



Caregiver Headlines

Help Us Save Print & Postage Costs!

If you no longer wish to receive the *Caregiver Headlines*, if you are getting duplicate copies or if they are addressed to the wrong person, please let us know by filling out this coupon (PO Box 1047, Effingham, IL 62401), sending us your mailing label, emailing dbone@heartlandhs.org, or calling 1.888.560.8805 ext. 1062.



Please remove/correct (**circle proper choice**) the following name from the *Caregiver Headlines* mailing list:

Name: _____

Address: _____

City, State, Zip: _____

Reason: No longer a caregiver

Duplicate copies

Addressee no longer at this address

Would you like to receive the *Caregiver Headlines* by e-mail? Yes No

Email Address: _____

Inside this issue:

Get Set For Digital	2
What Should I Do With My Used CFLs?	2
Library Resource Hours	3
Caregiver Resource & Support Meetings	4
Holiday Caregiver Stress	5
Announcements	6

Special points of interest:

- How to prepare for digital broadcasting
- Recycle used CFLs
- How to avoid holiday caregiver stress

Caregiver Advisor Update

As many of you may know, Caregiver Advisor Darcy Markwell got married on October 4, 2008.

Her new last name is now **Bone**. All of her contact information has remained

the same except for her email address.

Her new email address is dbone@heartlandhs.org.

Local number:
217.347.7179 ext. 1062

Toll-free number:
1.888.560.8805 ext. 1062



Get Set For Digital



“Why is the government switching to digital?”

The government is switching to digital for improved public safety for everyone. The transition will help police, fire, and other public safety departments to communicate more easily with each other during emergencies. For you, digital TV offers better picture and sound quality, as well as more channels and programming choice.

At midnight on February 17, 2009, all full-power television stations in the United States will stop broadcasting in analog and switch to 100% digital broadcasting. Digital broadcasting promises to provide a clearer picture and more programming options and will free up airwaves for use by emergency responders.

Congress created the **TV Converter Box Coupon Program** for households wishing to keep using their analog TV sets after February 17, 2009. The program allows U.S. households to obtain up to two coupons, each worth \$40, that can be applied toward the cost of eligible converter boxes. A TV service does not require a TV converter box from this program.

Consumers have a variety of options. Options

to explore include: **(1) Keep your existing analog TV and purchase a TV converter box.** A converter box plugs into your TV and will keep it working after February 17, 2009. —OR— **(2) Connect to cable, satellite or other pay service.** —OR— **(3) Purchase a television with a digital tuner.**

If you wish to keep your existing analog TV, you can request a coupon (while supplies last) between January 1, 2008 and March 31, 2009, in one of the following ways:

- **Apply online** at www.dtv2009.gov.
- **Call the Coupon Program 24-hour** hotline at 1.888.388.2009. Hearing-impaired consumers can use the TTY service by calling: 1.888.530.2634 (English/TTY) or

1.866.495.1161 (Spanish/TTY).

- **Mail a coupon application** to PO Box 2000, Portland, OR 97208-2000 **or fax** it to 1.877.388.4632. Coupon applications can be obtained at the following website: www.dtv2009.gov.

The consumer contact center will operate in six languages in addition to English: French, Russian, Simplified Chinese, Spanish, Tagalog and Vietnamese. The contact center will be accessible for hearing-impaired persons through a TTY number. The contact center and website can help answer questions you may have about obtaining and redeeming coupons, checking the status of your coupon request, and other issues.

—Source
www.dtv2009.gov

What Should I Do With My Used CFLs?

Recycle!

Shelby Electric Cooperative is now an authorized drop-off center for used compact fluorescent bulbs. Not only do they promote the use of the energy saving bulbs, they want to make it easy for their members to recycle their used household CFLs. You can also purchase CFLs from your cooperative.

Members may bring their used compact fluorescent bulbs to the Shelby Electric Cooperative headquarters on North Route 128 in Shelbyville and place them in the RecyclePak bucket.

They will not be accepting broken bulbs or the long tubes for recycling. Broken, smaller lamp-type CFL's should be double bagged in zip lock bags and disposed of with regular trash.



—Source
Shelby News, November 2008

Holiday Caregiver Stress

"It's too soon! I can't believe that the holidays are coming up so soon. There's so much work to do already. I am too exhausted to even think about the holidays and all the work that will mean for me. Can't I just skip it this year?"

Does this sound familiar to you? As the holidays approach, caregiver stress escalates due to changes in routine, changes in expectations from the caregiver and the care receiver, sadness thinking about past holiday pleasures, and anxiety about what difficulties the holidays will bring.

Here are some tips to help make this coming holiday season pleasurable for yourself and the ones you care for.

1. Let other family members know how much they can be helpful; try not to assume they know what you need.
2. Make lists for what

needs to be done and delegate responsibilities, either to family members, friends, or hired services. Consider using respite services if necessary, such as Adult Day Care Centers.

3. Keep expectations low; don't overload yourself with unnecessary activities. Give yourself permission to do less than you have done in the past.
4. Start new traditions which better fit into the current circumstances such as go and visit others rather than entertaining many guests at home.
5. Provide your loved one with a quiet room where they can go if the holiday confusion becomes overwhelming.
6. Try to include the care receiver in some of the holiday preparations. Find activities which will enhance their feelings

of usefulness and offer successes.

7. Try to monitor the amount of sweets which are consumed by the care receiver. Many people with dementia cannot tell when they've had too much to eat.
8. Take care of yourself. Plan on providing yourself with relaxation strategies such as taking a break from caregiving responsibilities, listening to calming music, scheduling massages, visiting with friends, etc.
9. Avoid caffeine and alcohol, as self medication for "bad days or nights."
10. Accept your feelings. A sense of sadness, anger, loss, frustration, and disappointment are common at this time. Talk to someone with whom you can share your feelings. Call the Caregiver Advisor at 1.888.560.8805 ext. 1062.

—Source

www.caregiverresource.net



"Remember to take the time to remember what Christmas really means to you and your family."

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

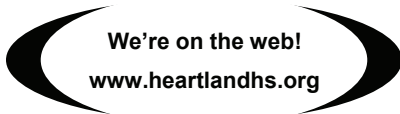
*From your friends at Heartland Human Services
Linda Warner and Darcy Bone*



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



Announcements

December 23—Now What Was I Saying (Free Audio Conference)
12:00 p.m. — 1:00 p.m.

This fun, informative and interactive program focuses on how our memory works, normal age-related changes vs. serious memory problems, and tricks and techniques to stimulate and challenge the brain.

To register, call the Alzheimer's Association at 217.726.5184



Flora Rotary Club in cooperation with Heritage Woods of Flora presents:
The Festival of Trees 2008

November 28 — 5:30 p.m. to 9:00 p.m.
November 29 — 10:00 a.m. to 4:00 p.m.
November 30 — 12:30 p.m. to 4:30 p.m.
December 5 — 5:30 p.m. to 9:00 p.m.
December 6 — 12:00 p.m. to 4:00 p.m.

Suggested donation of \$3.00

**Heartland Human Services will be closed on
December 24 and 25; January 1 for the holidays.**

