

# Caregiver Headlines

## What's in a Picture?

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### Special points of interest:

- Expanding Conversations with loved ones through pictures.
- Helpful tips to slow down COPD.
- Jefferson County Annual Caregiver Spa.
- How a support group can benefit you.

Looking at a picture with your loved one, whether in a museum or at home, may not gather 1,000 words...but you may be surprised at the conversations that artwork could inspire.

Alice Kraus, a volunteer educator at the Bruce Museum in Greenwich, Connecticut, has used this effectively with her own mother as well as hundreds of other seniors. She offers these suggestions for expanding your horizons and conversations with your loved one.

**1.) Pick a painting or photo that lends itself to discussion.** If you can't get to a museum, use a large art book, readily available at your local library. You can also use book covers and magazines. Find a picture of, about or with people in which you might see one or more stories. Kraus often uses the painting Jan C. Verhas's "The Broken Flower Pot," shown to

the right.

**2.) Move from open-ended to more specific questions to tell the story in the picture.** After asking a question, wait. Give the person the time and opportunity to look, think and offer thoughts. Offer your own thoughts afterward or as prompts.

*(What do you notice? What else do you see? What do you think is happening? What in the picture makes you say that? What might have happened before? What might happen next?)*

To do this with a dementia patient, for whom the above questions may be hard to answer, concentrate on descriptions of colors, textures or emotions.

**3.) Expand to personal memories, using the picture as a starting point.**

*(Does this picture bring anything to mind? Do you*



Jan C. Verhas  
"The Broken Flower Pot"

*think about something when you look at it?)*

And, Kraus reminds: There are never any wrong or right answers. This time together is designed to be fun for both of you, a time to enjoy sharing what you see, think and feel.

—Source  
Susan Strecker Richard  
Caring Today, May/June  
2008

# Library Resource Hours

**Fayette County: Evans Public Library**  
 521 5th Street  
 Vandalia, IL

10:00 a.m. — 1:00 p.m. **(by appointment only)**

**Next Visits: July 1**  
 August 5  
 September 2

**Marion County: Bryan-Bennett Library**  
 217 W. Main Street  
 Salem, IL

1:00 p.m. — 3:30 p.m. **(by appointment only)**

**Next Visits: July 15**  
 August 19  
 September 16

**Effingham County: Helen Matthes Library**  
 100 Market Street  
 Effingham, IL

10:00 a.m. — 1:00 p.m. **(by appointment only)**

**Next Visits: July 3**  
 August 7  
 September 4

**Clay County: Flora Public Library**  
 216 N. Main Street  
 Flora, IL

1:30 p.m. — 3:00 p.m. **(by appointment only)**

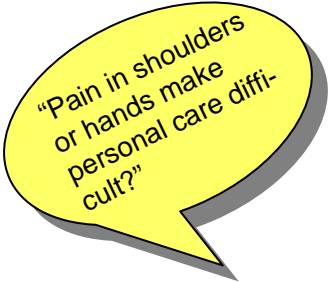
**Next Visits: July 22**  
 August 26  
 September 23

**Jefferson County: CE Brehm Memorial Library**  
 100 S. 7th Street  
 Mt. Vernon, IL

10:00 a.m. — 1:00 p.m. **(by appointment only)**

**Next Visits: July 8**  
 August 12  
 September 9

**Remember...**  
 Please call at least one day in advance to schedule your appointment with the Caregiver Advisor during Library Resource Hours at 1.888.560.8805 ext. 1062



## Gear & Gadgets



Etac's Beauty Kit helps you improve your reach from head to toe. Its ergonomic design prevents any strain on your arms, shoulders, hands, and back.

Each piece has an extended, rough-surfaced, oval handle for better grip and easier reach.

- The beauty body

washer allows you to wash/reach the entire body.

- The 11.8" comb provides maximum power with minimal effort.
- The multi-purpose grip rests securely in your hand, enabling you to hold a nail file, toothbrush or razor.

- Designed for minimal strain on hands, arms and shoulders.
- Light-weight and easy to use.

**Available at Wal-Mart for \$19.94 or visit the website and order online at [www.walmart.com](http://www.walmart.com).**

# At Home With COPD

COPD (Chronic Obstructive Pulmonary Disease) is a progressive breathing disorder caused by chronic bronchitis and emphysema. Although COPD is irreversible, the best we can do is slow it down. That being the case, reducing smoke and other triggers in the home should be at the top of your must-do list.

Because smoke and fumes cause wheezing and flare-ups, doctors and pulmonary rehabilitation specialists recommend the following:

## **Ban tobacco smoke in and near the house.**

Also, avoid wood-burning fireplaces and incense. If you must heat with wood, keep a window open. And, when cooking, be sure to provide adequate ventilation.

## **Keep the home as dust free as possible.**

To keep dust mites down, eliminate draperies and carpeting and wash bed-

ding weekly in hot water. For general cleaning, use a high-efficiency (HEPA or equivalent) vacuum when the COPD patient is out of the room because vacuuming stirs up dust.

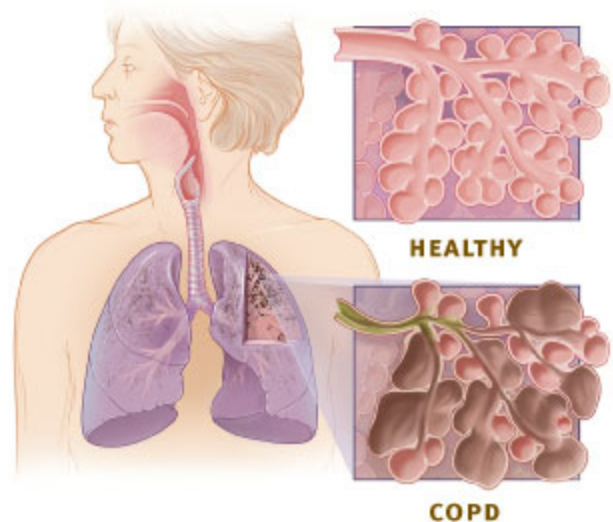
*(High-efficiency vacuums are best known for removing at least 99.97% of particulates such as dust, animal dander, smoke, mold and other allergens.)*

Although air cleaners are sometimes recommended, they don't appear to provide health benefits.

## **Avoid products with strong chemical odors.**

Paints, cleaning products and insecticides, for example, can be serious irritants. When you must paint or spray for bugs, do so when the person with COPD is out of the home.

**Limit the use of fragrant sprays and lotions.** Hair sprays, perfumes, after-shave lotions and air fresheners can cause negative airway reactions.



## **Pay attention to air-quality announcements.**

When outdoor air quality is poor or dust levels are high, keep windows closed.

**Use a humidifier.** Dry air from your heating system can worsen symptoms.

**Display an artificial Christmas tree.** Fragrances from live trees can be an irritant.

## **Centralize essentials.**

Keeping things most often needed in a central location minimizes the need for excess walking or

stair-climbing.

**Look for ways to enhance mobility.** As home elevators become more compact and affordable, they can make it possible for someone to remain in a multi-story home. Also, a motorized wheelchair or scooter is useful when the disease is advanced and walking becomes difficult.

—Source  
Margaret Farley Steele  
*Caring Today*, May/June  
2008

## Music For a Good Night's Sleep

When you get up during the night to assist your loved one, are you up for the night, stewing in your bed as your loved one snores soundly?

It's critical for you to get restful sleep. Forget the

warm milk and counting sheep. Dr. Arnold Breisky, preventive gerontologist and author of "The Secret for Caregiver Success", suggests keeping your CD player nearby, with Mozart's piano Con-

certo #21 ready to play. The melody will become music to your ears and just the lullaby you need to return to sleep.

—Source  
[www.caregiving.com](http://www.caregiving.com)



## Featured Video:

### “Those Good Ole School Days”

You as a caregiver are able to enjoy short periods of respite or time away from your caregiving duties by popping in this featured video, **“Those Good Ole School Days.”**

Video respite focuses on grabbing and maintaining the attention of those with Alzheimer’s disease and other forms of dementia through music, light movement and the recollection of fond memories.

In this video, your loved one will be reminded of five-mile hikes to school, games, trips to the candy store, and even spoonfuls of castor oil. And with the help of an energetic, fun host, your loved one will fondly relive and even laugh at some of the trips down memory lane.

**Songs include:** “School Days,” “She’ll be Comin’ Around the Mountain,” and “The Bus Song.”

**Approximate length is 50 minutes and is in VHS format.**

If you are interested in this particular video respite, it can be checked out from the Resource Center at Heartland Human Services. Contact the Caregiver Advisor toll-free at 1.888.560.8805 ext. 1062.

For more information about video respite, visit the website

[www.videorespite.com](http://www.videorespite.com).



# Spa for the Caregiver's Spirit

The Jefferson County MHASI Team has organized it's 6th Annual Spa for the Caregiver's Spirit. The free, educational and relaxing evening will be held on **Thursday, September 11, 2008** at Pleasant Hill Baptist Church in Mt. Vernon. The church is located on 19479 North Illinois Highway 37.

The evening begins at 2:30 p.m. with registration and exhibits.

At 3:00 p.m., Michelle Smith from Integrity Clinical Network in Mt. Vernon will discuss **depression in the caregiver/care receiver**.

At 4:30 p.m., we will have round table discussions including: **Dealing with Combative Behavior; VA Aid & Attendance Benefits; Easy Nutrition Guides for Seniors; Caring for a Patient with a Life Limiting Illness; Similarities & Differences between a homemaker & respite worker; Differences in Powers of Attorneys & Guardianship & how they can work together; & Physical Activity in Seniors.**

From 6:30 — 7:30 p.m., a meal will be provided along with musical entertainment to close by Deann Schnautz.

As usual we will be drawing door prizes throughout the evening with a grand prize to be drawn at the end of the night. Caregivers must be present to win.

Chair massages and nail care will also be provided throughout the evening.

An informational brochure and registration form will be included in next month's Caregiver Headlines.

For more information, contact the Caregiver Advisor at 1.888.560.8805 ext. 1062.



# Support Groups: How You Can Benefit

Support groups can provide an outlet to gain perspective or recharge your emotional batteries. These meetings allow you to share your emotions, recognize resources and learn coping skills. The

groups also provide shared experiences, respite and friendship.

Listed below is the scheduled meetings for the five county region: Fayette, Effingham, Jefferson,

Marion, and Clay that are offered within a non-judgmental environment.

If you think you could benefit from a support group, please come out and join us!



## Caregiver Resource & Support Meetings

All Sites Are Accessible

### Fayette County & Surrounding Area

July 1

August 5  
September 2

3:00 p.m. — 4:00 p.m.

#### First United Methodist Church

127 N. 4th Street  
Vandalia, IL

Meets in Library



### Effingham County & Surrounding Area

July 21

August 18  
September 15

3:30 p.m. — 4:30 p.m.

#### Heartland Human Services

1200 N. 4th Street  
Effingham, IL

Meets in Room 119



### Jefferson County & Surrounding Area

July 8

August 12  
September 9

3:00 p.m. — 4:00 p.m.

#### Addus Evergreen Club

108 N. 3rd Street  
Mt. Vernon, IL

Meets in North Room

### Marion County & Surrounding Area

July 15

August 19  
September 16

4:00 p.m. — 5:00 p.m.

#### St. Thomas Episcopal Church

512 W. Main Street  
Salem, IL

Meets in Basement  
(Wheelchair Lift Available)



### Clay County & Surrounding Area

July 22 — Flora

August 26 — Louisville  
September 23 — Flora

3:30 p.m. — 4:30 p.m.

#### Flora Public Library

216 N. Main Street  
Flora, IL

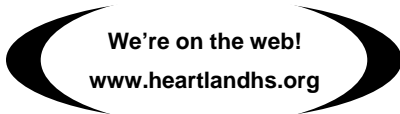
If you would like to attend a meeting but need respite, please contact the Caregiver Advisor at **1.888.560.8805 ext. 1062** so that an in-home worker can be arranged.



**HEARTLAND**  
Human Services

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

Phone: 1.888.560.8805 x 1062  
Fax: 217.342.6716  
Email: [dmarkwell@heartlandhs.org](mailto:dmarkwell@heartlandhs.org)



# Announcements



**July 4** — Heartland Human Services will be closed due to the holiday

**July 8** — Legislative Senior Health Fair in Salem  
8:00 a.m. — 10:00 a.m.  
Community Center in Salem

**July 11** — Relay for Life of Effingham County @ 6:00 p.m.  
309 E. Main St.  
Teutopolis, IL

**July 23** — Legislative Senior Health Fair in Effingham  
9:00 a.m. — 11:00 a.m.  
KC Hall, Effingham

**August 5** — Save the Date: Legislative Senior Health Fair in Vandalia  
9:00 a.m. — 11:00 a.m.  
Moose Hall, Vandalia

**September 11** — Save the Date: 6th Annual Spa for the Caregiver's Spirit

Have a Safe and Happy 4th!