

# Caregiver Headlines

## Heat Stress in the Elderly

### Inside this issue:

How To Make a Doctor Visit More Satisfactory	2
Resource/Support Meetings	3
Gear & Gadgets	3
Library Resource Hours	4
Bryan-Bennett Library Gears Up for Move	4
A Caregiver's Eyes	5
Safety & Older Drivers	5
Announcements	6

### Special points of interest:

- Signs & symptoms of heat stroke & heat exhaustion.
- Key points to better communication with your loved one's doctor.
- Bryan-Bennett Library makes a location change.
- Safety & Older Drivers

**Heat stroke is the most serious heat-related illness.** It occurs when the body becomes unable to control its temperature: the body's temperature rises rapidly, the body loses its ability to sweat, and it is unable to cool down. Body temperatures rise to 106°F or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

### Signs and symptoms of a heat stroke:

- An extremely high body temperature (above 103°F)
- Red, hot and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea

**Heat exhaustion is a milder form of heat-related illness** that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids.

### Signs and symptoms of heat exhaustion:

- Heavy sweating
- Paleness
- Muscle cramps
- Tiredness
- Weakness
- Dizziness
- Headache
- Nausea or vomiting
- Fainting
- Skin: may be cool and moist
- Pulse rate: fast and weak
- Breathing: fast and shallow

### What you can do for someone with heat stress:

If you see any signs of severe heat stress, you may be dealing with a life-threatening emergency. Have someone call for immediate medical assistance while you begin cooling the affected person. Do the following:

- Get the person to a shady area.
- Cool the person rapidly,



using whatever methods you can. For example, immerse the person in a tub of cool water; place the person in a cool shower; spray the person with cool water from a garden hose; sponge the person with cool water; or if the humidity is low, wrap the person in a cool, wet sheet and fan him/her vigorously.

- Monitor body temperature and continue cooling efforts until body temperature drops to 101°-102°F.
- If emergency personnel are delayed, call the hospital emergency room for further instructions.
- Do not give the person alcohol to drink.
- Get medical assistance as soon as possible.

# How To Make a Doctor Visit More Satisfactory



FREE

Resource

If you are interested in obtaining a copy of :

***Talking With Your Doctor: A guide for older people***

you can order a free copy at:

[www.nia.nih.gov/HealthInformation/Publications/TalkingWithYourDoctor/](http://www.nia.nih.gov/HealthInformation/Publications/TalkingWithYourDoctor/)

Or contact the Caregiver Advisor at 1.888.560.8805 ext. 1062.

Knowing how to talk to your loved one's doctor is an important step in care management.

A visit to the doctor's office can be nerve-wracking and frustrating for both you and your loved one. Dealing with doctor lingo, figuring out the best time to talk to the doctor and knowing the right questions to ask are just a few common caregiver concerns.

Here are five tips from Barry J. Jacobs, PsyD, author of *The Emotional Survival Guide for Caregivers—Looking After Yourself and Your Family While Helping an Aging Parent*:

1.) **Simplify the physician's job.** Actively support the doctor's efforts by being his/her eyes and ears, closely observing the effects of various treatments on your loved one. For example, you can keep a detailed log of your loved one's blood sugars, blood pressure, temperature, oxygen level, sleep patterns or toileting. You can also report on your loved one's behaviors—grooming, feeding, social interactions, etc.—to provide essential data on how the patient is managing with the activities of daily living. Also, you can make yourself vital by playing the essential role of messenger, conveying written

and verbal reports from one doctor to another in a timely fashion. The doctors will come to rely on you as a trusted deputy, a virtual case manager who helps coordinate treatments.

2.) **Ask how the doctor prefers to communicate.**

Some prefer to talk on the phone while others like email. Ask your loved one's physician about his/her preference and then direct all your efforts to communicate with him/her through that channel. This will convey your respect and likely get you quicker responses.

3.) **Understand medical-office scheduling.**

Medical offices run on specific time templates. For instance, the morning session may run from 8:30 to noon, during which the physician will see patients every 10 minutes; the afternoon session may run from 1:30 until 5:00, with the same time slots for visits. It's worth asking what template your loved one's physician uses. If you and your loved one don't like waiting, schedule appointments for the first slot of a morning or afternoon session. If you don't mind waiting, schedule your appointment for the last slot of a session.

4.) **Be organized to increase efficiency.**

Convey your concerns in an organized way at the

beginning of the visit. If the physician accepts e-mails, send a detailed message identifying both information and questions that you have at least two business days before the appointment, thereby allowing the doctor the opportunity to review the information and prepare responses. Or, present the physician with a typed list of concerns and questions at the start of the appointment, so he/she can read through the information upon entering the room. The list will help him/her structure your time together in a way that meets your needs for guidance and meets his/her needs for efficiency.

5.) **Offer praise.** If you believe the physician is ably taking care of your ill loved one or has excelled at answering your questions, tell him/her so. Better yet, write him/her a thank-you note. The physician will not forget that note's generous words, and you can be sure that he/she'll do all they can to win your trust and approval again as you proceed forward together.

—Source  
Caring Today

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



# Caregiver Resource & Support Meetings

## All Sites Are Accessible

### Fayette County & Surrounding Area

**August 5**  
September 2  
October 7

**3:00 — 4:00 p.m.**

**First United Methodist Church**  
127 N. 4th Street  
Vandalia, IL

Meets in Library

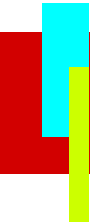
### Marion County & Surrounding Area

**August 19**  
September 16  
October 21

**4:00 — 5:00 p.m.**

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

Meets in Basement  
(Wheelchair Lift Available)



### Effingham County & Surrounding Area

**August 18**  
September 15  
October 20

**3:30 — 4:30 p.m.**

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

Meets in Room 119

### Clay County & Surrounding Area

**August 26—Louisville**  
September 23—Flora  
October 28—Louisville

**3:30 — 4:30 p.m.**

**First Baptist Church**  
210 N. Church Street  
Louisville, IL

### Jefferson County & Surrounding Area

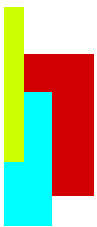
**August 12**  
September 9  
October 14

**3:30 — 4:30 p.m.**

**Addus Evergreen Club**  
108 N. 3rd Street  
Mt. Vernon, IL

Meets in North Room

If you would like to attend a meeting but need respite, please contact the Caregiver Advisor at **1.888.560.8805 ext. 1062** so that an in-home worker can be arranged.



# Gear & Gadgets

Keep all your important documents, including mortgage, wills, insurance policies, even valuables, in this **Sentry™ Fire-Safe™ Security Chest 1100**. It locks for privacy, has a carrying handle and offers UL classified pro-

tection from potential fire damage. This security chest is available in stores or online at many leading retailers such as **Wal-Mart, Costco, Sam's, Lowe's, The Home Depot, OfficeMax, Staples, Sears** and more.

Comes in light gray in all stores except Wal-Mart, where it is carried in blue. **Under \$20**. For more information, go to [www.sentrysafe.com](http://www.sentrysafe.com).



**Sentry FireSafe Security Chest 1100**

# 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: **August 5**  
September 2  
October 7

**Marion County:** Bryan-Bennett Library  
217 W. Main Street  
Salem, IL

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

Next Visits: **August 19**  
September 16  
October 21

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

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

Next Visits: **August 7**  
September 4  
October 2

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

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

Next Visits: **August 26**  
September 23  
October 28

**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: **August 12**  
September 9  
October 14

### Remember...

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



## Bryan-Bennett Library Gears up for Move



Bryan-Bennett Library in Salem is moving locations. The library located at 217 West Main Street is now moving to 315 South Maple Avenue in Salem.

Head Librarian, Kim Keller, is still uncertain about when exactly the move

will take place but hopes it will be towards the middle to late part of August.

The Library Resource Hours will definitely be at the new location on South Maple in September.

As for August, if you are wanting to meet with the Caregiver Advisor during

Library Resource Hours, please contact the Caregiver Advisor at 1.888.560.8805 ext. 1062 to schedule your appointment and we can let you know where the hours will be held.



## A Caregiver's Eyes



By Rose M. Trospier—inspired by and dedicated to all caregivers.

A caregiver's eyes tell me everything I need to know.  
Their sadness, their fatigue,  
the overwhelming feelings that consume them.  
How do I tell them how much I care,  
how much I would do...if I could?  
These precious souls with hearts of gold,  
forgotten by those who should be so close,  
and, yet, they are so distant.

Do they know how often I feel the burning questions,  
those that haunt their every waking moment?  
The ones that ask...why me,  
how much longer...how much more?  
I would change their world if only I could,  
if only miracles were mine to give,  
if only I held the power,  
if only I had wings.

Don't they know they already have their own wings,  
and that they teach me so much?  
More than I could ever offer to them in return.  
Do they know I watch over them  
as best I can with the watchful eyes  
of a mother, a friend?  
Or, that they are in my heart,  
each one so cherished, so unique.

A caregiver's eyes tell me everything I need to know.  
But every now and again,  
I see a faint smile, a knowing look  
that says...thank you, my friend.  
It is in those moments that I know  
I am where I should be.  
And, for as long as they need me...  
this is where I can be found.

# Safety & Older Drivers

The driving behaviors listed to the right could cause safety problems. They are ranked from minor to serious. Many of the less serious behaviors may require your immediate action. Since driving ability seldom changes drastically in a short time, you should be able to track changes over time to get a clear picture of overall driving ability.

**Here's how to use the list: observe driving over time, keeping notes to help you understand changes in driving ability; look for a pattern of warning signs and for an increase in the frequency of occurrence.**

### Driving Behavior Warning Signs — When Noticed & How Often:

- 1.) Decrease in confidence while driving.
- 2.) Difficulty turning to see when backing up.
- 3.) Riding the brake.
- 4.) Easily distracted while driving.
- 5.) Other drivers often honk horns.
- 6.) Incorrect signaling.
- 7.) Parking inappropriately.
- 8.) Hitting curbs.
- 9.) Scrapes or dents on the car, mailbox or garage.
- 10.) Increased agitation or irritation when driving.
- 11.) Failure to notice important activity on the side of the road.
- 12.) Failure to notice traffic signs.
- 13.) Trouble navigating speeds.
- 14.) Driving at inappropriate speeds.
- 15.) Not anticipating potential dangerous situations.
- 16.) Uses a "copilot."
- 17.) Bad judgment on making left hand turns.
- 18.) Near misses.
- 19.) Delayed response to unexpected situations.
- 20.) Moving into wrong lane.
- 21.) Difficulty maintaining lane position.
- 22.) Confusion at exits.
- 23.) Ticketed moving violations or warnings.
- 24.) Getting lost in familiar places.
- 25.) Car accident.
- 26.) Failure to stop at stop sign or red light.
- 27.) Confusing the gas and brake pedals.
- 28.) Stopping in traffic for no apparent reason.

—Source

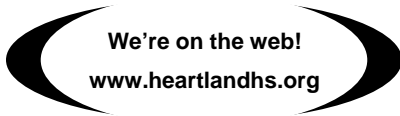
[www.thehartford.com](http://www.thehartford.com)



**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: [dmarkwell@heartlandhs.org](mailto:dmarkwell@heartlandhs.org)



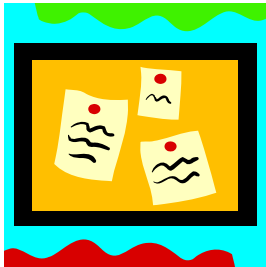
---

## August Announcements

**August 5 — Legislative Senior Health Fair in Vandalia**

9:00 a.m. — 11:00 a.m.

Moose Hall, Vandalia



**September 11 — 6th Annual Spa for the Caregiver's Spirit**

(see informational brochure enclosed)

**September 13 — Alzheimer's Association Memory Walk**

Check in starts at 8 a.m.; Walk starts at 9 a.m.

John A. Logan College, Carterville, IL

→ To register and/or donate online, please contact Alzheimer's Association, Jill Schoenborn at 618.985.1095.