

Caregiver Headlines

Cholesterol Facts

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September is National Cholesterol Education Month.

Now is a good time to go get your cholesterol levels checked and take the necessary steps to lower your cholesterol levels if they are high. High blood cholesterol levels affect more than 65 million Americans. It is a serious condition that increases a person's risk for heart disease.

Everyone over the age of 20 should have their cholesterol levels checked every 5 years. This can be done with a simple blood test, in which the person is fasting for 9-12 hours. This blood test gives a person the following levels:

- Total cholesterol
- LDL or bad cholesterol
- HDL or good cholesterol
- Triglycerides

A desirable cholesterol level is a total cholesterol level of 200 mg/dL or lower. A cholesterol level of 240 mg/dL or higher is considered high.

There are a variety of factors that affect a person's cholesterol levels. But there are

some things that people can do to control their cholesterol.

1. **Diet.** Everyone should watch their diet and try to eat fewer saturated fats that increase a person's cholesterol. Saturated fats occur naturally in foods, but mainly in animal products such as butter, cream, fatty beef, pork, and lamb.
2. **Weight.** Being overweight tends to cause an increase in your cholesterol levels. Losing weight can also help lower LDL levels.
3. **Regular Physical Activity** can also help lower LDL levels and raise HDL levels. People should try to be active at least 30 minutes every day.

While people can do some things to help lower their cholesterol, there are some factors that people can not control, such as family history and the fact that as people age their cholesterol levels tend to increase.

Treatment options for people with high cholesterol include



lowering LDL levels. This can be done through lifestyle changes and medication.

The therapeutic life style changes include a cholesterol lowering diet, physical activity, and weight management. If necessary medications can be added to the therapeutic lifestyle to help lower LDL levels.

For more information about your Cholesterol levels or determining your risk factors contact the Caregiver Advisor, or visit the US Dept. of Human Services Cholesterol Education Website at:

<http://hp2010.nhlbihin.net/cholmonth/>

Medication Alternatives



Spending time with your family can improve your loved one's mood.

Family caregivers sometimes have to resort to using other alternatives when medications cause unpleasant side effects or their loved one simply refuses to take their medication. Pleasant life activities have been shown to help improve a person's mood and reduce the symptoms of depression. Here are some examples of pleasant life activities:

- Being outside
- Going for a car ride
- Having dinner with family and friends

- Helping around the house
- Watching TV

Caregivers should plan an enjoyable event that their loved one can enjoy on a regular basis. Caregivers can use memory aids to help their loved one remember an upcoming event like a large calendar. Caregivers should point out these upcoming pleasant life activities so their loved one can anticipate these events.

Caregivers should set realistic goals for their loved one's mood. Seek input from your

loved ones as to activities they might enjoy. Remember these activities should be completed without causing too much stress. It is also important to pay close attention to their mood. Caregivers should avoid stressful situations that trigger blue moods.

For more information about pleasant life activities contact the Caregiver Advisor at 1.888.560.8805 ext. 1062.

Source:

www.caregiver.com

The Helen Matthes Library in Effingham is offering several services to seniors.

- **The Library is starting a new group called Seniors With Attitude Group (SWAG). The first meeting is Tuesday September 2 at the library. This social group is for seniors to meet, share stories, find out what is new at the library, all washed down with a nice cup of tea (or coffee). The first meeting will be introductions and planning future events for SWAG. There is no registration required.**

- **Also the Helen Matthes Library is offering several computer classes in September:**

September 2	4:00 p.m.—7:00 p.m.	Welcome to Computers
September 4	9:00 a.m.— 12:00 p.m.	MicoSoft Internet Explorer
	1:00 p.m.—4:00 p.m.	Basics of Gmail
September 17	1:00 p.m.—4:00 p.m.	Word 2003
September 18	9:00 a.m.—12:00 p.m.	Doing More With Computers
September 22	4:00 p.m.—7:00 p.m.	Excel 2003
September 27	4:00 p.m.—7:00 p.m.	Pictures with Power Point
September 28	4:00 p.m.—7:00 p.m.	More with Word 2003
September 29	4:00 p.m.—7:00 p.m.	More with Excel 2003

For more information about these library events or to register for a class call the library at:

217.342.2464 ext. 2

Helen Matthes Library

100 E. Market Ave.

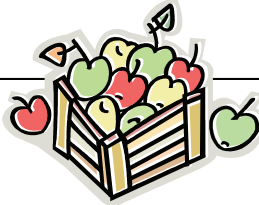
Effingham, IL

Library Resource Hours

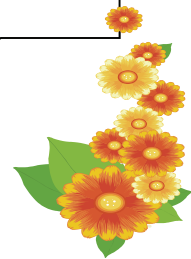
Fayette County: Evans Public Library
 521 5th Street
 Vandalia, IL

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

Next Visits: September 7
 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: September 2
 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: September 21
 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: September 14
 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: September 28
 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, Connection
(In Vandalia & Mt. Vernon)**

Topic: “Where There is Caregiving There is Stress.” Caregivers will learn four easy stress busters and how to apply them. The seminar will be presented by Trisha Katt, BA Caregiver Advisor at Heartland Human Services.

Fayette County & Surrounding Area

**September 7
October 5
November 2**

3:00 — 4:00 p.m.

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

Jefferson County & Surrounding Area

**September 14
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

**September 21
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

**September 20
October 18
November 15**

3:30 — 4:30 p.m.

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

Meets in Room 119
Guest Speaker Brenda Winskill from Aspen
Creek Memory Support

Clay County & Surrounding Area

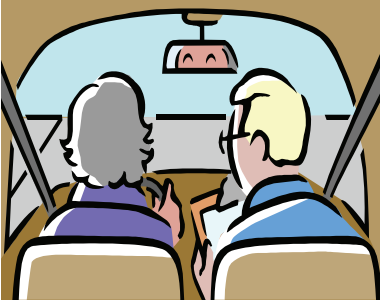
**September 28
October 26
November 23**

3:30 — 4:30 p.m.

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

Meets in Community Room

Dementia & Driving



It is essential for caregivers to plan and communicate with their loved one about the changes in their driving ability that dementia can bring.

Many people who have a loved one who suffers from dementia often wonder, "Is it safe for them to drive?"

Every person with dementia will eventually become unable to drive a car. Changes in perception, reaction time, and impaired judgment, combined with memory loss will ultimately make driving dangerous for your loved one.

However a diagnosis of Alzheimer's disease does not mean a person has lost the ability to drive. There are many safety considerations to keep in mind over the person's need for independence and autonomy. This is a difficult decision, but one that must be made on an individual basis.

The decision of whether or not a person with dementia can drive safely should be based on that person's driving ability. Warning signs that the person's driving has become dangerous include:

- Incorrect signaling
- Trouble making turns
- Trouble moving into or staying in one lane
- Confusion at exits
- Driving at inappropriate

speeds

- Increase agitation while driving
- Getting lost in familiar places
- Scrapes or dents on the car
- Near misses

It is important for there to be planning and communication in order for the person to transition from being a driver to a passenger. Consider making an agreement with your loved one to give up driving at a certain point and then create a transportation plan with your loved one. To prepare for this discussion consider what it would be like to give up your ability to drive. [Exploring the person's perspective can help you discuss the situation with a level of compassion and understanding.](#)

Caregivers do not have to face this decision alone. It may be helpful for someone outside the family to talk to your loved one and confirm that it is time to stop driving. Physicians can introduce the idea of "driving retirement" at an office visit to help ease the transition. A doctor can also issue a prescription re-

quiring the person stop driving. Care managers, lawyers, and financial planners can also discuss their concerns about safety with a loved one.

Taking all these steps does not guarantee that your loved one will stop driving. If the person with dementia continues to drive when it is not safe there are some steps to take to prevent them from getting behind a wheel.

1. Control access to the car keys.
2. Replace the keys with a set that will not start the car or file down the ignition key.
3. Remove the car's distributor cap or battery.
4. Park the car in a neighbor's driveway.

Planning and communication are essential when it comes to the challenges of your loved one quitting driving. For more information contact the Caregiver Advisor toll free at 1.888.560.8805 ext. 1062. Or contact the Alzheimer's Association help line at 1.800.980.9080.

Source:

Alzheimer's Association

Family Caregiver, Lenora Allison is walking in memory of her husband, Harlan D.Allison. If you would like to sponsor her and her family in this endeavor, contact Trisha Katt at Heartland Human Services for more information: 217.347.7179 or toll-free 1.888.560.8805, extension 1062.





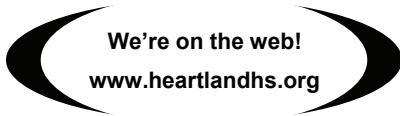
HEARTLAND
Human Services

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

Phone: 1.888.560.8805 x 1062

Fax: 217.342.6716

Email: tkatt@heartlandhs.org



Announcements

- September 1 Communication Techniques for Strengthening Partnerships Free Audio Conference 12:30 p.m.—1:30 p.m.
To register contact the Alzheimer's Association at 217.726.5184 or register online at www.alz.org/illinois
- September 9 8th Annual Spa for the Caregiver's Spirit 3:30 p.m.– 8:00 p.m. Pleasant Hill Baptist Church, Mt. Vernon, IL
- September 14 Looking Ahead: Legal & Financial Options free Teleconference 6:00 p.m.—7:00 p.m.
To register contact the Alzheimer's Association at 314.801.0452 or register online at www.alz.org/stl
- September 25 Alzheimer Association Memory Walk SIUE-Edwardsville, IL
Visit www.alz.org/stl for more information

