



# Senior Viewpoint

gwinnettcounty senior services



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"There's No Place Like Home!"

March 2010

## The Census is Important to You

This March, every household in Gwinnett County will receive a census questionnaire from the US Census Bureau. The Census is a count of everyone residing in the United States, both citizens and non-citizens. It is the first census in history that only ten questions will be asked. Those who do not respond may receive a replacement questionnaire in early April. Census takers will visit households that do not return questionnaires to take a count in person.

Census information affects the numbers of seats your state occupies in the U.S. House of Representatives. People from many walks of life use census data to advocate for causes, rescue disaster victims, prevent diseases, research markets, locate pools of skilled workers and more. In fact, the information the census collects helps to determine how more than \$400 billion dollars

of federal funding each year is spent on infrastructure and services:

- Hospitals
- Job training centers
- Schools
- Senior centers
- Bridges, tunnels and other-public works projects
- Emergency services

Participation isn't just important – it's mandatory. By law, the U.S. Census Bureau cannot share an individual's responses with anyone, including other federal agencies and law enforcement entities. For more information on the Census 2010, visit [www.2010census.gov](http://www.2010census.gov) or call **1(800) 424-6974**.

United States  
**Census  
2010**

## Daylight Savings – By Julie Lucas, Buford Health & Human Services Center



Get ready to 'Spring Forward', Daylight Savings starts Sunday, March 14. That means when the clock reaches 2 a.m., it is suddenly 3 a.m. For many seniors, that means a lost hour of sleep. According to the National Sleep Foundation, getting too little sleep doesn't just leave you feeling a bit tired the next morning, but it also decreases your ability to perform at your mental and physical best. Losing sleep can also increase your risk of diabetes, heart problems and depression. The National Sleep Foundation (NSF) offers these tips so that Daylight Savings Time does not set you back:

- 1) Gradually go to bed earlier in the three or four nights leading up to Daylight Savings Time. While it may be hard to suddenly go to bed an hour earlier one night, ramping back your bedtime in 15 minute increments in the few nights before Saturday can make the transition easier.
- 2) Avoid caffeine, nicotine and alcohol close to bedtime. Since you'll be going to bed earlier, drink water with dinner instead of coffee or soda.
- 3) Take a nap if you feel a bit groggy come Sunday afternoon, but make sure it's not within a few hours of your regular bedtime.
- 4) Use Daylight Savings Time as a reminder to evaluate your sleep environment for a better year-round sleep experience, including your mattress and bedding. If you wake up often with an aching back, that could be a sign that it's time to consider investing in a new mattress.

*Adapted from SeniorJournal.com*

**Food Safety** – By Pat Milhous, Nutrition Services Coordinator

Bleach is an effective sanitizer because it kills both bacteria and viruses. The first step in cleaning your counters in both the kitchen and bathroom is to use plain soap and water. Once they are clean, spray a diluted bleach solution for a little extra protection.

While it may seem weak, use no more than one teaspoon of bleach in a quart of warm water. Spray it onto the counter and let it air dry for best results. Because the bleach is not very stable, the bleach solution needs to be mixed every day

to be most effective. Remember that the number one way to control germs is to wash your hands with soap and warm water, especially before and after preparing food.

Now for something new! See if you can find the following words in the puzzle!

- Bacteria**
- Counters**
- Solution**
- Water**
- Bleach**
- Sanitizer**
- Spray**
- Cleaning**
- Soap**
- Virus**

S F Y D A D V Y B H P S  
 L A T V E K Y A A C L O  
 A N N E T K V C C A H A  
 T N W I L U L G T E I P  
 H O O W T E F B E L N T  
 J X L I A I W K R B V Y  
 B I V N T T Z V I R U S  
 T J I E Y U E E A Z M S  
 T N U A O M L R R Z S H  
 G S R E T N U O C B C A  
 R P D J X A J B S T Y M  
 S L T Q H H T O H K F W

*Adapted from "Chef Charles Says" February 2010, Iowa Nutrition Network.*

**Ask A** – By Adrienne Noble, Information & Referral Specialist

“Dear Ms. Noble,

My father is 82 and has dementia. My brother and I live out of town and cannot check on him frequently, except by phone. I would like some information on what services might be available to him at this time. Also, meals on wheels would be extremely helpful. He only eats boxed dinners and does not cook. Are there specific economic qualifications? How would we apply for these services?” – *Looking for Answers*

Hello Looking,

The responsibility of providing care can be overwhelming, and when you add distance to that, it can seem almost impossible. I can appreciate your search for potential solutions. There are services that may benefit your family. Some of these programs are offered by Gwinnett County Senior Services. Other agencies, organizations, and service providers are available as well. A number of agencies are based on financial eligibility, while others may incur an ‘out of pocket’ expense. Gwinnett County Senior Services (GCSS) does offer the Meals on Wheels program, respite care, and homemaking services. A phone assessment and intake process are required for the services offered through GCSS.

I would like to discuss with you the dynamics of your father’s situation in order to provide you with the best resources. Please feel free to contact my office for a more in-depth assessment of your father’s needs. Thanks again for contacting Gwinnett County Senior Services. I look forward to speaking with you soon.

Sincerely,

Adrienne L. Noble, CIRS-A • Information & Referral Specialist • (678) 377-4150

**Gwinnett County Senior Center Locations**

**Buford**  
 2755 Sawnee Avenue  
 Buford, GA 30518  
 (770) 614-2527

**Lawrenceville**  
 Rhodes-Jordan Park  
 225 Benson Street  
 Lawrenceville, GA 30046  
 (770) 822-5180

**Norcross**  
 5030 Georgia Belle Court  
 Norcross, GA 30093  
 (770) 638-5683

