

Caregiver Headlines

Family Caregiver Program Continues

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Special Points of Interest:

- Flora Health Fair
- Vandalia Health Fair
- Effingham Health Fair

See page 6 for details

Program Purpose:

The Family Caregiver Program assists caregivers who have taken on the task of providing full- or part-time care to persons who are age 60 and older.

What services are offered?

- Information on care giving (from general to specific illnesses)
- Assistance in locating resources
- Education in how to care for those with specific illnesses
- Training in how to lift and transfer care receivers without injury
- Training in proper use of medical equipment and assistive devices
- Consultation, problem solving, and counseling.
- Support groups
- Assessment for respite care as provided by a private agency, either in-home or adult day.

Who is Eligible?

A family member or friend who cares for a person aged 60 and older. The older person must reside in Clay, Effingham, Fayette, Jefferson, or Marion County. Eligibility criteria varies upon the service you are seeking. Call for details.

How do I find out more about the Family Caregiver Program?

Call the Caregiver Advisor @ 217.347.7179 ext 1046 or toll-free @ 1.888.560.8805 ext 1046.

What is the cost?

There are no set fees. Donations are accepted and appreciated. The Family Caregiver Program is funded in part by a grant from Midland Area Agency on Aging.

Where is Heartland Human Services located?

We are located at 1200 N. Fourth Street in Effingham, IL. Our mailing address is P.O. Box 1047 Effingham, IL 62401.

However, you can access

many of our caregiver resources without stepping foot in our office. Go to www.heartlandhs.org. Previous editions of **Caregiver Headlines** can be found on our website as well as **Caregiver Resource Guides** for our service region.

How can I access books and videos?

Books and magazines are available at the libraries listed on page three of this newsletter. Also, resource centers are available at Midland Area Agency on Aging in Centralia (618.532.1853) and at Heartland Human Services. The Caregiver Advisor can loan videos on many topics of interest to family caregivers. Call the Caregiver Advisor for a current list or go to www.heartlandhs.org and click on Our Services, click on Older Adult Programs.

Remember, help is only a phone call or email away. My email is lwerner@heartlandhs.org.

Questions to Ask Before Hiring In-Home Care Workers

When you finally decide to get some help with your caregiving—we call it respite, or taking a break, you need to find out if the person you are considering hiring is qualified and trustworthy.

Check in-home caregivers:

It is important to thoroughly investigate the person's background and training. If you are hiring an in-home aide, either from a private agency or a private contractor not associated with a specific agency, the U.S. Department of Health and Human Services and other experts suggest asking the following questions:

- Is the person insured/bonded?
- What is the person's past experience in providing respite?
- What is the person's training and background?
- Where was the person trained?
- Does the person have references?
- Will there be any language barriers that could impede communication?
- What specific skills does the person have for this particular job?
- Has the person ever worked with someone who has had your loved one's medical condition?
- How would the person handle specific situations regarding your loved one's needs or emergency issues?
- When is the person available and is there backup assistance, if necessary?
- Who is the person's direct supervisor and can you contact that person?
- How does the person stay current on health and medical procedures?

When/If you hire an in-home health aide on your own, (rather than through an agency) you should request fingerprints and ask the local police department to run a check on the person. There is a **fee** for this service.

The respite provided through the Family Caregiver Program is contracted through an Agency.

Source—Fran Silverman, *Caring Today* Summer 2009

24 Power Foods

1. Whole grains—for general protection; also fill you up fast so you are less likely to overeat.
2. Cherries—for natural pain relief.
3. Yogurt—for boosting immunity; helps body's ability to fight off pneumonia.
4. Salmon—for bones.
5. Cabbage—for breast cancer protection; may also protect against lung, stomach, and colon cancers.
6. Walnuts—for the heart; use in moderation as nuts are high in fat and calories.
7. Blueberries—for cognitive (brain) health.
8. Beans—to fight colon cancer.
9. Tomatoes—for prostate health.
10. Peanut Butter—for protection against diabetes and heart disease; recommend 1 tbs. daily.
11. Avocado—for protection against heart attacks.
12. Chili Peppers—for burning calories; suppresses appetite and stimulates metabolism.
13. Watermelon—for prostate health.
14. Apples—for protecting the lungs.
15. Eggs—for fighting eye disease.
16. Turmeric—for fighting cancer.
17. Flaxseed—for protection against heart disease and constipation.
18. Garlic—for promotion of good circulation and lowering cholesterol.
19. Ginger—for dealing with nausea.
20. White & Green Tea—for fighting disease; may boost metabolism.
21. Mangoes—for fighting cancer.
22. Papaya—for boosting immunity.
23. Red Grapes—for a healthy heart.
24. Tempeh—for heart health (a thin cake of fermented soybean), similar to tofu.



Source "24 Power Foods for Older Adults" by Reed J. Engel, MA, FAWHP Director, Wellness Strategies, Mather LifeWays Institute on Aging



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 4
 September 1
 October 6

Marion County: Bryan-Bennett Library
 315 S. Maple Street
 Salem, IL

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

Next Visits: August 18
 September 15
 October 20

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

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

Next Visits: August 6
 September 3
 October 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: August 25
 September 22
 October 27

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 11
 September (cancelled due to Spa)
 October 13

Remember...

Please call at least one day in advance to schedule your appointment with the Caregiver Advisor during Library Resource Hours toll-free at 1.888.560.8805 ext. 1046.

Informed caregivers make better decisions.
 Schedule your appointment today to meet with the Caregiver Advisor.

Caregiver Resource & Support Meetings

(All Sites Are Accessible)

Fayette County & Surrounding Area

August 4

September 1 (new location)

October 6

3:00 — 4:00 p.m.

First United Methodist Church

127 N. 4th Street

Vandalia, IL

Meets in Library

Marion County & Surrounding Area

August 18

September 15

October 20

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 17

September 21

October 19

3:30 — 4:30 p.m.

Heartland Human Services

1200 N. 4th Street

Effingham, IL

Meets in Room 119

Clay County & Surrounding Area

August 25—Louisville

September 22—Flora

October 27—Louisville

3:30 — 4:30 p.m.

Flora Public Library

216 N. Main Street

Flora, IL

Meets in Community Room

Jefferson County & Surrounding Area

August 11

September (cancelled due to Spa)

October 13

3:00 — 4:00 p.m.

Addus Evergreen Club

108 N. 3rd Street

Mt. Vernon, IL

If you would like to attend a meeting but need respite, please contact the Caregiver Advisor toll-free at 1.888.560.8805 ext. 1046 so that an in-home worker can be arranged.

If bad weather, call the Caregiver Advisor or the Support Group site to learn if the group is meeting.

New Caregiver Resources



“Any caregiving book worth its salt will admonish caregivers to take good care of themselves... but the reality is that sometimes caregiving is a steep journey with a heavy load... remember, set your own pace and make no excuses.”

—Kathy Laenhue, M.A.

New resources have arrived at the Caregiver Advisor's office.

- Book & Educational DVD & CD-Rom titled **Bathing Without a Battle**. This contains simple practical approaches to make showering, tub bathing, in-room bathing, and hair washing more comfortable. It also provides information on bathing equipment supplies to use so bathing is easier and more convenient.
- **Alzheimer's Basic Caregiving—an ABC Guide**
- **Activities of Daily Living—an ADL Guide for Alzheimer's Care**.

Kathy Laenhue, M.A. is the author of these two books. The books are intended to be used as companion tools. The author tells us that **“The three most indispensable caregiving tools you can own are:**

1. A well-oiled sense of humor
2. A finely tuned curiosity for how the brain and body work, and
3. A first class ability to forgive yourself for your missteps.”

- **Business Card size notes that say,** “The Person I Am With Has Alzheimer's. Please be Patient. Thank You.” These can be used when you are taking your

friend or family member out to eat or to other public places where notifying the wait staff may make your visit more relaxed.

* You could probably make something like this yourself.

Items like these and many others can be found at [The Alzheimer's Store—Products that make a difference.](#) Products in this catalog/website have suggestions for use with those who are in the Early Stage, Middle Stage, or Late Stage of Alzheimer's Disease. Shop on line at www.alzstore.com or call toll-free 800.752.3238.

Job Well Done, Darcy

Due to state budget issues, Heartland Human Services had to reduce staff in early July. Unfortunately, Darcy (Markwell) Bone, the Caregiver Advisor since August 2007, was one of those staff persons. I would like to publicly thank Darcy for the great job she did in this position.

While here, Darcy marketed the Caregiver Program in all five counties. This resulted in an increase in respite clients

from 35 to an all-time high of 55.

Darcy also took over all aspects of the production of ***Caregiver Headlines***. The newsletter is done in-house and issued monthly. Most of you are familiar with our county-wide Caregiver **Resource Guides**. Darcy has been responsible for the updates in those. She did all of this and still had time to listen to the needs of our caregivers. She is missed!!

Linda Warner, the supervisor of the Caregiver Program since its inception is now working as the Caregiver Advisor. **To contact Linda Warner call toll-free 1.888.560.8805 extension 1046.**

I have met some of you and talked to others of you on the telephone. If you receive respite, I will be contacting you in the near future about scheduling home visits if you want to continue receiving

respite in October. Just a reminder... our fiscal year for the Caregiver Program ends September 30 and the new one begins October 1.

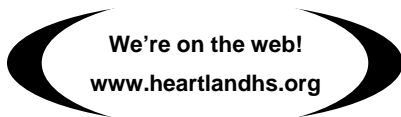
Contacting the Caregiver Advisor is the same as before—just a new extension 1046. If you talk to a receptionist at our office, be sure you give my full name—Linda Warner—as we have several people named Linda who work here. **Hope to hear from you soon.** - Linda



HEARTLAND
Human Services

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Fax: 217.342.6716
Email: lwarner@heartlandhs.org



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- August 1** — Clay County Hospital Excellent Health Adventure
Clay County Hospital Medical Clinic
Stacey Burk Drive in Flora, IL

7 a.m.—11 a.m.
 - August 7** — Senior Citizen Health Fair
Sponsored by Senator Kyle McCarter
Vandalia Moose Hall
328 S. 3rd St. in Vandalia, IL

9 a.m.—11 a.m.
 - August 19** — Senior Citizen Health Fair
Effingham Knights of Columbus Hall
1501 W. Fayette Ave. in Effingham, IL

9 a.m.—11:30 a.m.
 - September 10** — 7th Annual Spa for the Caregiver’s Spirit
Pleasant Hill Baptist Church
19479 N. IL Hwy 37
Mt. Vernon, IL (Just South of Dix)

3:30—4:00 registration;
4:00—6:30 speakers, exhibits, and spa
6:30—7:30 catered meal sponsored by St. Mary’s Good Samaritan, Inc.

See registration brochure in this issue of *Caregiver Headlines*.