

MANAGING MEDICATIONS

As people age the likelihood of taking medicine increases.

It is important to have an active role in understanding what medications are prescribed for you, in order to better manage chronic conditions and reduce the chance of harmful drug reactions.



In case of accidental poisoning call Poison Help at 1-800-222-1222 to speak with a poison expert at the poison center serving your area.

Tips for Success:

-Keep a medicine record.

Make your own list of medicines by keeping a medicine record that includes:

- a. Name of medicine
- b. What it is for
- c. Name of doctor who prescribed it
- d. How and when to take it
- e. How much to take (dosage)
- f. Color/Shape of medicine
- g. Any side effects or warnings

-Talk to your doctor

It's important to get in the habit of asking your doctor questions about your medications.

-Keep up with your medicines

Keep medications in plain sight, in a cool dry place.



Need help paying for medications? Visit these websites for additional assistance.

- Medicare Extra Help Program provides information about the Social Security assistance program and application process for the Medicare Part D Subsidy: www.ssa.gov/prescriptionhelp.
- State Pharmaceutical Assistance Program (SPAP) provides information about any available state-funded assistance programs for prescription drug costs: www.medicare.gov/spap.asp.
- Pharmaceutical Assistance Program (PAP) provides information about pharmaceutical companies that offer assistance programs for the drugs they manufacture: www.medicare.gov/pap.

EXERCISE ACTIVITY

Side Leg Raise



This exercise strengthens hips, thighs, and buttocks. For an added challenge, you can modify the exercise to improve your balance. (See [Progressing to Improve Balance](#).)

1. Stand behind a sturdy chair with feet slightly apart, holding on for balance. Breathe in slowly.
2. Breathe out and slowly lift one leg out to the side. Keep your back straight and your toes facing forward. The leg you are standing on should be slightly bent.
3. Hold position for 1 second.
4. Breathe in as you slowly lower your leg.
5. Repeat 10-15 times.
6. Repeat 10-15 times with other leg.
7. Repeat 10-15 more times with each leg.

TIP

As you progress, you may want to add ankle weights.

RECIPE FOR THE MONTH

PEACH SMOOTHIE POPS

MAKES ABOUT 12 SERVINGS

Ingredients

- 1 ½ cups instant nonfat dry milk powder
- 4 cups (2 cans, about 15 ounces each) canned peaches, drained
- 1 cup water
- 1 cup ice cubes
- 3 tablespoons sugar

Directions

1. Place all ingredients in blender, cover, and blend until smooth.
2. Pour into popsicle molds and insert sticks, or pour into ice cube trays and place toothpicks in each cube. Freeze until solid.

Tip

You can make this with any kind of fruit you like.

Nutritional Information for 1 serving (1 pop) of Peach Smoothie Pops

Calories	100	Cholesterol	5 mg	Sugar	18 g	Vitamin C	3 mg
Calories from Fat	0	Sodium	80 mg	Protein	5 g	Calcium	170 mg
Total Fat	0 g	Total Carbohydrate	21 g	Vitamin A	105 RAE	Iron	0 mg
Saturated Fat	0 g	Dietary Fiber	0 g				

Recipe adapted from Food.com