electronically by Green Hills on its shared network to allow pertinent staff to assist in the rental process.

If you would like to rent the Recreation Center, please contact Cindy Melvin, Apartments Manager at 465-4949. There is no charge for residents to rent the space and a \$50 fee for non-residents. A security deposit is required.

Tanner Tails



Man, it sure has been hot! But that’s understandable since we’re at the core of the “dogs days of summer.” Did you ever wonder where the term “dog days” came from?

Webster defines “dog days” as 1: the period between early July and early September when the hot sultry weather of summer usually occurs in the northern hemisphere 2: a period of stagnation or inactivity.

In ancient times, the sultry weather in Rome during these months often made people sick, and they blamed their illnesses on the fact that this was the time of year when Sirius, the Dog Star, rose at about the same time as the sun. Because Sirius was the brightest star, it was thought to add its heat to the sun, producing hot, unhealthy weather. The ancients used to sacrifice a brown dog at the beginning of the Dog Days to appease the rage of Sirius.

Wow! I’m glad no one does that any more.

Although there are many different ways of calculating which days in any given year are the dog days, and how long they last, it is impossible to be precise. Nowadays it is generally assumed that they fall between July 3 and August 11—slightly different than they occurred in ancient times.

Because of their association with the Dog Star, various beliefs have sprung up involving the behavior of dogs during this period. In the 16th century it was believed that dogs went mad during the Dog Star season. But, I can assure you that’s not the case.

Just remember to keep cool and drink plenty of water, like I do, and we’ll all be just fine.

Wish List—THANKS!

Special thanks to Marjorie King who donated a very lovely wooden glider to our community. The glider is behind the Recreation Center for all residents to enjoy. Thanks Marjorie!



August Birthdays

Eileen Fringer	Inn	01
Ralph Schultz	Homes	03
Kay Baker	DayBreak	05
Calvin Caldwell	Inn	07
Kate Krout	Inn	12
Cora Slemmons	DayBreak	13
Afifa Yanchik	Apartments	16
Noan Hullinger	Center	17
Mary Kay Regier	Homes	21
Deb Martin	Apartments	21
Kenneth Clingerman	Apartments	22
Bea Chambers	Inn	22
Joann Wright	Center	24
Lawrence Olson	Center	26
Shirley McConnell	DayBreak	30
Bobby Williams	Apartments	31
Dorthy McGillivray	Homes	31

