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“Make sure you pay your taxes; otherwise you can get in a lot of trouble.”—**Richard M. Nixon**

**Celebrate Earth Day’s 45<sup>th</sup> Anniversary**  
**April 22, 2015**

Earth Day was founded in 1970 by Senator Gaylord Nelson to promote ecology and respect for life on the planet as well as to encourage awareness of the growing problems of air, water and soil pollution.

The first Earth Day activated 20 million Americans from all walks of life and is widely credited with launching the modern environmental movement.

Today, the Earth Day Network collaborates



with more than 17,000 partners and organizations in 174 countries.

More than 1 billion people now participate in Earth Day activities each year, making it the largest civic observance in the world.

Some schools and communities celebrate Earth Day for a whole week to expand the

time frame that people focus on the earth and how they can preserve it.

Earth Day 2015 will be a global “give back to Earth” event, as an “offering” for all the planet gives us. The goal is to plant one billion seeds/trees.

You can contribute to a healthier Earth in multiple ways: plant a garden, pick up trash, purchase biodegradable products, and commit to reduce, reuse and recycle.

**Tax Season 2014 - Taxes Due April 15th**

There are just a few weeks left before 2014 tax returns are due, millions of taxpayers are scrambling to get their taxes done.

Tax extensions, though not ideal, are available for those who

can't complete their taxes on time.

A six month extension can be granted, but the money that is due still has to be paid by April 15th. To request an extension, IRS Form 4868 is used.



You can download Form 4868 at [IRS.gov](http://IRS.gov).

## Easter Deviled Eggs



### INGREDIENTS:

- 12 Large Eggs
- ¼ cup Creamy Salad Dressing (such as Miracle Whip)
- Salt and pepper to taste
- Hot Sauce
- ¼ tsp Dry Mustard
- 4 drops red food coloring
- 4 drops blue food coloring
- 4 drops green food coloring

### DIRECTIONS:

1. Place eggs into a large saucepan, cover with cold water, and bring to a boil. Let eggs boil for 3 minutes; turn off heat, cover pot, and let eggs cook in hot water for at least 20 minutes. Drain and cover eggs with cold water. Peel cooked eggs.
2. Cut hard-cooked eggs in half lengthwise and remove yolks; mash yolks in a bowl with creamy salad dressing, salt, pepper, hot sauce, and dry mustard until smooth.
3. Place red, blue, and green food coloring into 3 different bowls and add about 1 cup water to each bowl. Steep 8 eggs white halves in each bowl, tinting the egg whites pink, light blue and green. Drain on paper towels.
4. Pipe or spoon egg yolk filling into colored egg white halves; cover and chill before serving.

Allrecipes.com

## Ten Questions to Ask Before Hiring a Health Aide

No one with a need for a home health aide should be afraid to seek necessary care. But how do you ensure that your loved one is in safe hands? Lee Lindquist, M.D., chief of geriatrics of the Northwestern University Feinberg School of Medicine, offers these 10 questions to ask when vetting home-care agencies:



- 1) How do you recruit home health aides, and what are your hiring requirements?
- 2) Do you do criminal background checks on prospective aides? How about drug screening?
- 3) Are health aides certified in CPR, or do they have any health-related training?

- 4) Are the aides insured and bonded through your agency?
- 5) What competencies are expected of the aide? Lifting and transfers? Personal care skills (bathing, dressing, toileting)? Training in behavioral management, cognitive support?
- 6) How do you assess what the aide is capable of doing?

7) What is your policy on providing a substitute home health care aide in the event a regular care provider cannot perform the services in your contract?

8) If there is dissatisfaction with a particular home care provider, can he or she be replaced "without cause"?

9) Does the agency provide a supervisor who is responsible for regularly evaluating the quality of home care?

10) Does supervision occur over the telephone, through progress reports or in person at the home of the older adult?

Lindquist, Lee "10 Questions to Ask Before Hiring a Health Aide", AARP Bulletin, March 2015, pg 8

## Berries for Blood Pressure



Older women who ate a cup of blueberries a day for eight weeks saw a modest drop in their blood pressure, a new Florida State University study found.

The berries decreased both the top and bottom numbers in blood

pressure readings for women ages 45 to 65 with mild hypertension.

Researchers think it's because blueberries contain nitric oxide, a natural compound that helps widen blood vessels.

"Health Shots: Berries for Blood Pressure" AARP Bulletin, March 2015 pg 32

## Should You Get a New Social Security Number?



The Social Security Administration allows people to request new Social Security numbers when other measures fail to stop identity thieves. To request this, complete form SS-5, *Application for a Social Security Card* (SocialSecurity.Gov/forms) and bring proof of your identity and proof of a serious ID-theft problem, such as letters from bill collectors or credit-reporting agencies to your local Social Security office.

But this generally is worth doing only in the most extreme cases. Replacing a Social Security number inevitably leads to years of headaches as lenders and other legitimate companies try- and often fail- to make sense of the unusual situation. Worse, it won't necessarily solve your problem. Every company that has your current Social Security number on file will add a note in this system linking your new Social Security number to it. The old number could continue to be abused – and perhaps the new one, too.

## Warning: Cyber Thieves May Have Your Social Security Number

Massive data breaches at giant companies have become so commonplace that consumers now tend to shrug them off. But high-tech criminals have ratcheted up the danger and the steps required to safeguard consumer finances and identities to a whole new level.

The biggest and most recently revealed example of a much more dangerous hacking incident involves the health insurance provider Anthem – and it makes the possible fallout from incidents of credit card and password theft seem mild in comparison.

Unlike the hacking incidents at such companies as Target and The Home Depot, the Anthem breach could lead to long-lasting and identity theft for many of the up to 80 million current and former customers. That's because the hackers who invaded Anthem's computer stole data including names,



employment and contact information, health insurance IDs, addresses, birth dates and Social Security numbers.

Social Security number breaches are especially dangerous because they don't just help crooks gain access to your accounts, the way a credit card breach does. Social Security breaches allows the crooks to pose as you in myriad ways that could wreck your life.

Victims might spend the rest of their lives fending off bill collectors about purchases they never made. Victims have had to fight to remove inaccurate and potentially lethal information from their medical files. How about having to explain to police that it was

really someone else who was arrested and skipped bail?

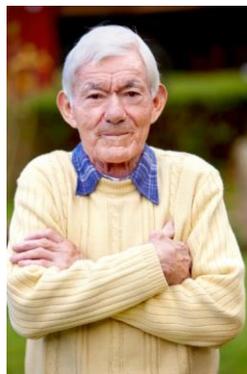
Javelin Research found that 22.5% of people who receive a notice informing them that they were the victim of a data breach later become victims of identity theft – but it doesn't always happen fast. Data thieves sometimes wait years to use stolen data.

If you find yourself a victim of a Social Security Breach, you can put a security freeze on your credit files. You can also sign up for an ID-theft monitoring service. Choose one that monitors credit reports from all three credit – reporting agencies plus address-change requests, court records, driver's license activity, payday loan applications, and websites where stolen identities are bought and sold.

## April Checklist

- ✓ **Check Status of Federal Tax Refunds:** Most refunds are issued within 21 days after the IRS receives the tax return. Look up status at [IRS.gov/refunds](http://IRS.gov/refunds).
  
- ✓ **Spruce Up Your Property:** Check the condition of the roof and gutters. Replace drafty windows. Pressure-wash your deck. Organize the garage. Have trees pruned, and plant some new ones. Small, low-cost trees are available through the Arbor Day Foundation, [ArborDay.org](http://ArborDay.org).
  
- ✓ **Jazz Up Your Days:** April is Jazz Appreciation Month. [JazzRadio.com](http://JazzRadio.com) has free music. Dozens of events are listed at [SmithsonianJazz.org](http://SmithsonianJazz.org). (click on Jam/Jazz Appreciation Month.

## Natural Cures for Anger



When it comes to human emotions, explosive and out-of-control anger is one of the toughest. It's not only hard on relationships at home, work and /or school, it's also hard on the health of the angry person.

Heart rate, blood pressure and the digestive system can all be affected. To curb anger, conventional doctors use both psychotherapy and prescription medications (such as antidepressants and tranquilizers). These approaches can help. But lifestyle changes and natural medicine can offer longer-lasting results. It's important to recognize that it's normal and healthy to feel and appropriately express anger, but when it becomes excessive, problems can develop.

If you or someone you love is struggling with anger, here's some advice:

**Watch Your Diet:** A good first step is to reduce known dietary nuisances such as caffeine, alcohol and

high-sugar foods – all of which affect the brain and can interfere with your ability to cope with anger.

### Review Your Hormone Health:

Women can experience significantly worse anger when they are premenstrual or going through menopause. In men, anger often kicks up during middle age when their testosterone levels are waning. For both males and females, anger is common during puberty – another time when hormone levels are changing. If you suspect that your anger may be tied to your hormone health, ask your doctor about testing your testosterone, estrogen and progesterone

“levels. Both men and women have all three of these hormones, and for optimal emotional health, all three should be correctly balanced.

### Check for Allergens:

All kinds of allergies can wreak havoc with one's emotional stability. Whether you're allergic to inhalants (such as pollen, pet dander or dust) or foods (such as dairy, wheat or eggs), these allergens can cause big problems. Sometimes, the only symptom of an allergy is emotional distress, irritability and/or volatile anger.

*If you have frequent anger:* Keep a diary of explosive events and the foods you ate and the possible allergens in your environment during the 12-hour period prior to your angry feelings. Look for patterns. If you suspect a link, speak to your doctor about allergy testing.