

The Multicultural Senior Center

Newsletter

July 2000

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Partisan Battle in Washington, D.C. Over Prescription Drug Benefits for Seniors

On Wednesday, June 28, 2000, House Republicans ignored Democratic protests and a presidential veto threat and passed a prescription drug benefit for Medicare recipients by a vote of 217-214.

The GOP plan would be voluntary and provide drug coverage to seniors through private insurance companies. It would offer government subsidies to assist the poor and cost \$40 billion over five years. That is less than half the cost of the \$100 billion Democratic plan, which relies on the government-run Medicare program to provide the drug coverage.

Under the Republican plan, policyholders pay about \$37 a month with a \$250 deductible. It would cover half the costs of drugs up to \$2,100 and pick up all the costs after a senior had spent \$6,000 out of pocket.

The Democratic plan would cost \$25 per month when it begins, but would rise to about \$50. There would be no deductible. It would cover half the costs of prescription drugs to \$2,000 before rising gradually to \$5,000. Seniors would pay nothing after they had spent \$4,000 in a year on drug costs.

At present, Medicare does not help senior citizens in any way with prescription drug costs. When the program was created 35 years ago, drugs were not as costly, nor were they an integral part of managing chronic problems – such as heart disease and diabetes – that many older Americans deal with on a daily basis.

With today's prescription costs rising steadily, and with many seniors on fixed incomes forced to make decisions about the number of medications they can afford versus other of life's basic necessities, both parties have been pressed by advocacy groups since last spring to come up with a legislative solution.

*Information taken from CNN
And Fox News Websites*

From the Smoking Prevention Program



Jackie Scott.
Coordinator, 280-2651

CEO Agrees Cigarettes Cause Illnesses

In a recent Big Tobacco Lawsuit, The CEO of a tobacco company founded before the American Revolution told a Miami courtroom that cigarettes caused the illnesses of the Florida smokers involved in the suit.

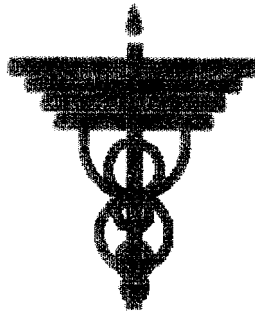
In yet another indictment against cigarettes, results of a new study suggests that smoking into the golden years may put older men and women at greater risk for mental decline.

In a year-long study of more than 650 London residents aged 65 and older, researchers found that current smokers were about four times as likely to be in mental decline than ex-smokers and those who never smoked.

At the beginning of the study, about 10 percent of the 654 people showed reduced mental faculties on the tests. Of the 451 who could be re-tested a year later, 7.5 percent were in mental decline. This, according to the researchers, adds up to a 6 percent increase in cases of mental impairment. The risk was far greater for current smokers who, after other risk factors were considered, were four times more likely than others to be in mental decline.

The damage smoking exacts upon blood vessels, according to researchers, may explain the habit's link to mental impairment. Smoking leads to hardening and narrowing of the arteries and can hinder oxygen carriage through the blood. Some of the ill effects on vessels improve after smokers quit and may explain why ex-smokers in the study showed no increased risk for mental impairment.

Information from Fox News Website



From the Breast And Cervical Cancer Program

Serena Stoudamire
248-5470, 24559

The Most Common Types of Breast Cancer

*Each breast has 15 to 20 sections called lobes, with many smaller sections called lobules. Each section is connected by thin tubes called ducts. The most common type of breast cancer is the one that affects these tubes. Called **ductal cancer**, it is found in the cells of the ducts.*

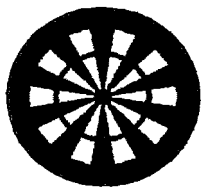
*Cancer that begins in the lobes or lobules is called **lobular carcinoma**. Lobular carcinoma is more often found in both breasts than are other types of breast cancer.*

*The swelling of the breast is an uncommon type of breast cancer. This rare type of breast cancer is called **inflammatory breast cancer**. Symptoms include an increase in the skin temperature, redness, and swelling of the breast. The skin may show signs of redness and welts, or it may also have a pitted appearance. This type of cancer tends to spread quickly.*

Your need to see a doctor if you notice changes in your breast. Not all breast cancers or breast cancer patients are alike, therefore treatment will vary with the individual.

*Treatment for early breast cancer can include **lumpectomy** (limited surgery which removes the cancer but not the entire breast) followed by radiation therapy, or breast reconstruction after **mastectomy** (surgical removal of the breast.) Additional treatment may include **chemotherapy** or **hormone therapy**. **Biological therapy** (using the body's own immune system to fight cancer) and **bone marrow transplantation** are new methods currently being tested in clinical trials. Often two or more methods are used in combination.*

*Information from Government
Education ELSI Website*



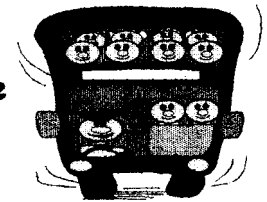
Activities Schedule for July 2000

For Additional Information, please call
Arleta Ward 248-5470, ext. 24545



Highlights for July and August:

Friday, July 7th, we are off to Rochester, Washington, and the Lucky Eagle Casino. We will leave the Center around 8:45 a.m. and there will be no transportation fee. However, you may make a donation if you would like.



Friday, July 21st, we will go to OMSI (Oregon Museum of Science and Industry). Join us and see the new exhibits. Leave at 9:30, Senior admission is \$4.50.

On Tuesday, August 29th, Medicare Representative Marcia Olenlager from Secure Horizons will pay us a visit with important information about low monthly premiums, office visits and co-payments, benefits for glasses, etc. She will be here at 11 a.m., so mark your calendars and bring any questions you may have.

The Foot Care Clinic, which has been scheduled for the first Monday of the month, beginning in August will include the second Monday as well. The first Monday is from 8:30 to 12 Noon, and the second will be from 8:30 to 9:30. Call 248-5470, extension 24545 for an appointment.

Diabetes Education Classes are held the third Tuesday of every month, 10:30 to 12 noon. All are welcome!

At 10:30 each Tuesday Morning we have a Sing-a-Long.

The Advisory Committee meets at 1 p.m. on the second Monday of every month.

The Sewing and Quilting Circle meets every Monday morning at 9:30 a.m.

Tuesday afternoons there is a shopping trip at 1 p.m. with the Red Cross.

On the 2nd, 3rd, and 4th Tuesday of every month, an attorney is available for Senior Law. Appointments required, call Information and Assistance, 248-5470, extension 24553.

Wednesdays starting at 10:45 a.m. Pokeno is played.

A Potluck Lunch is held at noon every 2nd Wednesday of the month.

We go on a trip to the Thrift Store every 3rd Wednesday.

At 10:30 a.m. every Thursday Bible Study is held.

Bridge is played every Thursday starting at 10:30 a.m.

The 3rd Thursday of the month is Movie Day. Film begins at 10:30 a.m.

Blood Pressure Clinic is scheduled on the 3rd Thursday each month, 9 a.m. until noon.

Friday is Bingo day. The game starts at 1 p.m.

Exercise Class is held every Monday, Wednesday, and Friday, starting at 10:30 a.m.

ACTIVITIES JULY 2000

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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This year the United States of America celebrates it's 224th birthday. In 1776, a committee was formed by the Continental Congress in Philadelphia, Pennsylvania to write the Declaration of Independence. The committee was headed by Thomas Jefferson and included John Adams, Benjamin Franklin, Philip Livingston, and Roger Sherman. Jefferson was chosen to write the first draft, which was presented to the Congress on June 28th.

(Continued below)

1						
2	8:30-12 Foot Care 9:30 Sewing/Quilting 10:30 Exercise Class	3 Center Closed Fourth of July	5 10:30 Exercise Class 10:45 Pokeno	6 10:30 Bridge 10:30 Bible Study	7 8:45 Lucky Eagle Casino Trip 10:30 Exercise Class 1 p.m. Bingo	8
9	9:30 Sewing/Quilting 10:30 Exercise Class 1 p.m. Advisory Committee	11 10:30 Sing-a-Long 1 p.m. Shopping 1-3:30 Senior Law	12 10:30 Exercise Class 10:45 Pokeno 12 Noon Potluck	13 10:30 Bridge 10:30 Bible Study	14 10:30 Exercise Class 1 p.m. Bingo	15
16	9:30 Sewing/Quilting 10:30 Exercise Class	18 10:30 Sing-a-Long 10:30 Diabetes Ed. 1 p.m. Shopping 1-3:30 Senior Law	19 10:30 Exercise Class 10:45 Pokeno Thrift Store	20 9-12 Blood Pressure Clinic 10:30 Bridge 10:30 Bible Study 10:30 Movie Day	21 9:30 Trip to OMSI 10:30 Exercise Class 1 p.m. Bingo	22
23		25 10:30 Sing-a-Long 1 p.m. Shopping 1-3:30 Senior Law	26 10:30 Exercise Class 10:45 Pokeno	27 10:30 Bridge 10:30 Bible Study	28 10:30 Exercise Class 1 p.m. Bingo	29
30	9:30 Sewing/Quilting 10:30 Exercise Class	31 9:30 Sewing/Quilting 10:30 Exercise Class				



After various changes, a vote was taken late in the afternoon of July 4th. Of the 13 colonies, nine were in favor of the Declaration, two - Pennsylvania and South Carolina - said "No", Delaware was undecided, and New York abstained. To make it official, John Hancock, President of the Continental Congress, signed his name - it is said "with a great flourish" so "King George can read that without his spectacles!"