

Caregiver Headlines

Internet Safety

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Always check to make sure you are using a secure internet connection.

Public wireless networks are those Wi-Fi hotspots in coffee shops, libraries, hotels, and other public places that allow people to access the internet through a shared network. While convenient, they are often not secure. You could be sharing the network with strangers, and some of them may be interested in your personal information.

Technology experts at the Federal Trade Commission, the nation's consumer protection agency, say encryption is the key to keeping your personal information secure online. Encryption scrambles the information you send over the internet into a code so that it is not accessed by others. When using wireless networks it is best to send personal information only if it is encrypted either by an encrypted website or a secure network. An encrypted website protects only the information you send to and from that site. A secure wireless network encrypts all of the information you send while online. If you send email, share digital photos and videos, use online

tools to manage calendars and contact lists, use social networks, or bank online, you are sending personal information over the internet. The information you share is stored on a server, a powerful computer that collects and delivers content.

Many websites, such as banking sites, use encryption to protect your information as it travels from your computer to their server. To determine if a website is encrypted, look for **https** at the beginning of the web address (the "s" is for secure), and a lock icon at the top or bottom of your browser window. The exact position of the lock depends on which browser you use. Some websites use encryption only on the sign-in page, but if any part of your session is not encrypted, the entire account could be vulnerable. Look for https and the lock icon the entire time you are on the site, not just when you sign in. You can also click on the lock icon to display information about the site and help you verify that it is not a fraudulent website.

Most Wi-Fi hot spots do not

encrypt the information you send over the internet and are not secure. If you use an unsecured network to log in to an unencrypted site or a site that uses encryption only on the sign-in page, other users on the network can see what you see and what you send. They could hijack your session and log in as you. New hacking tools are available for free online, and make this easy. Your personal information, private documents, contacts, family photos, and even your login credentials could be up for grabs. An imposter could use your account to impersonate you and scam people you care about. In addition, an attacker could test your username and password to try to gain access to other websites including sites that store your financial information.

Here are some tips to protect your information:

- Do not stay permanently logged into accounts. When you finish using an account, log out.
- Do not use the same password on different websites.

Caregiver Symposium A Success



Caregivers listen to one of the demonstration sessions at the Caregiver Symposium.

The Family Caregiver Program would like to thank the sponsors of the 9th annual Family Caregiver Symposium: Aspen Creek; Heartland Christian Village; Heartland Human Services; In Home Medical of SBLHS; Resch Siemer Law Office, LLC; St. Anthony's Memorial Hospital & Home Care; SIU School of Medicine; The Glenwood of Effingham.

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

Thank you to the following individuals from the symposium planning committee:

Amanda Heath of Effingham Rehabilitation & Health Care Center; Betty Barker of Ad-dus Health Care; Jean Whaley, of Senior Services of Effingham County; Jackie

Witges of Resch Seimer Law Office, LLC; Janet Strange of St. Anthony's Memorial Hospital; Jennifer Sporleder of CEFS; Kaye Kibler of Aspen Creek; Maggie Schaver of SIU School of Medicine Center for Alzheimer Disease and Related Disorders.

Thank you to the speakers, exhibitors, and all the volunteers who helped make this years event successful.

About 60 caregivers attended the night of information, relaxation, fellowship, and door prizes at the Thelma Keller Convention Center. Caregivers listened to a wide range of presentations to help them become better informed caregivers. Caregivers also enjoyed chair massages, paraffin dips,

and manicures.

A very special thank you goes to Family Caregivers. You may not always get the thanks and appreciation you deserve. But your actions provide you loved one with a safe, healthy, and loving environment. Your actions have a huge impact on the lives of your friends and family.

Thank you.

Hope to see you next year at the 10th Annual Family Caregiver Symposium!



Congratulations to the door prize winners!

Internet Safety cont.

Continued from page 1...



These tips can help protect your private information when using a public network.

- When using a Wi-Fi hot-spot, only log in or send personal information to websites that you know are fully encrypted. And keep in mind that your entire visit to each site should be encrypted from the time you log in to the site until you log out. If you think you are logged into an encrypted site but find yourself on an unencrypted page, log out immediately.
- Many web browsers alert users who try to visit fraudulent websites

- or download malicious programs. Pay attention to these warnings, and take the extra minute or so to keep your browser and security software up-to-date.
- If you regularly access online accounts through Wi-Fi hot-spots, use a Virtual Private Network (VPN). VPNs encrypt traffic between your computer and the internet, even on unsecured networks. You can obtain a personal VPN account from a VPN ser-

vice provider.

- Installing browser add-ons or plug-ins can help, too. For example, Force-TLS and HTTPS-Everywhere are free Firefox add-ons that force the browser to use encryption on popular websites that usually are not encrypted. They do not protect you on all websites— look for https in the URL and the lock icon to know a site is secure.

Hopefully these tips will help protect your information that you send over the internet.

Source:

www.onguardonline.gov

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: May 3
 June 7
 July 5

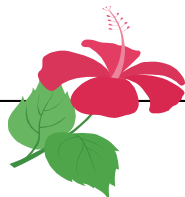


Remember...
 Please call at least one day in advance to schedule your appointment with the Caregiver Advisor during Library Resource Hours toll-free at 1.888.560.8805 ext. 1062.

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

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

Next Visits: May 5
 June 2
 July 7



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

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

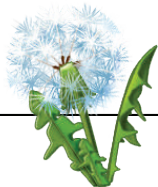
Next Visits: May 17
 June 21
 July 19



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: May 10
 June 14
 July 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: May 24
 June 28
 July 26



Out of clutter, find simplicity. From discord, find Harmony. In the middle of difficulty lies Opportunity.—Albert Einstein
 Schedule your appointment today to meet with the Caregiver Advisor.



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

Fayette County & Surrounding Area

May 3
June 7
July 5

3:00 — 4:00 p.m.

Brookstone Estates
1607 W. Fillmore Street
Vandalia, IL

Guest speaker Ginger Hamilton from Senior Services in Fayette County will be speaking about the different services offered to senior citizens in Fayette County.

Jefferson County & Surrounding Area

May 10
June 14
July 12

3:00 — 4:00 p.m.

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

Meets in Activity Room
“The Roller Coaster of Caregiving” Caregivers will discuss the different changes in relationships with their loved ones as well as other family members. Caregivers will also discuss ways to deal with these changes. The seminar will be presented by Trisha Katt, BA Caregiver Advisor at Heartland Human Services.

Caregiver Resource & Support Meetings

Effingham County & Surrounding Area

May 16
June 20
July 18

3:30 — 4:30 p.m.

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

Meets in Room 119

Marion County & Surrounding Area

May 17
June 21
July 19

4:00 — 5:00 p.m.

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

Meets in Basement
(Wheelchair Lift Available)

Clay County & Surrounding Area

May 24– Alzheimer’s Association
June 28
July 26– Alzheimer’s Association

3:30 — 4:30 p.m.

Flora Public Library
216 N. Main Street
Flora, IL

Meets in Community Room

Alzheimer's Association

The Alzheimer's Association has several programs for caregivers of individuals with dementia:

Care Consultation

A Care Consultation is a service designed to provide you and your family support while coping with the impact of memory loss, Alzheimer's disease or dementia. Caregivers will receive one-on-one assistance from a dementia care expert that will enable them to better understand the disease, manage care and make informed decisions regarding services and treatments. Caregivers can schedule a care consultation at any time during the dementia journey. As the disease progresses, caregivers may choose to schedule follow-up consultations to address new concerns. The Alzheimer's Association can provide Care Consultations over the phone or at a community location in your town.

For caregivers in Clay, Jefferson, and Marion Counties:

Contact Rachel Lugge, MSG, at 1.800.272.3900

For caregivers in Effingham and Fayette Counties:

Contact Tara Kaiser at 309.662.8392

Family Education Classes

The Alzheimer's Association offers several education programs for families and individuals facing Alzheimer's, as well as community members. These programs cover a variety of topics from the basics of Alzheimer's to advanced caregiving issues. Most of these programs are free of charge.

For Caregivers in Clay, Jefferson, and Marion Counties:

For a list of available classes contact the St. Louis Chapter of the Alzheimer's Association at 1.314.432.3422 or visit their web site at www.alz.org/stl

For Caregivers in Effingham and Fayette Counties:

For a list of available classes contact the Greater Illinois Chapter of the Alzheimer's Association at 1.309.662.8392 or visit their web site at www.alz.org/illinois

Support Groups

The Alzheimer's Association offers support groups for Caregivers throughout the area. Contact the Alzheimer's Association at 1.800.272.3900 to find a support group in your area.

Helpline

The Alzheimer's Association has a helpline available to caregivers 24 hours a day 7 days a week. The number for that is 1.800.272.3900.

Let's Talk

Through Let's Talk, persons with early stage dementia are linked through a supervised telephone peer support program to share information and coping strategies, reduce social isolation and provide emotional support. The program provides a supportive environment where people can talk freely about the effects of dementia on their lives. **This program is available in Clay, Jefferson, and Marion Counties only. For more information call the St. Louis Chapter of the Alzheimer's Association at 314.432.3422 or 1.800.272.3900.**



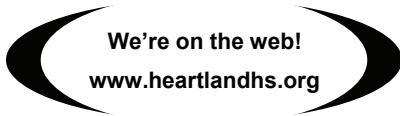
HEARTLAND
Human Services

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

May 4 *Best Friends Approach* 12:00 p.m.—1:00 p.m. Alzheimer's Association Audio Conference

To register call 309.662.8392 or register online at www.alz.org/illinois

May 5 *Caregiver Stress* 6:00 p.m.—7:30 p.m. Alzheimer's Association Teleconference

To register call or visit www.alz.org/stl

May 6 *Thinking Ahead...Residential Care Options for Individuals with Memory Loss* 9:30 a.m.—10:30 a.m.

Moultrie County Senior Center, 114 E. Jefferson St., Sullivan, IL

To register call 309.662.8392 or register online at www.alz.org/illinois

May 13 *Memory Loss, Dementia and Alzheimer's Disease: The Basics* 9:30 a.m.—10:30 a.m.

Moultrie County Senior Center, 114 E. Jefferson St. Sullivan, IL

To register call 309.662.8392 or register online at www.alz.org/illinois

May 18 *Understanding Behaviors & Improving Communication* 6:30 p.m.—8:30 p.m.

Green Tree Assisted Living & Memory Care, 208 Zachery St., Mt. Vernon, IL

To register call or visit www.alz.org/stl

May 24 *Understanding Pain in Parkinson's* Presented by Jeffery Wertheimer, Ph.D., Cedars-Sinai Medical Center 1:00 p.m.—2:00 p.m. ET

This is an online seminar through the Parkinson's Disease Foundation. To register visit www.pdf.org



Heartland Human Services will be closed on May 30 in observance of Memorial Day.