

# LIFESTYLES

## CAREGIVERS' CORNER

### Understand the consequences of signatures

#### KOOCHICHING AGING OPTIONS REPORT

A question and answer column for family caregivers.

**Q. I have an older aunt who has been living alone. She recently had surgery and it was recommended she go into an assisted living facility. Her husband died about 10 years ago and my aunt never remarried. My cousin, their only child, has also passed away. My aunt has been very special to me and I have done what I can to make sure she is okay. I brought her to the facility, but my aunt had difficulty with all the paperwork to get into the facility, so I was asked to help fill it out. I also signed her into the facility.**

**My aunt is financially well off and can afford the care. Now I am informed that I am respon-**

**sible for making sure everything gets paid. I did not realize at the time that I would be responsible. I do not want all that responsibility even though I love my aunt. There are no other relatives in town to help out. What can I do to get my name off those papers?**

A. Many family members and friends have put themselves in similar positions. During an emotional situation, like the one that you have experienced, it is not unusual to do what you believe is best for your loved one. However, it can cause some problems later on.

This may be a legal issue. You can talk to the director and social worker of the facility to express your concerns. If you or your aunt have an attorney, you may want to address the situation to see what your options are. If not, contact an Elder Law Attorney or

Senior Legal Aid Services. You may want to call the Senior LinkAge Line at 1-800-333-2433 for more information.

It is important to talk with your aunt about the situation and let her know how you feel. Now that your aunt has recuperated some, she may want to take care of her own financial responsibilities. This may resolve the dilemma. Your desire to help your aunt is a good thing.

For future reference, make sure you understand the consequences of signatures. Best wishes in your caregiver journey.

*If you have any or need help you may contact the Koochiching Caregiver Consultant, Leslee Loop, at Koochiching Aging Options, 1000 Fifth St., International Falls, MN 56649; 218-283-7030 – 800-950-4630; KoochichingAgingOptions@gmail.com; or visit www.KoochichingAgingOptions.org.*

## SENIOR MENU

Hot meals for people 60 or older are served at noon Monday through Friday at Koochiching County Senior Center, 307 Fourth St.

Meals are for anyone, regardless of income. A \$3.50 donation is suggested. Meals are subject to change. Participants under age 60 are welcome at \$6.50 each.

For reservations call 283-3460 the day before the meal. Cancellations may be made the day of the meal.

**MONDAY**  
Pork chow mien  
Fresh fruit

**TUESDAY**  
Roast turkey dinner  
Whipped Jell-O

**WEDNESDAY**  
Meatloaf dinner  
Chocolate mint brownies

**THURSDAY**  
Harvest stew  
Cookies

**FRIDAY**  
French toast and sausages  
Pudding

## MEMORIAM

In loving memory of our dear son, brother and uncle, **Jason Urban**, who left us 18 years ago, Jan. 26, 1996.

*They say there is a reason,  
They say that time will heal;  
But neither time or reason,  
Will change the way we feel.  
For no one knows the heartache,  
That lies beyond our smiles;  
No one knows how many times,  
We have broken down and cried.  
We want to tell you something,  
So there won't be any doubt;  
You're so wonderful to think of,  
But so hard to live without.  
We cannot bring the old days back,  
When we were all together;  
The family chain is broken now,  
But memories live forever.*

**Sadly missed and never forgotten by  
Dad and Mom  
Joe and Ginger  
Bonnie and Chris  
Pam and families**

## RLMC Auxiliary meets Jan. 14

BY MARGUERITE DAVISON

Sonia Wegge was installed as the newly re-elected president of the Rainy Lake Medical Center Auxiliary at the regular monthly meeting Jan.14.

Also installed were: Beverly Beck, vice president; Connie Lacher, recording secretary; Mary Ann Lien, corresponding secretary; and Bea Brown, treasurer. Carolyn McDougall, a member of the nominating

committee, conducted the ceremony.

In other business, liaison Kelly Millerbernd announced that a blood drive is scheduled for 1:30 to 5:30 p.m. Feb. 26.

A sloppy joe feed has been tentatively set for Feb. 27 at the hospital. McDougall and Lacher were named co-chairpersons. Proceeds from that event will be given toward the auxiliary scholarship which is given each year.

Helen Billig gave a report on the Gift Shop. She plans to attend Market Days in the Cities later this month.

Wegge outlined plans given to her by Linda Tezak, District B chairperson, for Legislative Days April 9 at the State Capitol. A bus has been secured for anyone in the district who would like to attend.

The next regularly scheduled meeting of the auxiliary will be Feb. 4 at the hospital.

## SHARE YOUR STORY

The Journal welcomes ideas for stories about people in our community who have gotten married, graduated, joined the military, etc.

**Call the Journal at 285-7411**

## Fish oil: Separating fact from fiction

**Q. I keep hearing about how good fish oil is for you. Could you separate fact from fiction on this?**

A. I, too, have seen fish oil touted so often that it's beginning to sound like a cure-all sold in little brown bottles off the back of a wagon.

[Warnings: Taking high doses of fish oil can be dangerous. Always check with your doctor before changing your intake of foods or supplements.]

You get fish oil from eating fish (surprise) or by taking supplements made from oily fish. Fish loaded with beneficial oils known as omega-3 fatty acids include anchovy, bluefish, herring, mackerel, menhaden, mullet, salmon, sardines, sturgeon, trout and tuna.

Fish oil is recommended for many conditions. These include: high blood pressure, elevated triglycerides, heart disease, stroke, depression, attention deficit-hyperactivity disorder, Alzheimer's disease, glaucoma, macular degeneration, menstrual pain, diabetes, asthma, dyslexia, obesity, kidney disease, osteoporosis, psoriasis, rheumatoid arthritis, atherosclerosis, heart arrhythmia, cancer ... and more.

Holy mackerel!!!

How effective is fish oil? The Natural Medicines Comprehensive Database provides ratings for fish oil. Here are many of them:

**Effective**  
*High triglycerides, blood fat related to cholesterol.* Researchers believe that fish oil can reduce triglyceride levels by 20 to 50 percent.

**Likely Effective**  
*Heart disease.* People who already have heart disease



**Fred  
CICETTI**  
HEALTH CARE WRITER

may be able to lower their risk of dying from it by taking fish oil.

**Possibly Effective**  
*High blood pressure.* Seems to produce modest reductions of high blood pressure.

*Rheumatoid arthritis.* May ease morning stiffness faster.

*Menstrual pain.* Might reduce pain.

*Attention deficit-hyperactivity disorder (ADHD).* May improve thinking and behavior in children.

*Stroke.* Consuming fish once or twice a week seems to lower the risk of having a stroke.

*Weak bones (osteoporosis).* Fish oil seems to slow bone loss rate and increase bone density at the thigh bone and spine in older people with osteoporosis.

*Hardening of the arteries (atherosclerosis).* Fish oil seems to slow or slightly reverse the progress of atherosclerosis in the coronary arteries, but not in the carotid arteries that bring blood up the neck to the head.

*Kidney problems.* Long-term use (two years) of fish oil 4-8 grams daily can slow the loss of kidney function in high-risk patients with a kidney disease called IgA nephropathy.

*Bipolar disorder.* Taking fish oil with the usual

treatments for bipolar disorder seems to improve symptoms of depression, but doesn't seem to improve manic symptoms.

*Psychosis.* Taking a fish oil supplement might help prevent full psychotic illness from developing in some people with mild symptoms.

*Weight loss.* Some evidence shows that eating fish improves weight loss and decreases blood sugar in overweight people and people with high blood pressure.

*Endometrial cancer.* There is some evidence that women who regularly eat about two servings of fatty fish per week have a reduced risk of developing cancer of the endometrium, the lining of the uterus.

*Age-related macular degeneration (AMD).* There is some evidence that people who eat fish more than once per week have a lower risk of developing this disease that destroys your sharp central vision.

*Blocked blood vessels.* Fish oil appears to decrease the rate of re-blockage after heart bypass surgery or "balloon" catheterization (balloon angioplasty).

*Psoriasis.* There is some evidence that administering fish oil intravenously can decrease symptoms.

*Asthma.* Fish oil seems to improve airflow, reduce cough, and lower the need for medications in some children with asthma.

[Our next column will cover additional ratings for fish oil uses.]

*If you would like to read more columns, you can order a copy of "How to be a Healthy Geezer" at www.healthygeezer.com.*

**Cicetti is a health care writer with more than 40 years of journalistic experience.**

## 2014 MINNESOTA CITY SUMMARY BUDGET STATEMENT

Budgets have been adopted for the following Funds:

General Fund  
Special Revenue Funds  
Debt Service Funds  
Capital Projects Funds

The purpose of this report is to provide summary 2014 budget information concerning the City of International Falls to interested citizens. The budget is published in accordance with Minn. Stat. Sec. 471.6965. This budget is not complete: the complete budget may be examined at: City Administrators Office, 600 4th Street, International Falls, Minn. The City Council approved this budget on 12/16/13.

	2013 Adopted	2014 Adopted
	<u>Budget</u>	<u>Budget</u>
Budget Governmental Funds		
Revenues:		
Property Taxes	2,109,415	2,109,415
Tax Increments	-	-
All other Taxes	90,000	90,000
Special Assessments	-	-
Licenses and Permits	58,800	61,655
Intergovernmental Revenues	-	-
Federal	-	-
State General Purpose Aid	3,710,994	3,975,561
State Categorical Aid	179,883	178,883
Grants from county and other Local Gov.	544,796	357,623
Charges for Services	1,977,879	2,870,983
Fines and Forfeits	50,026	48,500
Interest on Investments	47,200	64,106
Miscellaneous Revenues	1,068,950	1,195,122
Total Revenues	<u>\$9,837,943</u>	<u>\$10,951,848</u>
Proceeds from Bond Sales	\$0	\$0
Transfers from Other Funds	\$958,667	\$1,482,710
Total Revenues and Other Financing Sources	<u>\$10,796,610</u>	<u>\$12,434,558</u>
Expenditures:		
General Government	1,103,150	1,070,521
Public Safety	2,742,284	3,003,302
Street and Highways	1,718,637	1,751,175
Sanitation	10,100	10,100
Health	6,100	6,100
Culture and Recreation	747,391	716,656
Economic Development	128,700	44,700
Miscellaneous	1,680,547	2,779,918
Total Current Expenditures	<u>8,136,909</u>	<u>9,382,472</u>
Debt Service Principal		
Interest and Fiscal Charges		
Capital Outlay	2,659,701	1,887,288
Transfers to Other Funds	-	1,164,798
Total Expenditures	<u>\$10,796,610</u>	<u>\$12,434,558</u>
	2012	2013
General Fund- Beginning Balance January 1	3,517,549	3,199,133
General Fund- Ending Balance December 31	3,199,133	3,374,373
Increase (Decrease) in Fund Balance	<u>(\$318,416)</u>	<u>\$175,240</u>

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