

Caregiver Headlines

National Family Caregivers Month

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Identifying Family Caregivers is the theme for National Family Caregivers Month 2011. Despite the huge role family caregivers play in the care of their loved ones, despite the fact that family caregivers are the only people consistently present across all of their loved ones' care settings, family caregivers are invisible in American health-care.

No where on medical intake forms is there a question about whether someone is, or has a family caregiver. No where on a person's medical record is there a place for a notation of any kind about their care status. Without

such information, the role of a caregiver in the life a person with chronic conditions is essentially negated, and without such information, a caregiver's increased risk for depression and chronic disease can not be monitored. In some situations, it may be obvious that someone is or has a caregiver, but if it is not in the record, it is not official, and can not be taken into account in developing a plan of care— for both parties.

There is an easy fix to this problem; it does not require legislative action, nor great expense; it only requires the will of those who really are interested in making patient

and family centered care the norm in America.

The fix is to have a space on all medical intake forms and electronic medical records to capture information on who is or who has a family caregiver. Next time you fill out a medical form just make a notation that you provide care to your parents, spouse, child, etc. who has a chronic condition or that deals with the frailties of old age. One form at a time you can make a difference, change the status quo and gain recognition for the important job of being a family caregiver.

Source
www.thefamilycaregiver.org

Open Enrollment for 2012 Medicare Prescription Drug Plan is Now through December 7.

The official opening date was Saturday, October 15, 2011 and will continue through Wednesday, December 7, 2011. If you have not already done so, now is the time to review your current plan and decide if it effectively meets your needs for prescription medicines. It is always a good idea to review your plan annually as coverage does change. In addition, your prescriptions may have changed over the course of the year.

Call Heartland Human Services 217.347.7179, ext 1050 for an appointment. Deb Stone will assist you in this annual review and help you to make an informed decision concerning your Medicare prescription plan.

Heartland Human Services is located at 1200 N. Fourth St. in Effingham.

Bring the following items to your appointment:

- List of medications with dosages & number of times medication is taken (med containers w/ directions are ok.);
- Medicare Card (Red, White & Blue);
- Medicare D Plan/Prescription Drug Card;
- Illinois Cares Rx Card if you have one.

Tips to Avoid Insurance Marketing Scams



This is the time of the year when insurance agents are selling Medicare Part D, Medicare Supplement, and Medicare Advantage Plans. It is important for consumers to be aware of what Insurance Agents **cannot** do when selling a policy.

Medicare beneficiaries have many choices to make about their Medicare coverage. While most insurance agents are honest, some dishonest agents may take advantage of the large number of choices and enroll people into plans that are not good for them. Medicare has marketing rules to prevent this. If an agent breaks one or more of these marketing rules, it should be reported. These are some of Medicare's rules to prevent dishonest insurance sales.

The Illinois SMP (Senior Medicare Patrol) Program educates consumers about health care fraud, waste, and abuse. If you have questions about a claim on your Medicare Summary Notice or Explanation of Benefits, call the Illinois SMP program at 1.800.699.9043. Information about the Illinois SMP program is also available on their website: www.illinoissmp.org

Insurance Agents selling Medicare Part D, Medicare Supplement, or Medicare Advantage plans may **NOT**:

- * **Enroll you in a plan without your permission.**
- * **Lie to you to get you to enroll in a plan, or tell you that a plan is "free".**
- * **Sign you up for a plan over the phone unless you call them.**
- * **"Cold" call, use door-to-door marketing, or market plans using any other form of unsolicited contact.** Insurance agents may contact you about your current plan if you are enrolled in a plan with their company; they may contact you for a disenrollment survey if you leave the plan; and they may contact you if you have given them permission to contact you. Note: signing up for information at an event or returning a postcard counts as "permission." With your permission, an agent may schedule a time to meet with you in your home, but they may not come unannounced.
- * **Market or sell insurance plans at an**

"education" event.

If a community event is labeled as "educational," an insurance agent is not allowed to sell plans at that event.

- * **Provide or pay for meals.** Insurance agents are allowed to provide drinks and small snacks while marketing their plans, but they are not allowed to provide enough food to be a meal or pay for a meal, such as at a restaurant.
- * **Market plans in health care settings.** Insurance agents may not sell plans in waiting rooms or exam rooms, at pharmacy counters, or in other health care settings. They also may not approach people in parking lots or hallways to try to sell plans. They may set up tables in common areas such as a cafeteria or conference room.
- * **Offer gifts worth more than \$15.** Insurance agents are allowed to use small gifts, worth less than \$15, to market their plans. However, they must offer those gifts to anyone who is interested. Gifts may **NOT** be given as a reward for enrollment in a plan.

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: November 1
December 6
January 3



Remember...

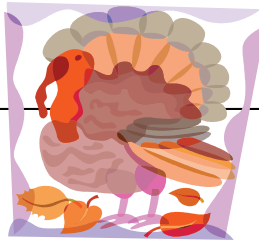
Please call at least one day in advance to schedule your appointment with the Caregiver Advisor during Library Resource Hours toll-free at 1.888.560.8805 ext. 1062.



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

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

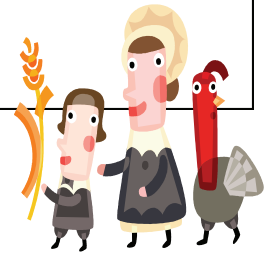
Next Visits: November 3
December 1
January 5



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

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

Next Visits: November 15
December 20
January 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)**

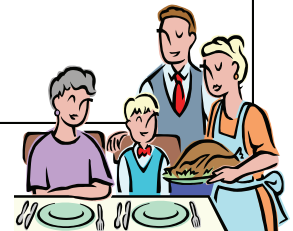
Next Visits: November 8
December 13
January 10



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

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

Next Visits: November 22
December 27
January 24



There are no mistakes, no coincidences. All events are blessings given to us to learn from.—Elizabeth Kubler-Ross
Schedule your appointment today to meet with the Caregiver Advisor.



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

Fayette County & Surrounding Area

November 1

No Meeting in December

3:00 — 4:00 p.m.

Brookstone Estates

1607 W. Fillmore Street
Vandalia, IL

Meets in the Conference Room off of the Dining Room.

“Believe in Yourself: Take Charge of Your Life”

November is National Family Caregiver Month. Family caregivers are invited to learn and discuss ways to keep a positive attitude in their care giving situations. The seminar will be presented by Trisha Katt, B.A. Caregiver Advisor at Heartland Human Services.

Jefferson County & Surrounding Area

November 8

No Meeting in December

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

Effingham County & Surrounding Area

November 21

No Meeting in December

3:30 — 4:30 p.m.

Heartland Human Services

1200 N. 4th Street
Effingham, IL

Meets in Room 119

Marion County & Surrounding Area

November 15

No Meeting in December

4:00 — 5:00 p.m.

Bryan-Bennett Library

315 S. Maple St.
Salem, IL

Meets in the Board Room

Clay County & Surrounding Area

November 22—Alzheimer’s Association

No Meeting in December

3:30 — 4:30 p.m.

Flora Public Library

216 N. Main Street
Flora, IL

Meets in Community Room

National Memory Screening Day



If you are concerned about your memory schedule an appointment on November 15th.

National Memory Screening Day is Tuesday November 15th. Memory Screenings make sense for anyone concerned about memory loss or experiencing warning signs of dementia; whose family and friends have noticed changes in them; or who believe they are at risk due to a history of Alzheimer's disease or a related illness. Screenings are also appropriate for anyone who does not have a concern right now, but who wants to see how their memory is now and for future comparisons. **It is important to note that a memory screening is not used to diagnose any particular illness and does not replace a consultation with a qualified physician or other healthcare professional.**

A memory screening is a simple and safe evaluation tool that checks memory and other thinking skills whether an additional check up by a qualified healthcare professional is needed. The

screening is done in a face-to-face private setting. Only the individual being tested and the screener are present. The screening consists of a series of questions and/or tasks designed to test memory, language skills, thinking ability, and other intellectual functions. The person who administers the screening will review the results with the person being screened, and suggest whether the person should follow up with a physician or other qualified healthcare professional for more extensive testing. Results of the memory screenings are confidential. The participant will receive the screening results to bring to the healthcare professional for follow-up and/or inclusion in medical files.

There are several locations in the area conducting these memory screenings.

Source:

www.nationalmemoryscreening.org

Area Memory Screenings

Jefferson County

Addus Evergreen Club
108 N. Third St.
Mt. Vernon, IL 62864
618.241.9503
10:00 a.m.—2:00 p.m.

Kmart Pharmacy
3404 Broadway
Mt. Vernon, IL 62864
618.244.6550

9:00 a.m.—1:00 p.m.

Clay County

Center for Senior Renewal,
Clay County Hospital
911 Stacy Burk Drive
Flora, IL 62839
618.662.6621

1:00 p.m.—3:00 p.m.

Effingham County

Kmart Pharmacy
1006 N. Keller Dr.
Effingham, IL 62401
217.347.2560

9:00 a.m.—1:00 p.m.



November is Alzheimer's Awareness Month

The Alzheimer's Association offers the public **around-the-clock access** to information and support for caregivers.

For Caregivers living in Effingham and Fayette County call 1.800.272.3900
For Caregivers living in Clay, Jefferson, and Marion County call 1.800.980.9080



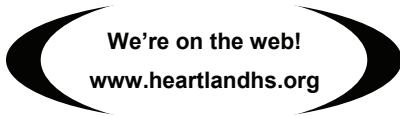
HEARTLAND
Human Services

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

November 2 Alzheimer's Association Audio Conference *Advocating for Change* 12:00 p.m.—1:00 p.m.
To register call 309.662.8392 or visit www.alz.org/illinois

November 7 16th Annual Memory Loss Conference 8 a.m.—4 p.m. Springfield, IL.
To register call 217.545.7711 or visit www.siumed.edu/cme

November 22 *Caring for a Person with Late Stage Parkinson's* Parkinson's Disease Foundation Online Seminar
To register for this event visit the Parkinson's Disease Foundation website at www.pdf.org

National Family Caregiver Association coordinates National Family Caregivers Month as a time to thank, support, educate, and empower family caregivers. Celebrating Family Caregivers during NFC month enables all of us to:

- Raise awareness of family caregiver issues
- Celebrate the efforts of family caregivers
- Educate family caregivers about self-identification
- Increase support for family caregivers

Heartland Human Services will be closed Thursday November 24 and Friday November 25 for the Thanksgiving Holiday.