



FTAAAD QUARTERLY NEWS

January–March 2020 Volume 8 Issue 1

FROM THE DIRECTOR

The 2020 CENSUS IS COMING!

With the 2020 Census happening this year, we would like for you to help us ensure that all older adults, and any young children that may live with them, are counted in this tally. Census data is factored into a tremendous number of policy actions and funding formulas—at the federal, state and local levels—so it's vitally important that everyone living in the United States on April 1, 2020 is counted.

The count is mandated by the Constitution and conducted by the U.S. Census Bureau. Every home will receive an invitation to respond to a short questionnaire online, by phone or by mail. This is the first year you will be able to submit your information online if you prefer.

The census provides critical data that lawmakers and organizations

use to allocate services, products and support for you and your community. Every year, billions of dollars in federal funding go to hospitals, fire departments, schools, roads, and other resources based on this census data.

The results of the census also determine the number of seats each state will have in the U.S. House of Representatives, and are also used to draw legislative districts.

Participating in the 2020 census is required by law, even if you recently completed another survey from the Census Bureau, so don't miss your chance to be counted.

—Kathy Whitaker, Director



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SAVE THE DATE! 32nd Annual Conference on Aging & Silent Auction

April 28, 2020
MeadowView Conference Resort
& Convention Center

KEY DATES

NET-VAC Meeting

February 5, 9:30 am
Trinity Assembly of God,
617 University Pkwy., Johnson City

NET-VAC Meeting

March 4, 9:30 am
Trinity Assembly of God,
617 University Pkwy., Johnson City





HEALTHY EATING 2020

Resolution 1—Eat More Omega-3s

Solution—Getting more foods rich in omega-3 fatty acids might just help you keep your blood pressure down. Aim to get two servings of fish a week, particularly fatty fish, such as salmon, sardines and some types of tuna, which are rich in omega-3s.

Resolution 2—Pile On The Veggies

Solution—Roasting vegetables caramelizes their natural sugars so they taste fantastic. It's an easy way to cook veggies for dinner—pop a pan of them in the oven and make the rest of dinner while they roast.

Resolution 3—Up Your Fiber Intake

Solution—One of the easiest ways to up your fiber intake is to eat more whole grains. Quinoa, whole-wheat couscous, bulgur wheat and polenta are all quick-cooking options to add to your weeknight repertoire.

Resolution 4—Eat Less Meat

Solution—When you replace meat with soy, you'll naturally eat less saturated fat—and research shows that saturated fat increases LDL cholesterol. While tofu might not have a real "flavor," that's what makes it so versatile—it soaks up the flavors of a stir-fry sauce or marinade like a sponge.

Resolution 5—Rein In Your Sugar

Solution—Americans eat too much sugar. We consume 355 calories—or 22 teaspoons—of added sugars a day. Luckily, you can still make low-sugar treats that will satisfy your sweet tooth and cut back on your sugar intake at the same time.

—Courtesy of EatingWell.com

POSITIVE SELF-TALK FOR CAREGIVERS

What Is Self-Talk?

Self-talk is the daily dialogue that we have with ourselves—those habitual things we say to ourselves either in word or thought. Self-talk can be both positive and negative. People don't always think that self-talk is important; however, it can have a big influence on how people view their life, their family, even their illnesses. As a caregiver, self-talk can play an important part in how you deal with the daily stress that comes with caregiving.

Self-talk has been found to affect a person's level of pain, depression and fatigue. Taking inventory of this internal dialogue may help to shed new light on any symptoms and/or pain patterns.

How Can I Change Negative Self-Talk?

- Write down negative or self-defeating thoughts or words, particularly those that come to mind when you are having a rough day or are worn down.
- It may help to think about where the negative thought originated ("I am a lousy caregiver"—when did that start? You believe that your care receiver doesn't appreciate your efforts—did some event contribute to that belief?).
- Replace the thought identified in #1 with a new positive thought. Examples: "I'm a lousy caregiver." Replace with, "I made a mistake, but I can improve." "I'm not appreciated." Replace with, "I

know I am doing my best to take care of my loved one."

- Practice in real situations where you would normally be negative.

Building on a Positive Foundation

- Some find it helpful to have a list of positive affirmations ready to focus on when negative thoughts start to fill their mind. Take the time to list the things that you do well and the things that you genuinely like about yourself. This will help to motivate you beyond how you feel.
- Envision yourself completing tasks successfully and accomplishing what you want to accomplish.
- Take care of yourself (physically, mentally, spiritually). Investing in yourself can help you to feel better.
- Sometimes it helps to pay attention to people or relationships that make you feel worse. Good relationships allow you to have boundaries and do what you need to do to stay healthy, while bad ones cause unhealthy situations.

Don't Give Up!

Be patient with yourself. Negative habits are not learned overnight and it usually takes time to establish new thought patterns. Maybe you haven't reached your goals yet, but even small improvements should be seen as part of the overall victory! One day at a time—never give up!

—Courtesy of Tracy Buckles and UT Extension FCS Family Ties Newsletter



FIVE SENIOR BLOGS

Senior Planet

<https://seniorplanet.org>

A community of people 60 and older who are harnessing technology to change the way they age.

The Senior Nomads

<https://seniornomads.com/blog>

Retired and traveling the world: “living life and loving each other”, one Airbnb at a time.

Sixty and Me

<https://sixtyandme.com/blog>

An online conversation about life after 60. Topics range from makeup for older women and senior dating to retirement advice and senior travel.

My Senior Health Plan

www.myseniorhealthplan.com/blog

Stay up-to-date on senior health and wellness issues. Read the latest news about health, fitness, travel, finances, and insurance.

—*Courtesy of letssaythanks.com*

AGING CONFERENCE

Mark your calendar! The Annual FTAAAD Conference on Aging will be held at the MeadowView Conference Resort and Convention Center in Kingsport on Tuesday, April 28.

The day will once again feature a full schedule of educational classes, compelling speakers, and a chance to bid for silent-auction items. Watch your mail for a registration booklet, or contact Teresa Sutphin at tsutphin@ftaaad.org to register.

Our conference is presented in conjunction with Older Americans Month (May). This year's theme is “Make Your Mark,” to encourage and celebrate the countless contributions that older adults make to our lives and communities.

WHY SENIORS ARE TARGETED FOR FRAUD

- Senior citizens are more likely to have a “nest egg,” to own their home, and have excellent credit, making them attractive targets for con artists.
- People who grew up in the 1930s, 1940s and 1950s were generally raised to be trusting and polite. These individuals find it hard to say “no” or to just hang up the phone on a caller.
- Older adults are less likely to report fraud because they don't know where to go, are ashamed to admit they've been scammed, or don't realize they've been scammed. They may also be afraid that family members will think they have become unable to handle their own affairs.
- They often make poor witnesses and con artists count on elderly victims not being able to supply enough detailed information to investigators.
- Senior citizens are more susceptible to products promising increased cognitive function, virility, physical conditioning, and cancer prevention, as well as money-making schemes and free gifts or prizes.
- “You've won a free gift, free vacation or a prize, but you have to pay handling charges, taxes or other costs.”
- “You must send money or a prepaid gift card, provide a credit card number or bank account information, or have a check picked up by courier.”
- “You don't need to tell anyone about your special offer.”
- “You don't need any written information about the company or their customer references.”
- “You can't afford to miss this high-profit, no-risk offer.”

Remember, it is very difficult to recover your money if you have been a victim of phone fraud. If you or someone you know believes they may have been a victim of fraud, report it to your local, state or federal authorities.

For more information and tips to avoid telemarketing scams, visit the Federal Bureau of Investigation's Telemarketing Fraud webpage at www.fbi.gov/scams-and-safety/common-fraud-schemes/telemarketing-fraud.

—*Courtesy of Federal Bureau of Investigation*

Adults over age 60, and particularly older women living alone, are special targets for scam artists selling bogus products and services by telephone. If you hear any of these lines from a caller, just say “no, thank you” and immediately hang up the phone.

- “You must act now or the offer will expire.”





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Aging and Disability**

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No person shall, on the grounds of race, color, or national origin, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any program or activity receiving federal financial assistance.

The services of the FTAAAD are funded in part by Title III of the Older Americans Act and State funds through grants from the Tennessee Commission on Aging and Disability. Contributions are encouraged to support all programs but no one is refused service for inability to pay.

The FTAAAD is part of the First Tennessee Development District.



Scan our QR code to go
directly to the FTAAAD
website

join us on
facebook

www.facebook.
com/ftaad



PHOTO GALLERY



FTAAAD staff wrapping gifts for Home Instead Senior Care's "Be A Santa To a Senior" program.



The CREVAA and MyRide programs helped many older adults in Northeast Tennessee to have a Merry Christmas this year!



First Tennessee Development District is a collection point for shelf-stable food donations for Second Harvest Food Bank of Northeast Tennessee. Stop by our offices and leave your donations with us!