



In Touch & Concerned

In Touch and Concerned
693 Fairmont Rd.
304-296-6109

*Inspiring Confidence and
Independence*

Summer 2009

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2009

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Summertime Water Aerobics!

Since it's so hot and humid outside, why not get in the pool and lose weight while you're having fun? Health South has implemented a water aerobics class for those individuals that may have joint pain, weak muscles, and/or arthritis. Since they are a rehabilitation hospital the staff that will supervise you is licensed and trained to best meet your physical needs while in the pool. This is a great opportunity to get out of the house and work on strengthening your muscles and work on your flexibility. For those of you who may be hesitant to be in a pool please be assured that you will have ample guidance, such as parallel bars and flotation devices, as well as the staff at Health South. Classes will be held:

- Aqua Aerobics:

Tuesday, Thursday 12:00-1:00pm

- Aqua Arthritis:

Tuesday, Thursday 12:00-1:00pm or 6:00-7:00pm

for those of you who may want more individualized attention.

This opportunity will cost you four dollars per class and you must sign up in order to participate. You can pay this fee either on a day to day basis or monthly. If you would be interested in participating in this please give Danielle a call at 304-296-6109.

Meet our Staff!

Executive Director: *Valerie Hose*

Program Manager: *Megan Rowand*

Transportation Lead: *Tony Vaglianti*

WVJR: *Jamie Buzzo*

Transportation: *Mark Smith*

AmeriCorps: *Danielle Graunke*

Another Healthy recipe from us: *Ravioli Salad in just 15 minutes!*

Ingredients

- 1-1/2 cups bottled peppercorn ranch salad dressing
 - 9 oz. pkg. refrigerated cheese ravioli
 - 10 oz. pkg. Italian mixed salad greens
 - 1 cup broccoli or cauliflower florets
 - 1 cup snow pea pods
- 1/2 cup thinly sliced carrots

Directions:

Place salad dressing in a medium bowl and set aside. In large pot of boiling salted water, cook ravioli as directed on package. Drain and add to salad dressing and toss to coat. Add vegetables and toss gently. Place salad greens on large platter and top with ravioli mixture.

4 servings

SAVE SOME MONEY ON YOUR GROCERY BILL!



At Kroger, if you're 55 or older you are eligible for our Senior Savings Program!

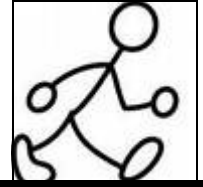
To sign up, you just go to our Customer Service Desk and have them scan your Kroger Plus Card. It's that easy...and will ensure you continue to receive your 5% discount on Tuesdays!!! (Alcohol, Tobacco, Customer Service, & Pharmacy Prescriptions Excluded).

Things you can do to leave a legacy

- Prepare a will. Only 40% of those who pass away have one. Without a will, you may lose control over your personal possessions.
- Leave a gift for your favorite non-profit organization.
- 70% of us give to charity each year. Surprisingly, **less than 6% of persons in American households have included non-profits in an estate plan.** Imagine the positive impact on our community if everyone made a donation to their favorite non-profits!
- Leave a specific dollar amount or a percentage of the assets in your will to the non-profits of your choice.



Lifestride



Lifestride is a free supervised walking program which emphasizes cardiovascular conditioning. Lifestride is jointly sponsored by Mon Health Systems and the Mountaineer Mall the second Tuesday of every month from 7-9am. Staff check participants activity diaries, measure blood pressure, and weight during check in sessions. You may join Lifestride at the monthly check in or call Mon General's Cardiac Rehabilitation Department at (304) 598-1498 for more information.

Come join the other In Touch and Concerned clients that have been Participating! It's fun, easy, and a chance to get out of the house with us! Call the office at (304)296-6109 if you would like to come with us to the upcoming monthly time: July 14, 2009!



☺ No Income Guidelines-If You Eat-You Qualify to Buy!!!! ☺

Angel Food Ministries compiles boxes of food for those who would like to buy. They have a senior box which is roughly \$35.00 that has ten perfectly, seasoned, nutritionally balanced, fully cooked meals-just heat and serve. Each meal has been developed with the dietary needs of senior citizens in mind, and contains 3oz. Of protein, a starch, & two vegetables or fruit. For more information contact Marcia Peoples in the evening at (304) 292-2701 or Tracy Chicchi during the daytime at (304)328-5893.

Volunteers!

In Touch and Concerned always welcomes individuals who would like to make a dif-

ference in their community by volunteering for those who may be in need. Often, our clients need no more than a friend and a familiar voice to share their stories and plans with. We provide telephone reassurance calls and social visits to the homes of our cli-

ents to provide a friend and a lending ear for those who wish to share their day with someone.

We are expanding our telephone calls into Preston County! You could even call our clients from home after a simple training in our office!



Save the Date!!!

July 24– Senior Picnic at White Park

August 27– Senior Prom at Knights of Columbus

Call the office if interested !!!!

If you would like to help us save on the amount of paper we use, please sign up for our electronic newsletter! Call the office or send an email to itac247@hotmail.com to sign up!

Keep an eye out!



We are still growing! Our staff and work load keeps increasing! We are evaluating our office space and location. If anyone has available office space, homes, or warehouse that they would let our agency occupy, please contact Valerie. We need your help to keep moving forward and helping the community. The baby boomers population increased by 27,000 each year! The senior population is expected to double in the next year! This means that the population is going to keep growing and our office and staff will need to do the same!

Join us for panel discussions on various health issues every Monday at 6:30pm at Mon General! If you're interested in attending please call the office, ask for Danielle.

Your mind is the most valuable thing you have, keep it strong!

Make sure you're keeping your mind going, learn something new everyday! Be sure to participate in activities such as crosswords, Sudoku, and various memory games, etc. People often fall into routines that do not involve any stress on the mind, try to make sure you still challenge yourself to work your memory and cognitive processes everyday!



We have a clients that could use a little help around the house. If you know an able-bodied volunteers, send them our way! We currently have a waiting list of clients that need help!

Special Thanks to Those Who Donated in Memory of Nick Evans:

Nick has been a huge part of ITAC for many years. He is deeply missed by the staff and board members.

<i>Barbara Jeannette Howe</i>	<i>\$25.00</i>
<i>Sandra Gutmann</i>	<i>\$100.00</i>
<i>Steve & Connie McCloskey</i>	<i>\$ 25.00</i>
<i>W. Bradly & Amy Hartman</i>	<i>\$25.00</i>
<i>William & Brenda Thompson</i>	<i>\$50.00</i>
<i>Donna G & Ronald B. Fox</i>	<i>\$50.00</i>

SUMMER TIME SAFETY

The summer time is known for hot days, pools and children being outside. Here are some tips to prevent any damaging affects the sun may have on our bodies because more than one million people in the US each year are diagnosed with skin cancer.

1. Reduce Sun Exposure:

Especially between 11-4 when UV rays are the strongest

2. Shade your Skin:

Seek shade under trees or create your own shade through shirts, hats and umbrellas

Wear fabric that has a tight weave

3. Beware of clouds

Up to 80% of the suns rays can penetrate light clouds, fog and mist.

4. Remember about reflection

Water, sand, snow and concrete can reflect up to 80% of the suns damaging rays

5. Slop on the sunscreen

Use SPF 15 or more and apply 15-30 minutes before you go outside

6. Avoid tanning salons and sunlamps

These emit 2-5 times as much UVA radiation and sunlight!

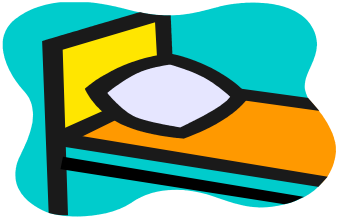
7. Protect babies

Keep babies under 1 year out of sun, when six months use sunscreen

8. Spot check your moles

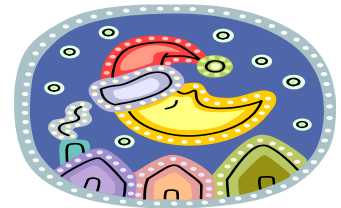
Examine your moles every month and look for any changes in shape, color or texture.





9 Tips for Healthy Sleeping: Tips to achieve the best nights sleep!

1. Maintain a regular bed and wake time schedule including weekends
2. Establish a regular, relaxing bedtime routine such as a bath, reading or listening to soothing music.
3. Create a sleep conducive environment that is dark, quiet, comfortable and cool.
4. Sleep on a comfortable mattress and pillows.
5. Finish eating 2-3 hours before your regular bedtime.
6. Exercise regularly, best to be done 2-3 hours before bed.
7. Avoid caffeine close to bedtime
8. Avoid alcohol use close to bedtime
9. Avoid nicotine use close to bedtime

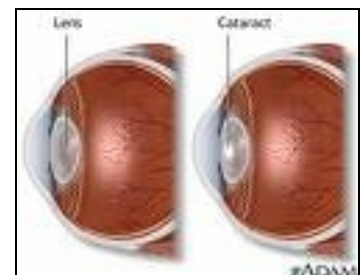


Adapted from: National Sleep Foundation

What is a Cataract?

A cataract is a clouding of the lens in your eye! By the age 80, **more than half** of the people in the U.S. either have a cataract or have had cataract surgery. Some common symptoms are:

- Blurry vision
- Faded colors
- Glare
- Not being able to see well at night
- Double vision
- Frequent prescription changes in eye wear



Information adapted from:
National Eye Institute

For nutrition and prevention tips please visit: <http://www.nlm.nih.gov>

Taking Charge!

We recently participated in WVU's Summer Institute on Aging. There were many workshops and so much information given out that it has been difficult to process! One topic that really stood out to me, and I wanted to pass on, was Regina Mayola's presentation on the Taking Charge program. This program is designed to help those of us who have difficulty with day to day activities and the accessibility of our homes. When we think about accessibility, most of us think of things like wheelchair ramps, canes, and shower chairs. Accessibility can include anything that makes day to day activities easier; hand rail on the stairs, a touch lamp, hand held shower, daily pill box, light switch extenders, even large print bingo cards! Most of us already use an accessibility product everyday.

Taking Charge is a collaboration between the West Virginia Division of Rehabilitation Services and the Center for Excellence in Disabilities (at WVU). The Taking Charge program offers free home assessments, where experienced people come out, speak to you, and assess your home according to your needs. They send you a report with their suggestions for change. You can pick and choose which changes you want to and are able to make. They also have grant money available to help cover the costs of construction, purchasing products, etc.

Applying is *easy*; we have applications here at In Touch & Concerned, and you can just call us at 304-296-6109 to fill one out over the phone. We will send it in for you!

Megan Rowand

Director's Update:

The past two years have been filled with growth and opportunities for ITAC and our clients. Since June 2007 ITAC's clients have increased 78%. Of those clients, our transportation service has increased 87% with a 67% increase in clients utilizing our ADA lift vehicle. This is just the begin! We have increased our efficiency through technology and more student volunteers. ITAC will continue to improve our services to our clients. We will need your help! We are currently working on our first campaign. Our goal is to raise funds for a new ADA accessible vehicle and a larger facility. The needs of our clients are growing. To assist in fulfilling the need of our clients, we would like to expand our transportation fleet and our office space. As a non-profit, it is always difficult in raising funds. We understand that there are many great causes in the community. We would appreciate your compassion for our agency.

Aloha

It saddens me to report that June 30th was Megan Rowand's last day as Program Manager with In Touch and Concerned. Megan came to ITAC 1 1/2 yrs ago with the enthusiasm to help make a positive change in our agency. Although she has taken at position at the University, she has not completely left. Megan will be working with ITAC as volunteer with fundraising and other areas. Please join me in wishing Megan all the luck in her new position. We say Aloha Megan, you will be missed. That is till you come back for lunch everyday! Aloha!

In Touch and Concerned

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Westover, WV 26501

Phone: 304-296-6109
Fax: 304-296-6169
E-mail: itac247@hotmail.com

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In Touch and Concerned is a non-profit, United Way agency that provides social services for the elderly and adults with disabilities. The goal of the agency is to provide supportive and protective services to the aged and disabled population.

Some of the Services provided are:

- *Daily telephone reassurance calls**
- *transportation to medical appointments, grocery stores, post office, etc.**
- *Referral to other social service agencies in Mon County**
- *Neighbors in Touch: Minor home repair and rehabilitation**

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