

# SENIORS *in the news*

**SEN. DICK LUGAR CASTS 13,000TH SENATE VOTE** – Indiana Sen. Dick Lugar (R) cast his 13,000th vote in the U.S. Senate Wednesday. Lugar is the longest serving U.S. Senator in Indiana history, and in 10th place on the all-time Senate voting list. Other members of that list include Sen. Edward M. Kennedy (D-MA) who cast 15,236 votes, and Sen. Robert C. Byrd (D-WV), who tops the list with 18,689. Lugar will retire from the Senate in January following his defeat in May's primary election by Richard Mourdock.

**LOCAL SENIOR COMMUNITY HOLDS CAREGIVER RELIEF CONTEST** – Clare Bridge of Carmel is holding an essay contest for caregivers as part of their Caregivers Relief Program. The winner will receive a two-week respite stay at the community for their family member or loved one. To nominate the caregiver and their loved one, tell their story in an essay not to exceed 1,000 words in length. To submit a story or to read the rules and qualifications, see the following website: [www.brookdaleliving.com/caregiverrelief](http://www.brookdaleliving.com/caregiverrelief). Nominations will be accepted through Sept. 30. For more information, contact Janice A. Pegues, executive director at Clare Bridge of Carmel, at 317-580-0389.

## Business turns medical ID bracelets into fashion statements

By Matthew Williams - [editorial@youarecurrent.com](mailto:editorial@youarecurrent.com)

Shelly Fisher hopes to transform medical ID bracelets from unattractive necessities to fashionable accessories, and she's targeting Hamilton County and Central Indiana to do it.



Fisher's business, Medical ID Marketplace, based in Philadelphia, offers those with chronic diseases or allergies a chic way to carry their medical information. Medical

identification jewelry can be a life saver when worn during an emergency. However, many people don't wear traditional bracelets to avoid being stigmatized.

"People don't need to wear their disease on their wrist," said Fisher. "Our company recognized the importance and lifesaving value of medical bracelets. That's why it was so important to create styles that people actually want to wear."

Fisher created Medical ID Marketplace in 2003. The company sells a variety of unique designs to cater to a

wide array of consumers. The company also offers more traditional styles, as well as pendant and "dog tag" jewelry options. The company is working to expand its offerings to include medical identification products that can be displayed in the home or office.

"We want to offer one stop shopping for identification," say Fisher.

Medical identification jewelry is recommended for anyone who suffers from conditions such as diabetes, asthma, blood disorders and heart disease. It is also recommended for those with severe drug, food or insect allergies. Medical bracelets offer critical information for emergency situations where a patient is incapacitated and unable to explain his condition.

For now, displays can be seen and brochures obtained at Kroger stores in Carmel, Noblesville, Westfield and Fishers, and at other Kroger stores throughout Indiana. More information about the medical jewelry can be found online at [www.medical-bracelet.com](http://www.medical-bracelet.com).



**D LIST** – Vitamins and minerals are an essential part of the diet, but a recent study shows that Vitamin D deficiencies may lead to weight gain, especially in women over 65. The best way to increase amounts of Vitamin D is by being in the sun. - [thechart.blogs.cnn.com](http://thechart.blogs.cnn.com)

**SCAM ARTISTS TARGETING LOCAL SENIORS** – Local senior care experts are urging families in North Indianapolis, Fishers and Carmel to be alert for scammers who may be targeting their senior loved ones with a variety of clever cons that could jeopardize not only their life savings but their independence. "Scam artists are specifically targeting seniors because they are the fastest-growing segment of the population, which has led to increased demands on law enforcement agencies," said Jeff Sewell, owner of the Home Instead Senior Care office in Indianapolis, serving North Indianapolis, Fishers and Carmel. As a result, the nonprofit National Association of Triads and the local Home Instead Senior Care office have launched a public information program called Protect Seniors from Fraud to educate families and seniors about how to protect themselves. Information about the program is available online at [ProtectSeniorsFromFraud.com](http://ProtectSeniorsFromFraud.com). To obtain a free Senior Fraud Protection Kit, contact Home Instead Senior Care at 317-252-4472.

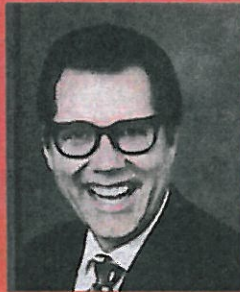
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