

# Caregiver Headlines

## Interaction With People Who Are Blind or Visually Impaired

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### Special points of interest:

- Tips on how to interact with people with visual impairment.
- Healthy grocery shopping tips.
- Ideas for bathroom safety.
- Helpful ways to spare joint strain.

Glaucoma is a major public health problem in this country. The disease causes progressive optic nerve damage, that if left untreated, causes vision loss. An estimated 3 million people in the United States have the disease; of these, as many as 120,000 are blind as a result.

Here are some courtesy tips when interacting with people who are blind or visually impaired.

- **Ask before you help. Do not be offended if your offer is refused.**
- **Identify yourself when addressing a person with a visual impairment.**
- **Let the person know**

**when you are leaving the room.**

- **Guide dogs need to pay attention to their work. It is distracting to them if you talk to, pet or feed them.**
- **Offer the person your arm when walking. This "sight guide" technique makes it easy for the person to follow your movements.**
- **When giving directions, be specific. Say, "to the left," "30 feet" or "turn to 3 o'clock." Avoid pointing and saying "over there."**
- **Talk directly to the person with the visual impairment, not to their companion.**
- **Don't assume you must talk louder than**



usual.

- **Hand money to the person when giving change so they can separate and organize it. Say "the \$10 bill is on top."**
- **Go ahead and use words like "look" and "see." You won't offend.**
- **Relax and be yourself.**

—Source  
*The Visionary*,  
Spring 2007

## We need to hear from you if...

**You no longer want to receive our newsletter, *Caregiver Headlines*.**

Please contact the Caregiver Advisor toll-free at 1.888.560.8805 ext. 1062 and your name will be dropped from the mailing list.

If you wish to continue receiving the newsletter, then no call is needed.

# April 10 Caregiver Symposium A SUCCESS!



Participants listened to Megan Fulara speak about Identity Theft.



Participants receive chair massages provided by Lake Land Massage Therapy Dept.

The Caregiver Program would like to thank all the sponsors of the 2008 Symposium for Family Caregivers — Southern Illinois University School of Medicine; St. Anthony’s Memorial Hospital & Home Care; Siemer, Austin, Resch, Fuhr, & Totten; and Heartland Human Services.

Thank you to the planning committee for their hard work in organizing this event:

Also thank you to the speakers, exhibitors, and volunteers who helped make the night successful.

There were a total of 80 caregivers who attended the night of education, relaxation, food and door prizes at the Knights of Columbus Hall in Effingham.

Family caregivers listened to professionals speak on a variety of topics to help them be more informed and relaxed as caregivers. Caregivers also enjoyed chair massages, paraffin dips, and manicures.

A very special thank you goes out to our family caregivers who provide wonderful care day in and day out to your family and

friends. You are all extraordinary compassionate people who truly are a blessing to the ones that you care for. It is our goal to help you take care of yourself so you can continue to provide excellent care to your care receivers.

**We look forward to seeing you at the next Caregiver Symposium in 2009!**

## Quick Tips For Nutritious Picks

**Type of Food:**

**Buy MORE Often:**

**Buy LESS Often:**

<b>Produce</b>	A colorful variety of fruits & vegetables	Wilted or overripe items (even if on sale)
<b>Baked Goods</b>	Whole-grain and whole-wheat items (make sure these are the first ingredients listed on the label)	Pastries; cake; cookies; croissants; sweet rolls; doughnuts; white bread
<b>Frozen Foods</b>	Frozen produce (no sugar or salt added); ready-made items low in fat and sodium	Breaded or fried items; desserts and other food high in fat or sodium
<b>Meat or Seafood</b>	Fresh-smelling (or frozen) fish and seafood; lean cuts of meat (such as “round” or “loin”); skinless poultry; canned tuna (packed in water)	Bacon; processed meats, such as hot dogs; fatty cold cuts, such as bologna, salami or pastrami
<b>Items from the grocery aisles</b>	100% fruit juice; whole-grain pasta and cereal; canned vegetables or fruit with no added sodium or sugar	Soda; high-calorie and/or low-fiber snack foods; ready-made items high in fat or sodium

—Source  
Channing Bete, 2007



# Caregiver Resource & Support Meetings

All Sites Are Accessible

## Fayette County & Surrounding Area

May 6  
June 3  
July 1

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

May 13  
June 10  
July 8

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

May 19  
June 16  
July 21

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

May 20  
June 17  
July 15

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

Meets in Basement  
**(Wheelchair Lift Available)**

## Simple Ideas For Bathtime Safety

One in three seniors suffers a fall at home, and the bath remains a notoriously dangerous spot. Besides considering products like Safety Tubs, which feature walk-in doors that eliminate the need to step up and over tub sides, you and your care receiver alike can gain a greater sense of comfort and security simply by employing basic

safety tips such as these:

- Mark hot and cold handles clearly.
- Make sure the temperature setting is not too hot.
- Replace shower doors with a plastic curtain for easier entry and to prevent leaning on a door that's not designed to support body weight.
- Use rubber mats with suction grips, adhesive strips or anti-slip tub surface.
- Avoid soap-scum buildup.
- Install grab bars.
- Purchase an attachable transfer board to provide comfortable and safe seating, or a transfer bench to aid those who have difficulty

entering or exiting the tub.

—Source  
*Caring Today*,  
September/October 2007



# Mind Your Joints



**“With age, bones become more fragile and a large number of seniors suffer from osteoporosis.”**

With age, bones become more fragile and a large number of seniors suffer from osteoporosis. Here are a few recommendations that could spare you pain and even joint injuries.

### When lifting a weight:

- Avoid heavy loads; ask for help.
- If you must lift a weight, use the strength of your legs rather than of your back. Here’s how:
  - Face the weight.
  - Keep your feet shoulder-width apart and one foot slightly ahead of the other.
  - Bend your knees to pick up the weight, then lift it keeping it close to the body and straightening out the knees.
  - Keep your back straight.

### When carrying a bag:

- Carry your handbag or any other bag with a grip on your forearm rather than at arm’s length.
- If possible, sling your bag over your shoulder like a sash rather than holding it in your hand.

- Carry grocery bags against your abdomen with your elbows bent. If the bags are too heavy, use a cart, backpack, home delivery or parcel pickup.

### Rising from a sitting position:

- Use chairs with a straight backrest.
- Your hips and shoulders should be up against the backrest, your knees slightly higher than your hips, and your feet flat on the ground.
- Move close to the edge of the chair and place your feet shoulder-width apart.
- Bend forward slightly at the hips and place your hands on the edge of the chair or on the armrests. Push off your feet and hands to get up. Use the palm of your hands to push. Do not use your fingertips or knuckles.
- If you have difficulty getting up from an armchair, adjust its height by placing it on blocks or by placing a cushion on the seat.
- Do not remain in the

same position for an extended period of time. Change your position periodically.

### Rising from a lying position:

- Lying on your back, bend your knees. Turn over on your side as a block, that is, shoulders and hips at the same time.
- Bring your knees and feet to the edge of the bed.
- With one hand flat on the bed, push up while throwing your legs off the bed to assume a sitting position.
- Take a break before following the steps to rise from a sitting position.
- To lie down, just reverse the steps and proceed in the same fashion.

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



# Internet Basics Course

The Clay County Advisory Board sponsored an Internet Basics course on Wednesday, April 16 from 4:00 p.m. — 6:00 p.m. at the Flora High School in Flora.

Instructor Brittany Manuel, Keyboarding and Computer Concepts teacher at the Flora High School, did an excellent job covering a variety of topics.

The 7 participants who attended the class were taught some basics about the Internet and safeties regarding Internet chatting and dating. Tips were also included on how you can make sure a website is secure as well as some other safeties regarding online shopping. The participants were also given the opportunity to learn about

email. They were able to open their own email account and create a contact list.

Brittany also provided information to the participants from local providers on where you can go to purchase a computer and Internet access.



The participants learned some new things and had a great time doing it!

# 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: May 6**

**June 3**

**July 1**

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

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

**Next Visits: May 20**

**June 17**

**July 15**

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

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

**Next Visits: May 1**

**June 5**

**July 3**

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

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

**Next Visits: May 27**

**June 24**

**July 22**

**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: May 13**

**June 10**

**July 8**

**Remember...**

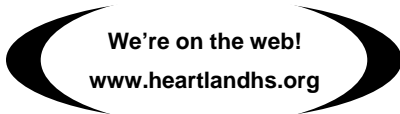
**Please call at least one day in advance to schedule your appointment with the Caregiver Advisor during Library Resource Hours at 1.888.560.8805 ext. 1062.**



**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

**May 1 — Spring Health Fair**

7:00 a.m. — 9:00 a.m.

Clay County Health Department

**May 9 — Relay for Life of Clay County @ 4:00 p.m.**

313 E. 2nd St.

Flora, IL

**May 15 — Senior Health & Information Expo**

9:00 a.m. — 1:00 p.m.

Effingham Senior Center

**May 26 — Heartland Human Services will be closed** due to Memorial Day

**May 29 — Dementia Matters: Proactive Ideas & Solutions**

4:30 p.m. — 9:00 p.m.

Immanuel United Methodist Church

700 N.E. St.

Olney, IL

