

CAREGIVER HEADLINES

Heartland Human Services

Break Free From Worry

Volume 6, Issue 4

April 2007

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Special points of interest:

- April is Parkinson Disease Awareness Month.
- Web Sites/Toll Free Numbers for Info on Parkinson Disease.
- Reasons to Attend Caregiver Resource/Support Groups.

A sick spouse, looming deadlines, mounting medical bills, piles of laundry...it's enough to make anyone anxious. But if these cares and more keep spinning through your head like a CD on continuous play or you always worry that the worst will happen, such frequent fretting will keep you up at night and drain the joy from your day. Though life's demands are here to stay, you can change the way you think about your woes. To stop obsessing...

Dwell on your worries the healthy way.

Schedule time each day to sit and think about what's bothering you, and allow yourself to fret only during "worry time." If concerns crop up before then, mentally file them away or jot them down in a special notebook to mull over later. Relegating worries to a specific period will limit their impact on the rest of your day.

Ideally, you should set aside 30 minutes to stew over problems, focusing on solutions rather than what-ifs. Experiments at Penn State University found that half an hour (but not less) of concentrated worry reduces worrying by about 40%, possibly because that's enough time to either exhaust a fear or to consider it more realistically.

Brainstorm solutions. One of the best ways to prevent worries from mushrooming is to take action, says Robert L. Leahy, PhD, author of *The Worry Cure*. "If you

can act now, then you can turn worrying into a productive problem-solving experience. Ask yourself, "What can I do about a worry in the next 24 hours?" he advises. "Can you make a list of things to do? Call people who can help? Read an article that might shed some light on the subject? If not, then chances are the problem is too vague or too far in the future to be much of a threat.

Do one (small) thing. "Once you have a plan for overcoming a problem, it can seem overwhelming to implement it," says researcher Susan Nolen-Hoeksema, PhD, a professor of psychology at Yale and author of *Women Who Think Too Much*. "Many times, by focusing on doing something small that can make a dent in your dilemma, you can break through these feelings of immobilization."

Find another focus. Worry can leave you spinning your wheels because a problem isn't solvable or you're just too agitated to put anxieties aside. In that case, short circuit worry by going for a walk in a beautiful place, immersing yourself in a juicy mystery or movie, baking a cake or singing along with a CD of your favorite group.

Conjure a happy ending. When you worry about things that might happen, you fill your mind with imagined details about how everything will turn out badly.

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Break Free...Continued

“These ‘stories’ actually make a worst-case scenario seem more likely since they are easier to remember than specific facts,” says Dr. Leahy. Rather than brooding over the possibility of a bad outcome, replace that horror story in your head with one with a happy ending. For instance, if you’re worried about the results of a medical test, picture the doctor giving you good news. “Since research shows that 85% of outcomes are positive, you might even be right!” Dr. Leahy notes.

Take your thoughts to court. Anxious thoughts are just that - they aren’t ironclad truths that will necessarily hold up under serious scrutiny. Examine the evidence that a fear will become reality - even ask friends if your

concerns are rational. Challenge negative thoughts with helpful facts and focus on the positive aspects of the situation.

Even if the worst happens - often only a slim possibility - there will be things you can do to make yourself feel better or improve the situation. “In fact, research shows that worriers are just as good as non-worriers at solving real problems,” says Dr. Leahy. “Seventy-nine percent of the time worrywarts say, ‘I handled it better than I thought I would.’”

—Source: “Caring Today” March/April 2007



If you are no longer in need of assistive devices, such as a wheelchair, and would like to sell it call the Caregiver Advisor

Making a Contribution

Caregivers are welcome to make contributions toward the cost of services provided.

If interested in making a monetary contribution to the Caregiver Program, make checks payable to Heartland Human Services and direct them to the Caregiver Advisor. Monetary contributions will be used to help defray program expenses.

Other contributions such as books, magazines and videos are also appreciated. If you would like to sell or donate assistive devices to others, let us know and we will advertise it in *Caregiver Headlines*. Call us for details.

We encourage you to reach out and help one another!

Gear & Gadgets

Slide on Over

Need to move furniture to make caregiving easier? Original EZ Moves reduce injury risk, letting you slide heavy objects across most floors. \$9.99 to \$22, depending on size. Order at QVC.com or call 1-800-345-5788. For a list of national retailers, visit www.ezmoves.com

Clean Sweep

Quickly whisk away dirt without disturbing the person in your care with the quiet, lightweight Casacolor Compact Carpet Sweeper. Its 180 degree pivoting handle and thin profile allow easy access to hard-to-reach areas. It costs \$19.99. Order or find a local retailer at thecontainerstore.com, or call 1-888-266-8246.

Book Review

Caring for the Parkinson Patient is a book written by J. Thomas Hutton and Raye Lynne Dippel.

This revised and expanded edition of Caring for the Parkinson Patient has the most current research to provide new information and suggestions faced by Parkinson's sufferers, family members, and caregivers.

Sixteen updated chapters combine to form a useful volume that includes topics such as new drug therapies and surgical treatments; techniques to ease discomfort and improve speech; ways to address the impact of Parkinson's on family members and where to find help.

With a wealth of informa-

tion and advice this book offers hope to patients, families and caregivers alike.

If you are interested in reading Caring for the Parkinson Patient contact the Caregiver Advisor at 217-347-7179 or toll-free 1-888-560-8805 ext. 1062.



A great resource guide for all those touched by Parkinson's disease.

Library Resource Hours

Fayette County: Evans Public Library

215 Fifth Street

Vandalia

10:00 a.m. to 1:00 p.m.

Next Visit: April 3

Marion County: Bryan-Bennett Library

217 West Main Street

Salem

1:00 p.m. to 3:30 p.m.

Next Visit: April 17

Effingham County: Helen Matthes Library

100 Market Avenue

Effingham

10:00 a.m. to 1:00 p.m.

Next Visit: April 4

Clay County: Flora Public Library

216 North Main

Flora

1:30 p.m. to 3:00 p.m.

Next Visit: April 24

Jefferson County: CE Brehm Memorial Library

100 South Seventh

Mt. Vernon

10:00 a.m. to 1:00 p.m.

Next Visit: April 10



Parkinson Disease Awareness

Southern Illinois University School of Medicine is presenting this program Saturday, April 14, 2007 from 9:00 a.m. to 12:00 p.m. The program is being held at the Wedeberg Conference Center, Memorial Medical Center, 1st and Miller Streets, Springfield, IL.

The program:

- Research Projects at SIU
- Non-Motor Complications of Parkinson Disease
- Motor Complications of Parkinson Disease
- Tips on Balance and Strengthening in Parkinson Disease

Parkinson Disease Awareness is FREE and open to the public. Seating is limited so register early. You can register by calling 217-545-7181 or email Lrandolph@siumed.edu.

Web Sites/Toll Free Numbers for Information on Parkinson's Disease

National Parkinson Foundation - free print publications (Adobe)

www.parkinson.org

1-800-327-4545

American Parkinson Disease Association - free booklets

www.apdaparkinson.org

1-800-223-2732

Parkinson's Institute

www.theipi.org

1-800-786-2958

Parkinson's Disease Foundation - newsletter and brochures

www.pdf.org

1-800-457-6676

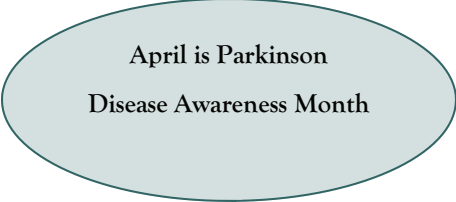
NINDS - Parkinson's Disease Information Page

www.ninds.nih.gov/health_and_medical/disorders/parkinsons_disease.htm

1-800-352-9424

Awakenings, The Internet Focus on Parkinson's Disease - booklets

www.parkinsonsdisease.com



April is Parkinson
Disease Awareness Month

Caregiver Resource/Support Groups

Fayette County & Surrounding Area

April 3
May 1
June 5
3:00-4:00 pm.

First United Methodist Church
127 North Fourth Street
Vandalia
Meets in the Library

Jefferson County & Surrounding Area

April 10
May 8
June 12
3:00-4:00 p.m.

Addus Adult Day Center
108 North Third Street
Mt. Vernon
Meets in the North Room

Effingham County & Surrounding Area

April 16
May 21
June 18
3:30-4:30 p.m.

Heartland Human Services
1200 North Fourth Street
Effingham
Meets in Room 119

Marion County & Surrounding Area

April 17
May 15
June 19
4:00-5:00 p.m.

St. Thomas Episcopal Church
512 West Main Street
Salem
Meets in Church Basement

Why Attend a Caregiver Support Group

Caregiver Resource/Support Groups are one of the best places for caregivers to find others like themselves. They can help caregivers bond with each other, socialize and build a network of caring and supportive people.

We encourage you to join us as we explore the meaning of caregiving and the methods of preparing ourselves and each other to be better care providers.

The opportunity for information, education, and a confidential environment to voice your concerns awaits you at one of the Caregiver Support Groups.

If respite care is what you need so that you can attend, then contact Libby Collins at Heartland Human Services at 217-347-7179 ext. 1062.



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E-mail: lcollins@heartlandhs.org

VISIT US ON THE WEB!

WWW.HEARTLANDHS.ORG

Announcements

April 12–5th Annual Symposium for Family Caregivers in Effingham

See flyer for details

May 22–12th Annual Conference on Alzheimer Disease and Related Disorders

Springfield, IL (sessions for family caregivers) visit: www.alzheimers-illinois.org

A self-employed caregiver is looking for work. Contact Libby Collins at 1-888-560-8805 ext. 1062
for more information.

Heartland Human Services will be closed April 6