

# LaGrange County COUNCIL on AGING The COA Reporter



Volume 24, Issue 06

JUNE 2018

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### Mission Statement

*The LaGrange County Council on Aging's mission is to be a provider and resource for services that improve the quality of life for older adults of LaGrange County and enable them to retain their independence, including providing accessible public transportation for all residents of the county.*



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## Medicaid Changes

We would like to let everyone know that the Medicaid changes that have occurred have nothing to do with anything that the LaGrange County Council on Aging has done. The changes are actually out of our control and it has created a lot more work for us as an organization.

Cheri Perkins, Executive Director, has had to attend multiple trainings over the last year and to submit information for three different providers in order to be able to continue doing Medicaid transportation. Depending on what type of Medicaid you have, depends on who you should call. This is all due to the State sub-contracting out all of the Medicaid Transportation. The latest contract is with Southeastrans. This includes all of the traditional Medicaid recipients. In the past you just called the Council on Aging and we scheduled your transportation and billed the state from a website directly. Now you have to call the call center and they may or may not give the trip to us.

We are currently going through our Medicaid Revalidation period, which has also been a lot of work, including all board members and office staff to be fingerprinted and personal information registered with our application. Hopefully we get this resolved before the June 1<sup>st</sup> go live date with Southeastrans.

If you have traditional Medicaid you now will need to call the Indianapolis call center at 1-855-325-7586 in order to schedule your transportation. If you are traveling within the county and you are 60 or over you can still use us even if it's for a Medical trip, because those trips are by donation. If you are traveling out of the county you should call this number in order to have your trip covered. We apologize for the confusion and we hope to have the new system figured out soon. Please be patient with us during this transition, and if you have any questions you can always call the Council on Aging at 463-4161 and we will do our best to give you answers or get them for you.



**LAGRANGE COUNTY AREA TRANSIT**  
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# Energy Drinks

Connie Lehman, RD, CDE  
Topeka Pharmacy Wellness Program

## What are energy drinks?

Energy drinks are beverages promising a burst of energy to increase alertness. Common names are Red Bull®, Monster® & Rockstar®. The stimulant used to provide this energy is caffeine, with other ingredients like sugar or guarana added to boost the effects.

Energy drinks contain 80 to 360 mg of caffeine per serving, although they are not required to list the amount on the label. By comparison, brewed coffee contains 80mg/8 oz, while a Starbucks 20 oz coffee contains 415 mg caffeine. A moderate amount of caffeine is defined as 100 – 200 mg daily for adults. More than 400 mg may bring on symptoms of excessive caffeine consumption including anxiety, headaches, racing or irregular heart beat and even heart attacks.

The energy drink industry is big business. Sales in the US have been booming- from \$350 million in 2000 to \$9 billion in 2013! It is estimated that 30% of adolescents and up to 50% of young adults consume energy drinks regularly.

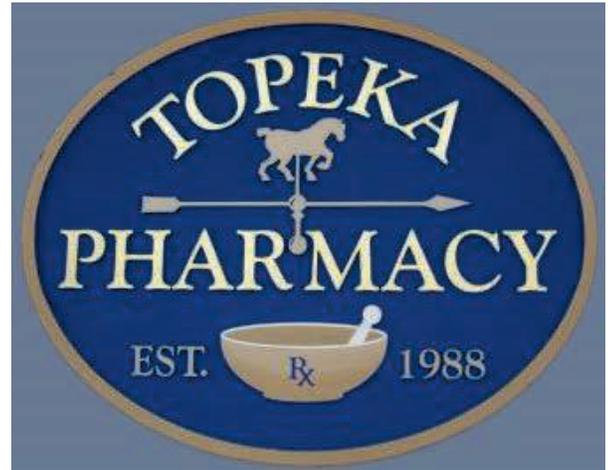
## Concerns about energy drinks

The boom in sales correlates with a rapid rise in Emergency Room visits for symptoms of excessive caffeine due to energy drink use- From 2,000 visits in 2005 to 10,000 in 2007 to 20,000 in 2011! This fact, along with 34 deaths being attributed to energy drink use since 2004, is causing a growing concern about the safety of the products for the following reasons:

- Guarana, often listed as an added ingredient, is an unregulated, concentrated source of caffeine which boosts the caffeine to unknown levels.
- People who drink more than 1 daily can quickly go over the 400 mg limit.
- People who mix energy drinks with alcohol have been found to be 4 times more likely to drive while intoxicated.
- Mixing energy drinks and alcohol is also linked to an increased incidence of depression and alcohol dependency.
- A study published in December 2015 found energy shots appear to trigger insulin resistance in teens. Since insulin resistance is the 1<sup>st</sup> step in developing diabetes, there is concern for future health problems.
- Teens can experience symptoms with less caffeine than adults- as little as 100 mg.

## Conclusions

Although most of us think of caffeine as harmless, the facts show caution should be used with energy drink consumption. The American Academy of Pediatrics recommend that children and teens avoid them entirely, even though energy drink marketing is directed at youth. Pregnant women and people with heart conditions should ask their doctor about caffeine recommendations.



## Thank You To Our Sponsors

### Thank you Foltz Bakery!

Every Thursday morning, rain, snow or shine, Foltz Bakery of LaGrange provides the Council on Aging with donuts for their weekly morning coffee and donut program. Thanks so much to Foltz Bakery for their thoughtfulness, generosity and delicious donuts.

Every Thursday morning, our clients come to the Council on Aging building for their Blood Pressure/ glucose testing. Thanks to Miller's Merry Manor for donating the time and professional nursing service for this very important weekly activity.



### Thank You LA Express!

Thank you the LA Express, in LaGrange, for donating pizza to our Euchre group once a month. We appreciate your kindness and support!

## April 2018 Service Report

BP/Glucose Checks .....	49
BINGO .....	71
Volunteer Hours.....	31
Transportation Vehicle Miles.....	49,405
Total Transportation Trips .....	4,497
Total Transportation Hours.....	2,625.90
Clients unable to schedule .....	43
Home Assistant Clients .....	8
Home Assistant Miles .....	382
Phone Calls .....	4,074
Senior Mart Client/Trips .....	8/11

### League of the Blind & Disabled

Miller's Merry Manor hosts the League of the Blind and Disabled Meeting on the third Wednesday of every month from 1:30—3:30 PM



## Council on Aging Updates & News

- There will be no July monthly luncheon since Senior Day Away From The Fair will be the following day. A lunch sponsored by Miller's Merry Manor will be provided.
- A special thank you to Goshen Health Foundation for providing a grant to the Council on Aging
- Congratulations to Deborah Sills (lead), Miller's Merry Manor's Admissions Director, and her quartet Shimmertones (Patty Floer, tenor; Carolyn Macomber, bass; and Carol Cole, baritone) for receiving the GLITZ Standard of Excellence Award at the 2018 Great Lakes Harmony Region 17 Sweet Adelines Regional Competition in Cleveland, OH. They were the most improved quartet by an increased score of 63 points. The Shimmertones sing with [www.littleriverchorus.org](http://www.littleriverchorus.org).
- Save the date for the 2018 Senior Expo - Tuesday, October 9th, The Farmstead Inn & Conference Center



*Congratulations Deb Sills!*

# JUNE 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 AARP Meeting 1:30 PM
4 Wii Bowling 8 AM	5	6 Bible Study 9—10 AM Euchre Club 1—3:30 PM	7 BP/Glucose Checks 8—9 AM BINGO 9—10 AM	8
11	12 Walmart Shopping Trip 10 AM—12 PM	13 Bible Study 9—10 AM Euchre Club 1—3:30 PM	14 BP/Glucose Checks 8—9 AM BINGO 9—10 AM Exercise Class 10—10:30 AM	15 Footcare
18 COA Luncheon 11:30 AM	19	20 Footcare Bible Study 9—10 AM Euchre Club 1—3:30 PM	21 BP/Glucose Checks 8—9 AM BINGO 9—10 AM	22 Eating for a Healthy Heart 10:30 AM—12 PM
25	26 Topeka Shopping Trip 10 AM—12 PM	27 Bible Study 9—10 AM Euchre Club 1—3:30 PM	28 BP/Glucose Checks 8—9 AM BINGO 9—10 AM	29

## Our Deepest Thanks

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### *In Loving Memory Donald Fought*

Dorothy Fought

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## May Luncheon

The May monthly luncheon was held on May 21st; however, there was not a sponsor for the luncheon. The board and the Council on Aging all pitched in and made this luncheon a great success. We had a total of 75 people in attendance. The meal served was pork burgers and hotdogs that were prepared on our very own grill by Myron Sharp. Desserts were donated by Nancy Flint, Kay and Kevin Myers and Deb Carter and Joy Sharp.

Deb Sills made a delicious broccoli salad and Christine Kinsinger made her yummy potato salad. Cheri Perkins made her now famous baked beans for the luncheon. Everything was delicious and thank you other board members for helping serve the luncheon, without all of them we couldn't do what we do. Thank you to all board members that helped out; Joy Sharp, Deb Sills, Callie Mc Dougald, Michelle Watson, Kevin Myers and Linda DeWachter. We also appreciated the help from Ren Sprunger and Roberta Bruce. As of now we do not have a sponsor for the June luncheon either. If you would like to help out and make a dish, please call and let Cheri know.

Since we did not have a speaker we played a friendly game of trivia to get everyone's brains working. There was one group of ladies that had 8 of 10 questions correct.

## Eating for a Healthy Heart

Presented by Sue Delagrang, MS, RD

If you eat the standard western diet in our modern world, it's likely you will develop heart disease. Sue will share current research and diets that have proven to lower your risk and improve your overall health.

Location: LaGrange County Council on Aging  
410 Central Ave.  
LaGrange, IN 46761

Date: Friday, June 22, 2018

Time: 10:30 a.m.-12:00 p.m.

This program is free and open to the public.

Please call 260-484-9560 or toll free at 1-866-484-9560 for more information or to reserve a seat.



### LCAT Training

Our drivers recently participated in passenger assistant training. Our drivers are constantly participating in training and safety screenings to ensure that all of our LCAT clients can ride with confidence.



The Council on Aging has been recycling for many years, and we are now calling upon all of our friends to help. We are wanting to create a bench out of recycle plastic, and we are collecting the following items. Please collect the following items and bring them into the Council on Aging:

### Acceptable Caps

- Medicine Bottle Caps
- Milk Jug Caps
- Detergent Caps
- Hair Spray Caps
- Toothpaste Tube Caps
- Deodorant Caps
- Drink Bottle Caps
- Flip Top Caps (Ketchup, mustard)
- Spout Caps (mustard)
- Spray Paint Caps
- Ointment tube caps
- Caps with recycle numbers 2, 4, or 5

### Acceptable Lids

- Cottage Cheese Container Lids
- Mayonnaise Jar Lids
- Yogurt Lids
- Peanut Butter Jar Lids
- Ice Create Bucket Lids under 8"
- Cool Whip Contain Lids
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- Cream Cheese Container Lids
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- Prescription Bottles (Labels Removed)



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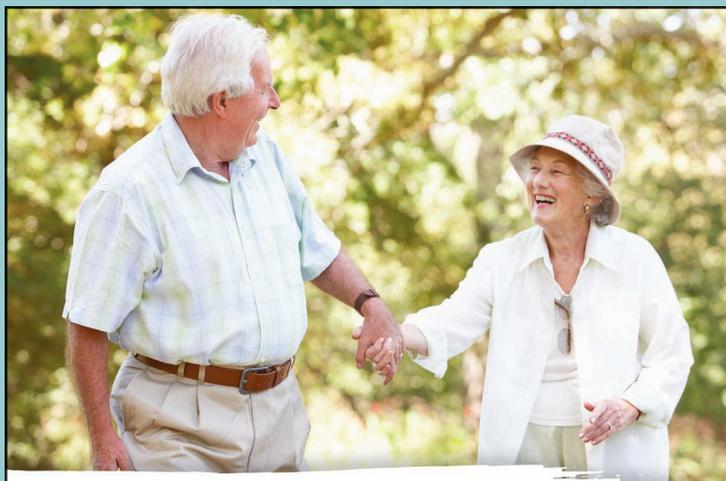
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## May Wish List

- Bingo Prizes
- Coffee, Regular and Decaf
- Country Time Lemonade
- Car Wash Soap
- Large plastic solo cups
- Large Rubbermaid cabinet for van wash materials
- Paper Towels
- Small flavored coffee creamers
- Small plastic plates
- Splenda

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# Back to the Future

By: Kurt R. Bachman

This month we'll consider two far distant elder law points on the technology spectrum. First, we'll continue our look at the cutting-edge legal e-documents permitted a couple of months ago by the Indiana state legislature, then we'll go back to some of the earliest days of document writing in our English-based legal system where we review holographic Wills.

In March 2018, the state legislature enacted House Bill 1303, which, besides making electronic Wills and trusts valid, also enabled electronic powers of attorney (hereafter, "e-powers"). As regular readers of this column will already know, a power-of-attorney is a document in which the creator, called a Principal, gives the powers listed in the document to a person called an Attorney-in-Fact to make decisions and act on the Principal's behalf in his or her financial or medical affairs. Such documents are invaluable when the Principal is incapable of making such decisions, or when the Principal comfortably trusts in another more sophisticated professional to act in his or her place. The law imposes on the attorney-in-fact a fiduciary duty to always act in the best interests of the Principal.

This article will attempt to explain how an e-power greatly improves the situation. The Principal can print and sign a form from a book or even on the internet. The Indiana state government even offers on its website (<https://forms.in.gov/Download.aspx?id=7460>) a power-of-attorney form for tax purposes. That form is limited in scope, allowing a named attorney-in-fact to fill out tax forms, but many other available power-of-attorney forms would allow a Principal to grant far more powers. One problem with trying to create the form by yourself, instead of with legal advice, is that the forms themselves can be hard to understand and navigate, and expensive unintentional mistakes are not uncommon.

One of the advantages in the new law vs. traditional powers of attorney fixes this problem nicely. The new law says that "a principal, or person acting at the principal's direction, may, in the presence of a notary, create a valid power of attorney by electronically signing an electronic power of attorney." The traditional law sounds similar: "To be valid, a power of attorney must meet the following conditions: ... be signed by the principal or at the principal's direction in the presence of a notary public." The difference may not seem obvious at first glance; however, in the new law, only the person acting at the Principal's direction need strictly be in the presence of the notary; whereas in the traditional law, the direction itself must at least be in the presence of the notary. Thus, the new law is less strict.

For example, under the new e-power law, a person could simply telephone or email his or her elder law attorney, and the attorney, in the presence of a public notary (often the attorney himself or herself), could fill out the form on his or her computer while on the phone with the client. After that, the elder law attorney simply uses computer software that can uniquely create and identify e-signatures. There are various other laws about keeping custody of and destroying e-powers, though they do not appear to offer advantages over traditional documents except perhaps in saving physical office space. Because the law is so new, the availability of this software in Indiana is, as yet, uncertain.

It's not clear whether the legislature intended this new law to create these new phone and email options. Therefore, out of an abundance of caution, many elder law attorneys may suggest a trip to the law office instead. The bottom line: e-powers are a nice new cutting edge tool in the lawyer's drafting arsenal.

*Continued to Page 10*

*Continued from Page 9*

Next, we will step back in time to briefly examine holographic Wills. While the term may sound futuristic, holographic Wills have been around forever with various degrees of legality. England, for example, even banned them for use in disposing of real estate as far back as 1677, for fear of fraud. A holographic Will is simply a Will where all the key provisions and the signature are written in the Testator's own handwriting, knowledge of which can be attested to in a court proceeding. Unlike a normal Will, a holographic Will is not formally witnessed beforehand. Indiana is one of a few states that do not recognize them at all (yes, you could handwrite your Will if you want – we don't advocate this – but you would still have to observe the Will's formal witnessing requirements).

A holographic Will is typically only seen as a resource for a person who finds a few minutes of lucidity before an unexpected death. For example, a famous case that circulates the law schools covers a Canadian farmer who etched into the fender of the tractor he had become trapped under the following message: "In case I die in this mess I leave all to the wife. Cecil Geo. Harris." The local probate court determined it met the requirements for a holographic Will, and the fender is now a museum piece.

While a holographic Will may sound nice, Indiana's policy ban makes sense in several respects. It is extremely difficult, if not impossible, even for a trained lawyer to draft a mistake-free holographic Will that doesn't cover many unlooked-for scenarios. Who administers the Will, who are the beneficiaries of those who predecease the Testator, who gets whatever is left over? These and other concerns are typically left out by the untrained. Holographic Wills are also ripe for expensive litigation, as parties fight over the authenticity of the handwriting or, as mentioned, the less-than-expertly drafted provisions. Indiana would prefer not to waste precious judicial resources on resolving a mess that could have been avoided with proper planning.

I hope you enjoyed this brief journey through time. Some people may prefer one direction over another, and it looks like Indiana Elder Law is future-oriented. If you are in need of a power of attorney or Will preparation, please contact your local elder law attorney.

Kurt R. Bachman is member of the National Academy of Elder Law Attorneys, Inc. and is a Veterans Affairs Accredited Attorney.

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