



SOCIAL SERVICES CORNER SEPTEMBER 2007

EDITOR: KAREN WIENER, MA, MFT, MANAGER OF SOCIAL SERVICES
KAREN@WRINSTITUTE.ORG

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Questions or comments call Karen Wiener, MA, MFT, Manager of Social Services at (888) 994-3863, ext. 2390

ASK THE SOCIAL WORKER

Q: *My mother is 89 years old and lives alone, and I often worry about her. I have heard about Personal Emergency Response Systems. Is this something I should look into for her, and how do I go about purchasing a system for my mother?*

A: Personal Emergency Response Systems (PERS) consist of a small transmitter carried by the user and a receiver base connected to a telephone. If the user falls or has some other emergency, he or she simply presses a button on the transmitter that sends a radio signal to the receiver base. The receiver dials a pre-selected emergency number, usually a monitoring station that has medical and family information on each user. The monitoring station will then call the user and will send appropriate emergency services depending on the response from the user.

There are about 15-20 PERS on the market, each with different features. Features range from two-way voice communication through the transmitter, to a “patient down” device that automatically calls for help if the user falls, or “inactivity timers” that are programmed to call for help if the user has not used their telephone or pressed a button on the receiver base for a specified time period (usually 24hours).

Organizations such as AARP and the Federal Trade Commission encourage the use of PERS, but warn consumers to ask questions and get definite answers about the features of both the PERS unit and the monitoring center before making any purchase. For more information on PERS, go to the Federal Trade Commission Web site at www.ftv.com or call (877) 382-4357.

The WRMPFF’s social service department has arranged for an installation discount with Lifeline, a company that provides PERS. If you are interested in obtaining a discount coupon, please call our social service department at (888) 994-3863, ext. 2370.

BANANAS MAXIMIZE NUTRIENTS FOR OLDER ADULTS*

Aging poses a number of nutritional challenges. While older adults tend to eat less as their energy, activities, and metabolism decreases, their daily requirements of vitamins and minerals remain the same or even increase. To maintain sound health, older adults should select foods that maximize their intake of nutrients. Bananas, which are easy to eat and digest, can help satisfy a number of daily dietary requirements. They are a good source of vitamin C, vitamin B6, potassium and dietary fiber. Eating at least two average-sized bananas daily, nearly satisfies the total daily B6 requirement for women and men over age 70.

For more information about food choices that can help older adults meet their daily nutritional requirements, visit the USDA's Food and Nutrition Information Center at <http://fnic.nal.usda.gov>. This site provides dietary guidelines, the food guide pyramid and lifecycle nutrition. Don't forget to visit the International Banana Association at www.eatmorebananas.com to learn more about nutrients contained in bananas and how those nutrients are good for your health.

*Thank you Stewart Harnell, a long time supporter of the Will Rogers Motion Picture Pioneers Foundation, for bringing this topic to our attention.

BUCK & BUCK SUPPLIES QUALITY ADAPTIVE CLOTHING

When conditions such as arthritis, stroke, Alzheimer's disease, or limited range of motion makes dressing difficult, consult Buck & Buck to purchase clothing designed to make dressing easier. Buck & Buck has been providing clothing that eases self and assisted dressing for 28 years. Call **(800) 458-0600** to speak to a customer service representative, visit their Web site at www.buckandbuck.com, or use their frequently published catalogue to order adaptive clothing. Labeling of clothing is free, returns are easy, and shipping is fast in the continental U.S.

QUOTE OF THE MONTH

"When in doubt, tell a funny 'til you see what the other fellow is going to do."

— Will Rogers

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