

Caregiver Headlines

Over The Counter Medication Safety

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There are 100,000 plus over the counter (OTC) medications that you can buy without a prescription. All of these medications have one thing in common: they are serious medications that should be taken with care. Here are 10 tips to help you get the most from your over the counter medications

1. Always start by reading all of the label. Reading the label can help you decide if you have selected the right medication for your symptoms. Also the label can tell you about any warnings that may apply to you.
2. Look for an OTC medication that will treat only the symptoms you have. The drug formulations are very specific and should not be mixed and matched.
3. Know what to avoid when taking an OTC medication. Like prescription medications OTC medications can cause side effects or reactions. Read the label to see what to avoid when taking an OTC.

4. When in doubt, ask questions before purchasing an OTC medication. Taking an OTC drug is too important for guess work. Ask your doctor or pharmacist questions about the OTC medication.
5. Take medication exactly as directed. Taking too much of an OTC medication can be harmful, be sure that dosage instructions are followed.
6. Use extra caution when taking more than one OTC drug at a time. Many OTC medications contain the same active ingredient. Always compare active ingredients when taking more than one OTC medication.
7. Don't combine OTC medications without talking to the doctor. Sometimes combining drugs can cause adverse reactions or one drug can interfere with another drug's effectiveness. Always ask your doctor or pharmacist to be safe.
8. Make sure that each of your doctors has a list of



your medications. This includes not only prescription medications, but also any OTC medications or dietary supplements.

9. Always give the correct dosage of each medication. It is important to follow the correct dosage information based on age.
10. Do not use OTC medications after their expiration date. Dispose of medications after they expire. It is important to dispose of medications in the appropriate places where children and pets cannot get to them.

These medication tips can help you get the most from your over the counter medications.

Source:-www.bemedwise.org

Spa for Caregiver's Spirit Successful



Caregivers listen to the keynote session by Bonita Gaston, RN

On September 9th about 70 people gathered for an evening of information, relaxation, food, and fellowship at Pleasant Hill Baptist Church.

The Family Caregiver Program would like to thank the following sponsors for making the 8th Annual Spa for the Caregiver's Spirit possible:

- Southern Illinois University School of Medicine**
- Heartland Human Services**
- Addus HealthCare**
- St. Mary's Good Samaritan, Inc.**

Thank you to the planning committee for organizing this event for family caregivers.

Thank you to the speakers and exhibitors for making the evening a success.

Caregivers listened to a wide range of topics to help them become better informed caregivers. Caregivers also enjoyed chair massages, paraffin dips, and facials.

A very special thank you goes out to our family caregivers. You may not always get the thanks and appreciation you deserve., but your actions provide your loved ones with a safe and loving environ-

ment. You have a huge impact in the lives of your friends and family.

Hope to see you at the next 2011 Spa for the Caregiver's Spirit !



Caregivers enjoying massages

Gear and Gadgets

Photo Memory Telephone

The Photo Memory Telephone offers 4 large pictures (1"X 1 1/2" each). Just push the picture to dial the person.

Features include:

- Large easy to read buttons
- Adjustable handset volume
- Adjustable volume control
- Hearing aid compatible

The Photo memory Telephone also has a removable cover that fits over the number buttons leaving the pictures visible.

To order visit the Alzheimer's Store online at www.alzstore.com or phone toll free 1800-752-3238.



\$89.95 from the Alzheimer's Store.

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: October 5
 November 2



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

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

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

Next Visits: October 7
 November 4



Marion County: Bryan-Bennett Library
 315 S. Maple Street
 Salem, IL

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

Next Visits: October 19
 November 16



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: October 12
 November 9



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

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

Next Visits: October 26
 November 23



**“One person caring about another represents life’s greatest value”
 — Jim Rohn**
 Schedule your appointment today to meet with the Caregiver Advisor.

**Caregiver Connection: Learn, Share, Connect...
(In Vandalia & Mt. Vernon)**

Topic: "Caregiver Limits". Caregivers will learn when the appropriate time to say no in caregiving and what saying no means. Caregivers will also discuss setting emotional limits during a period of change with their loved one. The seminar will be presented by Trisha Katt, BA Caregiver Advisor at Heartland Human Services.

Fayette County & Surrounding Area

**October 5
November 2**

3:00 — 4:00 p.m.

**Brookstone Estates
1607 W. Fillmore Street
Vandalia, IL**

Jefferson County & Surrounding Area

**October 12
November 9**

3:00 — 4:00 p.m.

**Lavender Ridge Memory Care
1400 S. 34th Street
Mt. Vernon, IL**

Meets in Activity Room

Caregiver Resource & Support Meetings

Marion County & Surrounding Area

**October 19
November 16**

4:00 — 5:00 p.m.

**St. Thomas Episcopal Church
512 W. Main Street
Salem, IL**

Meets in Basement
(Wheelchair Lift Available)

Effingham County & Surrounding Area

**October 18
November 15**

3:30 — 4:30 p.m.

**Heartland Human Services
1200 N. 4th Street
Effingham, IL**

Meets in Room 119

Clay County & Surrounding Area

**October 26
November 23**

3:30 — 4:30 p.m.

**Flora Public Library
216 N. Main Street
Flora, IL**

Meets in Community Room

Coming Soon...

Heartland Human Services has received a grant from the Brookdale Foundation to provide a weekly day program in Effingham for individuals who have Alzheimer's disease or another dementia. Individuals will take part in specialized activities and caregivers will get time for themselves. For more information, contact Linda Warner at Heartland Human Services at 217.347.7179 extension 1046.

Glass Recycling Now Available in Fayette County

Glass will be accepted from 1-5 p.m. on Wednesdays
Fayette County Soil & Water Conservation District
301 S. Third St. Vandalia, IL

Types of glass accepted:
brown, green, and clear glass, including broken glass.

Types of glass not accepted:
home window & vehicle glass, dinnerware and ceramics.

Flu Shot: Fact & Fiction



As we come upon flu season people will consider if they should be getting a flu shot. Remember, getting a flu shot does not mean you will not get the flu; however, it does lower your risk for getting the flu. Here are some facts and fiction on flu shots.

FACTS:

While there is no fool proof way to prevent the flu, the best prevention is a flu shot, or inhaled FLU Mist every fall.

It is important for adults over the age of 65, anyone with medical conditions such as asthma, bronchitis, or heart disease to get the shot because they are at higher risk

for developing complications.

Most people who get the flu shot have no reaction to it, but up to 25% of people may get redness or swelling around the injection site. Only 5% of people who get the flu shot actually develop flu-like symptoms and if they do, these symptoms usually end in a few days.

It is important to get the flu shot every year because the virus mutates year-to-year. Therefore, a shot from last year is not effective against this year's virus.

FICTION:

The flu is just a bad cold. **False.** Although the flu is a respiratory infection it affects the entire

body and can take several weeks to recover from completely.

The flu shot is just for high risk people. **False.** Everyone should get the flu shot to prevent the virus from spreading.

If I have not had the flu by December then it is too late to get the shot. **False.** The flu season can last until May. And you can get the flu shot anytime in the flu season which runs October –May.

You can get the flu shot at your doctor's office, local clinic, or other locations. The flu shot is covered by Medicare Part B, but there are many locations that administer them for free.

Source:

www.senioradvocatenews.com



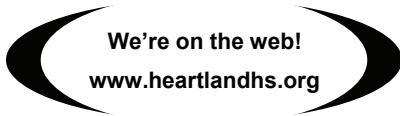
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Fax: 217.342.6716

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Announcements

Beginning October 1—Additional Services Available in the Geriatric Services Division at Heartland Human Services

- * Grandparents Raising Grandchildren Support in Clay, Effingham, Fayette, Jefferson, & Marion Counties
- * Information & Assistance/Outreach; Senior Health Assistance Program for Effingham County
- * Contact us at 217.347.7179 or toll-free at 1.888.560.8805

October 6 Audio Conference “Finding the Care Option That Works Best for You” 12 p.m.—1 p.m.
Call the Alzheimer’s Association at 217-726-5184 to register

October 6 Audio Conference “Understanding Behaviors and Improving Communication” 6 p.m.—7 p.m.
To participate in this conference by the Alzheimer’s Association call 1-800-326-0013 and the conference ID # is: 1507222

October 16 Fayette County Hospital 2010 Health and Safety Expo 7:00 a.m.—Noon
Kaskasia College– Vandalia Campus, 2310 Fillmore Street

