

Know What's Below!

Call 811 Before You Dig

Do you know what's below? We're getting into that time of year when everyone is doing yard projects. Always make sure you call 811 before you dig. A representative will take information about your project and notify the appropriate utility companies. They will then come to your site and mark any underground utility lines, including power and gas lines, communication cables, and water lines. Reminder, even seemingly simple tasks like installing a mailbox, planting a tree, or building a deck require a call to 811.



5 Questions to Ask Your Doctor Before You Get Any Test, Treatment or Procedure

1. Do I really need this test or procedure? Will it help diagnose or treat the problem?
2. What are the risks? Will there be side effects? Will the results be accurate?
3. Are there simpler, safer options? Could simple lifestyle changes like eating healthier or exercising more help instead?
4. What happens if I don't do anything? Will my condition get worse if I don't have the test or procedure right now?
5. How much does it cost? Will my insurance cover it, are there less expensive tests, could generic drugs be prescribed?

Use these 5 questions to talk to your doctor before you agree to tests, procedures or treatments.

From consumerhealthchoices.org

Worried About Getting Dementia? Think Twice Before Buying Supplements

The U.S. Food and Drug Administration issued a statement in February, 2019, regarding 17 companies that sell dietary supplements to stop making false claims that their products can prevent or cure Alzheimer's disease. "These products may be ineffective, unsafe and could prevent a person from seeking an appropriate diagnosis and treatment." So far no drug has been proved effective at stopping or treating the disease. So, think twice before buying a pricey supplement in hopes of avoiding dementia and don't be fooled by the TV and newspaper ads that you see.



Donations

Dorothy Dough in memory of my parents, John Marshall and Hilda Bruce Dough

Frances Etheridge in memory of Judy and Paul Brumley

William Lehr in support of our SRC activities

Helen Pittman to be used as needed