

"HAPPY Halloween"

TITLE VI "KCHI-WEW-IS-UMEY"  
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VOLUME 2 ISSUE 1  
OCTOBER 1981

OFFICES LOCATED AT:  
PLEASANT POINT 853-2551 EXT. 254  
FRANCES K. NICHOLAS, DIRECTOR  
INDIAN TOWNSHIP 796-2301  
PHYLLIS LANK, LIASON

DEAR ELDERLY:

FOR THOSE OF YOU THAT DON'T KNOW ME YET, I'M FRANCES K. NICHOLAS  
YOUR NEW DIRECTOR FOR THE TITLE VI PROGRAM.

IF YOU HAVE ANY PROBLEMS PLEASE FEEL FREE TO CONTACT ME IF YOU  
LIVE IN THE PLEASANT POINT AND SURROUNDING AREAS OR PHYLLIS LANK IF  
YOU LIVE IN THE INDIAN TOWNSHIP AREA. OUR OFFICE HOURS ARE MONDAY  
THRU FRIDAY 8:00 TO 4:00. THURSDAYS OF EVERY WEEK I WILL BE ON-SITE  
AT INDIAN TOWNSHIP.

THERE ARE FAMILY COUNSELING SERVICES AVAILABLE HERE AT PLEASANT  
POINT FOR THOSE OF YOU THAT ARE IN NEED OF COUNSELING. YOUR COUNSELOR  
AT PLEASANT POINT IS ED. DOUGLAS. HE WILL BE ON-SITE AT PLEASANT  
POINT ALL DAY THURSDAY. SO IF YOU NEED AN APPOINTMENT CONTACT ROSE  
AT THE HEALTH CLINIC.

AGAIN IF THERE ARE ANY PROBLEMS THAT YOU ARE HAVING A HARD TIME  
WITH CONTACT THIS OFFICE AND I WILL BE HAPPY TO HELP YOU IN ANY WAY  
THAT I CAN.

FRANCES K. NICHOLAS,  
TITLE VI DIRECTOR

# Cold Weather Reminders



1. Save Energy

2. Eat Well to keep warm

3. Wear extra clothing  
Inside & Out

4. Use extra blankets  
at night

5. Tell your friends  
to keep warm!

For energy education

- nutritional education
- warm winter clothing
- blankets
- information & referral

For more information  
Call Fran Nicholas  
ext 254

# PEEP

THE PERSONAL ENERGY PROGRAM  
SERVING THE ELDERLY



DON'T BECOME A  
VICTIM OF ACCIDENTAL HYPOTHERMIA

## NOTICE

PERSONAL ENERGY PROGRAM FOR ELDERLY INDIANS 55 AND OLDER.  
WHO IS ELIGIBLE?

- INDIVIDUALS WHO - ARE 60 YEARS OF AGE OR OLDER
- ARE AMERICAN INDIAN 55 YRS OF AGE OR OLDER
  - MEET THE INCOME GUIDELINES
  - ARE AT RISK OF ACCIDENTAL HYPOTHERMIA

NOT IF YOU ARE WONDERING WHAT HYPOTHERMIA IS, THIS IS A CONDITION IN WHICH THE BODY CORE TEMPERATURE DROPS BELOW 95°F. ACCIDENTAL HYPOTHERMIA MAY DEVELOP FROM EXPOSURE TO COOL OR COLD TEMPERATURES BELOW 70°F FOR AN EXTENDED PERIOD OF TIME. IT CAN BE FATAL IF NOT DETECTED PROMPTLY AND TREATED PROPERLY.

THE FOLLOWING SERVICES IF YOU MEET THE ELIGIBILITY GUIDELINES ARE:

- 1) ENERGY EDUCATION - WHICH CONSIST OF AN ENERGY ASSESSMENT OF YOUR HOME, INSTRUCTIONS IN THE USE OF LOW COST OR NO COST ENERGY SAVING TECHNIQUES.
- 2) NUTRITION EDUCATION - THE ADEQUACY OF YOUR DIET IS ASSESSED AND THE IMPORTANCE OF GOOD NUTRITION AND HELPFUL HINTS TO IMPROVE YOUR DIET IF NEEDED.
- 3) INFORMATION AND REFERRAL - ON ALL AVAILABLE SERVICES IS PROVIDED TO YOU AS A CLIENT.
- 4) ACCIDENTAL HYPOTHERMIA - WHAT IT IS, WHY YOU ARE AT RISK AND ITS EFFECTS OR SYMPTOMS.
- 5) CLOTHING PACKAGE - A CLOTHING PACKAGE CONSISTING OF THERMAL UNDERWEAR, SNUGGIES, QUILTED VEST, QUILTED BOOTS, KNIT HAT, LAP ROBE AND A REGULAR OR ELECTRIC BLANKET ARE AVAILABLE IF YOU ARE ELIGIBLE

THE INCOME GUIDELINES EFFECTIVE APRIL 6, 1981 ARE AS FOLLOWS:  
125% NON-FARM

FAMILY OF 1	-5,387.50
2	-7,112.50
3	-10,562.50
4	-12,287.50
5	-14,012.50

FOR FAMILY UNITS WITH MORE THAN SIX MEMBERS, ADD \$1,380.00 FOR EACH ADDITIONAL MEMBER IN A NON-FARM FAMILY

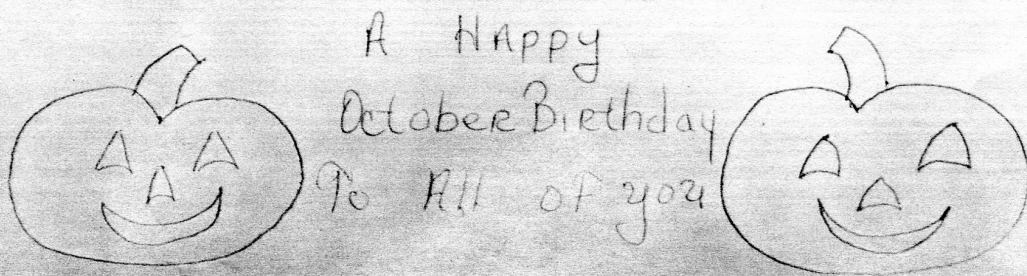
AGAIN, PLEASE TAKE NOTE THAT YOUR DIVIDEND CHECKS FROM THE LAND CLAIMS CASE ARE NOT CONSIDERED INCOME WHEN DETERMINING YOUR ELIGIBILITY.

HAPPY BIRTHDAY NOTES

HAPPY BIRTHDAY WISHES TO ALL OF THE FOLLOWING PEOPLE FOR OCTOBER FROM THE TITLE VI STAFF:

PLEASANT POINT  
FRANCES CLEAVES  
MANUEL HOMAN  
ALICE NICHOLAS  
ANNIE PAUL  
SIMON SOCTOMAH  
FRANCES ALLEN, MACHIAS  
WILLIAM GABRIEL, LUBEC

INDIAN TOWNSHIP  
PHILOMENE DANA  
LEONA LACOOTE  
DELIA R. MITCHELL  
ATHIAN LEWEY



## KEEP YOUR HOME FREE OF HAZARDS TO YOUR HEALTH

ACCIDENTS SELDOM "JUST HAPPEN", AND MANY CAN BE PREVENTED. ACCIDENTAL INJURIES BECOME MORE FREQUENT AND SERIOUS IN LATEP LIFE. THUS, ATTENTION TO SAFETY IS IMPORTANT FOR OLDER PERSONS.

MANY ACCIDENTS CAN BE PREVENTED BY MAINTAINING MENTAL AND PHYSICAL HEALTH AND CONDITIONING, AND BY CULTIVATING GOOD SAFETY HABITS.

FOR EXAMPLE:

- ILLUMINATE ALL STAIRWAYS AND PROVIDE LIGHT SWITCHES AT BOTH THE BOTTOM AND THE TOP.
- BE SURE BOTH SIDES OF STAIRWAYS HAVE STURDY HANDRAILS.
- PROVIDE NIGHT LIGHTS OR BEDSIDE REMOTE-CONTROL LIGHT SWITCHES.
- TACK DOWN CARPETING ON STAIRS AND USE NONSKID TREADS.
- REMOVE THROW RUGS THAT TEND TO SLIDE.
- ARRANGE FURNITURE AND OTHER OBJECTS SO THEY ARE NOT OBSTACLES.
- USE GRAB BARS ON BATHROOM WALLS AND NONSKID MATS OR STRIPS IN THE BATHTUB.
- KEEP OUTDOOR STEPS AND WALKWAYS IN GOOD REPAIR ESPECIALLY WITH THE WINTER MONTHS COMING UP.

PERSONAL HEALTH PRACTICES ARE ALSO IMPORTANT IN PREVENTING FALLS. EXPERTS RECOMMEND ARISING SLOWLY FROM SITTING OR LYING POSITIONS. BOTH ILLNESS AND THE SIDE EFFECTS OF DRUGS INCREASE THE RISK OF FALLS.

BURNS ARE ESPECIALLY DISABLING:

- NEVER SMOKE IN BED OR WHEN DROWSY
- WHEN COOKING, DON'T WEAR LOOSELY FITTING FLAMABLE CLOTHING.
- SET WATER HEATER THERMOSTATS OR FAUCETS SO THAT WATER DOES NOT SCALD THE SKIN
- AND ABOVE ALL PLAN WHICH EMERGENCY EXITS TO USE IN CASE OF FIRE

## HOW MUCH DO YOU KNOW ABOUT THE DRUGS YOU TAKE?

PREVENTION IS THE BEST CURE FOR ANY PROBLEM. THE NATIONAL INSTITUTE ON DRUG ABUSE SAYS THAT IF YOU KNOW THE ANSWERS TO THESE FIVE QUESTIONS, YOU CAN AVOID MANY DRUG-CAUSED PROBLEMS AND THE DANGER OF ABUSE:

1. DO YOU KNOW WHAT DRUG YOU ARE TAKING, WHY YOU ARE TAKING IT AND WHAT IT IS SUPPOSE TO DO FOR YOU?
2. DO YOU KNOW WHEN YOU ARE SUPPOSED TO STOP TAKING THE DRUG?
3. HAVE YOU ASKED YOUR DOCTOR IF IT IS ALL RIGHT FOR YOU TO DRINK ALCOHOL WHILE USING THE MEDICATION?
4. DO YOU KNOW WHAT SIDE EFFECTS OR PROBLEMS YOUR MEDICATION MAY CAUSE? IS IT ALL RIGHT, FOR EXAMPLE, TO DRIVE OR WORK WITH MACHINERY WHILE USING THE MEDICATION?
5. IF YOU HAVE ANY PROBLEMS WITH THE DRUG YOU HAVE BEEN PRESCRIBED, HAVE YOU TALKED WITH YOUR DOCTOR ABOUT THEM OR CONSIDERED GETTING A SECOND MEDICAL OPINION?

CAN YOU ANSWER THESE FIVE QUESTIONS?

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## ALCOHOL, DRUGS, AND THE ELDERLY

PEOPLE DRINK FOR TWO REASONS: TO COPE AND TO ESCAPE. LIFE FOR THE SENIOR CITIZEN IN PARTICULAR CAN BE A SERIES OF DISENGAGEMENTS: LOSS OF JOB THROUGH RETIREMENT: LOSS OF SPOUSE AND LOSS OF FRIENDS: LOSS OF HEALTH.

THE ELDERLY MUST LOOK OUT FOR EACH OTHER. IF A FRIEND ENDUPES A CRISIS, BE ATTENTIVE TO HIS MOOD. NOTICE IF HE IS DRINKING MORE OR APPEARS TO BE USING TOO MANY TRANQUILIZERS. ALCOHOL, LIKE MANY DRUGS, HAS A DEPRESSANT EFFECT ON THE CENTRAL NERVOUS SYSTEM. OVERDOSES ARE QUITE OFTEN INADVERTENT BUT NONETHELESS THEY DO OCCUR AND THEY CAN KILL.

YOUR INTEREST MAY SAVE SOMEONE'S LIFE

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COOPERATIVE EXTENSION SERVICES

A SPECIAL ANNOUNCEMENT

JOHN BAGLEY IS THE NEW ENERGY AIDE FOR THE PERSONAL ENERGY PROGRAM. THIS PROGRAM WILL BE IN EFFECT FROM OCTOBER TO APRIL 1982.

WE WOULD APPRECIATE REFERRALS OF ELDERLY INDIAN PEOPLE (OVER 60) WHO MIGHT BENEFIT FROM THIS PROGRAM. REFERRALS MAY BE SENT TO THE TITLE VI OFFICE.

THE SENIOR COMPANIONS FOR PLEASANT POINT ARE:

1. SERAPHINE STEVENS
2. SUSIE MAY
3. EDWARD L. BASSETT SR.
4. KENNETH RODERICK
5. EILEEN NICHOLAS

YOU MAY ALSO CONTACT DORIS KIRBY (MEDICAL SOCIAL WORKER) AT EXTENSION 268 AND SHE WILL BE GLAD TO HELP YOU IN ANY WAY SHE CAN.

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NOTICE! NOTICE! NOTICE!

FOR THOSE OF YOU THAT RECEIVE SSI, SS, VA, AND AFDC INCOME CHECKS MONTHLY YOU WILL NEED COPIES OF THESE TO APPLY FOR THE ENERGY PROGRAMS, ETC., IF YOU WILL COME TO THE HEALTH CLINIC COPIES WILL BE MADE FOR YOU SO THAT WHEN THE TIME COMES TO APPLY YOU WILL NOT HAVE TO WAIT FOR COPIES, YOU WILL ALREADY HAVE THEM. AND IF YOU CASH YOUR CHECK AT THE BANK THE BANK WILL MAKE COPIES ALSO. THERE IS ALSO A COPY MACHINE LOCATED AT THE COMMUNITY BUILDING.

SO REMEMBER BEFORE YOU CASH YOUR CHECKS FOR THE MONTH OF NOVEMBER HAVE A COPY TAKEN OF THEM.

ATTENTION!

AFTER HOURS AND WEEKEND MEDICAL COVERAGE!

AFTER THE HEALTH CENTER CLOSES FOR THE DAY DURING THE WEEK AND ON WEEKENDS, PAUL CLARONI THE P.A. IS ON CALL.

TO REACH HIM CALL 853-6025 OR CALL THE DISPATCHER AT THE PLEASANT POINT POLICE STATION, THEY CAN REACH HIM BY RADIO.

IF PAUL IS AWAY THEN CALL THE EASTPORT HEALTH CENTER AT 853-2544. THIS CENTER IS BACK-UP FOR PAUL.

NOTICE!

THE REFERRAL SYSTEM AT THE PLEASANT POINT HEALTH CLINIC AS IT WORKS:

1. MAKE APPOINTMENT TO SEE PAUL, NO MATTER WHAT THE PROBLEM IS YOU MUST SEE PAUL FIRST
2. PAUL REFERS YOU TO ANOTHER DOCTOR IF HE FEELS THAT HE CAN NOT HANDLE THE PROBLEM
3. THE APPOINTMENT IS MADE AUTHORIZATION IS FILLED OUT BY THE CONTRACT MEDICAL CLERK SHE GIVES YOU A COPY TO TAKE WITH YOU OR IF THE APPOINTMENT IS FOR A LATER DATE SHE WILL MAIL IT TO THE DOCTOR YOU KEEP THE APPOINTMENT AND IF THE APPOINTMENT IS CANCELLED YOU CONTACT HER.
- 3A. IF THIS DOCTOR REFERS YOU TO 1) SPECIALIST, 2) HOSPITAL FOR LAB WORK, 3) ADMITS YOU TO THE HOSPITAL LET THE CONTRACT MEDICAL CLERK (VIRGINIA ALTVATER) KNOW, OR HAVE THE DOCTOR'S OFFICE CALL HER OR THE HEALTH CLINIC.

BASICALLY THIS MEANS THAT EVERYTIME YOU ARE IN NEED OF A DOCTOR YOU MUST SEE PAUL FIRST GET AN AUTHORIZATION AS MENTIONED ABOVE BEFORE YOU CAN SEE ANY OTHER DOCTOR. THIS IS THE ONLY WAY THAT YOU CAN GET YOUR BILLS PAID, AND IF YOU HAVE ANY OTHER SOURCE OF MEDICAL INSURANCE TELL YOUR DOCTORS OFFICE. IHS IS ONLY A SOURCE THAT MAY BE USED IF NO OTHER INSURANCE IS AVAILABLE.

NOTICE!

IN-SERVICE TRAINING

THE NEXT IN SERVICE TRAINING FOR SENIOR COMPANIONS WILL BE NOVEMBER 5, 1981 FROM 10:00 A.M. TO 2:00 P.M. THIS WILL BE IN THE EAST MACH MUNICIPAL BUILDING (FIPE STATION). THIS IS A BRICK BUILDING IN THE CENTER OF TOWN ON LEFT GOING TOWARD CALAIS.

THE PROGRAM WILL CONSIST OF THE FOLLOWING:

JOHN BAGLEY AND SHEILA CHRETIEN, ENERGY AIDS FOR PEP  
BEN MITCHELL, FMHA  
DISCUSSION OF NEW FORMAT FOR IN-SERVICE TRAINING

THIS WILL BE A POT LUCK LUNCHEON SO BE SURE AND BRING THE "POT". EVERYONE SHOULD BRING THEIR OWN PLACE SETTING.

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NOTICE!

FLUE SHOTS WILL BE GIVEN AT THE PLEASANT POINT HEALTH CENTER ON TUESDAY, NOVEMBER 3, AT 10:00 A.M. TO 2:00 P.M.  
NO APPOINTMENTS NECESSARY

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RECIPE OF THE MONTH:

WHOLE WHEAT BANANA NUT MUFFINS

1 MEDIUM VERY RIPE BANANA  
1 EGG BEATEN  
1/2 CUP SKIM MILK  
3 TABLESPOONS MELTED MARGARINE  
1 CUP FINELY GROUND WHOLE WHEAT  
FLOUR OR WHOLE WHEAT PASTRY FLOUR

2 TABLESPOONS SUGAR  
1 1/2 TEASPOONS BAKING POWDER  
1/4 TEASPOON SALT  
1/4 CUP COARSELY SHOPPED WALNUTS

PREHEAT OVEN TO 425°F. GREASE 8 MUFFIN TINS.

MASH THE BANANA WITH A FORK UNTIL SMOOTH. COMBINE BANANA WITH THE EGG, MILK, AND MARGARINE IN A LARGE BOWL. COMBINE THE DRY INGREDIENTS IN A SIEVE OR SIFTER AND SIFT ALL TOGETHER INTO THE BANANA MIXTURE. ADD WALNUTS AND STIR BRIEFLY, ONLY UNTIL THE DRY INGREDIENTS ARE JUST MOISTENED.

FILL GREASED MUFFIN TINS ABOUT TWO-THIRDS FULL AND BAKE 25 MINUTES, OR UNTIL MUFFINS ARE NICELY BROWNED.

MAKES 8 MUFFINS    CALARIES: 155 PER MUFFIN  
PROTEIN: 4 G.  
TOTAL FAT: 7 G.  
SODIUM: 135 MG.