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Event caters to senior citizens

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The 15th Senior Celebration offered about 500 senior citizens a little bit of everything Tuesday at Owensboro Christian Church.

They got information on senior services throughout the area, such as home care equipment and products, transportation for those who don't drive, as well as a number of programs that provide meals, home visits and caregiving. People could even sign up for the Daviess County Diabetes Coalition Charity Golf Scramble on Sept. 24 at Panther Creek Golf Course.

Dr. David Brey spoke about the treatment of arthritis, and Ron Logsdon, executive director of Audubon Area Community Services, spoke about the national home weatherization program.

"We have \$1.8 million to invest in home weatherization over the next 15 months," Logsdon said. "Let us know who you are, or if you know someone who can use it."

Angela Woosley, a nurse and training coordinator with the Green River District Health Department, talked about the circle of life and how roles and needs change throughout a lifetime.

Woosley said that a generation gap is normal, but that families should work to eliminate the communication gap.

"No matter what your relationship is with your parents, you will miss them when they're gone," Woosley said, quoting poet Maya Angelou.

Woosley emphasized "enjoying and embracing life," and looking in the mirror and telling yourself you look good. She said staying positive was essential.

"It's been proved that being positive is healthy and contagious," she said. "It produces endorphins that make you feel good."

"Don't worry and don't hurry. Life is too short if you don't enjoy it."

On a serious note, Woosley warned people to be alert for those who prey on the elderly with money scams. She said to ask questions about organizations raising money, or where the money is going.

"We're too trusting as a society," she said.

She also said tighter controls are needed on advertising because older people will see ads for a "magic" medicine, ask their physicians about it, get approved for it and are perhaps taking more pills than are needed.

Woosley said preparedness kits are essential for the elderly in case of disasters.

"Know what medicines you're on, write them down," she said. "In one of our disasters, I heard people say, 'I'm on that blue pill for high blood pressure,' or, 'Just call my doctor, he'll know what I'm taking.'"

She also suggested writing down stories the elderly tell, or record them with video equipment, so the next generation will understand what life was like long ago.

The keynote speaker was South Carolina humorist Glen Ward, who did impersonations, sang and praised "old-fashioned" values. He talked about the importance of teaching children respect and manners.

"If we ever embarrassed our folks in public, we got retrained when we got home," he laughed.

He said that if "your word was your bond," you wouldn't need a lawyer, and in the old days, people faced hard times, like the Depression, with hard work.

"My daddy would see a young man out jogging at 5 (p.m.) and he'd say, 'He wouldn't be doing that if he worked with my daddy all day. He'd be sitting on the porch resting.'"

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