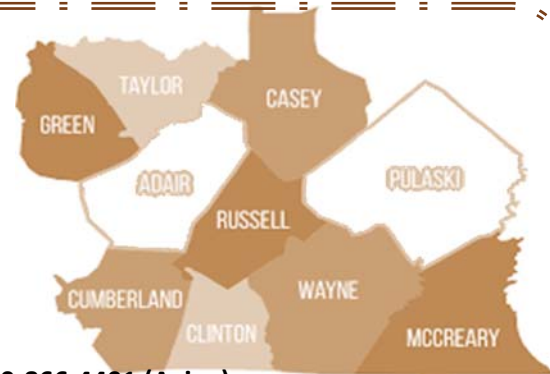


Lake Cumberland Area Agency on Aging and Independent Living

NEWSLETTER



For Information and Assistance, call:

P.O. Box 1570

270-866-4200

Fax: 270-866-4401 (Aging)

Russell Springs, KY 42642

1-800-264-7093

Fax: 270-866-4212 (PDS)

November National Holiday and Observances

November 11 Veterans Day

Honoring men and women who have served in the U.S. armed forces.

Thank you for your service!



November 24 Thanksgiving

Giving thanks for the blessings and celebrating the harvest of the year.



November National Family Caregivers Month



National Family Caregivers Month (NFCM) is a time to recognize and honor family caregivers across the country. It offers an opportunity to raise awareness of caregiving issues, educate communities, and increase support for caregivers. This is a time to recognize and honor family caregivers across the country.

Know more about NFCM, please visit ACL website: <https://acl.gov/news-and-events/downloads-and-multimedia/NFCM>

Are you taking care of your families? Raising your grandchildren? Call us @ 270-866-4200 to get more assistance, resources, support groups, educational information and more.

National Diabetes Month see the next page for more educational article from KY DAIL Aging

National COPD Month see more <https://www.nhlbi.nih.gov/health-topics/education-and-awareness/copd-learn-more-breathe-better/copd-awareness-month>

National Alzheimer's Awareness Month Visit <https://alzfdn.org/alzawarenessmonth/#> for more information.

Lake Cumberland Area Development District LCAAAIL / Lake Cumberland ADRC

We serve you in *Adair, Casey, Clinton, Cumberland, Green, McCreary, Pulaski, Russell, Taylor, and Wayne*
www.lcadd.org

follow us on FACEBOOK <https://www.facebook.com/people/Lake-Cumberland-Area-Development-District-Inc/100068958707840/>



Senior Center Telephone Numbers:

Adair: 270-380-1899	McCreary: 606-376-8811
Casey: 606-787-7951	Pulaski: 606-679-0590
Clinton: 606-387-9011	Russell: 270-866-2899
Cumberland: 270-864-2899	Taylor: 270-465-9410
Green: 270-932-5096	Wayne: 606-348-5811

It's the Law!



Kentucky is a mandatory reporting state.
(Reference KRS 209.030)

Abuse, neglect, and exploitation of a vulnerable adult is often a silent crime. If you suspect abuse of a vulnerable adult, call:

1-877-597-2331 / 877-KYSAFE1

To make a non-emergency report online go to :
https://prd.webapps.chfs.ky.gov/report_abuse/home.aspx



Take Care of Your Feet during Diabetes Month and Beyond

November is recognized as Diabetes Awareness Month. There are 13.7% of adult Kentuckians have been diagnosed with diabetes.

There are 3 different types of diabetes: type 1, type 2, and Gestational diabetes

Diabetes management is very important. With proper diet, exercises, medications and monitoring, many diabetic complications can be avoided or delayed.

Foot care is crucial with diabetes. A person living with diabetes should do the following to prevent or delay the onset of neuropathy and foot health:

1. Check your feet daily to note any changes (redness, cracked skin, swelling)
2. Keep your feet clean and dry and wear clean socks
3. Trim toenails to appropriate length or have podiatrist complete for you
4. Wear shoes that fit and protect the whole foot.

~ PREVENTING FALLS ~



Did you know?

Having a walking aid such as a walker or cane too high or too low can cause additional problems to the user including increased joint pain, gait instability, and even falls. Go to outpatient physical therapy or have home health PT services, the therapist can adjust it for you. If you don't have PT? Just call your local outpatient PT clinic, present yourself there, and ask if they will adjust it for you. Have a properly fitting device can assist you in achieving and maintaining your mobility and independence! Remember to contact your local PT clinic for more information on the services they offer.

Mini Meatloaf Recipe

- ø 1 lb hamburger (90/10 blend)
- ø 1/2 TBSP minced onion
- ø 2 tsp garlic
- ø 1/4 tsp pepper
- ø 1 egg
- ø 1/4 cup breadcrumbs
- ø 1/2 tsp Italian seasoning
- ø 1 TBSP steak sauce
- ø 1TBSP Worcestershire sauce
- ø 1/4 cup Ketchup
- ø 1 TBSP brown sugar
- ø 1/2 TBSP balsamic vinegar



1. In a bowl, combine burger, onion, garlic, Italian seasoning, salt, pepper and egg, and mix to combine.
2. Add breadcrumbs along with other seasonings including steak sauce, ketchup and Worcestershire sauce.
3. Form meatloaf into two small loaves and place in baking dish
4. Bake meatloaf at 350 degrees F. for 25 minutes. Then increase the oven temperature to 400 degree F and bake for another 10 minutes or until the meatloaf reaches an internal temperature of 160 degree F.
5. While the meatloaf is baking, combine ketchup, brown sugar and balsamic vinegar to make the glaze
6. After 30 minutes, remove meatloaf from the oven and spoon the glaze mixture over the tops and sides of the mini meatloaf. Then return them to the oven for an additional 5-10 minutes to allow glaze to set.



Serve with other side dishes of your desire and taste

