

# Caregiver Headlines

## Caregiver's New Year Resolutions

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Making and keeping New Year resolutions can be difficult for caregivers. But they can be truly helpful for family caregivers.

New Year's resolutions about how you *ought* to start another diet and *ought* to be nicer belong back in last year's resolution list. For this new year, caregivers caring for someone with dementia are better off focusing on tasks that will help them power through another demanding year.

The following resolutions may be unexpected, but they are heartfelt and truly helpful.

### **I will order my priorities so that I come first.**

This may seem selfish, but it is more like practical common sense. If caregivers fall apart physically or emotionally then they put the welfare of their loved one in jeopardy.

### **I won't beat myself up if I lose my patience.**

Because caregivers know they will at some point. (Both lose their patience and berate themselves for it.) Dementia care can be immensely frustrating. Caregivers would not be human if they did not vent. Try to vent to others with well-functioning brains (or to a pillow or a workout), but

caregivers should cut themselves some slack if they occasionally slip and take it out on their loved one.

### **I will spend less time chasing cures and more time embracing today's "new normal."**

Obviously caregivers want to practice some of the many ways to slow the progress of their loved one's dementia. But do not get stuck in "battle mode" when there is not a cure. It is better for caregivers to reserve their energy for maximizing the quality of each day, which may not be like the day before.

### **I will not sweat the medium stuff.**

Caregivers who have dealt with dementia for any length of time, probably don't sweat the small glitches of life much anymore (keys in the trash, repetitive stories). Now add even bigger things to the list of things to be impervious to – so long as nobody's in danger, it is amazing what can be "okay".

### **I will not force.**

Here is one that makes things

easier for caregivers. When caregivers get to that point where they are exerting excessive energy trying to make something happen, step back. It is probably not worth it. Whether it is forcing a loved one to take a pill, forcing him or her to get in the car, or forcing some personal matter. Reassess whether it *really* matters. Drop it. Try later.

### **I will read something that lets me wallow in my sadness a little.**

Escapism has its pluses, but so does insight. And there is a title for nearly every circumstance. The Family Caregiver Program will be doing a book discussion on Still Alice in March at the Helen Matthes Library in Effingham.

### **I will eat more chocolate.**

Call it part of resolution #1. Make it dark and keep the portion moderate, and caregivers can keep this simple resolution every single day. Katherine Hepburn reportedly did not cost to her waist, big boost to her mood.

Continued on page 2....

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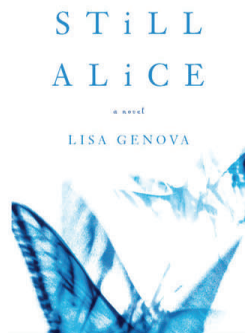
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## Family Caregiver Program Spring Events

The Family Caregiver Program at Heartland Human Services is offering a couple of different opportunities to caregivers this Spring in Effingham.

Caregivers interested in participating in any of these events should contact Trisha Katt, Caregiver Advisor at 217.347.7179 ext. 1062 or toll free: 1.888.560.8805 ext. 1062.



### Book Discussion: Still Alice

There will be a 3 week Book Discussion on Still Alice at the Helen Matthes Library located at 100 Market Street in Effingham. The dates for the book discussion are:

- Thursday March 15th from 10:00 a.m.—11:00 a.m.
- Thursday March 22nd from 10:00 a.m.—11:00 a.m.
- Thursday March 29th from 10:00 a.m.—11:00 a.m.

During these sessions we will discuss how the diagnosis of Alzheimer's disease impacts families, and the different warning signs of dementia.

**The Family Caregiver program at Heartland Human Services will have a limited number of books to loan to caregivers if needed.**

### 10th Annual Family Caregiver Symposium

Tuesday April 17, 2012

Thelma Keller Convention Center in Effingham

More on this in the February Newsletter

# 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:** **January 3**  
 February 7  
 March 6



**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)

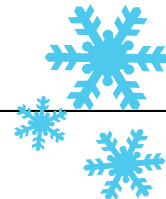
**Next Visits:** **January 5**  
 February 2  
 March 1



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

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

**Next Visits:** **January 17**  
 February 21  
 March 20



**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:** **January 10**  
 February 14  
 March 13



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

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

**Next Visits:** **January 24**  
 February 28  
 March 27



“People become really quite remarkable when they start thinking that they can do things. When they believe in themselves they have the first secret of success.” – Norman Vincent Peale  
 Schedule your appointment today to meet with the Caregiver Advisor.



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

### Fayette County & Surrounding Area

**January 3**  
February 7  
March 6

**3:00 — 4:00 p.m.**

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

Meets in the Conference Room off of the Dining Room.

**“What is Dementia?”**  
Caregivers will discuss the signs, common types, diagnosis, and treatment of dementia. The seminar will be presented by Trisha Katt, BA, Caregiver Advisor at Heartland Human Services.

### Jefferson County & Surrounding Area

**January 10**  
February 14  
March 13

**3:00 — 4:00 p.m.**

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

Meets in Activity Room

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# Caregiver Resource & Support Meetings

### Effingham County & Surrounding Area

**January 16**  
February 20  
March 19

**3:30 — 4:30 p.m.**

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

Meets in Room 119

**If bad weather, call the Caregiver Advisor or the Support Group site to learn if the group is meeting.**

### Marion County & Surrounding Area

**January 17**  
February 21  
March 20

**4:00 — 5:00 p.m.**

**Kaskaskia College Salem Education Center**  
1475 W. Whittaker St.  
Salem, IL  
Meets in the Board Room

### Clay County & Surrounding Area

**January 24– Alzheimer’s Association**  
February 28  
March 27– Alzheimer’s Association

**3:30 — 4:30 p.m.**

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

Meets in Community Room

## 2011 CIRCUIT BREAKER INFORMATION (Form IL 1363) Filed in 2012

New guidelines for the Illinois Cares Rx portion of this benefit went into effect September 1, 2011 and, to the best of our knowledge, will continue into 2012.

You must meet the following guidelines for help with the cost of your Medicare Prescription Drug premium and co-pays:

- You have Medicare; or
- You are 65 years of age or older without Medicare; and
- You are a U.S. citizen or qualified noncitizen; and
- You are filing an application for yourself only and **your total income is less than \$21,780**; or
- You are filing for **yourself and your spouse or yourself and a Qualified Additional Resident(s) and your total income is less than \$29,420**.

The guidelines listed below continue to be in effect for Circuit Breaker grant, License Plate discount and Transit Card:

- \$27,610 if filing an application for yourself only; or
- \$36,635 if filing an application for yourself and your spouse\*, or yourself and one Qualified Additional Resident; or
- \$45,657 if filing an application for yourself, your spouse\* and at least one Qualified Additional Resident, or yourself and at least two Qualified Additional Residents.

\*You must include your spouse's income if married and living together on December 31, 2011. Do not include the income of a Qualified Additional Resident.

There are four Stand-Alone Prescription Drug Plans that coordinate with the Illinois Cares Rx program. They are;

- AARP Medicare Rx Preferred
- CVS Caremark Value
- First Health Part D-Premier
- WellCare Classic

There are various Medicare Advantage Plans that coordinate with the Illinois Cares Rx program. However the availability of these plans varies across the state. Contact your local Information & Assistance office for details. In Effingham County, contact the Information & Assistance Specialist at 217.347.7179 extension 1050.



### Marion County Support Group New Location

The Marion County Caregiver Support Group will be meeting at the Kaskaskia College Salem Education Center beginning January 17th.

The Kaskaskia College Salem Education Center is located at 1475 W. Whittaker St. in Salem.

Call the Caregiver Advisor toll free at 1.888.560.8805 ext. 1062.



## HEARTLAND

Human Services

1200 North Fourth Street

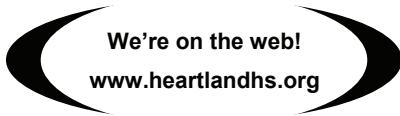
P.O. Box 1047

Effingham, IL 62401

Phone: 1.888.560.8805 x 1062

Fax: 217.342.6716

Email: [tkatt@heartlandhs.org](mailto:tkatt@heartlandhs.org)



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# Announcements

- January 4 Alzheimer's Association Audio Conference *Caregiver Stress— Respect your Wellbeing* 12:00 p.m.—1:00 p.m.  
To register call 309.662.8392 or register online at [www.alz.org/illinois](http://www.alz.org/illinois)
- January 31 Parkinson's disease Foundation Online Seminar: *Driving and Parkinson's: Balancing Independence and Safety*  
from 12:00 p.m.—1:00 p.m.  
For more information or to register online visit [www.pdf.org](http://www.pdf.org)
- January 31 Alzheimer's Association Program: *The Basics: Memory Loss, Dementia and Alzheimer's*  
This event will be held at Centralia Manor located at 1910 E. McCord St, Centralia from 6:00 p.m.—8:30 p.m.  
For more information or to register call 1.800.272.3900 or register online at [www.alz.org/stl](http://www.alz.org/stl)

