



Heartland Human
Services

Caregiver Headlines

Volume 6, Issue 11

November 2007



National Family Caregivers Month

Every November the President of the United States proclaims November to be National Family Caregivers Month (NFC Month). It is designated as a time every year to thank, support, educate, and celebrate more than 50 million family caregivers across the country currently providing an estimated \$306 billion in "free" caregiving services.

In celebration of National Family Caregivers Month 2007, family caregivers are encouraged to take action to improve their own health and well being by speaking up for their rights. Help support family caregivers to take steps every day to make their lives easier, improve the care they give their loved one, and convince others to speak up about the assistance family caregivers need and deserve. This is an opportunity to advocate for stronger public policy, addressing family caregiving issues, and raise awareness about community programs supporting family caregivers. This is also a time to focus on encouraging family caregivers to always...

Believe in Yourself.

Protect Your Health.

Reach Out for Help.

Speak Up for Your Rights.



National Memory Screening Dates

The Alzheimer's Foundation of America (AFA) is sponsoring its 5th Annual National Memory Screening Day which coincides with National Alzheimer's Disease Awareness Month—November.

AFA urges anyone concerned about memory problems or interested in memory care to take a free screening that takes minimal time to complete. Screenings are completely confidential and do not represent a diagnosis.

The week of November 12 – 16 Heartland Human Services will be sponsoring free memory screenings at the following locations:

- November 13 in Flora & Louisville—Call 618.662.6621
- November 13 in Centralia —Call 618.532.1853
- November 13 in Mt. Vernon —Call 1.888.560.8805 x 1046
- November 13 & 15 in Effingham —Call 217.347.7179 x 1046

For more information or to find other screening sites visit www.nationalmemoryscreening.org.

Inside this issue:

Celebrate National Family Caregivers Month	2
Appeal of Apples	2
Home Alone — Are They Ok?	3
Library Resource Hours	4
Service Update	4
For the Blues, Try Going Green	4
Caregiver Resource/ Support meetings	5
Gear and Gadgets	5
Announcements	6

Top 10 Ways to Celebrate National Family Caregivers Month:

- 1.) Offer a few hours of respite time to a family caregiver so that they may spend time with friends or simply relax.
- 2.) Send a card of appreciation or a bouquet of flowers to brighten up a family caregiver's day.
- 3.) Offer to help with home repairs, yard work, indoor housecleaning, or encourage a local business to donate services.
- 4.) Help a family caregiver decorate their home for the holidays or offer to address envelopes for their holiday cards.
- 5.) Offer comic relief! Purchase tickets to a local comedy club, give a family caregiver your favorite funny movie to view, or provide them with a book on tape.
- 6.) Find 12 different family photos and have a copy center create 2008 calendar that the family caregiver can use to keep track of appointments and events.
- 7.) Offer to prepare Thanksgiving dinner for a caregiving family in your community so they can just relax and enjoy the holiday.
- 8.) Take a few minutes to write a letter encouraging your mayor, county executive, or governor to issue a local proclamation establishing November as National Family Caregivers Month. Contact information for government officials can be found at www.thefamilycaregiver.org.
- 9.) Become a part of the National Family Caregivers Story Project. Encourage the family caregivers you know to share their stories at www.thefamilycaregiver.org.
- 10.) Join the National Family Caregivers Association (NFCA) and show your support for family caregivers. For more information, call NFCA at 800-896-3650 or visit the Web site at www.thefamilycaregiver.org.

The Appeal of Apples

Maybe your grandpa was on to something when he handed you that Golden Delicious and said, "An apple a day keeps the doctor away." Rui Hai Liu, associate professor of food science at Cornell University in Ithaca, New York, isolated new cancer-fighting compounds — triterpenoids — in 230 pounds of apple peel and tested their efficacy in combating cancer-cell growth in the lab. "They all show very potent anticancer activities and should be studied further," Liu says.

According to previous research at Cornell, whole apples also possess cancer-fighting flavonoids and phenolic acids, but with this new evidence of the power of the peel, it's more important than ever to shop for organic apples — because more pesticide residues exist on the peel. Your grandpa may no longer be around to thank you for his sage advice, but you sure can pass along the adage — and a healthy snack to your own kids and grandkids.



—Source
Alternative Medicine, October 2007

Home alone — are they OK?

Confusion and Dementia create danger for Care Receivers



As a caregiver, you may have to decide if it is still possible to leave an elderly person in your care alone for an hour, an afternoon, or an entire day. Will they be safe? Will they wander off? Will they let strangers into the house? Will they turn on the stove and forget to turn it off?

Making this decision can be a complicated and emotionally struggling experience for you and the care receiver. For caregivers, it can be heartbreaking to recognize that the strong, self-sufficient adult they have known for years is no longer capable of taking care of themselves. It also means a real loss of freedom and flexibility and may require you to develop creative strategies to accomplish daily errands and tasks. For the care receiver, it can be equally difficult to acknowledge and accept that physical, emotional, or mental changes have reduced their independence.

There are numerous factors to consider when making this decision. It is important to balance the safety of the care receiver with the needs of both care receiver and caregiver to retain as much independence as possible. As a result, you should include as many people as you can in the decision-making process, even the care receiver. You may also want to consult with other caregivers, such as family members and friends; paid caregivers who know the care receiver's abilities and limitations; and elder care professionals such as doctors, nurses, and social workers.

The following questions can guide you in making the decision. If the answer to any question is "no," it may no longer be possible for the care receiver to be left alone, even for a short period of time. As a caregiver, you may want to consider getting more help at home or discuss the option of moving the care receiver into an assisted living facility.

Checklist on being home alone:

- √ Do they understand how to leave the home if necessary?
- √ Do they know where the door is located and how to exit the building?
- √ Will they stay home or near the house rather than wander off?
- √ If they go outside, do they know where they live and how to get back inside?
- √ Can they identify signals, such as smoke from the kitchen or fire alarms that would alert them to potential dangers?
- √ Do they know how to access emergency services?
- √ Do they know how and when to dial 911? Would they be able to communicate over the phone?
- √ Can they physically get to a phone no matter where they are?
- √ Do they have frequent life-threatening medical emergencies that require immediate intervention?
- √ Do they know where any medication they might need is located? Can they reach it?
- √ Do they have the capacity to select the right medicines in the correct amounts?
- √ Do they have the judgment to identify who they should and should not let into the home?
- √ Will they know to allow family, friends, and emergency personnel into the home?
- √ Can they prepare themselves something to eat if they get hungry?
- √ Do they know how to use the stove and will they remember to turn it off?
- √ Can they get to the bathroom and use the toilet on their own? If not, have alternatives been worked out?
- √ Are they afraid to be alone for an hour or more?
- √ Do they become clingy when caregivers depart and make frequent telephone calls if they are alone?

— Source
Senior Solutions of America, Inc
www.aging-parents-and-elder-care.com



Library Resource Hours



Fayette County: Evans Public Library
 215 Fifth Street
 Vandalia, IL
 10:00 a.m. to 1:00 p.m. (by appointment only)
Next Visits: November 6
December 4

Effingham County: Helen Matthes Library
 100 Market Avenue
 Effingham, IL
 10:00 a.m. to 1:00 p.m. (by appointment only)
Next Visits: November 1
December 6

Jefferson County: CE Brehm Memorial Library
 100 South Seventh
 Mt. Vernon, IL
 10:00 a.m. to 1:00 p.m. (by appointment only)
Next Visits: No visit in November.
December 11

Marion County: Brian-Bennett Library
 217 West Main Street
 Salem, IL
 1:00 p.m. to 3:30 p.m. (by appointment only)
Next Visits: November 20
December 18

Clay County: Flora Public Library
 216 North Main
 Flora, IL
 1:30 p.m. to 3:00 p.m. (by appointment only)
Next Visits: November 27
No visit in December.

Remember...

Please call at least one day ahead to schedule your appointment with the Caregiver Advisor during Library Resource Hours.

Service Update

As of press time Union employees at Heartland Human Services are still striking.

Services of the Caregiver and Gero-Psych Programs continue to be provided in their entirety.

Should you have problems crossing the picket line or have questions, please contact:

Linda Warner
at 217.347.7179 x 1046.

For the Blues, Try Going Green.

Happiness may be as simple as a walk in the park. While any kind of exercise is thought to be a mood booster, researchers at the University of Essex in the United Kingdom say *where* you take that walk can make a big difference. A study found that people who stroll for an hour through green spaces like parks or nature preserves are more relaxed, energetic, and confident than those who amble through a shopping mall. The fresh air, sounds, and colorful scenery in nature offers possible stimulation for the senses. A little exercise in green environment may work well for mood disorders as drug therapy or counseling, according to the British mental health charity Mind, which commissioned the study.



Caregiver Resource & Support Meetings

Fayette County & Surrounding Area

November 6

No meeting in December

January 1

3:00-4:00 p.m.

First United Methodist Church

127 N. 4th Street

Vandalia, IL

Meets in Library

Jefferson County & Surrounding Area

November 13

No meeting in December

January 8

3:00-4:00 p.m.

Addus Evergreen Club

108 N. 3rd Street

Mt. Vernon, IL

Meets in North Room

Effingham County & Surrounding Area

November 19

No meeting in December

January 21

3:30-4:30 p.m.

In November, Bob Hawickhorst, is hosting the group at his Lake Sara Home. Meet at the West Parking Lot of Effingham Knight's of Columbus Hall to caravan there at 3:15 p.m. Brats, soda, chips, & dessert will be provided.

Marion County & Surrounding Area

November 20

No meeting in December

January 15

4:00-5:00 p.m.

St. Thomas Episcopal Church

512 West Main Street

Salem, IL

Meets in Church Basement

Gear & Gadgets



Tired of holding a lid under hot running water or grabbing a rubber grip when you want to open a jar? The Black & Decker™ LidsOff™ Automatic Jar Opener comes to the rescue. It adjusts to the height and diameter of the jar lid and unscrews the lid to a loose position. It has an easy-to-clean exterior, convenient cord storage, and a compact design for storage on countertops or inside cabinets. LidsOff™ Automatic Jar Opener is available at most mass merchant, discount, and specialty stores nationwide, including Wal-Mart, Target, Bed, Bath & Beyond and Linens & Things for approximately \$40.00.

HEARTLAND HUMAN SERVICES

1200 North Fourth Street
P.O. Box 1047
Effingham, IL 62401

Phone: 1-888-560-8805 x1062

Fax: 217-342-6716

Email: dmarkwell@heartlandhs.org

We're on the web!
www.heartlandhs.org

Announcements

On Saturday, October 13, 2007, the Alzheimer's Association Memory Walk took place in Carbon-dale, IL. Caregiver, Lenora Allison and her family walked in memory of Lenora's husband, Harlan D. Their goal was to raise \$1,000 for research and ended up raising over \$3,000! Way to go Lenora & family!



Attention Centralia Residents: A University of Illinois Research Group will be conducting a study of the City of Centralia, including health care options. A Senior Forum will be held the morning of November 9 at Midland Area Agency on Aging to gather information & perspectives of older adults. Contact Debbie Kuiken at 618.532.1853 for details.

Heartland Human Services will be closed on **November 22 & 23** for the Thanksgiving holiday.

Happy Thanksgiving!