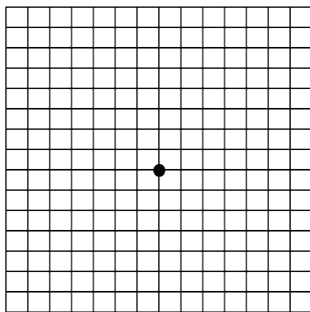


Caregiver Headlines

Macular Degeneration

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An Amsler grid consists of straight lines, with a reference dot in the center. Someone with macular degeneration may see some of the lines as wavy or blurred, with some dark areas at the center.

Age-related macular degeneration, often called AMD or ARMD, is the leading cause of vision loss and blindness among Americans age 65 and older.

AMD is degeneration of the macula, which is the part of the retina responsible for the sharp, central vision needed to read or drive.

There are 2 forms of Macular Degeneration. Wet and Dry Forms.

Dry Macular

Degeneration: This is an early stage of the disease and may result from the aging and thinning of macular tissues, depositing of pigment in the macula or a combination of the two processes. Dry macular degeneration is diagnosed when yellowish spots known as drusen beginning to accumulate in and around the macula. Gradual central vision loss may occur with dry macular degeneration but usually is not nearly as severe as wet AMD symptoms. There are no FDA approved treatments available for dry macular degeneration, although a few are now in clinical trials.

cal trials.

Wet Macular

Degeneration: With wet macular degeneration new blood vessels grow beneath the retina and leak blood and fluid. This leakage causes permanent damage to light-sensitive retinal cells, which die off and create blind spots in central vision. In about 10% of cases, dry AMD progresses to wet AMD.

Age-related macular degeneration usually produces a slow, painless loss of vision. In rare cases, however, vision loss can be sudden. Early signs of vision loss include shadowy areas in your central vision or unusually fuzzy or distorted vision. Viewing a chart of black lines arranged in a graph pattern is one way to tell if you are having these vision problems.

Some common risk factors include:

Aging, obesity and inactivity, heredity, high blood pressure, smoking, lighter eye color, and drug side effects.

As of yet there is no cure for age-related macular degeneration, but some treatments may delay its progression or even improve vision.

Treatments vary depending on whether the disease is in its dry or wet form. Currently there are no FDA approved treatments for dry macular degeneration, although nutritional intervention may help prevent its progress to the wet form.

For wet AMD the FDA has approved drugs aimed at stopping abnormal blood vessel growth.

Many researchers believe that certain nutrients-zinc, lutein, vitamins A, C and E help lower the risk for AMD or slow down the progression of dry macular degeneration.

Although much progress has been made recently in macular degeneration treatment research, complete recovery of vision lost to AMD is unlikely. For those who have vision loss from macular degeneration, many low vision devices are available to help with mobility and specific visual tasks.

Source:

www.allaboutvision.com

Senior Services

The Senior Service Offices provide programs for people age 60 and over.

Community Care Program: Includes screening for in home services such as: Home care aide, Adult Day, and Emergency Home Response System.

Case Management Services: is a process of helping individuals and their families receive assistance in coordinating their long term health care arrangements.

Other services include ITAC Phones, Victims of Crime Advocates, Volunteer Money Management, Insurance Counseling, Long Term Care Ombudsman Program, and Money follows the Person.

Office Locations:

Clay County

832 W. North Ave. C-2
Flora, IL 62839
618.662.7304

Jefferson County

409 Harrison St.
Mt. Vernon, IL 62864
618.242.3505

Fayette County

109 S. 5th St.
Vandalia, IL 62471
618.283.4122

Marion County

120 E. Green St.
Centralia, IL 62801
618.533.4300

Effingham County

209 S. Merchant St.
Effingham, IL 62401
217.347.5569



Effingham County Senior Center

209 S. Merchant St.
Effingham, IL 62401
217.347.5569

Services:

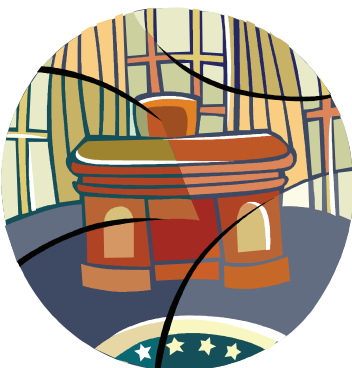
Provides transportation within Effingham County, Congregate Meal (Tuesday evening) provided by GNCP, Dine with Doctor (Monthly)

Activities:

BINGO, crafts, exercise activities, potlucks, birthday celebrations, and different guest speakers.

Call the Senior Center for a monthly schedule.

National Alzheimer's Project Act



This act is targeted at overcoming the National Alzheimer's Crisis.

On January 4, 2011 President Obama signed the National Alzheimer's Project Act (NAPA) into law after passing both the House of Representatives and Senate unanimously. This marks the largest legislative victory in many years for the Alzheimer cause. Over the past several years, the Alzheimer's Association has been the leading voice in urging Congress and the White House to pass NAPA. Once enacted, the

act will create a coordinated national plan to overcome the Alzheimer crisis and will ensure the coordination and evaluation of all national efforts in Alzheimer research, clinical care, institutional, and home- and community-based programs and their outcomes. In addition to the new national strategy for Alzheimer's. State government Alzheimer's Disease Plans are already in place in 16

states, including Illinois, and many more are considering them. State plans create the infrastructure and accountability necessary to build dementia-capable programs for the growing number of people with the disease. For more information or to see how you can become involved visit the Alzheimer's Association web site at www.alz.org.

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: February 1
 March 1
 April 5



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: February 3
 March 3
 April 7



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

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

Next Visits: February 15
 March 15
 April 19



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: February 8
 March 8
 April 12



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

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

Next Visits: February 22
 March 22
 April 26



“We make a living by what we get, but we make a life by what we give.”
Sir Winston Churchill
 Schedule your appointment today to meet with the Caregiver Advisor.



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

Fayette County & Surrounding Area

February 1
March 1
April 5

3:00 — 4:00 p.m.

Brookstone Estates
1607 W. Fillmore Street
Vandalia, IL

“Different Stages of Alzheimer’s Disease.”
Caregivers will discuss the different stages of Alzheimer’s Disease, and how care giving is affected in each stage. The Seminar will be presented by Trisha Katt, BA Caregiver Advisor at Heartland Human Services.

Jefferson County & Surrounding Area

February 8
March 8
April 12

3:00 — 4:00 p.m.

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

Meets in Activity Room
Guest Speaker Bev George will be speaking about the services that SWAN Senior Services offers to seniors.

Caregiver Resource & Support Meetings

Marion County & Surrounding Area

February 15
March 15
April 19

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

February 21
March 21
April 18

3:30 — 4:30 p.m.

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

Meets in Room 119

Clay County & Surrounding Area

February 22
March 22
April 26

3:30 — 4:30 p.m.

Flora Public Library
216 N. Main Street
Flora, IL

Meets in Community Room

Smartphone Spy Scam

Smartphones may be sharing their owners secrets. Using “spyware” that sells on the Internet for as little as \$15, other people can hijack your phone. This will allow them to hear your calls, see your text messages, emails, photographs and files, and track your location through constant GPS updates. This “spyware” can also be used to turn the phone into a surreptitious microphone. According to research the world now has about 370 million smartphones. These include BlackBerries, Androids, iPhones and other phones that easily accept applications and have ample processing power. Security experts say millions of these phones may already be infected with “spyware”. The risk for other cell phones that do not have all these features is far less. Mobile phone “spyware” is

illegal in the U.S. but is sold by websites operating overseas.

After purchasing the “spyware” the challenge is to install the program in the phone. With some types of software this can be accomplished by simply clicking a link in the message the spy has sent to the phone. Some other types of “spyware” the spy must get their hands on the phone for perhaps 10 minutes, entering a code to the phone that downloads the “spyware” with no indication to the owner of the phone.

If the phone becomes infected, a text message alerts the spy when you make or receive a call, with no unusual signs on your end.

Here are some warning signs that your phone could be in-

fecte-

- Your bill may show texts to unknown phone numbers, often occurring at the same time as legitimate calls. It is at these numbers, surreptitiously dialed by the “spyware”, that someone is monitoring you.
- The battery on the phone is warm even when the phone is not in use or the battery dies quickly.
- The phone flickers when not in use.

Confirming a “spyware” infection is not easy. The phone needs to be sent to a lab where experts look for a few lines of identifying pro-

gramming code. The typical smart phone has up to 300,000 lines of programming code so this can be a rather lengthy and costly process. One company charges \$2,200 and the work can take up to 8 days.

The best prevention is use a handset pass code to lock the phone to prevent anyone else from using it. And never open links sent in emails or text messages from unknown parties.

However the best defense is to buy a \$20 phone with prepaid minutes for your sensitive conversations.

Source:

AARP

February is Bake for Family Fun Month. Here is a recipe that you and your family can try:

Double Chocolate Goey Butter Cake

Ingredients:

Butter, for greasing pan, plus 2 sticks butter, melted	3 to 4 tablespoons cocoa powder
1 (18.25 ounce) package chocolate cake mix	1 (16- ounce) box powdered sugar
1 egg, plus 2 eggs	1 teaspoon vanilla extract
1 (8 ounce) package cream cheese, softened	1 cup chopped nuts



Directions:

Preheat oven to 350 degrees F. Lightly grease a 13 by 9 inch baking pan. In a large bowl, combine the cake mix, 1 egg, and 8 tablespoons (1 stick) melted butter, and stir until well blended. Pat mixture into prepared pan and set aside. In a stand mixer, or with a hand mixer, beat the cream cheese until smooth. Add the remaining 2 eggs, and the cocoa powder. Lower the speed of the mixer, and add the powdered sugar. Continue beating until ingredients are well mixed. Slowly add the remaining 8 tablespoons (1 stick) of melted butter, and the vanilla, continuing to beat the mixture until smooth. Stir in nuts with a rubber spatula. Spread filling over cake mixture in pan.

Bake for 40 to 50 minutes. Be careful not to overcook the cake. The center should still be a little goey when finished baking. Let the cake partially cool on a wire rack before cutting into pieces.

Source:

Food Network Magazine.



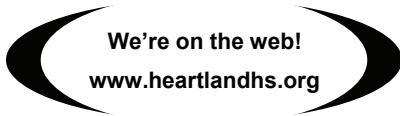
HEARTLAND
Human Services

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

- February 1** **Grandparents Raising Grandchildren Support Group 6:30 p.m.**
Heartland Human Services (Effingham) Room 148
- February 2** **“Let Them Eat Cake!” Alzheimer’s Association Audio conference 12:00 p.m.—1:00 p.m.**
To register call 309.662.8932 or register at the website www.alz.org/illinois
- February 10** **“Looking Ahead: Legal & Financial Issues” Alzheimer's Association Teleconference 6– 7:30 p.m.**
Dial in Number for the conference is: 1.800.326.0013 Conference ID: 1507222

Date Saver: The 9th Annual Caregiver Symposium will be April 12th at the Thelma Keller Convention Center in Effingham.

