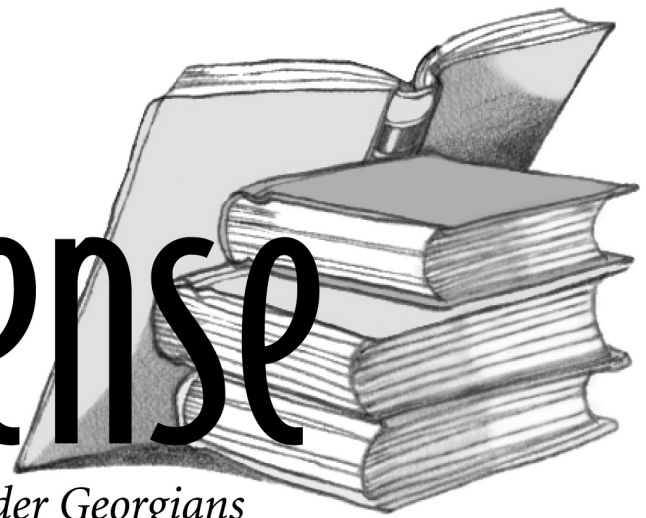


Senior Sense

Putting Knowledge to Work for Older Georgians



Vol. XIII, No. 3

Your Health

Getting Enough Calcium

Preventing osteoporosis is an important part of good health. One way to help keep your bones healthy is to get enough calcium and Vitamin D. As we get older, our needs for both nutrients increase.

The most common sources of calcium and Vitamin D are dairy foods. If you do not consume dairy products, you may need food or supplements fortified with calcium and Vitamin D. People over the age of 50 need 1200 milligrams (mg) of calcium per day and 600 International Units (I.U.) of Vitamin D.

Below is a "Calcium Calculator" that helps to determine if you are getting enough calcium. If you are over the age of 50, you need 12 points a day to meet your calcium needs.

Calcium Calculator

Oatmeal, fortified with calcium, 1 packet

350 mg calcium	3 points
Sardines, with edible bones, 3 ounces	
324 mg calcium	3 points
Cheddar cheese, 1 ½ ounce shredded	
306 mg calcium	3 points
Milk, nonfat, 1 cup	
302 mg calcium	3 points
Milkshake, 1 cup	
300 mg calcium	3 points
Yogurt, plain, low fat, 1 cup	
300 mg calcium	3 points
Soybeans, cooked, 1 cup	
261 mg calcium	3 points
Tofu, firm, with calcium, ½ cup	
204 mg calcium	3 points
Orange juice, fortified with calcium, 6 ounces	
200-260 mg calcium	2-3 points
Salmon, canned with edible bones, 3 oz.	
181 mg calcium	2 points
Pudding, instant, with 2% milk, ½ cup	
153 mg calcium	2 points
Baked beans, 1 cup	
142 mg calcium	1 point
Cottage cheese, low fat, 1 cup	
138 mg calcium	1 point

Spaghetti, lasagna, 1 cup	125 mg calcium	1 point
Frozen yogurt, vanilla, soft serve, ½ cup	103 mg calcium	1 point
Ready-to-eat cereal, fortified with calcium, 1 cup	100-1000 mg calcium	1-10 points
Cheese pizza, 1 slice	100 mg calcium	1 point
Waffles, fortified with calcium, 2	100 mg calcium	1 point
Turnip greens, boiled, ½ cup	99 mg calcium	1 point
Broccoli, raw, 1 cup	90 mg calcium	1 point
Vanilla ice cream, ½ cup	85 mg calcium	1 point
Soy or rice milk, fortified with calcium, 1 cup	85-500 mg calcium	1-5 points

What are your total points for today? _____

Your Resources

Carbon Monoxide Poisoning While Using Portable Generators

Attention all seniors! Hurricane season is officially upon us, and with hurricane season comes power outages. During power outages, portable generators may be used to supply electric power to homes. Portable generators may be useful during power outages or when remote power is needed, but they can be **EXTREMELY** hazardous.

One hazard associated with the use of portable generators is carbon monoxide (CO) poisoning. Carbon monoxide is an odorless, colorless, and deadly gas. Exposure to carbon monoxide causes carbon monoxide poisoning. Symptoms of CO poisoning include those that are similar to the flu: headache, dizziness, weakness, confusion, vomiting, chest pain, etc. Carbon monoxide can cause unconsciousness and death. People who are sleeping or who have been drinking alcohol may die without ever showing any symptoms of CO poisoning.

Don't put yourself and your family at risk. Instead of using a portable generator, use the help of others, including friends/family and community services. In a storm, consider staying in a motel or in a community storm shelter until power is returned.

If you must use a portable generator, use the following tips to help prevent carbon monoxide poisoning. Protect yourself and your family from CO poisoning: know how to safely use a portable generator **BEFORE** the power goes out!

- **NEVER** operate a portable generator indoors or in partially enclosed spaces (garages, crawlspaces, and basements), even with ventilation. Carbon monoxide can quickly build up indoors and partially enclosed spaces, even those that are ventilated. Opening doors and windows, using fans, etc. will not prevent carbon monoxide from building up in the home.

- Place portable generators outdoors. Place portable generators away from areas that allow outdoor air to come indoors. Areas that allow outdoor air to come indoors include doors, windows, and vents.
- Read, understand, and follow all directions that come with the portable generator.
- Install carbon monoxide alarms that are battery-operated or are plug-in with a battery back-up. A carbon monoxide alarm that is battery-operated or plug-in with a battery back-up will continue to work during a power outage. Test carbon monoxide alarms frequently, and replace batteries when needed.
- Get fresh air immediately if you feel dizzy, weak, or sick. It does not take long for carbon monoxide poisoning to occur.

Remember, you cannot smell or see carbon monoxide. It does not matter if there is no exhaust smell coming from the portable generator...you still may be exposed to carbon monoxide.

For more information, view the U.S. Consumer Product Safety Commission (CPSC) fact sheet “CPSC Safety Alert: Portable Generator Hazards.” The fact sheet is available in English and Spanish via the following links:
 English: <http://www.cpsc.gov/CPSCPUB/PUBS/portgen.pdf>

Spanish: <http://www.cpsc.gov/cpscpub/pubs/portgens.pdf>

Source: U.S. Consumer Product Safety Commission (CPSC), 2005. *CPSC Safety Alert: Portable Generator Hazards*. Washington, D.C. and the US Centers for Disease Control (CDC) Emergency Preparedness & Response. Available via: <http://www.bt.cdc.gov/disasters/carbonmonoxide.asp>

Your Relationships

Good Grief for the Newly Widowed

Losing a loved one — whether through unexpected or expected circumstances — is always distressing. This is especially true with the death of a spouse. The transition from wife to widow or husband to

widower is a very real, painful, and personal experience. Grief, a normal reaction to loss, is unique in its impact, course, and meaning to each of us. Grief differs based on who we are, whom we have lost, and how much our day-to-day life is altered by the death.

The intensity of grief changes over time and through personal growth.

For weeks after a death, most caring families and friends do all that they can to comfort us, making life as comfortable as possible. Many times, we are still in shock, accepting this support in a daze. Gradu-

Remember, you cannot smell or see carbon monoxide. It does not matter if there is no exhaust smell coming from the portable generator...you still may be exposed to carbon monoxide.

ally, those around us return to their normal lives, but we may not. The reality of the situation may lead us to think "I am alone," but we are not. There are approximately 175,000 new widows each year, adding to the current 10 million widows in the US. In fact, most people will understand much of what we are experiencing, and many of them can give us words of comfort.

There are approximately 175,000 new widows each year, adding to the current 10 million widows in the US.

Here are several things to remember when faced with the death of a partner. While they may seem simple, they are very important points to remember:

- Give yourself permission to mourn. Those who bottle up the grief inside themselves are doomed to have the grief burst out other ways. Tears of grief are nature's way of reducing the tensions caused by a loss. Therefore, men and women both need to give themselves permission to mourn. Postponing a confrontation with your feelings by filling each day with lots of activity will only delay and compound the grief reaction. Denying your grief can be helpful in separating yourself from the pain, but the agony is still there and it will stay there until you acknowledge it.
- Be aware that you may experience a range of emotions. Your reactions to death may cover a wide and confusing range of emotions such as shock,

numbness, anger, pain, yearning and having a sense of disbelief. Anger is a normal response when our life partner is taken. Guilt is another common feeling. In addition, feelings of loneliness, depression and despair often occur. It may help to think of grief as clusters of reactions with various phases rather than as an isolated emotion that occurs at one point in time.

Grief does not proceed in an orderly fashion any more than life itself does.

- With effort, you can overcome your grief. One of the myths about mourning is that it has an ending point, that if you just wait long enough, it suddenly stops hurting. It doesn't. It requires work. More than time, bereavement takes effort to heal. Mourning is a natural and personal process that only you can pace. It cannot be rushed and it cannot happen without your participation.
- When needed, find the strength to take action. As a newly widowed person, there may be urgent financial and legal decisions you must make following the death of your partner. You have just suffered an emotionally disturbing event and the last thing you want to deal with is money matters. But money does matter, now and for your future, so try to do the best you can. Postpone, however, any decisions that can be put off until you feel better emotionally.

- Work to tame your fears. When the first impact of death wears off, you may feel you are losing control. This is a normal part of the grieving process. Unlike mental illness, the strong feelings suffered during grief gradually diminish. Because you may experience a feeling of temporary instability, it's important to remember that you have the ability to cope. This is a time when much of your adjustment to widowhood takes place.
- In your own time, in your own way, you can say goodbye. The present, with all its pain and sorrow, is the only reality you have. Memories are very important, but they cannot be used as a shield against the present. At some point in your grieving, you will be ready to try to say goodbye. However, there are ways you can preserve the memories of your loved one such as:
 - Lighting a candle in her memory
 - Creating a memory book of photos of your loved one
 - Wearing a photo pin of your loved one
 - Writing a poem or story about him
 - Hanging a special ornament on the tree in her memory
 - Making a quilt from his favorite clothes
 - Sharing memories of her with friends and family
 - Creating a memory box of items that were special
- Gathering your family and friends together in celebration of him
- Stress can wreak havoc on your health. The effect of grief on our health is just beginning to be measured. While guarding your health can be among the least of your concerns during the throes of grief, you must work toward maintaining your health as soon as you feel able. This means beginning some form of regular exercise, getting proper nutrition, and reporting physical complaints to your doctor.
- Consider employment, continuing education or volunteer opportunities that match your needs and interests. Entering the job market after a long absence, or for the first time, can be one of the most challenging tasks that widowed persons encounter. Look for ways to enhance, capitalize and build on the skills you've developed over the years. Don't be afraid to ask about employment opportunities whenever and wherever you can. Prepare well for your job search. If you do not need to return to work immediately, you may decide to go back to school. There are also volunteer opportunities that are meaningful and personally fulfilling in your community, which you may want to consider.

The effect of grief on our health is just beginning to be measured.

Adapted from AARP at:
http://www.aarp.org/families/grief_loss/



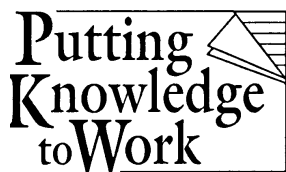
The University of Georgia Cooperative Extension Service

College of Agricultural and Environmental Sciences / Athens, Georgia 30602

Dear Friend:

SENIOR SENSE is a quarterly publication provided by your local county Extension Service office. It is prepared by Extension Family & Consumer Sciences specialists at The University of Georgia specifically for the educational needs of older Georgians.

Please contact your local Extension Service office for more information on these and related topics.



Contributors to this issue:

Connie Crawley, MS, RD, Extension Nutrition and Health Specialist

Gina Peek, Housing Program Assistant and Jorge Horacio Atilas, Ph.D., Extension Housing Specialist

Venessa Tymes, MS, and Don Bower, DPA, CFCS, Extension Human Development Specialist

Past editions of Senior Sense are available online at: http://www.fcs.uga.edu/extension/news_pubs.php#ss

COOPERATIVE EXTENSION SERVICE

U.S. DEPARTMENT OF AGRICULTURE
THE UNIVERSITY OF GEORGIA
COLLEGE OF AGRICULTURAL AND ENVIRONMENTAL SCIENCES
ATHENS, GEORGIA 30602

OFFICIAL BUSINESS

The University of Georgia and Ft. Valley State University, the U.S. Department of Agriculture and counties of the state cooperating. The Cooperative Extension Service offers educational programs, assistance and materials to all people without regard to race, color, national origin, age, sex, or disability. For large print, taped or braille editions of this publication, contact the author.

An Equal Opportunity/Affirmative Action Organization Committed to a Diverse Work Force

CHFD-E 71

Senior Sense 2-7

July, 2005

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, The University of Georgia College of Agricultural and Environmental Sciences and the U.S. Department of Agriculture cooperating.
Scott Angle, Dean and Director