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1. National Women's Health Week

In observance of National Women's Health Week, the South Mississippi Rural Health Care Initiative at 62 Old Airport Road in Hattiesburg will be offering a health fair at the Women's Health Center on Saturday, May 20 from 9 a.m. - 2 p.m. The Loyalton, off South 28th Avenue in Hattiesburg, will host a health fair on Tuesday, May 23 from 10 a.m. - 12 p.m.

2. Avoiding the Nursing Home

A large community-based study has discovered that lifestyle in middle age is a good predictor of nursing home admission in later age. "Even after other health factors were taken into consideration, the presence of modifiable lifestyle factors -- smoking, physical inactivity, obesity, high blood pressure, and diabetes, but not total cholesterol - - substantially increased the risk of nursing home placement." Interestingly, the risk factors were more significant for the middle-aged subjects than the elderly ones. To read a summary of the study, visit: http://news.yahoo.com/s/nm/20060509/hl_nm/nursing_home_dc For the elderly, unmanaged depression appears to be a major risk factor for admission. http://www.nlm.nih.gov/medlineplus/news/fullstory_33529.html

3. Area Agency on Aging Services

The Area Agency on Aging provides a variety of services to the aging population. These include congregate meals, various support programs, homemaker services, legal services, referral information, and long-term care alternatives. The number for this region is 228.868.2326. For other information, please visit the regional Web site at www.SMPDD.com. This information as well as many other links to help family caregivers can be found on our Web site at www.usm.edu/sharecare

4. Quick Test of Your Health/Fitness Knowledge Answers

Here are six questions that were given in the last edition of ShareCare Notes to determine your health/fitness knowledge and their answers.

(1) Monounsaturated fats, found in these foods, help reduce cholesterol: (A)

- A. avocados, canola and olive oils
- B. sesame, sunflower and safflower margarines
- C. beef, butter and cheese
- D. palm and coconut oils

(2) Menopausal women are susceptible to developing dry eyes, causing eyes to sting, burn or feel scratchy. Dry eyes can be caused by: (D)

- A. poor tear quality and production
- B. medications such as diuretics, antihistamines, sleeping pills and some antidepressants
- C. smoke, sun, wind and indoor heating
- D. all the above

(3) Sinusitis, an inflammation of the sinuses, is most commonly caused by: (B)

- A. food sensitivities
- B. viruses, bacteria and allergies
- C. fatigue and overexertion
- D. contact with a person who has sinusitis

(4) To prevent back pain, it's important to: (A) A. exercise, eat right and practice good posture B. limit activity as much as possible C. wear a back brace regularly D. sleep on a soft mattress

(5) Which statement about depression is true? (C) A. Depression is a normal part of aging. B. Depression is a normal part of menopause. C. About 12 million American women become clinically depressed each year. D. More men than women experience depression.

(6) A study in The Journal of American Medical Association says this vitamin may be more important than calcium when it comes to preventing bone

fractures: (B)

- A. Vitamin A
- B. Vitamin D
- C. Vitamin C
- D. Vitamin E

If you are a caregiver and interested in participating in research, you might explore www.clinicaltrials.gov . Several studies are recruiting participants. The site allows for simple searches and advanced searches within results. University of Alabama at Birmingham is recruiting clinical trial participants who are caregivers of persons with brain injury. Contact Dr. Patricia Rivera for more information, rivera@uab.edu .

5. ShareCare Bank Update

The numbers are growing! There are over thirty services offered now. There have been 101.5 TimeDollars exchanged through ShareCare Bank, and we have ten new members since April. The new members have great talents to share with the group. There are two new members who have a experience providing long-term care for people who are aging or who have a chronic illness. They are anxious to get started sharing their time with others. If you would like more information on ShareCare Bank please visit our Web site: www.usm.edu/sharecare or call Christy Harrison at 601.266.5163 or e-mail Christy.harrison@usm.edu

6. Upcoming Events

On May 18, 2006, ShareCare Bank will have its monthly potluck dinner at Westminster Presbyterian Church at 6 p.m. Everyone is invited to attend. Bring your favorite dish and a friend.

We are currently facilitating a six-session workshop on "Powerful Tools for Caregivers". This series is a closed group that will end on July 12. In August, we will start this series again.

On June 8, 2006, Forrest General Hospital's caregiver support group will meet at 6 p.m. in the Elm Room. The speaker will be Ronald Schwartz, M.D., who will discuss the basics of Alzheimer's Disease. Don't miss this opportunity to talk with an expert.

In the works: We are currently working on bringing back the Brown Bag lunch series to meet the needs of our caregivers on campus. If you have any suggestions about this or any other ways we can meet the needs of our caregivers, please contact Christy Harrison at 601.266.5163 or e-mail Christy.harrison@usm.edu .

Project ShareCare Bank, funded by the Mississippi Council on Developmental Disabilities, is a community building project that provides networking and neighborly services for families who have an adult member with a disability or chronic condition.

ShareCare is sponsored by the Institute for Disability Studies (IDS), Mississippi's University Center for Excellence in Developmental Disabilities (UCEDD). IDS provides university training, community service activities, research, and information that promote the independence, productivity, and community inclusion of individuals with disabilities and their families. For more information about IDS, visit the Institute's Web site at www.usm.edu/ids or call 1-888-671-0051 (TTY). To make a tax-deductible gift to IDS for this and other projects, visit <http://www.usm.edu/ids/supportus.html>.

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