

Elaine's Potpourri....

(The following tid bits are from a collection of places. Regardless of their authenticity, they can make for a fun read!) Elaine

- Google is actually the common name for a million zeros.
- It takes glass one million years to decompose, which could mean it never wears out and can be recycled an infinite amount of time.
- Albert Einstein was offered the presidency of Israel in 1952, but declined!
- The average person who stops smoking requires one hour less sleep a night.
- The University of Alaska spans four time zones.
- Gold is the only metal that doesn't rust, even if it's buried in the ground for thousands of years.
- A comet's tail always points away from the sun.
- The tooth is the only part of the human body that cannot heal itself.
- Caffeine increases the power of aspirin and other painkillers, that is why it's found in some medications.
- In 2011, July has 5 Fridays, 5 Saturdays, and 5 Sundays. This apparently happens once every 823 years!!

The following were taken from the C, Department of Energy, National Geographic, NOAA and NOVA...

- Global temperatures may rise as much as 10.4 degrees by 2100.
- More than 11 million species live on our planet.
- Human's have named about 1.7 of those 11 million!
- Oceans cover 70% of earth's surface.
- Sea levels are predicted to rise 3 feet by 2100.
- The ozone hole is at its smallest since 2004, due to reduced chlorofluorocarbon usage!

Now, for a few more serious things to think about when it's time to consider Medicare (source: AARP) !

- A person can qualify for Medicare on their spouse's work record *if* he or she is at least 62 years of age and the person wanting to qualify is age 65.
- Medicare is still providing the comfort of guaranteed health coverage to more than 46.5 million Americans.
- If your income is under a certain level, you may qualify for the Extra Help program in Part D, which provides low-cost drug coverage--zero or reduced premiums and deductibles, and low co-pays.
- Check out Medicare interactive for details on Medicare benefits at medicareinteractive.org/aarp
- For additional help you can always call or visit your local Social Security office. Call 1-800-772-1213 or go to ssa.gov for Medicare enrollment help!

The Wall Street Journal contributed the following:

- More than 75% of people will be unable to make some or all of their own medical decisions at the end of life. It's this reason that we provide and encourage the completion of the 5 Wishes document!
- Studies show that many elderly patients prefer to limit medical interventions. In one study of hospice patients, 79% wanted comfort measures only, 20% wanted only limited additional interventions such as intravenous fluids and antibiotics.
- You can complete a Physician's Order called a **Polst Form** which is simply an updated DNR form. If you'd like one, we have a supply in our office...just give us a call.