



McDowell County FACES Newsletter

The FACES of HOPE

June, 2016

facesfrn.com

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June Recognizes Alzheimer's Disease

The number of Americans living with Alzheimer's disease is growing — and growing fast.

Of the 5.4 million Americans with Alzheimer's, an estimated 5.2 million people are age 65 and older, and approximately 200,000 individuals are under age 65 (younger-onset Alzheimer's). By 2050, the number of people age 65 and older with Alzheimer's disease may nearly triple, from 5.2 million to a projected 13.8 million, barring the development of medical breakthroughs to prevent or cure the disease.

Among people age 70, 61 percent of those with Alzheimer's are expected to die before the age of 80 compared with 30 percent of people without Alzheimer's — a rate twice as high. Alzheimer's disease is officially listed as the sixth-leading cause of death in the United States. It is the fifth-leading cause of death for people age 65 and older. As the population of the United States ages, Alzheimer's is becoming a more common cause of death. Although deaths from other major causes have decreased significantly in the last decade, deaths from Alzheimer's disease have increased significantly — 71 percent. In 2013, over 84,000 Americans died from Alzheimer's according to official death certificates; however, in 2016, an estimated 700,000 people with Alzheimer's will die, and the disease likely will contribute to many of those deaths.

Alzheimer's is the only disease among the top 10 causes of death in America that cannot be prevented, cured or even slowed. In 2015, 15.9 million family and friends provided 18.1 billion hours of unpaid care to

those with Alzheimer's and other dementias. That care had an estimated economic value of \$221.3 billion.

Approximately two-thirds of caregivers are women, and 34 percent are age 65 or older. 41 percent of caregivers have a household income of \$50,000 or less. On average, care contributors lose over \$15,000 in annual income as a result of reducing or quitting work to meet the demands of caregiving. Alzheimer's takes a devastating toll on caregivers. Nearly 60 percent of Alzheimer's and dementia caregivers rate the emotional stress of caregiving as high or very high; about 40 percent suffer from depression. One in five care contributors cut back on their own doctor visits because of their care responsibilities. And, among caregivers, 74 percent report they are "somewhat" to "very" concerned about maintaining their own health since becoming a caregiver.

Alzheimer's disease is one of the costliest chronic diseases to society. The growing Alzheimer's crisis is helping to bankrupt Medicare.

In 2016, total payments for health care, long-term care and hospice are estimated to be \$236 billion for people with Alzheimer's and other dementias, with just under half of the costs borne by Medicare. Medicare and Medicaid are expected to cover \$160 billion, or 68 percent, of the total health care and long-term care payments for people with Alzheimer's disease and other dementias. Nearly one in every five Medicare dollars is spent on people with Alzheimer's and other dementias. In 2050, it will be one in every three dollars. Unless something is done, in 2050, Alzheimer's is projected to cost more

than \$1 trillion (in 2016 dollars). Costs to Medicare will increase 360 percent. This dramatic rise includes a nearly five-fold increase in government spending under Medicare and Medicaid and a nearly five-fold increase in out-of-pocket spending.

Alzheimer's takes a devastating toll — not just on those with the disease, but on entire families.

How much of their own money do families spend to provide for the needs of the person with Alzheimer's? Are families prepared to handle the financial impact of Alzheimer's disease? Because studies on this important topic are scarce, the Alzheimer's Association commissioned a nationwide scientific survey of more than 3,500 Americans who were asked these questions and more.

Alarmingly, the survey revealed that many care contributors had to cut back on basic necessities — such as food and medical care — for themselves and their families. They are 28 percent more likely than other adults to eat less or go hungry because they cannot afford to pay for food. At the same time, many survey respondents had misconceptions about what expenses Medicare and Medicaid cover, leaving them unprepared to handle the tremendous costs associated with the disease. Taken together, the results of the survey point to the significant financial burden placed on families because their friend or family member with Alzheimer's disease or another dementia can no longer afford to take care of themselves.



WVU 4-H Summer Camp Scheduled



*... to my club, my community,
my country, and the world.*

McDowell County 4-H Motto: "To
Make The Best Matter

The **HEAD—H** represents the ability to use your head. Someone who uses their head manages their resources, set goals for themselves, and is very involved in critical decisions.

The **HEART—H** represents the ability to relate to others and demonstrates caring attitude through communication and cooperation. Someone who nurtures others, accepts diversity and has good social skills is a good example of the Heart H.

The **HANDS—H** represents the willing worker. Not the one who sits back and waits to be asked, the person who shows characteristics of the Hands H is a self-motivator. The giving personality demonstrates leadership as well as being a good team member.

The **HEALTH—H** represents the ability to make healthy lifestyle choices. Self-discipline, able to manage stress, and practice disease prevention. The Health H takes

responsibility for personal safety, character, and positive self-esteem.

The Spirit of Camp embodies all the qualities above representing a balance personality who is capable of contributing as a valuable member of society.

4-H Camp

**Panther Wildlife
Management Area**

July 18-22

Ages 9-17

304-436-9006

Energy Express Scheduled



Energy Express is an award-winning, 8-week, summer reading and nutrition program for children living in West Virginia's rural and low-income communities. Approximately 3,000 children in throughout the state will maintain or gain reading skills through Energy Express this summer.

The program is designed to provide learning opportunities and nutrition during the summer months, when children are most at risk for falling behind on reading levels – a preventable loss known as the "summer slide."

AmeriCorps Energy Express mentors make learning fun for small groups of school-age children by creating a safe, enriching environment focused on reading, writing, art and drama.

In addition to the learning activities, mentors eat nutritious, family-style meals with children, make family visits and complete a community service project.

Energy Express is a program under the leadership of WVU Extension Service's 4-H Youth Development program. This AmeriCorps program is funded, in part, by grants from the West Virginia Department of Education and the Arts and Volunteer West Virginia. Volunteer West Virginia encourages West Virginians of all ages and abilities to be involved in service to their communities. Based on the success of Energy Express participants and the unique aspects of the program, the National Center for Summer Learning at Johns Hopkins University named Energy Express program one of the nation's best summer learning programs in 2009.

In McDowell Energy Express will be at Welch, Kimball, Anawalt, Fall River, and Bradshaw Elementary Schools from June 27-July 29 for Grades K-5. For more information about becoming a mentor or community coordinator with Energy Express, download our [application](#) at <http://energyexpress.ext.wvu.edu/> or call 304-436-9006.

June: Lane Courtesy Month

With media showing a car deliberately running over a motorcycle couple, I thought it was needed to highlight Lane Courtesy Month.



One of the most frustrating problems that drivers face is poor lane courtesy — drivers blocking the left lane. The idea of slower moving traffic keeping right seems simple, but it is often forgotten. In order to promote this safe driving practice, the National Motorists Association (NMA) has designated June as Lane Courtesy Month. Better lane courtesy will improve traffic flow, prevent accidents, and can even save motorists money on gas.

“The Summer Driving Season is upon us. People want to get out there and enjoy themselves. Lane Courtesy is a part of that,” says Aaron Quinn, NMA Communications Director. “The NMA wants driving to be safer and more pleasurable for all motorists. That’s why we promote Lane Courtesy Month. This June marks the fifth anniversary of this designation.”

Ignoring the principle of lane courtesy increases congestion and frustration. The instances of tailgating, weaving in-and-out of traffic, and speed fluctuations increase — all of which reduce safety and waste fuel. When motorists yield the left lane, these situations diminish and accidents are avoided. Everyone benefits when driving is more efficient and enjoyable. Fuel conservation is a significant benefit of lane courtesy. Your vehicle consumes the most fuel when

you are accelerating. It burns much less when you are able to achieve a consistent speed. Lane courtesy, when properly obeyed, promotes the smooth flow of traffic and helps drivers maintain an even pace. With gas prices at record highs, fuel economy improvements are doubly important.

Safety and gas savings are not the only reason motorists should yield the left lane; most states also have laws requiring them to do so. Government agencies spend billions of dollars to promote speed limit compliance, seatbelt usage, and construction zone safety, but little attention is paid to lane courtesy. The majority of motorists agree on the need for lane courtesy, so a small investment to promote it would be very worthwhile.

For more information concerning Lane Courtesy Month visit or contact the National Motorists Association at (608) 849-6000.

Camp Pocahontas: June 19-July 1, 2016

Junior Camp June 19-24, 2016 and Senior Camp June 26-July 1, 2016

Cost for Camp Pocahontas 2016: \$120.00 per camper

Complete the registration form, and mail the information, along with a \$30.00 non-refundable pre-registration fee, to the following address: Note: Applications received after June 20 will be assessed a \$25.00 late fee unless the camp director is contacted.

Camp Pocahontas 2016— 206 Marion Avenue—Tazewell, VA 24651

Note: The remaining \$90.00 is due the first day of camp when campers are brought to camp. Camp registration does not begin until 3:00 p.m. on June 19 & 26. Campers will not be permitted on the grounds until after that time. Please note: Camp Pocahontas reserves the right to refuse admittance to those who have previously caused a disturbance to the camp and its ministry. Please note: Camp Pocahontas is not seeking scholarships for campers. If you (or your child) needs a sponsor for camp, it is your responsibility to find one.

Activities include off-site swimming during each week. Team-building games, crafts, 3 great meals each day, the camp store for snacks 2 times daily, dodgeball, adventure games, music during services, and Bible classes. Evening service each day, a movie which for the first time we'll be showing on a movie screen at camp each week.

Applications are available through the War Advent Christian Church or you can call Pastor Dan Cyphers at 304-875-4790 or Nathan Thomas at 276-970-1429

Meetings/Events of Interest

McDowell County FACES Community Meeting

**June 9, 2016
12:00 noon**

FAFES Office

HOPE Coalition ATOD Meeting

**June 20, 2016
4:00 p.m.**

Sterling Drive Inn

Southside K-8 Community Schools Meeting

**June 13, 2016
4:00 p.m.**

Southside K-8

Energy Express

Grades PK-4

June 27-July 29

**Contact your school for
an application.**

4-H Camp

Ages 9-18

July 18-22

**Applications: contact
WVU Extension at**

Donald.Reed@mail.wvu.edu

McDowell County HOPE Coalition

**Is taking the summer
off to provide time for
events and activities
while allowing agencies
to take a breather and
come back refreshed in
August.**

2016 McDowell County EXPO

Welch National Guard Armory

**June 10, 10:00 am-5:00 pm
June 11, 10:00 am-3:00 pm**

Admission is FREE

**Resources, services, job opportunities, activities, door prizes etc. For booth
information, contact: Kris Mallory at kmallory@aftwv.org**