

Caregiver Headlines

Chronic Fatigue Syndrome

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Chronic Fatigue Syndrome, or CFS, is a debilitating and complex disorder characterized by profound fatigue that is not improved by bed rest and that may be worsened by physical or mental activity. It is estimated that CFS affects more than one million people in the United States.

CFS is marked by extreme fatigue that has lasted at least six months; is not the result of ongoing effort; is not substantially relieved by rest; and causes a substantial reduction in daily activities. In addition to fatigue, CFS includes eight characteristic symptoms: unrefreshing sleep, substantial impairment in memory or concentration, muscle pain, pain in multiple joints, headaches, sore throat, tender neck or armpit lymph nodes, and relapse of symptoms after physical or mental exertion. CFS symptoms can be severe and vary from patient to patient or symptoms may vary over time for an individual patient.

Currently there are no diagnostic laboratory tests for CFS. People who suffer the

symptoms of CFS must be carefully evaluated by a physician because many treatable medical and psychiatric conditions are hard to distinguish from CFS. Since there is no known cure for CFS, treatment is aimed at symptom relief and improved function. A combination of drug and nondrug therapies is usually recommended. Life style changes, such as prevention of overexertion, dietary restrictions, and gentle stretching are usually recommended in addition to drug therapies. Delays in diagnosis and treatment are thought to be associated with poorer long-term outcomes. Although it is not certain if early intervention is responsible for the favorable outcome; however, the longer a person is ill before diagnosis, the more complicated the course of the illness appears to be.

CFS affects each individual differently. Some people remain homebound and others improve to the point they can resume regular activities, even though they continue to experience symptoms.



People of every age, gender ethnicity and socioeconomic group can have CFS. Women are four times as likely to be affected by CFS. Although CFS is much less common in children than adults, people in their 40s and 50s are most likely to develop CFS.

Despite intensive research the cause of CFS remains unknown. Many different infectious agents and physiological and psychological causes have been considered, and the search continues for the cause of CFS. One fact is certain, CFS is not caused by depression, although the two illnesses often coexist, but many patients with CFS have no psychiatric disorder.

Source:

www.ncfsfa.org

BenefitsCheckUp.org



This website can help seniors find programs that are available to help them.

Many older people need help paying for prescription drugs, healthcare, utilities and other basic needs. Unfortunately millions of older Americans, especially those with limited incomes, are eligible for help but are currently not receiving any benefits from existing federal, state, and local programs. These programs range from heating and energy assistance to prescription savings programs to income supplements. There are many public programs available to seniors in need.

The website:

BenefitsCheckUp.org can help seniors find benefit programs that help them pay for

prescription drugs, health care, rent, utilities, and other needs.

Developed and maintained by the National Council on Aging, BenefitsCheckUp is a web-based service designed to screen for benefit programs for seniors with limited income and resources. BenefitsCheckUp includes more than 2,000 public and private benefits programs from all 50 states, such as:

- Prescription drugs
- Nutrition
- Energy Assistance
- Financial

- Legal
- Health Care
- Social Security
- Housing
- In-home services
- Tax Relief
- Transportation
- Educational Assistance
- Employment
- Volunteer Services

To find out what services or programs caregivers, or their loved ones might be eligible for, visit the web site:

www.benefitscheckup.org

Long-Term Care Ombudsman Program

What is an Ombudsman?

Ombudsman is a Swedish word meaning citizen's representative. A Long-Term Care Ombudsman is an advocate who seeks to resolve complaints on behalf of people who receive long-term care services.

What does an Ombudsman do?

Receives, investigates and works to resolve complaints made by or on behalf of residents in nursing homes, assisted living homes, and supportive living homes.

Seeks a regular presence in all long-term care facilities.

Assures that the interests of residents are represented to policymakers and governmental agencies.

Provides education programs to the community.

Assists in developing family councils in long-term care facilities.

Listens to the problems and concerns of residents.

Residents of long-term care facilities have numerous rights under federal and state law. Any one can contact an ombudsman. Ombudsman services are confidential and free; however, contributions are accepted.

To contact an Ombudsman for Clay, Effingham, Fayette, Jefferson, or Marion County:

Call the Effingham County Committee on Aging (ECCOA) toll free at 1.800.283.4070

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: March 1
 April 5
 May 3



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: March 3
 April 7
 May 5



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

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

Next Visits: March 15
 April 19
 May 17



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: March 8
 April 14— Thursday
 May 10



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

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

Next Visits: March 22
 April 26
 May 24



“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

March 1
April 5
May 3

3:00 — 4:00 p.m.

Brookstone Estates
1607 W. Fillmore Street
Vandalia, IL

Jen Sporleder from CEFS will be speaking about the Golden Circle Nutrition Program available in Fayette County.

Jefferson County & Surrounding Area

March 8
April 14– Thursday
May 10

3:00 — 4:00 p.m.

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

Meets in Activity Room
Jan Wood, Nutrition Program Director at the Sunshine Center in Mt. Vernon will be speaking about the Senior Nutrition Program available in Jefferson County.

Caregiver Resource & Support Meetings

Effingham County & Surrounding Area

March 21
April 18
May 16

3:30 — 4:30 p.m.

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

Meets in Room 119
Jen Sporleder from CEFS will be speaking about the Golden Circle Nutrition Program available in Effingham County.

Marion County & Surrounding Area

March 15
April 19
May 17

4:00 — 5:00 p.m.

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

Meets in Basement
(Wheelchair Lift Available)
Brenda Holle from BCMW will be speaking about the Senior Nutrition Program available in Marion County

Clay County & Surrounding Area

March 22– Alzheimer’s Association
April 26
May 24– Alzheimer’s Association

3:30 — 4:30 p.m.

Flora Public Library
216 N. Main Street
Flora, IL

Meets in Community Room

9th Annual Family Caregiver Symposium



Tuesday April 12, 2011

4:00 p.m. to 8:00 p.m.

New Location...

**Thelma Keller Convention Center
1202 N. Keller Dr.**

... New Location

Exhibits & Spa Open at 4:00 p.m.

Effingham, IL 62401

Buffet Style Dinner at 5:00 p.m.

Keynote Session at 6:00 p.m.

Nationally Recognized Speaker

“Coming to Terms: Emotional Conflicts in Caring for a Family Member with Memory Loss”

Daniel Kuhn, MSW, LCSW

Community Educator for Rainbow Hospice & Palliative Care

Previous Director of the Professional Training Institute for the Alzheimer’s Association-Greater Illinois Chapter

30 Minute Demonstrations

7:00 p.m. “Independence Despite Vision Loss”
Kimberly Nosbisch, M.S. Ed. Certified Vision Rehabilitation Therapist
Illinois Department of Human Services
Division of Rehabilitation Services/Bureau of Blind Services

7:30 p.m. “Take Care of Yourself-Tips for Back & Knee Care”
Amber Compagni, Certified Occupational Therapy Assistant
RehabCare

60 Minute Interactive Session

7:00 p.m. “Mobility Needs & Devices: Ask an Expert”
Submit questions about assistive devices such as canes, walkers, lift chairs and so forth with your registration. These questions will be answered or demonstrated during this session.
Candy Jansen, Physical Therapist

SPONSORS

- SIU School of Medicine Center for Alzheimer’s Disease & Related Disorders**
- Aspen Creek**
- In Home Medical**
- Heartland Human Services**
- St. Anthony’s Memorial Hospital**
- Resch Siemer Law Office, LLC**
- The Glenwood of Effingham**
- Heartland Christian Village**



Registration is required. There is no fee for family caregivers.

Mail or Call information to:

Trisha Katt
Heartland Human Services
P.O. Box 1047
Effingham, IL 62401
217.347.7179 ext. 1062 or 1046

Name: _____

Address: _____

Phone: _____

- Include me for the buffet meal.
- I want to attend the 6:00 p.m. Keynote Session by Dan Kuhn.

Break-Out Sessions

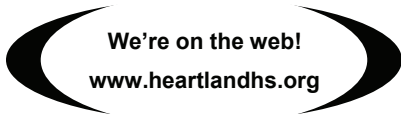
- I want to attend the 7:00 p.m. 30 Minute Demonstration.
- I want to attend the 7:30 p.m. 30 Minute Demonstration.
- I want to attend the 7:00 p.m. 60 Minute Interactive Session (include questions).



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



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March 2nd

Spirituality Concerns for Alzheimer's Patients and Caregivers
Alzheimer's Association Audioconference 12:00 p.m.—1:00 p.m.
Register online at www.alz.org/illinois or call 309-662-8392

March 3rd

Memory Loss, Dementia, and Alzheimer's Disease: The Basics
Alzheimer's Association Teleconference 6:00 p.m.—7:30 p.m.
Dial in Number: 1-800-326-0013 Conference ID: 1507222

March 3rd

Health Fair at Heritage Woods of Flora 7:00 a.m.—9:00 a.m.
Heritage Woods of Flora is located at 1003 W. 4th St., Flora, IL

Looking ahead to April:

April 2nd

Parkinson's Disease Awareness 9 a.m.—Noon
Presentations of Parkinson's Disease for the general public Springfield Illinois
Call 217.545.7181 for more information or to register.

April 12th

9th Annual Family Caregiver Symposium 4:00 p.m.—8:00 p.m.
Thelma Keller Convention Center, Effingham *See page 5

Thanks to our sponsors: Aspen Creek, SIU School of Medicine, In Home Medical, Heartland Human Services, St. Anthony's Memorial Hospital, Resch Siemer Law Office, LLC, The Glenwood, & Heartland Christian Village.

