

Caregiver Headlines

Internet Basics

Inside this issue:

Library Resource Hours	2
Fall Prevention	2
How to Sleep Better	3
Mini-Meals...A Healthy Way to Go?	4
Video Of The Month	4
Resource/Support Meetings	5
Recipe	5
Announcements	6

The Clay County Coalition Team is offering a **FREE** computer class to older adults and family caregivers in the Clay County region called, "Internet Basics."

The class will be offered on Wednesday, April 16, 2008 at the Flora High School located on 600 South Locust Street in Flora from 4:00 p.m. to 6:00 p.m.

From this computer training, older adults and family caregivers will be able to access the Internet, know the difference be-

tween secure and unsecure sites, and obtain some guidelines when purchasing a computer. The training will also enable older adults and family caregivers to communicate with family members who may live far away by opening an email account, creating a contact list and learning how to email.

Flora High School Keyboarding and Computer Concepts teacher, Brittany Manual will be leading the class and will have individualized help available.



To register, contact the Caregiver Advisor at 1.888.560.8805 ext. 1062.

Register early as limited space is available.

Special points of interest:

- Internet Basics Computer Class.
- Ways to prevent cancer.
- Tips on fall prevention.
- Helpful hints on how to get a good nights sleep.
- Are mini-meals better for your loved one?

April is Cancer Control Month

What you eat and drink, how you live, where you work . . . all these factors can affect your risk for cancer. Find out more about these risks and what you can do to minimize them.

Tobacco. Smoking is the most preventable cause of death in our society.

Sun Safety. The sun's UV rays cause the vast majority of skin cancers including melanoma, which can be life-threatening.

Food and Fitness. Your diet can affect your risk for cancer.

Environmental Carcinogens. Learn about the cancer risks posed by

your surroundings and what you can do about them.

For more information about these related topics, visit www.cancer.org.



Library Resource Hours



Fayette County: **Evans Public Library**
512 5th Street
Vandalia, IL

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

Next Visits: April 1

May 6

June 3

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

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

Next Visits: April 15

May 20

June 17

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

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

Next Visits: April 3

May 1

June 5

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

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

Next Visits: April 22

May 27

June 24

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: April 8

May 13

June 10

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.

Prevent Falls At Home



As a caregiver, you can help prevent slips, trips and falls at home. Here are some ways to help your loved one move safely around the home.

- **Keep walkways and steps clear and well-lit.** Use night-lights in bathrooms and halls.
- **Install nonslip strips and handrails or grab bars** for steps,

showers, tubs and toilets.

- **Remove rugs,** or secure them with non-skid backing or carpet tape. Nonslip shoes are also a good idea.
- **Remember that standing up slowly** can help prevent loss of balance and fainting.

- **Consider ramps and mobility aids** such as walkers.
- **Check the home** for safety regularly. If you find hazards that can cause a fall, take care of them promptly!

—Source
Channing Bete, 2007
www.channing-bete.com

Sleep Better Starting Tonight

★ Have trouble sleeping? The reason may be staring you in the face—or lying beside you. According to experts, your environment plays a role in how long and soundly you sleep. For dreamy nights, try these simple—and sensible—bedroom makeovers. ☾

Keep it cool. Sleep studies suggest that you will sleep lightly and wake up more often if your room is hot. The ideal sleeping temperature is about 68°F to 70°F.

Remove electronic distractions. Most Americans have a TV in the bedroom, and 36% of us have a computer or fax machine too. But if you watch television or work in your sleeping chamber, you may condition yourself to associate it with wakefulness. Research suggests that the stimulating content and the glow from the bright screen may keep you up.

Cover your clock. That way you won't be able to check the time if you can't sleep. Keeping track of how much shut-eye you've lost is an anxiety-provoking calculation almost guaranteed to chase away the Sandman. ☾

Dim the lights. Bright light can suppress production of the sleep-promoting hormone melatonin. To

make it easier to fall asleep, use a 40-watt bulb in your bedside lamps.

Clear up the clutter. Seeing clothes draped over chairs or bills and paperwork piled on your night table may remind you of unfinished chores. If your to-do list is dancing through your head, you won't be able to unwind. Tidying up may de-clutter your mind if mess causes stress.

Consider blackout shades. At night, light from a street lamp or neon sign shining through your window may disrupt your sleep. And early morning sun might rouse you before you feel well rested. For sound sleep, it's best to have a dark room. ☾

Add a noise conditioner. Intermittent noises, like police sirens or barking dogs may jolt you awake. But steady, low-level sound—the hum of a white-noise machine or light static from a radio set between two stations—can lull you to sleep and drown out distractions.

Allergy-proof your bed. Sneezing or wheezing disturbing your sleep—but you don't have a cold? Microscopic dust mites that make their home in bedding may be to

blame. Even scrupulous cleaning won't completely eliminate them, but you can cut your exposure to this common cause of asthma and allergy attacks by encasing your comforter, pillows, mattress and box spring in non-allergenic covers (available at most home and linen stores). ☾

Pick the perfect pillow. A pillow that's too high may cause neck and back strain that prevents you from getting a good night's sleep. "The purpose of a pillow is to keep your neck in a neutral position," explains Serena Hu, MD, of the University of California, San Francisco, department of orthopedic surgery. If your pillow is too plump, your head flexes forward; if it's too flat, your head drops backward.

Banish pets from the bedroom. Fido may be the reason you're dog-tired. More than half of pet owners reported their dogs or cats disrupts their Zzzs nightly, according to a Mayo Clinic survey.

—Source
Caring Today, March/April 2008





Mini-Meals...A Healthy Way To Go?



Q: Is it true that having mini-meals throughout the day is a healthier way for older adults to eat?

A: Eating smaller, more frequent meals makes sense for most people, older adults included, from two points of view. First, someone who has lost appetite due to illness or medication or is having trouble chewing and swallowing may find a smaller amount of food easier to tackle. Second, from a health perspective, frequent feedings prevent insulin peaks and valleys, and there have been reports of lower cholesterol levels compared to those of people who eat only one or two meals a day.

Here's what a day of mini-meals might consist of:

Light Breakfast: Includes protein, fat and carbohydrates such as granola with yogurt and a glass of calcium-fortified orange juice.

Mid-Morning Snack: Half an English muffin with peanut butter, plus half of a medium-size banana.

Lunch: A cup of soup with half a turkey-and-cheese sandwich (save the other half for mid-afternoon), a small salad with dark-colored vegetables such as peppers or tomatoes with an olive oil-based dressing (if chewing is not a problem), or substitute a vegetable-based drink, such as V-8, if the person is dentally challenged.

Mid-Afternoon Snack: The other half of the sandwich from lunch, with some apple slices or applesauce.

Dinner: A three-ounce piece of broiled fish with toasted chopped almonds (if no nut allergies are present), cooked mixed vegetables, rice or mashed potatoes (with milk added), and a cup of herbal tea.

Evening Snack: Cup of yogurt with blueberries.

NOTE: Mini-meals are not always so convenient to you as a caregiver, who must attend to all these feedings. Splitting a sandwich to eat at two different times or portioning soup into containers for a day or two ahead can help cut down on some preparation. Also, for some ill people, smells that were never noticed before may trigger nausea. If that is the case, offering cold (or room temperature) food and selections with less competing aromas may reduce these symptoms.

Video of the Month

—Source
Caring Today
www.caringtoday.com

Ladies...Let's Chat is this month's feature of the Video Respite.

Video Respite is designed to capture and maintain the attention of those with Alzheimer's disease and other forms of dementia through music, movement, and the recollection of fond memories.

The caregiver is able to

enjoy short periods of "respite" or "time away" from the challenges of caregiving.

In **Ladies...Let's Chat**, Diane chats about warm topics from family gatherings and meal preparations to dressing up with hats and courtship days. She enjoys a visit from two grandchildren.

Songs include: "Put On Your Old Grey Bonnet," "Over The River & Through the Woods," "Eency Weency Spider," "Mary Had A Little Lamb," "Hickory Dickory Dock," and "Old MacDonald."

Approximate length is 40 minutes and is in VHS format.

If you are interested in

this particular Video Respite, it can be checked out from the Resource Center at Heartland Human Services. Contact the Caregiver Advisor toll-free at 1.888.560.8805 ext. 1062.

For more information about Video Respite, visit the website www.videorespite.com.



Caregiver Resource & Support Meetings

All Sites Are Accessible

Fayette County & Surrounding Area

April 1
May 6
June 3

3:00 p.m. — 4:00 p.m.
First United Methodist Church
127 N. 4th Street
Vandalia, IL

Meets in Library

Jefferson County & Surrounding Area

April 8
May 13
June 10

3:00 p.m. — 4:00 p.m.
Addus Evergreen Club
108 N. 3rd Street
Mt. Vernon, IL

Meets in North Room

Effingham County & Surrounding Area

April 21
May 19
June 16

3:30 p.m. — 4:30 p.m.
Heartland Human Services
1200 N. 4th Street
Effingham, IL

Meets in Room 119

Marion County & Surrounding Area

April 15
May 20
June 17

4:00 p.m. — 5:00 p.m.
St. Thomas Episcopal Church
512 W. Main Street
Salem, IL
Meets in Basement
(Wheelchair Lift Available)



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

Applesauce Raisin Bread

INGREDIENTS:

- 1 cup applesauce
- 1/3 cup oil
- 1/2 cup sugar
- 1 cup flour, sifted
- 1 tsp. baking soda
- 1/2 tsp. salt
- 2 tsp. cinnamon
- 1 egg, slightly beaten
- 1 cup raisins

- Mix applesauce, oil and sugar in a bowl.
- Sift together flour, baking soda, salt and cinnamon in a medium bowl.
- Add the applesauce mixture to the dry ingredients and mix well.
- Add egg and raisins. Mix and pour into a greased and floured 8 by 4-inch

- loaf pan.
- Bake at 325°F for 1 hour and 20 minutes or until done.

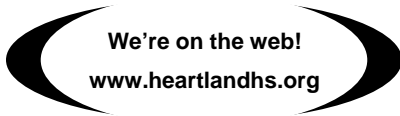




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Announcements

April 10 — 6th Annual Symposium for Family Caregivers in Effingham

Registration Deadline: April 7

(See Flyer for Details)

April 16 — Internet Basics

(See Page 1 for Details)

