



# CAREGIVER HEADLINES

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Heartland Human Services

December 2007

## Preparing for Winter Weather

Caregivers — take the time to prepare now for the hazards that winter weather can bring. Along with the recommendations that you may already be aware of, be sure to take the precautions described below.

### Freezing Temperatures and Wind Chills

Because some disabling conditions may limit sensory abilities and heat maintenance, be particularly vigilant about staying warm when you are out in low temperatures.

❄ Wear multiple layers of clothing, including a scarf around your neck, a winter hat, lined boots, and two pairs of socks.

❄ If possible, wear thermal gloves underneath mittens to keep your hands warm.

❄ If you travel in a wheelchair, wrap a small blanket around your legs, tucking it underneath yourself or around your sides.

This will help to maintain body heat.

If you use a working assistance dog, remember that dogs can also suffer from hypothermia and frostbite. Get a dog coat to place under his harness, and consider getting boots for his paws. Also, have a blanket for the dog in your vehicle.

### Ice, Sleet and Freezing Rain

❄ Wheelchair users may consider purchasing pneumatic tires for better traction. Another alternative is standard dirt bicycle tires.

❄ Use table salt or clay cat litter to clear ramps. Rock salt can poison working assistance animals and may also be slippery.

❄ Freezing rain will stick to surfaces such as canes, walkers, forearm cuffs and wheelchairs. Use gripper driving gloves to keep your hands warm and to prevent slipping.

❄ Remove the tires from your wheelchair and shake debris and ice off them before placing them in your vehicle.

Wipe down any metal surfaces (wheelchair tire rims, walkers, etc.) as soon as possible after returning home. This will prevent rusting.

### Snow

❄ If you are a wheelchair user and unaccustomed to heavy, strenuous wheeling, be very careful when traveling through snow. The added exertion could lead to heart attack or stroke.

Check your feet, pelvic areas, and hands for circulation problems. This is particularly important for wheelchair users, because feeling may be normally limited or not present.

—Source

Virginia Department of Emergency Management, 2007

### Special points of interest:

- *Survival kit for your car during winter weather.*
- *Holiday gifts every caregiver would love.*
- *Men's Health*
- *Women's health*

### **REMINDER:**

The Caregiver Resource Meetings will **not** meet in the month of December.



Seasons Greetings!

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## Library Resource Hours

**Fayette County:** Evans Public Library

215 Fifth Street

Vandalia, IL

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

**Next Visits: December 4**

**January 2 (this is a Wednesday)**

**Effingham County:** Helen Matthes Library

100 Market Avenue

Effingham, IL

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

**Next Visits: December 6**

**January 3**

**Jefferson County:** CE Brehm Memorial Library

100 South Seventh

Mt. Vernon, IL

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

**Next Visits: December 11**

**January 8**

**Marion County:** Brian-Bennett Library

217 West Main Street

Salem, IL

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

**Next Visits: December 18**

**January 15**

**Clay County:** Flora Public Library

216 North Main

Flora, IL

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

**Next Visits: No visit in December**

**January 22**



**Remember...**

Please call at least one day ahead to schedule your appointment with the Caregiver Advisor during Library Resource Hours at 1-888-560-8805 ext. 1062.

## Coffee Can Survival Kit for Winter Weather

- 2 or 3 pound coffee can (punch 3 holes at the top of can, equal distance apart)
- 60-inch length of twine or heavy string (cut into 3 equal pieces - used to suspend can)
- 3 large safety pins (tie string to safety pins and pin to car roof interior to suspend can over candle)
- 1 candle 2" diameter (place on lid under suspended can for melting snow)
- 1 pocket knife, reasonably sharp (or substitute with scissors)
- 3 pieces of bright cloth 2" wide x 36" long (tie to antenna or door handle)
- Several packets of soup, hot chocolate, tea, bouillon cubes, etc. (mixed into melted snow to provide warmth and nutrition)
- 1 small package of peanuts (provides protein) & fruit-flavored candy (orange slices, jelly beans, etc.-avoid chocolate)
- 1 pair of athletic socks (cotton) and 1 pair of glove liners (cotton)
- 2 packages of book matches
- 1 sun shield blanket or 2 large green or black plastic leaf bags (to reflect body heat)
- 1 pen light and batteries (keep separate)



When complete, place stocking cap over kit and carry in passenger compartment of car. If you have a 3 pound can, you will still have additional room for band-aids, aspirin, small radio, etc. If there is still room left, increase the quantity of any of the above items or improvise items you feel might be necessary. For help in preparing your survival kit, contact the Caregiver Advisor at 1-888-560-8805 ext. 1062.

—Source

Illinois State Police, 2004: [www.isp.state.il.us](http://www.isp.state.il.us)



## The Twelve Holiday Gifts



For my first holiday gift  
I wish that I could have:  
A full day at my local spa!

For my second holiday gift  
I wish that I could have:  
Two gourmet meals,  
And a full day at my local spa!

For my third holiday gift  
I wish that I could have:  
Three neck rubs,  
Two gourmet meals,  
And a full day at my local spa!

For my fourth holiday gift  
I wish that I could have:  
Four calls from friends,  
Three neck rubs,  
Two gourmet meals,  
And a full day at my local spa!

For my fifth holiday gift  
I wish that I could have:  
**Five hours of sleep!**  
Four calls from friends,  
Three neck rubs,  
Two gourmet meals,  
And a full day at my local spa!

For my sixth holiday gift  
I wish that I could have:  
Six figure paychecks,  
**Five hours of sleep!**  
Four calls from friends,  
Three neck rubs,  
Two gourmet meals,  
And a full day at my local spa!

For my seventh holiday gift  
I wish that I could have:  
Seven chefs a-cooking,  
Six figure paychecks,  
**Five hours of sleep!**  
Four calls from friends,  
Three neck rubs,  
Two gourmet meals,  
And a full day at my local spa!

For my eighth holiday gift  
I wish that I could have:  
Eight maids a-cleaning,  
Seven chefs a-cooking,  
Six figure paychecks,  
**Five hours of sleep!**  
Four calls from friends,  
Three neck rubs,  
Two gourmet meals,  
And a full day at my local spa!

For my ninth holiday gift  
I wish that I could have:  
Nine months of yard work,  
Eight maids a-cleaning,  
Seven chefs a-cooking,  
Six figure paychecks,  
**Five hours of sleep!**  
Four calls from friends,  
Three neck rubs,  
Two gourmet meals,  
And a full day at my local spa!



For my tenth holiday gift  
I wish that I could have:  
Ten days vacation,  
Nine months of yard work,  
Eight maids a-cleaning,  
Seven chefs a-cooking,  
Six figure paychecks,  
**Five hours of sleep!**  
Four calls from friends,  
Three neck rubs,  
Two gourmet meals,  
And a full day at my local spa!

For my eleventh holiday gift  
I wish that I could have:  
Eleven hair appointments,  
Ten days vacation,  
Nine months of yard work,  
Eight maids a-cleaning,  
Seven chefs a-cooking,  
Six figure paychecks,  
**Five hours of sleep!**  
Four calls from friends,  
Three neck rubs,  
Two gourmet meals,  
And a full day at my local spa!

For my twelfth holiday gift  
I wish that I could have:  
Twelve full massages,  
Eleven hair appointments,  
Ten days vacation,  
Nine months of yard work,  
Eight maids a-cleaning,  
Seven chefs a-cooking,  
Six figure paychecks,  
**Five hours of sleep!**  
Four calls from friends,  
Three neck rubs,  
Two gourmet meals,  
And a full day at my local spa!

—Source

[www.familycaregiverweb.com](http://www.familycaregiverweb.com)



# Men's Health Checklist

## In Your 30s

**Blood Pressure Test:** High blood pressure has no symptoms, but can cause permanent damage to body organs. **Every year.**

**TB Skin Test:** Should be done on occasion or suggestive symptoms at direction of physician. **Every 5 years.**

**Blood Tests & Urinalysis:** Screens for various illnesses and diseases, such as cholesterol, diabetes, kidney, or thyroid dysfunction. **Every 3 years.**

**EKG:** Electrocardiogram screens for heart abnormalities. **Baseline at age 30.**

**Rectal Exam:** Screens for hemorrhoids, lower rectal problems, colon and prostate cancer. **Every year.**

**Self-Exam:** **Testicle**-to find lumps in their earliest stages. **Oral**-to look for signs of cancerous lesions in the mouth. **Breast**-to find abnormal lumps in their earliest stages. Should be done **monthly.**

## In Your 40s

**Blood Pressure Test:** High blood pressure has no symptoms, but can cause permanent damage to body organs. **Every year.**

**TB Skin Test:** Should be done on occasion or suggestive symptoms at direction of physician. **Every 5 years.**

**Blood Tests & Urinalysis:** Screens for various illnesses and diseases, such as cholesterol, diabetes, kidney, or thyroid dysfunction. **Every 2 years.**

**EKG:** Electrocardiogram screens for heart abnormalities. **Every 4 years.**

**Rectal Exam:** Screens for hemorrhoids, lower rectal problems, colon and prostate cancer. **Every year.**

**Hemoccult:** Screens the stool for microscopic amounts of blood that can be the 1st indication of polyps or colon cancer. **Every year.**

**Chest X-Ray:** Should be considered in smokers over the age of 45 to detect lung cancer. **Discuss with physician.**

**Self-Exam:** **Testicle**-to find lumps in their earliest stages. **Oral**-to look for signs of cancerous lesions in the mouth. **Breast**-to find abnormal lumps in their earliest stages. Should be done **monthly.**

**Testosterone Screening:** Low testosterone symptoms include, low sex drive, erectile dysfunction, fatigue, and depression. **Discuss with physician.**

## In Your 50s & beyond

**Blood Pressure Test:** High blood pressure has no symptoms, but can cause permanent damage to body organs. **Every year.**

**TB Skin Test:** Should be done on occasion or suggestive symptoms at direction of physician. **Every 5 years.**

**Blood Tests & Urinalysis:** Screens for various illnesses and diseases, such as cholesterol, diabetes, kidney, or thyroid dysfunction. **Every year.**

**EKG:** Electrocardiogram screens for heart abnormalities. **Every 3 years.**

**Rectal Exam:** Screens for hemorrhoids, lower rectal problems, colon and prostate cancer. **Every year.**

**Prostate-Specific Antigen (PSA):** This test is a blood test that can detect possible prostate problems. Recommended **yearly** (age 40 for African-American men).

**Hemoccult:** Screens the stool for microscopic amounts of blood that can be the 1st indication of polyps or colon cancer. **Every year.**

**Colorectal Health:** A flexible scope examines the rectum, sigmoid, and descending colon for cancer. **Every 3-4 years.**

**Chest X-Ray:** Should be considered in smokers over the age of 45 to detect lung cancer. **Discuss with physician.**

**Self-Exam:** **Testicle**-to find lumps in their earliest stages. **Oral**-to look for signs of cancerous lesions in the mouth. **Breast**-to find abnormal lumps in their earliest stages. Should be done **monthly.**

**Bone Health:** Bone mineral density test. Recommended for those 60 and over. **Discuss with physician.**

**Testosterone Screening:** Low testosterone symptoms include, low sex drive, erectile dysfunction, fatigue, and depression. **Discuss with physician.**

Men's Health Network  
[www.menshealthnetwork.org](http://www.menshealthnetwork.org)



Christmas joy warms the heart



*Wishing you a joyful and beautiful holiday season and a Happy New Year!*

*From your friends at Heartland Human Services  
Linda Warner and Darcy Markwell*

# Women's Health Checklist

## In Your 30s

**TB Skin Test:** Should be done on occasion or suggestive symptoms at direction of physician. **Every 5 years.**

**Blood Tests & Urinalysis:** Screens for various illnesses and diseases, such as cholesterol, diabetes, kidney, or thyroid dysfunction. **Every 3 years.**

**EKG:** Electrocardiogram screens for heart abnormalities. **Baseline age at 30.**

**Rectal Exam:** Screens for hemorrhoids, lower rectal problems, and colon cancer. **Every year.**

**Breast Health:** Clinical exam by health provider. **Every year.**

**Reproductive Health:** PAP Test/ Pelvic Exam. **Every 1-3 years** after 3 consecutive normal tests. **Discuss with physician.**

**Self- Exams: Breast-**to find abnormal lumps in their earliest stages.

**Skin-**to look for signs of changing moles, freckles, or early skin cancer.

**Oral-**to look for signs of cancerous lesions in the mouth. **Monthly.**

## In Your 40s

**TB Skin Test:** Should be done on occasion or suggestive symptoms at direction of physician. **Every 5 years.**

**Blood Tests & Urinalysis:** Screens for various illnesses and diseases, such as cholesterol, diabetes, kidney, or thyroid dysfunction. **Every 2 years.**

**EKG:** Electrocardiogram screens for heart abnormalities. **Every 4 years.**

**Rectal Exam:** Screens for hemorrhoids, lower rectal problems, and colon cancer. **Every year.**

**Breast Health:** Clinical exam by health provider. **Every year.** Mammography: X-ray of breast. **Every 1-2 years.**

**Reproductive Health:** PAP test/ Pelvic exam. **Every 1-3 years** after 3 consecutive normal tests. **Discuss with physician.**

**Hemoccult:** Screens the stool for microscopic amounts of blood that can be the 1st indication of polyps or colon cancer. **Every year.**

**Colorectal Health:** A flexible scope examines the rectum, sigmoid, and descending colon for cancer. **Every 3-4 years.**

**Self- Exams: Breast-**to find abnormal lumps in their earliest stages.

**Skin-**to look for signs of changing moles, freckles, or early skin cancer.

**Oral-**to look for signs of cancerous lesions in the mouth. **Monthly.**

## In Your 50s & beyond

**TB Skin Test:** Should be done on occasion or suggestive symptoms at direction of physician. **Every 5 years.**

**Blood Tests & Urinalysis:** Screens for various illnesses and diseases, such as cholesterol, diabetes, kidney, or thyroid dysfunction. **Every year.**

**EKG:** Electrocardiogram screens for heart abnormalities. **Every 3 years.**

**Rectal Exam:** Screens for hemorrhoids, lower rectal problems, and colon cancer. **Every year.**

**Breast Health:** Clinical exam by health provider. **Every year.** Mammography: X-ray of breast. **Every year.**

**Reproductive Health:** PAP test/ Pelvic exam. **Every 1-3 years** after 3 consecutive normal tests. **Discuss with physician.**

**Hemoccult:** Screens the stool for microscopic amounts of blood that can be the 1st indication of polyps or colon cancer. **Every year.**

**Colorectal Health:** A flexible scope examines the rectum, sigmoid, and descending colon for cancer. **Every 3-4 years.**

**Self- Exams: Breast-**to find abnormal lumps in their earliest stages.

**Skin-**to look for signs of changing moles, freckles, or early skin cancer.

**Oral-**to look for signs of cancerous lesions in the mouth. **Monthly.**

**Bone Health:** Should be considered in all postmenopausal females. **Discuss with physician.**

Men's Health Network  
www.menshealthnetwork.org

## Caregiver Resource & Support Meetings

### Fayette County & Surrounding Area

**\*No meeting in December\***

January 2 (this is a Wednesday)  
3:00-4:00 p.m.

First United Methodist Church  
127 N. 4th Street  
Vandalia, IL  
Meets in Library

### Jefferson County & Surrounding Area

**\*No meeting in December\***

January 8  
3:00-4:00 p.m.

Addus Evergreen Club  
108 N. 3rd Street  
Mt. Vernon, IL  
Meets in North Room

### Effingham County & Surrounding Area

**\*No meeting in December\***

January 21  
3:30-4:30 p.m.

Heartland Human Services  
1200 N. 4th Street  
Effingham, IL  
Meets in Room 119

### Marion County & Surrounding Area

**\*No meeting in December\***

January 15  
4:00-5:00 p.m.

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



## Announcements



In-home care provider is looking for work within a 100 mile radius of Mt. Vernon, IL. Care provider is C.N.A., ALT and also trained in hospice care. Specializes in caring for those who have terminal illnesses, strokes, etc. Care provider is available 24 hours a day, 7 days a week.



2003 Jazzy Wheelchair. Reclining cushioned seat, remote control, battery charger. Asking \$900.

→ To get more information on the above listings, call Linda Warner toll-free at Heartland Human Services: 1-888-560-8805 ext. 1046 or local 217-347-7179 ext 1046.

\* \* Heartland Human Services will be closed on December 24 & 25 for the holidays. \* \*

