Alcohol abuse among elderly called a 'hidden epidemic'

Alcohol abuse by seniors and in the elderly is sometimes called a hidden epidemic because its symptoms often mimic or are masked by common physical and mental infirmities of aging, such as lessened alertness, depression, anxiety and diminished physical capacity. Also, doctors rarely ask their elderly patients when and how much they lives. Various circumstances com-



mon among older people can in- ment may result in a loss of struccrease the risk of alcohol abuse, ture, self-esteem and income and an

dependence as well as pain or sleep people to turn to alcohol.

The effects of a given amount of than in younger people who conalcohol can be greatly exaggerated sume the same amount of alcohol. in an older person because the But even at equivalent blood alcophysical body that is consuming alcohol at age 65 and older is not the likely than the middle aged to expesame as the one that drank at age 45. rience intoxication, cognitive diffidrink or what effect it has on their even in someone who has never had increase in loneliness and boredom. In addition, as people age, there is culties and problems with balance a previous alcohol problem. Retire- Other losses such as spouses, a decline in a stomach enzyme that and coordination. Tolerance for al-

it reaches the bloodstream. Blood problems may also prompt older alcohol levels in older people are typically 30 to 40 percent higher cation for arthritis, depression, hyhol levels, older people are more

friends, physical well-being or in- starts to break down alcohol before cohol declines, and the risks of excessive drinking rise with age.

An older person who takes medipertension, heart disease and other ailments can also be at increased risk as even the moderate intake of alcohol can result in negative interactions wit these medications.

Editor's note: The preceding article was contributed by Cora Lee Pfannenstiel RN, BSN, Consultation and Education Department.

Lions hear presentation from West Nile virus survivor

day, Aug. 9 at the Prairie Rose around two thank you notes. One thanked the members for helping Room. Lion President Melinda was from Mary Hedden who was with the concession stand at the fair Morton called the meeting to order. thanking the club for a birthday bal-Lion Larry Brenn lead the flag sa- loon for her 91st birthday. One note for the fair parade. Lion Lawver lute, Lion Larry Koon gave the was from Donna Lawver for flowprayer. Lion Sheryl Brenn lead the ers she received from the club dur-

Lambda Chapter. She is presently

instructor for the Associated Col-

than 90 times in the last 17 years.

leges of Central Kansas.

The High Plains Lions met Mon-singing. President Morton passed ing her hospital stay. Lion Morton being the cotton candy queen. and also helping with the club float thanked the club members for the cards and concerns for his wife Donna.

Lion Mary Hurtt asked for team members for the Relay for Life event. Ten members volunteered to walk and others volunteered to help. The club will buy three luminaries returned from Minneapolis, Minn. practicum supervisor and college for Lion Welter, Lion Urbom and Lion Mary Hurtt. Individual members will be purchasing luminaries The two have performed more for their loved ones.

President Morton had two special Recent performances include the awards to present. Lion Francis Kansas Teacher of the Year ban-Britton received a crown made from quet, Marquette for the Melodrama, popcorn as he was named Pop Corn Olio, and Dinner Theatre and Little King of the concession stand and Rock, Ark. for the 74th Delta Kappa Lion Cassie Juenemann received a Gamma International Convention. crown of cotton candy sticks for

PUBLIC AUCTION

Saturday, August 14, 2004

Time: 10:00 a.m. CST (doors open at 8 a.m. day of sale)

For the program Mike Shubert talked about his bout with West Nile disease a year ago. He told about how tired he felt before seeking medical help. When he got to the place he could not walk he sought medical attention. He was flown to Wichita where he remained for three months. He doesn't have much memory during his illness except for the pain and hallucination. He had to relearn to walk and breath.

Mike said he always thought of himself as a tough guy and had never experienced much illness in his life. He said, "Every cloud has a silver lining, my cloud had two." One silver lining was his faith in God. "I had a lot of people praying for me and I was never afraid."

The second silver lining was all the good people of the community.

"The community raised and donated a lot of money to my family. We live in a very rich country of caring people. CNM Guns doesn't have a sick leave program or a health insurance program. I am very proud to live in such a caring community. The people here are very special to me and my family."

"I am not over this yet, I still have trouble with feeling in my legs and feet. I have nerve damage and can not do all the things I used to do. I also have some memory loss. The medical staff did all they could, I had all the treatments they offered."

In a question and answer period, Mike said, "I would go for medical treatment sooner.

"I would tell people to use insect repellent. I am so thankful that I didn't return home tied to a wheelchair or disabled. My wife Cindy and I are so thankful for all your prayers and care."

ST

Public Notice

Student News Michael Karnes of Colby earned bachelor of music performance degrees in orchestra and vocal music during summer commencement at Southwestern Oklahoma State University in Weatherford, Okla. Karnes was one of 117 students receiving degrees during graduation

Bridge/Golf

ceremonies.

The following results were announced for the bridge tournament held Tuesday at the Colby Country Club. Winners were: Marge Roulier, 1st; Thelma Shalz, 2nd; Mary Molstad, 3rd; and Elaine Ptacek, 4th.

In the one-person lady scramble, winners were: Audrey Hines, 1st in 1st flight and Ann Siemsen, 1st in 2nd flight. Last week's game, low net, saw Sidney Strait in 1st place.

Public Notice

THOMAS COUNTY	TREASURER'S QUARTERLY STATEMENT
TE OF KANSAS FUND	ENDING JULY, 2004 BALANCE
GENERAL FUND SPEC. RESERVE EQUIP. FUND	534,523.91 26,542.06
MICRO ENTERPRISE LOANS	34,587.60
REVOLVING LOAN REPAYMENT	4,462.22
TH CO SHER FORFEITURE FD FEDERAL FORFEITURE FUND	13,519.52 10,975.02
TH CO ATTY FORFEITURE FD	198,364.59
INSUFF CK FEE TRUST FUND	5,601.11
LANDFILL CLOSURE FUND	45,753.52
TEMP PENDING-JAMES MMA PENDING DRUG FORFEITURE	418,258.62
PENDING DRUG FORFEITURE PENDING DRUG FORF MMA	4,933.00 43,171.06
SHERIFF FORFIT-GOLDING CD	374,378.06
ATTORNEY FORFIT-GOLDING M	69,735.90
BUILDING MAINTENANCE	83,824.76
BIOTERRORISM P&R GRANT NORTH RANDALL TWP MMA	4,220.01 11,096.26
911 INVESTMENT FUND	61,353.60
ROAD AND BRIDGE FUND	301,301.30
FREE FAIR MAINTENANCE	19,359.55
FAMILY PLANNING CAR SEAT PROGRAM	14,692.32
HEALTH FUND	368.85 63,940.02
COUNTY ROAD LEVY	74,740.38
ELECTION FUND	14,178.55
EMPLOYEE BENEFIT FUND	101,992.13
EXTENSION COUNCIL FUND	31,731.12
NOXIOUS WEED FUND AMBULANCE FUND	37,055.39 20,072.03
MATERNAL CHILD HEALTH	6,062.18
SPECIAL EQUIPMENT FUND	435,467.18
SPEC. HIGHWAY IMPROV FUND	204,613.97
R OF D CAPITOL OUTLAY	1,250.00
AMBULANCE CAPITOL OUTLAY NOXIOUS WEED CAPITOL OUTL	113,280.03 31,039.74
SANITARY LANDFILL CAP OUT	27,552.81
SERVICES FOR THE ELDERLY	20,282.88
SPECIAL ALCOHOL FUND	6,152.06
COMMUNITY VAN FUND	830.86-
HAZARDOUS WASTE PROGRAM RE-APPRAISAL	14,751.65 58,390.41
SANITARY LANDFILL	65,690.38
SPECIAL LIABILITY	1,571.82-
HERITAGE TRUST FUND	406.94
LAND FILL NO FUND WARRANT	668,415.73
JUNIOR COLLEGE TUITION FD BARRETT GENERAL	5,767.20 913.04
E HALE MACHINERY RES FUND	3,000.13
EAST HALE GENERAL	20,558.15
E HALE EMPLOYEE BENEFIT	180.15
W. HALE ROAD & BRIDGE KINGERY GENERAL	375.95 1,280.32
LACEY GENERAL	340.73
LACEY DEBT SERVICE	11,353.87
MENLO GENERAL	580.14
MORGAN ROAD & BRIDGE	861.04
MORGAN SPECIAL ASSESSMENT	3,628.55
NORTH RANDALL GENERAL	31,598.80
NO RANDALL EMPLOYEE BEN	725.23
NO RANDALL SPECIAL EQUIP S. RANDALL ROAD & BRIDGE	5,000.00 1,088.15
ROVOHL GENERAL	31,623.60
ROVOHL EMPLOYEE BENEFIT	192.36
ROVOHL SPECIAL EQUIPMENT	5,284.53
SMITH GENERAL SUMMERS ROAD & BRIDGE	513.05 1,243.31
WENDALL GENERAL	625.36
RURAL FIRE DISTRICT 3	11,512.35
RURAL FIRE 3 CAP. OUTLAY	14,904.45
RURAL FIRE DISTRICT # 4	176.84
EXCISE TAX TREASURER SPECIAL AUTO	646.69 8,899.34
PATF	8,899.34 7,250.81
REG OF DEEDS TECH FUND	24,111.28
MTR VEH SALES TAX TO ST	19,754.19
MTR VEH-ST. & COUNTY AUTO	5,132.33
PAYROLL WITHHOLDING FUND BANKRUPTCY PENDING ACCT	23.59
GAME LICENSES	3,468.29 453.00
ARCHERY PERMITS	5,186.00
DUCK STAMPS	85.00
PARK PERMITS	305.75
CURRENT TAX FUND DELINQ 16/20 PERS TAX	236,250.46
PRIOR YEARS ADDED TAX	1,088.82 1,445.93
ADVANCE TAX	437.75
MOTOR VEHICLE TAX-2605	194,747.56
RV MTR VEH TAX-2605	3,415.80
16/20M MTR VEH TAXES	2,918.40
DELINQ. PERSONAL TAX FUND REDEMPTION & ASSIGNMENTS	11,925.19
LAVTR	214,469.43 1,149.20
PARTIAL PAYMENT ON TAXES	150.01
CURR YEAR DELINQ PERS TAX	13,478.66
INT ON CURR TAX FUND	5,897.50
	F 161 744 44
TOTAL ALL FUNDS	5,191,704.03

Colbyite attends convention

Shirley Malcolm, Colby, and is a member of McPherson's Alpha Betty Amos, Lindsborg, recently where they performed piano duets for more than 2,100 people at the Delta Kappa Gamma International Convention, July 25-Aug. 1.

This piano-playing duo has been performing since 1987, beginning their piano duet playing at the Delta Kappa Gamma state convention held in Colby in April, 1987, when both ladies were members of Colby's Gamma Alpha Chapter of Delta Kappa Gamma.

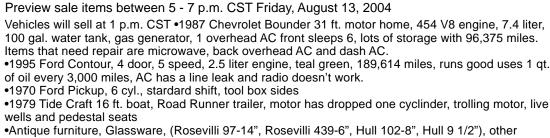
The two have also performed at the Delta Kappa Gamma Southwest Regional Conference in Kansas City in 1991. Delta Kappa Gamma is an honorary organization of select educators.

Both women were invited for this prestigious honor of providing music at this special 75th Jubilee convention, Young said.

Malcolm and Amos provided a 30-minute prelude of easy listening music and a postlude of all-time musical favorites.

The theme at this year's convention was "From the Sparkle of the Past to the Brilliance of the Future" and was chaired by Jean Gray from Maryland, Delta Kappa Gamma International President.

Malcolm is a member of Northwest Kansas' Zeta Chapter of Delta Kappa Gamma. She is a retired school music teacher and presently teaches private piano lessons. Amos



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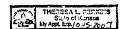
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Dorita Applalury COUNTY TREASURER

subscribed and sworn to before me this Lat DAY OF محمدوس والمعرفي 2004



Theres: Perkil COUNTY CLERK/NOTARY PUBLIC

MY COMMISSION EXPIRES 10-15-2007

(Published in the Colby Free Press on August 12, 2004.)

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