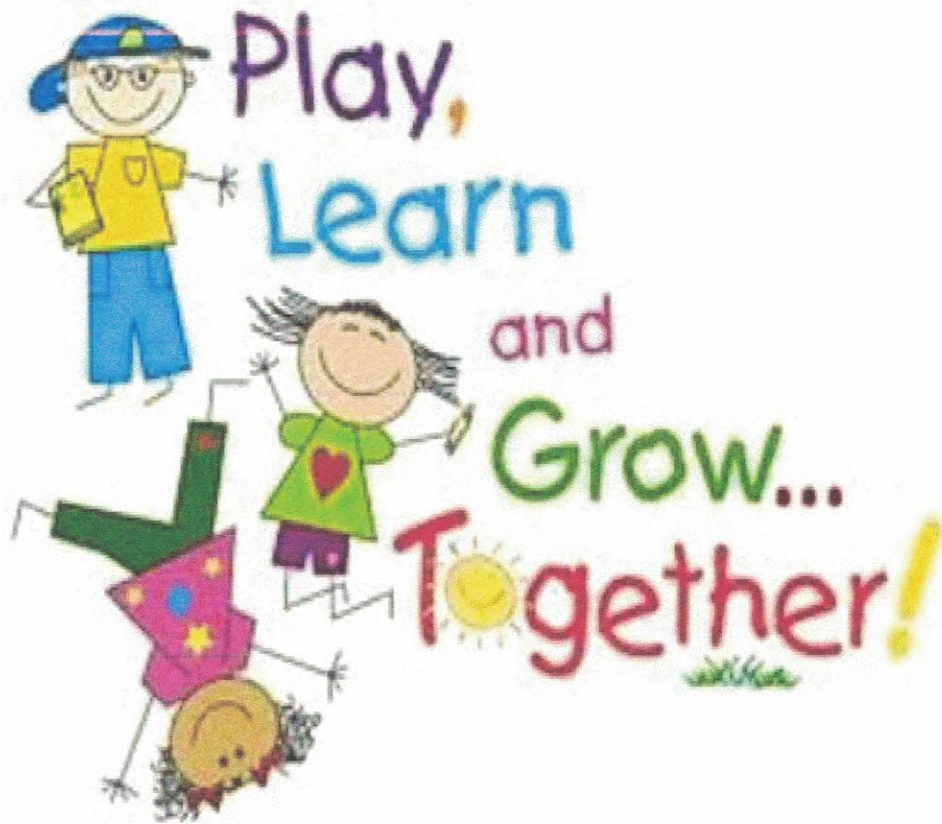


Back to School Time – Watch for Buses



**BCCO Newsletter –
August 2022**



Boone County Community Organization, Inc.

P.O. Box 247 • Madison, WV 25130

304-369-0451

Keith Stephens, Board President

Gary Williams, Executive Director

BOARD CHAIRMAN

Keith Stephens

EXECUTIVE DIRECTOR

Gary Williams

SENIOR PROGRAM STAFF

Sarah Bowe, Senior Nutrition Project Coordinator

Barbara Messer, Senior Aide

FUNDED BY:

Boone County Levy

Boone County Commission

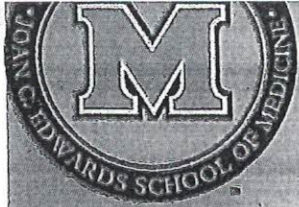
WV Bureau of Senior Services

Metro Area Agency on Aging

Boone County Aging Programs are sponsored by Boone County Community Organization. The programs are funded by County, State, Federal, and Project Income that are governed by the The Older Americans Act.

The Bureau of Senior Services is the State unit that is responsible for State and Federal Allocations. Metro Area Agency on Aging, under the Bureau of Senior Services monitors the programs.

The programs provide services to persons over 60 years of age or older, irrespective of sex, creed, color, national origin, political affiliation, or belief, or handicap. No person shall be excluded from participation in, be denied the benefits of, or otherwise subjected to discrimination under any program or activity.



BE MOUTH AWARE

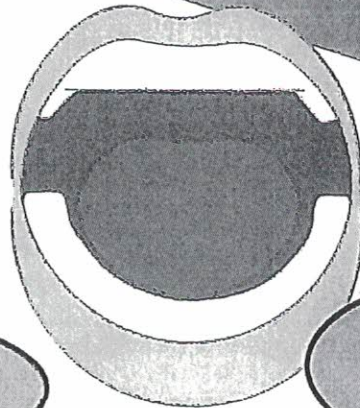
And look out for the signs and symptoms of
mouth cancer

Ulcers which do
not heal within
two weeks

Red & white
patches in the

Lumps or swellings in the
mouth or head & neck area

If in doubt, get
checked out



EARLY DETECTION CAN SAVE YOUR LIFE

Please join the Marshall University Community Oral Health Team as we talk about ORAL CANCER, its impact, and how a simple 2 minute check can possibly save your life. Those attending will receive a oral cancer screening kit.

CENTER Madison-Danville Nutrition

DATE August 8th, 2022

TIME 12:00

CENTER Racine Nutrition Center

DATE August 9th, 2022

TIME 12:00

WV SHIP is an unbiased source of information for you; we do not sell insurance.

Do you or someone you know receive Medicare?

Would you like to have “Extra Help” paying for your medications?

You may be eligible if you meet the following guidelines:



Monthly Income Less Than:

\$1,699 - Individual

\$2,289- Married Couple

***Guidelines higher for additional relatives in household**

Assets Less Than:

\$15,510 - Individual

\$30,950 - Married Couple

Please call one of our counselors to assist you in applying or for other Medicare related questions.

**Boone County SHIP/MIPPA/SMP Counselor
304-369-0451**



SHIP

State Health Insurance
Assistance Program

Navigating Medicare

**WV SHIP Medicare Helpline
1-877-987-4463**

**West Virginia SHIP Program
(State Health Insurance Assistance Program)**

This project was supported, in part by grant number 2101WVMIDR, 2101WVMIAA, and 2101WVMISH, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.



SMP

Senior Medicare Patrol

Preventing Medicare Fraud

STOP MEDICARE FRAUD

Each year, Medicare loses millions of dollars due to fraud and abuse. Dollars that could be saved if everyone knew ways to protect their information and how to report suspected fraud and abuse.

Protect your number

- Never give your Medicare number to anyone you don't know
- Don't carry your Medicare card with you unless you are going to the doctor
- Treat your Medicare card like a credit card
- Beware of offers for free services in exchange for your Medicare number such as braces, genetic testing/cancer screenings including testing screenings before getting a COVID booster, and COVID unsolicited services such as testing, vaccines, or supplies!
- Beware of callers saying they are with Medicare, Medicare doesn't call you except in very limited circumstances!

Detect Medicare fraud, errors & abuse

- Record doctors visits, tests and prescriptions in a health care journal or calendar
- Review your Medicare Summary Notice and compare it to your records. Look for double billing, services not provided by your doctor, doctors you don't know
- Set up a personal account at www.medicare.gov to view your Medicare records online 24/7

Report so that nobody has to lose a chunk of change.

- Call your provider or insurance plan and ask for an explanation.
- If you aren't happy with their answer or aren't comfortable contacting them, call the Senior Medicare Patrol

**Contact West Virginia Senior Medicare Patrol at:
1-855-254-1720 or contact your local senior center**

Want to Volunteer?

Volunteers can work with beneficiaries to review Medicare Summary Notices for accuracy, make presentations to groups about how to avoid getting taken by scam artists, exhibit at community health fairs, and more.

Volunteers receive training to teach Medicare beneficiaries how to protect their personal identity, report errors on their health care bills and identify deceptive health care practices.

To volunteer call the West Virginia Senior Medicare Patrol at :

1-855-254-1720

This project was supported, in part by grant number 90MPPG0012, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy



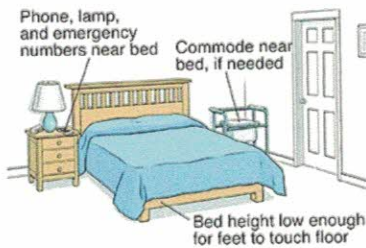
AUGUST

The Lazy Days Of Summer



Secure any wires and cords from lamps, alarm clocks, etc. far away from the standing zone next to the bed to avoid nighttime falls. Keep cords close to the walls and not arranged across walkways.

Adjust the bed height so that your loved one can sit on the edge of the bed with their feet firmly touching the ground.



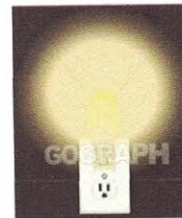
Maximize walking space by strategic bed placement.

Bedroom

Install sturdy nightstands that can provide support if needed. Clear all laundry and laundry baskets that may be on the floor.



Ensure sheets and bedding do not hang to the floor so that your loved one can avoid tripping.



Use night lights to help you or one move around the room at.

August 2022
Volume 241



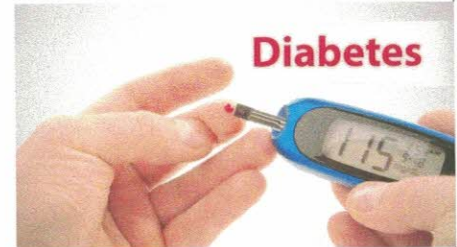
**Inside this
issue:**

Symptoms of Type II Diabetes	1- 2
Prediabetes	3
Fruit—Kiwifruit	4- 5
Recipe—Kiwi Lime Cake Loaf with Yogurt	6- 7
Brain Exercise	8
August Monthly Observances	9

Food and Fitness

Symptoms of Type 2 Diabetes

Many people live with type 2 diabetes or prediabetes for years without having it formally diagnosed. Type 2 diabetes come with symptoms that are pretty distinct. Testing for diabetes is a very easy process as well.



Certain factors can increase the likelihood of developing type 2 diabetes such as family history, overweight or obesity, race, and if you are age 45 or older. Also, physical inactivity and other certain health related issues like high blood pressure can increase the chances of developing type 2 diabetes.

Diabetes is one of the most common disease states. According to the Mayo Clinic, type 2 diabetes is an impairment in the way the body regulates and uses sugar (glucose) as a fuel. Diabetes occurs when blood glucose (blood sugar) is too high. Blood glucose is one of the most important sources of energy for your cells.

The pancreas creates a hormone called insulin that puts the blood glucose into the cells for energy. In a diabetic, the process of using blood glucose for energy is off. The pancreas either does not create enough insulin or the process is impaired.

(Continues on Page 2)

Symptoms of Type 2 Diabetes

(Continued from Page 1)

The onset of diabetes can be a slow process that takes years to develop. Often people are diagnosed with prediabetes and can turn into type 2 diabetes later on. Prediabetes is a term that is often used when the blood glucose levels are higher than normal but not quite high enough to be classified as type 2 diabetes. Testing the blood glucose levels are important for identifying prediabetes or type 2 diabetes. It is common for those with prediabetes to not experience symptoms other than the higher than normal blood glucose levels.

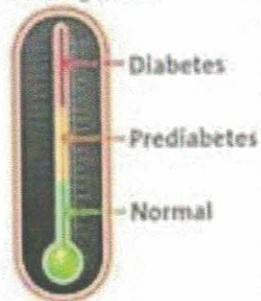
With it taking years to develop type 2 diabetes, often people mistakenly place these symptoms with the process of aging. For type 2 diabetes, symptoms can be mild to severe.

- ◆ **Increased hunger**—Eating provides the body with energy so when the cells do not use the glucose for energy the body signals the hunger hormone.
- ◆ **Fatigue**—When the energy is not being taken out of the blood for use, eventually the lack of energy creates fatigue.
- ◆ **More frequent urination**—With a normal person, the kidneys reabsorb glucose as it passes through. When you have diabetes, the increased amount of glucose in the blood causes the kidneys to work harder than normal leading to more frequent urination.
- ◆ **Increased thirst**—Kidneys use fluids to create urine and goes right along with frequent urination.
- ◆ **Blurry vision**—Fluid levels can effect the lenses inside of the eye. The lenses can swell up and change their shape which leads to blurry vision or focus issues.
- ◆ **Slow to heal**—High blood glucose levels can alter the flow of blood and cause nerve damage. Both of these make it harder for sores or cuts to heal.
- ◆ **Tingling, pain or numbness**—Nerve damage can cause these feelings commonly in the hands and feet.

Diabetes is very hard on the body and can lead to many other issues. If you are concerned about family history or occurring symptoms, consult your doctor.

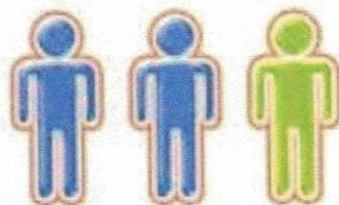
PREDIABETES

Blood Sugar Level



WHAT IS PREDIABETES?

If your blood sugar (glucose) level is higher than normal but not high enough to be classified as diabetes, then you have prediabetes. Prediabetes is also referred to as impaired fasting glucose (IFG) or impaired glucose tolerance (IGT). It used to be called borderline diabetes.



1 in 3 (33%) OF PEOPLE with prediabetes, don't even know that they have the condition.

BUT I FEEL FINE... Some people with prediabetes have no symptoms. Others have some of the symptoms of diabetes. Regardless, you can have prediabetes and diabetes for years and not know it.



WHAT CAN I DO ABOUT IT?

Treating prediabetes and delaying or preventing diabetes is all about controlling your blood sugar. You can do this by eating a healthful diet and not skipping meals, exercising moderately for at least 30 minutes five days/week, and losing just 5-10% of your body weight. Also have your blood sugar levels regularly checked by a doctor.



EAT HEALTHIER



LOSE WEIGHT



EXERCISE REGULARLY



CHECK BLOOD SUGAR LEVELS REGULARLY

WHAT IMPACT

does prediabetes have on my body?

Prediabetes can lead to:

STROKES



HEART DISEASE

TYPE 2 DIABETES



High blood sugar can silently wreak havoc on your body over time and can cause harm to your:



EYES

KIDNEYS



NERVES

SYMPTOMS

Of diabetes

- Frequent urination
- Feeling very thirsty
- Feeling very hungry, even while eating
- Blurred vision
- Extreme fatigue
- Cuts or bruises that are slow to heal
- Tingling, pain or numbness in hands and feet

— source: American Diabetes Association



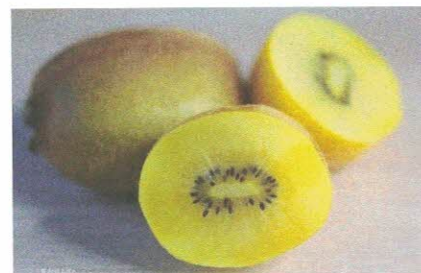
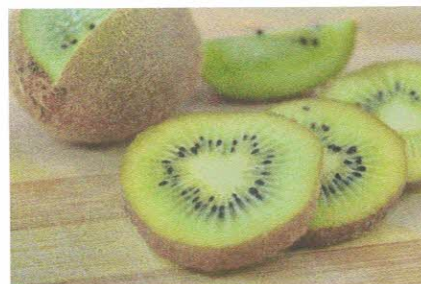
Fruit—Kiwifruit

Kiwifruit grow in many areas of the world. Kiwis are a popular fruit in the United States, as well as other countries, and can be found in most grocery stores. The kiwifruit, often shortened to kiwi, is a large berry that originated in eastern China. Originally, kiwis were known as Chinese gooseberries. The name kiwi came from New Zealand exporters who named them after the kiwi birds.

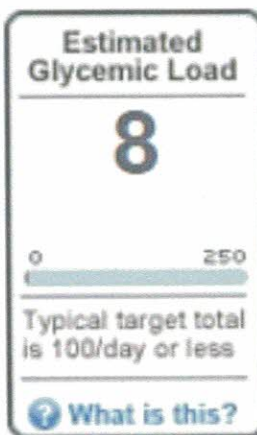
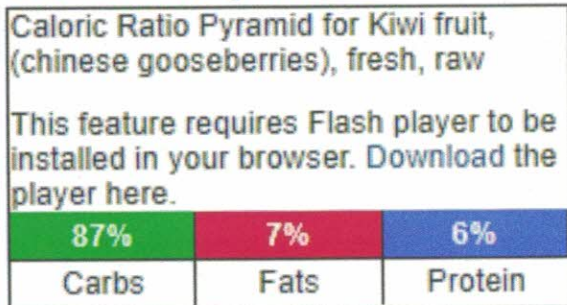
Kiwis grow on a woody vine in the shape of an oval. Kiwis can come with a green or yellow inside and a fuzzy brown skin on the exterior. The green ones are the most popular in the United States. The inside of kiwi has a sweet and tart flavor combination. The skin of a kiwi is fussy and brown. It can also be eaten and has a tart flavor.

Kiwis are noted to be high in dietary fiber, vitamin C, and vitamin K. Kiwis are also noted to contain notable amounts of Vitamin E, folate, potassium, and copper. Kiwis are low in calories, fat, and sodium.

Kiwis can be eaten in a variety of ways but are most often consumed in their raw and natural form. Try eating kiwis in a unique way!



Caloric Ratio Pyramid [What is this?](#)



NutritionData's Opinion

[What is this?](#)

Weight loss: ★★★★★

Optimum health: ★★★★★

Weight gain: ★★★☆☆

The good: This food is very low in Saturated Fat, Cholesterol and Sodium. It is also a good source of Dietary Fiber, Vitamin E (Alpha Tocopherol), Potassium and Copper, and a very good source of Vitamin C and Vitamin K.

The bad: A large portion of the calories in this food come from sugars.

Recipe—Kiwi Lime Loaf Cake with Yogurt

INGREDIENTS

Cake

- 2 2/3 cups (350 g) all purpose flour, sifted
- 2 1/2 teaspoons baking powder
- 1/2 teaspoon sea salt
- 1/2 cup (150 g) Greek yogurt
- 1 cup (200 g) white granulated sugar
- 4 large eggs, *see notes on size*
- 1 teaspoon lime zest
- 1/2 teaspoon vanilla paste or extract
- 9 oz (250 g) kiwi fruit, peeled and pureed
- 1/2 cup (120 ml) sunflower oil, or any



Lime syrup

- 2 tablespoons (30 ml) fresh lime juice
- 2 tablespoons (30 ml) water
- 4 tablespoons (60 g) white granulated sugar

Recipe Received From: [Kiwi lime loaf cake with yogurt - Sugar Salted](#)

INSTRUCTIONS

Lightly grease a loaf pan with oil and line bottom with parchment paper. Dust all sides with flour. Set pan aside. **Preheat the oven to 350°F (175°C)** and place a rack in the middle of the oven.

Combine flour, baking powder and salt in a medium bowl. In another bowl, whisk together yogurt, sugar, eggs, lime zest and vanilla paste.

Stir the flour mixture into wet ingredients, gently, just until all the patches of flour are gone. Next, whisk in pureed kiwi. Slowly fold in the oil, stir just until the mixture is well combined but do not overmix!

Pour batter into the prepared pan and bake for 50-60 minutes, until golden brown in color and a skewer (or cake tester) inserted in the center of the cake comes out clean. (If your cake is getting dark brown on top but is raw in the middle, cover the pan with aluminum foil and keep baking until a skewer comes out clean. Crumbs are

Meanwhile prepare the lime syrup (optional): Combine lime juice, water and sugar in a small non-reactive saucepan. Cook over medium heat until the sugar dissolves and the mixture is clear, about 5 minutes. Set it aside.

When the cake is baked let it cool in the pan for 10 minutes. Gently transfer the cake to a wire rack (placed over a sheet pan) and slowly pour over the lime syrup, trying to cover the top of the cake.

Let cake cool completely then serve. I like to dust it with sugar before serving.

Brain Exercise

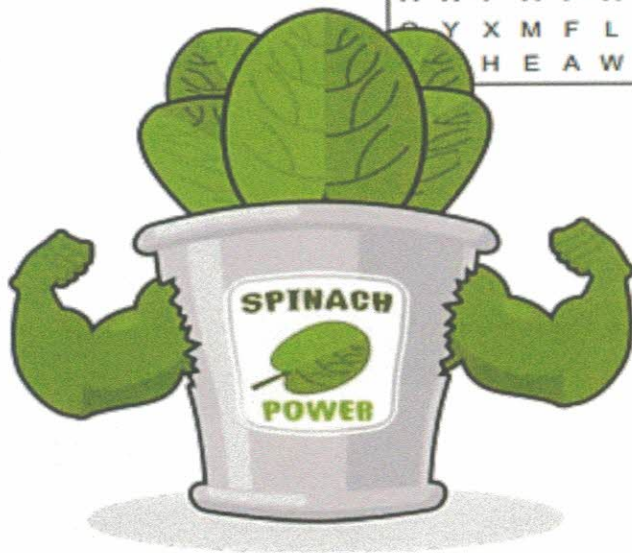
Don't Just Exercise Your Body, Workout Your Brain!

Superfoods Word Search

DIRECTIONS:
Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.



- Almond
- Apple
- Artichoke
- Asparagus
- Avocado
- Beet
- Black Bean
- Broccoli
- Brown Rice



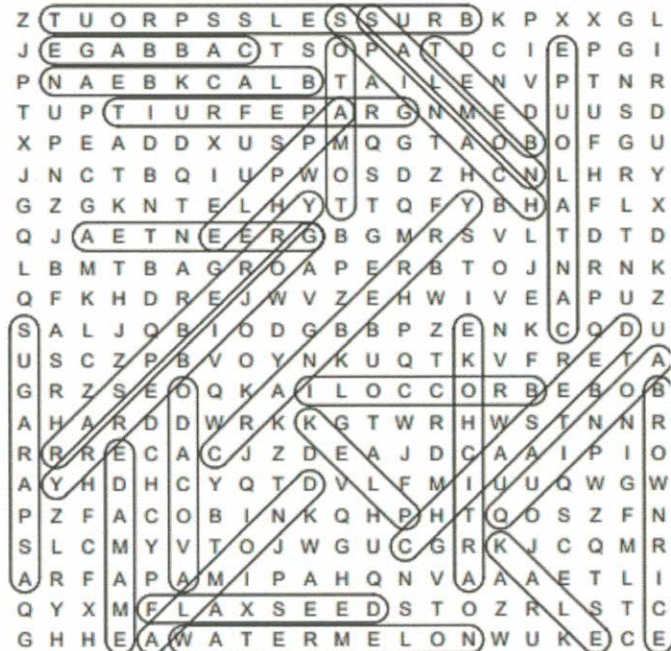
- | | |
|-----------------|------------|
| Brussels Sprout | Green Tea |
| Cabbage | Kale |
| Cantaloupe | Kelp |
| Chia Seed | Quinoa |
| Cranberry | Raspberry |
| Edamame | Salmon |
| Flax Seed | Spinach |
| Goji Berry | Tomato |
| Grapefruit | Watermelon |

Kathrine J. Clark, MS, RD, LD
Nutrition Consultant
1 John Marshall Drive
Huntington, WV 25575
Kathrine.Clark@marshall.edu



Brain Exercise Answers

SOLUTION



This newsletter is created by Kathrine J. Clark, MS, RD, LD, Nutrition Consultant to the
West Virginia Bureau of Senior Services.

Name: _____



Back-to-School Word Search

S	O	M	K	E	L	G	B	O	F	A	T	R	W	M	S	M	E
X	O	S	O	I	R	A	L	R	B	I	H	A	E	E	N	U	B
S	E	C	C	O	C	A	I	U	R	R	I	D	L	C	O	S	O
D	P	N	I	K	R	E	S	E	E	E	N	N	C	N	Y	I	L
R	E	E	P	A	N	S	T	E	S	T	K	E	O	E	A	C	G
P	E	A	L	D	L	U	S	T	R	E	I	L	M	I	R	I	L
P	C	D	S	L	P	S	U	A	G	F	N	A	E	C	C	U	L
K	A	H	L	M	I	D	T	Y	L	A	G	C	G	S	N	A	W
N	I	M	O	O	E	N	M	U	E	C	C	N	I	C	P	S	R
P	W	C	A	N	F	F	G	Y	D	M	A	T	H	I	R	C	I
S	E	I	T	I	V	I	T	C	A	I	P	A	C	S	E	H	T
F	I	E	L	D	T	R	I	P	R	S	E	N	A	S	L	O	I
K	O	O	B	E	T	O	N	A	G	H	I	S	R	O	U	O	N
T	E	A	C	H	E	R	L	E	A	R	N	I	T	R	R	L	G
G	N	I	D	A	E	R	H	D	P	P	L	E	S	S	O	N	R

How many words can you find hidden in the puzzle?

- | | | | | |
|------------|------------|----------|----------------|--------------|
| ACTIVITIES | CALENDAR | GLOBE | PENCIL | THINKING CAP |
| ART | CLASSROOM | GLUE | PRINCIPAL | WELCOME |
| BACKPACK | COMPUTER | GRADE | READING | WELCOME |
| BUS | CRAYONS | GYM | RULER | WRITING |
| CAFETERIA | DESK | LEARN | SCHOOL | |
| | DESK | LESSON | SCIENCE | |
| | ERASER | LUNCH | SCISSORS | |
| | FIELD TRIP | MAP | SOCIAL STUDIES | |
| | FOLDER | MATH | SPELLING | |
| | FRIENDSHIP | MUSIC | STUDENT | |
| | | NOTEBOOK | TEACHER | |



School Time
www.DailyMessses.com



art
carpool
exam
grades
lab
lunch money
nurse
pictures
recess
sports
uniform

bookbag
coat
field trip
history
library
marker
pen
principal
report card
teacher

books
conference
friends
homework
lunch
math
pencil
quizz
school
team

bus
detention
fund raiser
honor roll
lunch bag
music
permission slip
reading
science
test



BCCO August MENU 2022

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Beef Shepherd's Pie Greens WG Roll Fresh Fruit	2 Chicken Alfredo Broccoli Carrots Fresh Fruit	3 Turkey Club on WG Bun Red Pepper Spears w/ Ranch dip Peas Fruit Juice	4 Roast Beef Special on WW Bread Mashed Potatoes Gravy Green Beans Fruit Juice	5 Hamburger with pickles and onions on WG Bun Pea Salad Fresh Fruit	6
7	8 Crispy Chicken on WG Bun with lettuce & Tomato Broccoli Norm. Mix Greens Fresh Fruit	9 White Beans Cornbread Baby Bakers Beets Onion Slices Fresh Fruit	10 Fish Macaroni and Cheese Greens Carrots Fruit Juice Brownie	11 Meatloaf Mashed Potatoes Corn WG Roll Fruit Juice	12 Chicken Burrito with red peppers Refried Beans Stewed Tomatoes Fresh Fruit	13
14	15 Breakfast Egg omelet with cheese, red peppers, onions Sausage, Biscuit Oven fried potatoes Fruit Juice	16 Chicken and Dumplings WG Roll Broccoli Carrots Fresh Fruit	17 Goulash Garlic Bread Brussel Sprouts Fruit Juice	18 Pork Chops WG Roll Mashed Potatoes Corn Fresh Fruit	19 Hot Dog with Chili and slaw (WG Bun) Baked Beans Small ear of corn Fresh Fruit	20
21	22 Hot Ham and Cheese on WW Bread Baked Beans Cucumber/Onions in Vinegar Fresh Fruit	23 Spaghetti with meat sauce and parmesan cheese Coleslaw, side salad, garlic bread and fruit juice	24 Fish WG Pasta and tomatoes Rice Broccoli Fruit Juice	25 Kielbasa and cooked cabbage Baby Bakers Onion Slices Cornbread Fresh Fruit	26 Chicken Pot Pie Small ear corn Side salad Fruit Juice	27
28	29 Pizza Bread with Pepperoni, Cheese, Banana Peppers, Onions Baked Beans Corn Fruit Juice	30 Chef Salad Crackers Fresh Fruit	31 Meatloaf Mashed Potatoes Green Beans WG Roll Fruit Juice	All menus are subject to change without notice 304-369-0451		*All on site meals will be Served with Milk

If your monthly income is

\$0- \$1005.00

\$1006 - \$1353

\$1354 or more

The suggested meal donation is:

\$2.00 per meal

\$2.50 per meal

\$3.00 per meal

*Anyone under the age of 60 may

join us for lunch at a senior

center. The lunch price is \$5.25

per meal.

No one will be denied a meal if unable to make donations