



As a non-profit organization, the Rice County Council on Aging advocates for, serves and empowers the aging citizens of Rice County, Kansas, providing them with the resources needed to continue living an active, healthy and independent lifestyle.

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Grains of Rice



Grains of Knowledge for Rice County Seniors

Abilene, Kansas - Celebrating 150 Years

Daylene Linville

The Rice County Council on Aging's **Annual Day Trip** will be on **Saturday, October 12th**, to **Abilene** which is celebrating their 150th anniversary of colorful Kansas history. Abilene is located on the north bank of the Smoky Hill River, about 95 miles west of Topeka. This old west pioneer community is the county seat and largest city in Dickinson County. Though best known as the Queen of Kansas Cowntowns, Abilene already existed for a decade before the cattle came to town.

During our day trip we'll have an opportunity to learn more about Abilene's colorful history at the **Heritage Center**, a collection of interior and exterior exhibits. This museum depicts life on the plains during the American pioneer movement and westward expansion periods. Exhibits include: Indians, pioneers, railroads, agriculture, Victorian and cowntown eras. The center hosts the oldest operational **1901 C.W. Parker Carousel** known to exist. This complete, hand-carved, working carousel was manufactured in Abilene at the turn of the century by the C. W. Parker Amusement Co.

The best known attraction in Abilene is the **Dwight D. Eisenhower Presidential Library, Museum and Boyhood Home**. This Presidential Center was named the **#1 Kansas Attraction by USA Today**. The museum which recently completed a revitalization project, depicts the military and civilian careers of Dwight D. Eisenhower. The Visitors Center houses an auditorium showing a film about Ike. The campus also features the Presidential Research Library, which holds 26 million pages in 3 million documents. Researchers come from around the world to study the 5 Star General and 34th President, Eisenhower. Eisenhower's boyhood home sits in its original location and is open to tours. The place of Meditation where President and Mrs. Eisenhower are buried is also open to the public.

Our departure time for this Day Trip will be at 8:30am from our office, 114 East Ave North. Call (620) 257-5153 to make your reservation for this Abilene Day Trip by September 27th.

Breakdown of the day's expenses:

- Heritage Center** \$5.00 Seniors
\$6.00 Adults
- C.W. Parker Carousel Ride**
\$4.00 Each
- Lunch** \$10-\$15
- Eisenhower Museum Complex**
\$9.00 Seniors
\$12.00 Adults



No Bull from Rocky

ROCKY GAINES, Board President
Rice County Council on Aging



PLAGIARISM IS THE HIGHEST FORM OF FLATTERY; SO HERE ARE SOME THOUGHTS TO PONDER AND SOME AT WHICH TO LAUGH.

PONDER:

Imagine life as a game in which you are juggling some five balls in the air. You name them - work, family, health, friends and spirit and you're keeping all of these in the air. You will soon understand that work is a rubber ball. If you drop it, it will bounce back.

But the other four balls - family, health, friends and spirit are made of glass. If you drop one of these they will be irrevocably scuffed, marked, nicked, damaged or even shattered. They will never be the same. You must understand that and strive for balance in your life.

How?

Don't undermine your worth by comparing yourself with others. It is because we are different that each of us is special.

Don't set your goals by what other people deem important. Only you know what is best for you.

Don't let your life slip through your fingers by living in the past or for the future. By living your life one day at a time, you live ALL the days of your life.

Don't give up when you still have something to give. Nothing is really over until the moment you stop trying.

Don't shut love out of your life by saying it's impossible to find. The quickest way to receive love is to give; the fastest way to lose love is to hold it too tightly.

LAUGH:

Why do we say something is out of whack? What's a whack?

If a pig loses its voice, is it disgruntled?

When someone asks you, "A penny for your thoughts" and you put your two cents in . . . what happens to the other penny?

Why is the man who invests all your money called a broker?

Why do croutons come in airtight packages? Aren't they just stale bread to begin with?

If lawyers are disbarred and clergymen defrocked, doesn't it follow that electricians can be delighted, musicians denoted, cowboys deranged, models deposed, tree surgeons debarked, and dry cleaners depressed?

If it's true that we are here to help others, then what exactly are the others here for?

Ride.



MONDAY-FRIDAY 7:30 - 5:00

*STOPS ARE \$1.50 IN LYONS. ADDITIONAL STOPS ARE \$1.50.

TRANSIT TO CHASE, STERLING OR OTHER TOWNS IN RICE COUNTY ARE \$2.50 FOR EACH DIRECTION.

PUNCH CARDS ARE \$20.00 FOR 20 RIDES! A \$10.00 SAVINGS!

APPOINTMENTS ARE FIRST-COME, FIRST-SERVED.

THIS PROJECT FUNDED BY THE KDOT TRANSPORTATION PROGRAM AND THE RCCA.

DO YOU HAVE YOUR NEW MEDICARE ID CARD?

Daylene Linville, Senior Services Advisor

By now, all Medicare beneficiaries in Kansas should have their new Medicare ID card. The new Medicare ID cards were designed to remove the individual's Social Security ID number and their signatures to help crack down on identity theft and Medicare fraud. This will also help keep your personal information more secure.

Your new ID Medicare card will be unique to you, and it will only be used for your Medicare coverage. The new card won't change your coverage or benefits. The older Medicare ID cards with the Social Security ID number can be used through December 31, 2019. **Starting January 1, 2020, only the new Medicare ID cards will be accepted at medical facilities.**

IF YOU HAVEN'T RECEIVED YOUR NEW ID CARD, HERE'S WHAT YOU NEED TO KNOW.

The new Medicare ID cards are mailed from the U.S. Department of Health and Human Resources, NOT from the Social Security Administration or the Centers for Medicare and Medicaid.

Contact the Social Security Administration by calling 1-800-772-1213, or TTY users call 1-800-325-0778 if

- You may have accidentally tossed your new card
- You need to update your mailing address
- You need to correct your mailing address

There is no easy way to do this, the hold music is the way.



Attendant Care Services

Attendant Care Services include the basic care services that will enable an individual in need of care to live in their home and carry out functions of daily living, mobility, and self-care, rather than living in a care facility. The RCCA can provide supervision and/or assistance with bathing, medications, dressing, and personal appearance under the direction of a licensed health professional.

Call for more information and/or to set up an appointment.

620.257.5153

HOW
can we help you?

COUNT ME IN!

Please take a little time to fill out the coupon below. This helps us to use the funds we have wisely and to know whether Grains of Rice is serving the seniors of our community.

I want to support *Grains of Rice*, enclosed is my donation.

I wish to receive *Grains of Rice* as an email attachment. My email address is:

A Growing Need



Daylene Linville, Senior Services Advisor

Did you know that 94¢ of every dollar the Rice County Council on Aging receives goes back into our programs and mission? That is why every donation counts!

Meeting the needs of an aging population has become a major concern for senior citizens and their adult children throughout this country. This very concern has been shown by those persons who have come to the Rice County Council on Aging (RCCA) with their need for help. With our aging population in Rice County it is extremely important that senior citizens have someone who can assist them with health insurance, Social Security and retirement benefits, financial concerns and daily physical needs. The RCCA is unique in that we are the only Area Agency on Aging that offers information and assistance, general public transportation, housekeeping and attendant care. We are here to help our community age gracefully and with dignity.

If the RCCA were not here to assist our seniors, they would need to seek help outside of our county. A simple drive to Hutchinson or McPherson is not so simple for some senior population. That's why the staff of the RCCA is committed to providing our varied services to our senior citizen community.

The RCCA is funded by grants, mill levy and donations. Thanks to grant funding we can offer transportation and housekeeping/attendant care services for low costs to our consumers. Our public transportation vehicles, which meet the KDOT safety and disabled guidelines, are purchased with the help of grant money. Every driver for the RCCA is required to go through background checks, training and annual physicals and drug testing. The housekeeping and attendant care programs are partially funded from the Older American Act and the Senior Care Act from the state and federal governments.

The RCCA's information and assistance program is funded primarily through mill levy funds, federal funding to pay for visitations and assistance, and local donations. There are no fees for the counseling services provided to senior citizens. We offer this service free so all senior citizens regardless of their financial standing, can receive the help they are seeking. Our staff provides needed help with Medicare, Medicaid, Social Security, Homestead Tax Claims, LIEAP and other financial programs.

These services are critical to senior residents in Rice County. Without donations for and participation in our programs, Rice County could lose federal and state funding. If the Rice County Council on Aging has helped you or your loved ones, please consider donating to keep the services available locally. Please help guarantee our presence in Rice County for many years to come by donating to our non-profit organization. We accept donations by mail or hand delivery, but we would also graciously accept any donations through funeral memorials or last will bequests.

GOOD NEWS FOR MEDICAID BENEFICIARIES

Article adapted from the Kansas Advocates for Better Care Newsletter

During the 2019 Legislative Session, mostly as part of the budget bill funding, many protections for aging Kansans who use long term care were held up by Legislative leadership in efforts to forestall action on Medicaid expansion. Kansas Advocates for Better Care (KABC) worked to introduce legislation that never got committee hearings. These bills would have greatly improved rights and protections for older adults. At the end of the 2019 session, the House held hostage the Senate-approved budget as a means to force a Senate debate on Medicaid expansion, finally passing the budget after the Senate agreed to a task force to discuss Medicaid expansion after the session and to act on a bill early in 2020. No news yet on the next steps.

What does this mean for Kansas Medicaid beneficiaries?

This change will affect those Medicaid beneficiaries who receive the Medically Needy, Working Healthy, Home and Community Based Services (HCBS), and the Program of All-Inclusive Care for the Elderly (PACE) program benefits. After an individual applies for a certain Medicaid program, they may have a spend-down to meet before they receive services. Once the spenddown has been met, the client may have a client obligation based on their monthly income.

For the first time in over a decade the amount of income that can be kept by persons receiving KanCare benefits (Medicaid) under the seven Medicaid waivers has been increased. KABC actively worked with others to secure an increase in the current level capped at \$747 per month, raising it to \$1,177 per month. The increase affects all Medicaid waivers including older adults at home on the frail elderly waiver (HCBS-FE), and those in the program for PACE.

With this increase in protected income, the client will have a smaller spenddown amount to meet for each six months of service. Which will lower the monthly client obligation amount for their services.

Additional news from this bill passing includes changes to the 2020 budget for the Kansas Dept. for Aging and Disability Services/KDADS includes funding to:

- Increase rates for Medicaid dental reimbursements.
- Increase rates for providers of HCBS/Home and Community Based Services, KanCare.
- \$5 million Community Mental Health Center grants.
- \$3.7 million for Community Mental Health Centers providing Crisis Center services, Clubhouse Model Programs.
- Increase nursing facility reimbursement 1%. \$6.8 million.

In these days of increased request for service & decreased funding, we are most grateful for each one that donates.



Information & Assistance

Merwin Johnson
Lewis Smith
Kathy Edwards
Anonymous
Grace Brown
Charles & Jacqueline Oborny

Jayna Morgan & Judy Otto
Dorothy Stagner
Debbie Fox
Jeanie May
Dale Higgins
Ed Feil

Dee Hammer
Boyd & Barb Loutzenhiser
Raul Martinez
Marlin Clark
Kenneta Zwick

Utilities

Church Women's Thrift Store
Anonymous
Robert Behnke

Newsletter

Mrs. Ralph Enlow
Sharry Butcher
Yvonne McGreevy
Carol Langel
Judy Borgen
Jim Crosby

Unrestricted

Poodie Peverley
Anonymous
Verl Manwarren
Jo Ann Hager
Janes Nelson
Arlene Rolfs

Virgil Sidebottom Memorial

Jack & Ann Engelland

Equipment

Dolores Fundenberger

THE SKY'S THE LIMIT

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| Anvil | Charon | Mira | Rigel |
| Arch | Comet | Moon | Sol |
| Archer | Crab | Naiad | Star |
| Ariel | Dione | Nova | Sun |
| Aurora | Europa | Orion | Titan |
| Bear | Galaxy | Pluto | Vega |
| Bull | Mars | Puck | Venus |
| Castor | Milky | Rhea | |

Would you like an email copy of *Grains of Rice*?

Call 620-257-5153 to sign up!

Grains of Rice is also available on our website:

www.ricecountycouncilonaging.com

Housekeeping Services

Do you need help running the vacuum?
Is your laundry piling up?

Rice County Council on Aging has openings for housekeeping services. If you would like to schedule an appointment to talk about our services, call

620.257.5153



RICE COUNTY Senior Centers

Alden

Township Hall
Heidi Bolton
785-223-1248

Bushton

T-Bird Center
Marlin Sittner
620-562-0332

Chase

Chase Senior Center
Silver Ingram
620-938-2010

Geneseo

55+ Club on Main St.
Joyce Mullen
824-6489

Little River

Senior Center
Meredith Davis
620-897-6672

Lyons

Park Place
Darla Graff
620-680-6150

Sterling

Silver Threads
Cindy Lewis
620-278-3280

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SOLUTION TO PUZZLE ON PAGE 4

C	U	U	X	C	M	Z	K	U	S	M	D	S	U	M	Z	G	Q	H	S
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What to Know About Transfer on Death Deeds

Paul Shipp, Kansas Legal Services

Everyone has heard a horror story about probate. The cost, the waiting, the forms—all designed to put someone (a Judge) in charge of overseeing the actions of the Administrator. Both are working to see that the instructions of the will are carried out. The system is designed to protect a number of interests—the family, the creditors, those left out of the will, charitable beneficiaries, etc. Each person in the process is doing his or her job. It is just that the system of checks and double checks takes a lot of time. Often, the family situation makes this process unnecessary.

Fear of the probate process has brought forth many alternatives. In 1997, the Kansas legislature enacted a process to allow families with limited assets to transfer those items without using the probate courts. This transfer process uses a Transfer on Death Deed.

WHAT IS A TRANSFER ON DEATH DEED?

The Transfer on Death Deed is a legal document on which you indicate who you want to receive your real estate upon your death. The Deed must be executed with the proper legal description. All current property owners must sign the Deed. The signatures of the owners must be notarized. The Deed must list all the persons who should receive a share of the property at your death. The Deed is then filed at the Register of Deeds office in the county in which the real estate is located. There is a small charge for recording the Deed.



ONCE THE TRANSFER ON DEATH DEED IS FILED, CAN I CHANGE MY MIND?

Yes, you may revoke the Deed or change the beneficiary of your real estate at any time prior to your death.

WHAT IF I SELL MY HOUSE BEFORE MY DEATH?

Then the Deed takes no effect. It is a legal document that only transfers interest in your home at the time of your death. If you don't own the house when you die, then there is nothing to transfer. Also, since your beneficiaries don't own anything until your death, you don't need any permission from them to sell the property before your death. You are free to do anything that you could do prior to the execution of the Transfer on Death Deed.

WILL THIS COUNT AS A TRANSFER OF ASSETS AND CREATE A PROBLEM FOR MEDICAID ELIGIBILITY?

No. Again, nothing transfers before your death, so there is no transfer of assets. However, the use of a Transfer on Death Deed does not eliminate the possibility of Estate Recovery, if you need Medicaid payments for nursing home care prior to your death. Only in this situation would the State of Kansas have any interest in your home.

I HAVE A MORTGAGE ON MY HOME. MAY I STILL USE A TRANSFER ON DEATH DEED?

Yes. The transfer only happens at your death. You are still responsible for the mortgage payments prior to your death. The mortgage, if unpaid, would still have to be paid by your beneficiaries, unless you have some type of mortgage insurance that will take over the payments. The Transfer on Death Deed cannot be used to avoid any obligation that may go with the property, such as liens, mortgages, taxes or other claims.

AFTER MY DEATH, WHAT NEEDS TO BE DONE?

After your death, a beneficiary will need to file a certified copy of your death certificate with the County Register of Deeds. This is generally sufficient to transfer title to your beneficiaries. They will then be allowed all rights of ownership and can sell or use the property and become responsible for property taxes, etc.

MY HOME IS IN JOINT TENANCY WITH MY SPOUSE. WE WOULD LIKE TO LEAVE OUR HOME TO OUR CHILDREN, AFTER OUR DEATH. CAN THIS BE DONE WITH A TRANSFER ON DEATH DEED?

Yes. The joint tenancy deed will transfer the home to the surviving spouse. The Transfer on Death Deed, signed by both spouses, will transfer the property to the children (beneficiaries) upon the death of the surviving spouse. At that point, the children will need to file a death certificate for both parents. You will need to decide how your children will own the house, either individually, as joint tenants or as tenants in common. These choices only matter at the death of the children and determine whether one child's share goes to the other children (in the case of joint tenancy) or to the deceased child's heirs (in the case of tenants in common).

DOES THIS AVOID TAX CONSIDERATIONS?

No. However, in Kansas now there is no estate or inheritance tax for children inheriting, unless the estate is large enough to require Federal Inheritance Tax payments (estates in the millions of dollars in assets).

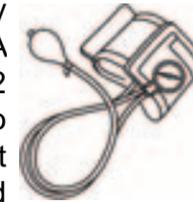
YOU CAN'T BEAT BEETS!

Taken in part from an article by:
Selena Yeager, Health Magazine

After years of being relegated to the recesses of the salad bar buffet next to the shredded cheese and buttered croutons, beets are enjoying their much-deserved place at the center stage of a healthy diet. They're not only chock-full of essential everyday nutrients like B vitamins, iron, manganese, copper, magnesium, and potassium, these ruby gems also are a goldmine of health-boosting nutrients that you may not get anywhere else. Here are some great—and surprising—things that happen to your body when you eat beets.

BLOOD PRESSURE IMPROVES

Beets are rich in nitrates, which the body converts to nitric oxide—a compound that relaxes and dilates blood vessels, turning them into superhighways for your nutrient- and oxygen-rich blood. That means better circulation, and possibly lower blood pressure. A very small study from 2012 found that 13 men who drank just one glass of beet juice temporarily lowered their systolic blood pressure by an average of 4 to 5 points. (Note: the study was funded by a beet juice manufacturer.) Another study published in Hypertension in 2008 (which didn't receive funding from beet-juice makers) found that folks who drank the red root juice had a 10mm Hg drop in blood pressure and less blood clotting three hours later, compared to those who drank water.



YOU BECOME REGULAR

One way to beat irregularity and constipation is by eating fiber-rich foods like beets," says Leslie Bonci, RD, sports nutritionist at Pittsburgh-based company Active Eating Advice. One cup of beets delivers about 4 grams of dietary fiber, particularly insoluble fiber, which helps reduce the risk of constipation, hemorrhoids, and diverticulitis. The betaine found in beets has also been shown to improve digestion. Just take note, your urine isn't the only thing beets turn pink. Don't be alarmed if you see crimson-colored stools 24-72 hours following a meal heavy in beets.

YOU MAY BE BETTER AT FIGHTING CHRONIC DISEASES

Beets are also rich in betalains, a class of potent antioxidants and anti-inflammatories that battle free radical- and inflammation-related chronic diseases like heart disease, obesity, and possibly cancer. Speaking of cancer, research suggests that betacyanin, the pigment that gives beets its pretty purple hue may help protect against common carcinogens; it has also shown promise against laboratory-grown breast cancer cells and is currently being investigated as a cancer-fighter.

YOUR LIVER WILL BE LIGHTER

Your liver does the heavy work of cleaning your blood and "detoxing" your body. You can lighten its load with a daily serving of beets. Research shows that betaine, an amino acid found in beets (as well as spinach and quinoa) can help prevent and reduce the accumulation of fat in the liver. Animal studies show that rats given beet juice have higher levels of detoxifying enzymes in their bloodstream. Research on people with diabetes shows that betaine improves liver function, slightly decreases cholesterol, and reduces liver size.



YOUR HEART DISEASE RISK MAY DROP

Beets don't just have a potentially positive impact on your blood pressure. They are also rich in a plant alkaloid called betaine, as well as the B-vitamin folate, which together deliver a one-two punch for lowering blood levels of homocysteine, which in high levels increases your risk for artery damage and heart disease.

YOUR BRAIN MAY WORK BETTER

Nitric oxide relaxes and dilates your blood vessels, which in turn increases blood flow to the brain—which could bring on better brain function. That's particularly important as we age, as research finds that our capacity to generate nitric oxide diminishes as we get older, along with our brain's energy metabolism and neuron activity. So give your brain a boost with beets. In one small 2010 study, 14 older men and women (average age of 74) who ate a high-nitrate diet, including beet juice, for two days enjoyed more blood flow to the frontal lobe of their brains—a region known to be involved with executive functioning skills like focus, organization, and attention to detail—than when they ate a low-nitrate diet.



Volunteering

Good for Your Mind and Body!

The Rice County Church Women's Thrift Store is looking for volunteers!

Volunteering helps counteract the effects of stress, anger, and anxiety. The social contact aspect of helping and working with others can have a profound effect on your overall psychological well-being. Nothing relieves stress better than a meaningful connection to another person.

Volunteering combats depression.

Volunteering keeps you in regular contact with others and helps you develop a solid support system, which in turn protects you against depression.

Volunteering makes you happy.

By measuring hormones and brain activity, researchers have discovered that being helpful to others delivers immense pleasure. Human beings are hard-wired to give to others. The more we give, the happier we feel.

Volunteering increases self-confidence.

You are doing good for others and the community, which provides a natural sense of accomplishment. Your role as a volunteer can also give you a sense of pride and identity. And the better you feel about yourself, the more likely you are to have a positive view of your life and future goals.

Volunteering provides a sense of purpose.

Older adults, especially those who have retired or lost a spouse, can find new meaning and direction in their lives by helping others. Whatever your age or life situation, volunteering can help take your mind off your own worries, keep you mentally stimulated, and add more zest to your life.

Volunteering helps you stay physically healthy.

Studies have found that those who volunteer have a lower mortality rate than those who do not. Older volunteers tend to walk more, find it easier to cope with everyday tasks, are less likely to develop high blood pressure, and have better thinking skills. Volunteering can also lessen symptoms of chronic pain and reduce the risk of heart disease.

Getting the most out of volunteering.

You're donating your valuable time, so it's important that you enjoy and benefit from your volunteering. To make sure that your volunteer position is a good fit:

Ask questions.

You want to make sure that the experience is right for your skills, your goals, and the time you want to spend. Sample questions for your volunteer coordinator might address your time commitment, if there's any training involved, who you will be working with, and what to do if you have questions during your experience.

Make sure you know what's expected.

You should be comfortable with the organization and understand the time commitment. Consider starting small so that you don't over commit yourself at first. Give yourself some flexibility to change your focus if needed.

Don't be afraid to make a change.

Don't force yourself into a bad fit or feel compelled to stick with a volunteer role you dislike. Talk to the organization about changing your focus or look for a different organization that's a better fit.

Enjoy yourself.

The best volunteer experiences benefit both the volunteer and the organization. If you're not enjoying yourself, ask yourself why. Is it the tasks you're performing? The people you're working with? Or are you uncomfortable simply because the situation is new and unfamiliar? Pinpointing what's bothering you can help you decide how to proceed.

<https://www.helpguide.org/articles/healthy-living/volunteering-and-its-surprising-benefits.htm>

What is High Blood Pressure?

<https://www.heart.org/en/health-topics/high-blood-pressure/the-facts-about-high-blood-pressure/what-is-high-blood-pressure>

First, let's define high blood pressure

High blood pressure (HBP or hypertension) is when your blood pressure, the force of your blood pushing against the walls of your blood vessels, is consistently too high.

How your blood pressure and circulatory system work

In order to survive and function properly, your tissues and organs need the oxygenated blood that your circulatory system carries throughout the body. When the heart beats, it creates pressure that pushes blood through a network of tube-shaped blood vessels, which include arteries, veins and capillaries. This pressure — blood pressure — is the result of two forces: The first force (systolic pressure) occurs as blood pumps out of the heart and into the arteries that are part of the circulatory system. The second force (diastolic pressure) is created as the heart rests between heart beats. (These two forces are each represented by numbers in a blood pressure reading.)

The damage starts in your arteries and heart

The primary way that high blood pressure causes harm is by increasing the workload of the heart and blood vessels — making them work harder and less efficiently.

Over time, the force and friction of high blood pressure damages the delicate tissues inside the arteries. In turn, LDL (bad) cholesterol forms plaque along tiny tears in the artery walls, signifying the start of atherosclerosis.

The more the plaque and damage increases, the narrower (smaller) the insides of the arteries become — raising blood pressure and starting a vicious circle that further harms your arteries, heart and the rest of your body. This can ultimately lead to other conditions ranging from arrhythmia to heart attack and stroke.

High blood pressure is a "silent killer"

You may not feel that anything is wrong, but high blood pressure could be quietly causing damage that can threaten your health. The best prevention is knowing your numbers and making changes that matter in order to prevent and manage high blood pressure.

Blood Pressure Category	Systolic (mm Hg)		Diastolic (mm Hg)
Normal	Less than 120	and	Less than 80
Elevated	120-129	and	Less than 80
High Stage 1	130-139	or	80-89
High Stage 2	140 or higher	or	90 or higher
Hypertensive Crisis	Higher than 180	and/or	Higher than 120

Rice County Blood Pressure Clinics
by the Rice County Council on Aging

Alden Handyman ♦ Wednesday's in 2019 from **8:45am-9:45am**. August 28th, September 25th, October 23rd, November 20th, and December 18th.

Bushton Quivira Quivers ♦ Wednesday's in 2019 from **8:15am-9:15am**. August 21st, September 18th, October 16th, November 13th, and December 11th.

Chase Senior Center ♦ Wednesday's in 2019 from **8:45am-9:45am**. August 14th, September 11th, October 9th, November 6th, and December 4th.

Geneseo 55+ Club ♦ Wednesday's in 2019 from **11:30am-12:30pm**. August 7th, September 4th, October 2nd, October 30th, November 27th, no December.

Lyons Senior Center ♦ Wednesday's in 2019 from **8:45am-9:45am**. August 7th, September 4th, October 2nd, October 30th, November 27th, no December.

Sterling Silver Thread ♦ Wednesday's in 2019 from **11:30am-12:30pm**. August 21st, September 18th, October 16th, November 13th, and December 11th.