

# Caregiver Headlines

## Diet For a Long and Healthy Life

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### Special points of interest:

- **Ways to keep you and your loved one healthy.**
- **Fast fixes on sorting your mail.**
- **Your rights as a caregiver.**
- **Tips on how to be kind to your feet.**

Good health starts with a nutritionally balanced diet of regular, healthy meals. Your loved one may have a low intake of vital nutrients such as calcium, magnesium, iron, vitamins B and C, thiamin, folic acid and beta carotene. You can find these important nutrients in fresh fruits, vegetables and whole grains, all of which doctors and nutritionists highly recommend. They also recommend complex carbohydrates, found in foods such as pasta, and high-fiber foods and supplements.

Maintaining the right overall intake can reduce the risk of disease and possibly add years to you and your loved one's life. This does not necessarily mean eating less; it suggests eating healthier foods that are lower in calories. Likewise, doctors recommend decreasing your loved one's intake of saturated fats, salt and red meat, which can reduce the risk of cancer,

heart disease and stroke. You can help your loved one by:

- Bringing a nutritious, low-fat meal when you visit, with extra individual portions in freezer containers. Bring a salad too.
- Investigating local Meals-on-Wheels programs. Check their menus for lower fat and salt content.
- Helping your loved one shop to ensure a fresh supply of fruits and vegetables. If you buy processed or frozen dinners, check for those with the lowest fat and salt content.
- Encouraging your loved one to eat chicken or fish instead of red meat.
- Helping your loved one cook healthier meals. Try to include plenty of fresh vegetables, leafy greens and whole grains in meals: all will help supply the vitamins and minerals your loved one



**March is National Nutrition Month.**

needs. Provide recipes for healthy dishes. Demonstrate ways to prepare foods properly while maintaining their nutritional value (e.g., steaming fresh vegetables instead of boiling them). Recommend healthier alternatives to methods such as frying and ingredients such as butter.

- Making sure your loved one checks with the doctor before changing his or her diet or taking any vitamins and mineral supplements.

## The Paper Pileup



**Don't become overwhelmed with your mail!**

Here are some smart ways to handle the paperwork that may be ruling—and ruining—too many hours of your life:

**Follow the “from the mail to pail” rule.** Don't let mail pile up. After getting it from the mailbox, go through it over the wastebasket and recycling container so you can get rid of unwanted solicitations, advertising flyers and catalogues before they clutter up your desk or countertop.

**Sort the rest.** Use a

broad sorting system for mail that requires your attention, putting it in appropriate baskets or folders labeled, “Bills to Pay” (save only the bill and payment envelope), “Act ASAP,” “Magazines,” “To Read,” and “To File.” Then designate a regular time to go through it, either daily or weekly.

**Rip out articles of interest.** To reduce that pile of magazines, set aside time each week to tear out the articles you want to read, then stash them

in a to-read file or tuck one or two in your handbag to read when you're stuck in an endless line or cooling your heels at the doctor's office.

**Make periodic purges.** Give yourself a deadline. If you haven't read those saved articles within six months, toss them out.

**Don't print out emails.** You probably don't need a hard copy of most emails. Store those you want to save in folders on your computer.

—Source  
Caregiving Today, Jan./  
Feb. 2008

## Caregiver Resource & Support Meetings

All sites are accessible

### Fayette County & Surrounding Area

**March 4 (3:30 - 4:30 p.m.)**

April 1  
May 6

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

March 11  
April 8  
May 13

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

**March 24 (this is the 4th Monday)**

April 21  
May 19

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

March 18  
April 15  
May 20

4:00 p.m. — 5:00 p.m.  
St. Thomas Episcopal Church  
512 W. Main Street  
Salem, IL  
Meets in Church 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.**

## “When you feel like you’ve ‘lost yourself’...”



As a caregiver, with all your added responsibilities you may be putting your own health and happiness on hold. There are probably days when you feel like you’ve “lost yourself.” You’re not alone. Many caregivers feel that way. The list of Caregiver Rights will help you re-

focus some time and energy on caring for yourself and let you know that it’s not unusual to feel underappreciated, frustrated, left out and even angry. Pin up the Caregiver Rights so you, your loved one and family members can see them. Add other rights that are specific to you, or highlight those that you’re likely to sacri-

fice without even realizing it.

Sharing this list of rights will help clear the air, give you the courage to stand up for yourself and allow you to ask for those rights without feeling guilty. You have the right to be healthy and happy, even while you’re giving care to someone else.

### Caregiver Rights

#### I have the right to:

- Take care of myself. This is not an act of selfishness. It will enable me to take better care of my loved one.
- Seek help from others even though my loved one may object. I recognize the limits of my own endurance and strength.
- Maintain facets of my own life that do not include the person I care for, just as I would if he or she were healthy. I know that I can do everything that I reasonably can for this person, and I have the right to do some things for myself.
- Get angry, be depressed and express other difficult emotions occasionally.
- Reject any attempt by my loved one (either consciously or unconsciously) to manipulate me through guilt, anger or depression.
- Receive consideration, affection, forgiveness and acceptance from my loved one for as long as I offer these qualities in return.
- Take pride in what I am accomplishing and to applaud the courage it sometimes takes to meet the needs of my loved one.
- Protect my individuality and my right to make a life for myself that will sustain me when my loved one no longer needs my full-time help.
- Expect and demand that as new strides are made in finding resources to aid physically and mentally impaired persons in our country, similar strides will be made toward aiding and supporting caregivers.

—Source  
American Heart Association  
[www.americanheart.org](http://www.americanheart.org)



“I’ve lost who I am, and I’m having trouble with the anger that’s building up inside.”

\*\*Response from American Heart Association Caregiver Survey.

# Wellness in Aging

**March 27, 2008**

University of Illinois  
Extension Office  
1404 E. Main in Salem

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**FREE** Event from 9:00 a.m. — 12:00 p.m.

Registration at 8:30 a.m.

Refreshments Provided

## Highlights:



- **Nutrition** — Eva Meadows, Retired U of I Extension (Nutrition)
- **Physical Fitness** — Darcy Markwell, Training & Encouraging Senior Activity (TESA)
- **Legal Considerations** — Mark Haney, Attorney & Counselor at Law

Register Early. Space is limited.

Register by **March 24** by phoning:  
Darcy at 1.888.560.8805 ext. 1062



## 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: March 4**

**April 1**

**May 6**

### Marion County: Bryan-Bennett Library

217 W. Main Street

Salem, IL

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

**Next Visits: March 18**

**April 15**

**May 20**

### Effingham County: Helen Matthes Library

100 Market Street

Effingham, IL

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

**Next Visits: March 6**

**April 3**

**May 1**

### Clay County: Flora Public Library

216 N. Main Street

Flora, IL

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

**Next Visits: March 25**

**April 22**

**May 27**

### Jefferson County: CE Brehm Memorial Library

100 South 7th Street

Mt. Vernon, IL

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

**Next Visits: March 11**

**April 8**

**May 13**

### 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

## How To Care For Your Feet

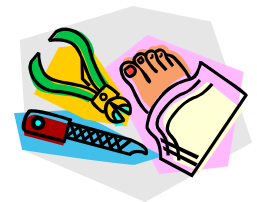
Caring for your feet becomes very important as you grow old. It is therefore necessary to look after them in earnest, as time can bring about considerable changes here and cause problems for those who neglect them. Toenails will change in particular, becoming thicker, harder and claw-like.

Some care is required to keep your feet in good shape.

- Wash your feet each day in warm water (not boiling). Do not let them soak too long. Rinse and dry them well. Do not put any cream between the toes.
- When taking a bath, assess the appearance of your toenails and see a podiatrist if they are very thick (more than 0.25 cm), claw-like (downcurved) or cracked.
- Avoid socks that are

ribbed. Wear right-sized socks that do not constrict the toes. Wear a fresh pair each day. Avoid synthetic fibers, as they often make feet sweat, and knee-highs, as they can restrict blood circulation. Remove boots indoors.

- Get well-fitting shoes with sufficient space (1.5 cm) between your big toe and the tip.



- In winter, keep your feet warm to avoid the risk of chilblains (acral ulcers).
- Exercise your feet to diminish oedema (swelling) and improve blood circulation.

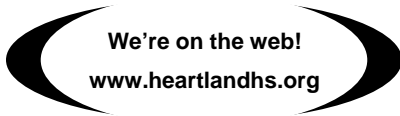
—Source  
Institut Universitaire De Geriatrie  
De Montreal, 2000  
[www.iugm.qc.ca/english/](http://www.iugm.qc.ca/english/)



**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)



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## ANNOUNCEMENTS

- ✓ **March 27— Wellness In Aging in Salem**  
(See Page 4 for Details)

- ✓ **April 10 — 6th Annual Symposium for Family Caregivers in Effingham**  
(See Informational Brochure Enclosed)

- ✓ **April 16 — Save the Date: Internet Basics**  
Flora High School  
4:00 p.m.— 6:00 p.m.  
(More information in April Newsletter)

- ✓ **Fayette County & Surrounding Area**  
**March 4th meeting is from 3:30 — 4:30 p.m.**

(Will meet upstairs instead of in the library at First United Methodist Church)

- ✓ **Effingham County & Surrounding Area Resource and Support Meetings**  
**Changed from March 17th to March 24th**

