

Caregiver Headlines

Help You May Need

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Special points of interest:

- Programs to assist you with your bills
- Questions and answers about memory
- Health uses of honey

During the tough economic times, family caregivers may be struggling with medical bills and other potential devastating financial challenges. Many people are trying to find ways of saving money and cutting costs. The following resources may provide the assistance you and your loved one need.

Are you at risk of losing your home? The “Making Home Affordable” program will help eligible borrowers refinance their loans into more affordable mortgages or will modify a borrower’s mortgage payment to make it more affordable. For more information, talk with your lender or go to www.financialstability.gov/makinghomeaffordable.

Are you a senior who could use assistance paying for prescription drugs, healthcare, meals, utilities, and other basic needs? BenefitsCheckUp is the

nation’s most comprehensive Web-based service to screen for benefits programs for seniors with limited income and resources. Go to www.benefitscheckup.org.

Do you need help paying for prescription medications? There are a number of programs available to help those who qualify pay for prescription drugs. Here are just a few: www.togetherrxaccess.com, www.pparx.org, www.copays.org.

Are you (or your loved one) elderly and/or disabled and in need of dental care? The National Foundation of Dentistry for the Handicapped arranges comprehensive dental treatment and long-term preventive services for needy disabled, elderly or medically compromised individuals. Go to http://nfdh.org/joomla_nfdh/content/view/24/47.

Are you unable to afford

a pair of prescription eye glasses? New Eyes for the Needy is a non-profit organization that provides qualifying individuals vouchers that can be used to purchase new prescription eyeglasses. Go to www.neweyesfortheneedy.org/users/individuals.html.

Do you need assistance paying for your telephone service? The Low Income Program of the Universal Service Fund provides discounts on basic, local telephone service to low-income households. Go to www.lifelinesupport.org/li/low-income/lifelinesupport/brower.

If you do not have access to the Internet, visit your local library to get more information on these programs.

For information on food banks in your area or assistance with your home energy bills, contact the Caregiver Advisor toll-free at 1.888.560.8805 ext. 1062.

Facts About Memory

Q: Does a memory problem mean that my loved one is losing his/her mind?

A: No. People with memory problems are not losing their minds. The doctor will not think that they are “going crazy” if you tell him/her that your loved one is having difficulties with memory. There is a difference between losing a few memories and losing a mind.

Q: Is memory loss a normal part of aging?

A: No. Memory loss becomes common as we grow older but this symptom is not part of being “normal.” However, memory loss does not mean that your loved one has Alzheimer’s disease.

Q: Does memory complaints mean that my loved one will develop a big problem such as Alzheimer’s disease?

A: No. Some people with minor memory troubles never get worse. Other persons may have treatable illnesses that are causing the memory trouble. Minor memory problems may be MCI or mild cognitive impairment.

Q: How does it help my loved one to visit a doctor about his/her memory trouble?

A: A medical evaluation

helps in many ways. First, a medical evaluation can find treatable illnesses that slow or reverse the memory loss. Secondly, medications help more serious causes of memory trouble such as Alzheimer’s disease by slowing the progress of memory loss. Third, people with memory loss can change health behaviors to slow the progress of the problem.

Q: What are some examples of medical problems that cause memory problems?

A: Many health problems cause memory problems. Thyroid or hormonal problems, confusing medications, sleep problems, depression, and many other kinds of medical or nervous system diseases can cause memory problems.

Q: When should I seek medical help for my loved one’s memory loss?

A: Any memory loss that disrupts his/her daily life is serious. Memory loss that occurs on a daily basis and causes your loved one to take special measures, such as writing constant reminders or avoiding certain actions are significant.

Q: How does my loved

one get a good evaluation?

A: A good evaluation for memory troubles takes about one hour or so of the doctor’s time and usually requires detailed laboratory testing and sometimes a brain scan. Paper and pencil intellectual testing is often helpful; however, many health insurance companies will not pay for this testing and patients may not be able to afford this assessment.

Q: Why should my loved one bother with an evaluation? Wouldn’t it be better for the doctor to simply put him/her on the medicine if the doctor thinks they have Alzheimer’s disease?

A: No. Many treatable health problems look like Alzheimer’s disease and can be corrected or reversed. Memory loss is caused by many neurological problems. Five different common causes and about 20 less common causes of dementia occur in people over the age of 65. Your loved one’s doctor should try to determine which type of dementia is present.

Q: How does a memory evaluation help my family?

A: Most family members recognize important changes in memory for older persons. Many family members begin to worry but are unsure how to help. Family may not want to embarrass or alarm a parent or spouse. Talk with your loved one about getting an evaluation to rule out such diseases like Alzheimer’s.

The Memory & Aging Network at SIU School of Medicine, Center for Alzheimer’s Disease and Other Related Disorders assess individuals with memory or other cognitive complaints. For more information about a site near you, visit <http://www.siumed.edu/alz/primprov.html> or contact the Caregiver Advisor toll-free at 1.888.560.8805 ext. 1062.

—Source

www.alzbrain.org



“Memory loss that occurs on a daily basis and causes your loved one to take special measures... are significant.”



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: July 7
 August 4
 September 1

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

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

Next Visits: July 21
 August 18
 September 15

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

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

Next Visits: July 2
 August 6
 September 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: July 28
 August 25
 September 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: July 14
 August 11
 September 8

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. 1062.





Caregiver Resource & Support Meetings

(All Sites Are Accessible)

Fayette County & Surrounding Area

July 7
August 4
September 1

3:00 — 4:00 p.m.

First United Methodist Church
127 N. 4th Street
Vandalia, IL

Meets in Library

Marion County & Surrounding Area

July 21
August 18
September 15

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

July 20
August 17
September 21

3:30 — 4:30 p.m.

Heartland Human Services
1200 N. 4th Street
Effingham, IL

Meets in Room 119

Clay County & Surrounding Area

July 28—Flora
August 25—Louisville
September 22—Flora

3:30 — 4:30 p.m.

Flora Public Library
216 N. Main Street
Flora, IL

Meets in Community Room

Jefferson County & Surrounding Area

July 14
August 11
September 8

3:00 — 4:00 p.m.

Addus Evergreen Club
108 N. 3rd Street
Mt. Vernon, IL

Meets in North Room

If you would like to attend a meeting but need respite, please contact the Caregiver Advisor toll-free at 1.888.560.8805 ext. 1062 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.

Health Benefits of Honey

Honey has many uses beyond being a wonderful natural sweetener and anti-allergen. Listed below are a few ideas to incorporate honey into your diet and lifestyle from the National Honey Board:

1. **Moisturize.** For a skin-smoothing lotion, mix 1 teaspoon honey with 1 teaspoon vegetable oil and 1/3 teaspoon lemon. Rub into hands, elbows, heels and anywhere that feels dry. Leave on for 10 minutes and rinse with warm water.
2. **Treat sun-damaged skin.** Preliminary research shows that
3. **Enjoy a healthy smile.** Antibacterial substances in honey can help soothe and heal mouth sores.
4. **Increase bone strength.** Honey increases the body's absorption of calcium. If your diet allows, try this honey of a cal-

honey's antioxidant properties heal sun-damaged skin. For a soothing facial, mix 1 tablespoon honey, 1 egg white, 1 teaspoon glycerin and 1/4 cup flour. Then smooth the mixture over the face and throat. Leave on for 10 minutes and rinse with warm water.

cium-rich smoothie: Combine 1 cup strawberries, 1 banana, 1/3 cup honey, 1 cup skim or nonfat milk, 1/2 cup plain low-fat yogurt. Blend until smooth.

5. **Ease the pain.** The next time you have a sore throat, add a spoonful of honey to a steaming cup of tea or water for a soothing quick cure.

If your skin is very sensitive, try on a small area before applying all over. That way you will know if your body will react to the mixture.

—Source

www.caringtoday.com



“Antibacterial substances in honey can help soothe and heal mouth sores.”

Respite Tips

“I planned with my sister for her to watch my husband on her day off and I treated myself to a day treatment at a local spa.”

“I contacted a local senior service last Friday night and went out for dinner and a movie with my husband. It seemed like forever since we were alone like that since his mother has been living with us. Later this summer, I'm going to take advantage of their overnight care so we can spend a night

away.”

“My son's volunteer group from high school are a real blessing. They came over last week for a few hours to entertain my dad, who recently had a stroke. I got to get out of the house to go to the gym again.”

Start making a list of those people you know you can count on to pitch in and support your respite program this summer. Let them in on your plan

and see what they will commit to doing, it can be anything from cooking dinner one day a week to watching your loved one while you go to the park. You'll be surprised at how little favors add up and how willing people are to help once you ask.

Remember, respite does not have to be found outside the home or take the entire day. Having someone watch your loved one for a few hours while you luxuriate in a long, hot

bubble bath or take a nap counts too.

For more information about respite in your area, contact the Caregiver Advisor toll-free at 1.888.560.8805 ext. 1062.



—Source

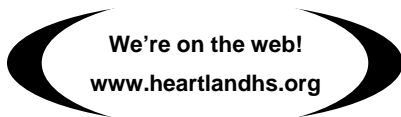
www.caregiver.com



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Human Services

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Fax: 217.342.6716
Email: dbone@heartlandhs.org



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July 3 — Heartland Human Services will be closed in observance of the Fourth

July 7 & 8— Navigating the Elder Care System

10:00 a.m. and 6:00 p.m. (July 7); 10:00 a.m. (July 8)
Effingham Knights of Columbus Hall, Effingham, IL

- An educational seminar discussing what will happen to your family and your money if you go into a nursing home.
- **For more information or to register, contact Resch Siemer Law Office at 217.342.1105.**

July 10 — Relay for Life of Effingham County @ 4:00 p.m.

309 E. Main Street, Teutopolis, IL

July 18 — The Caregiver Workshop: Building Confidence in Caregiving

8:00 a.m. - 12:00 p.m.
Alzheimer's Association
303 N. Hershey Road, Bloomington, IL

- Cost: \$10
- **For more information or to register, contact the Alzheimer's Association at 309.662.8392.**

July 22 — Legislative Senior Health Fair in Salem

8:00 a.m. - 10:00 a.m.
Salem Community Center

July 29 — Elder Abuse Network Summit on Elder Abuse

8:00 a.m. - 4:00 p.m.
Illinois Education Association Professional Development Center
3440 Liberty Drive, Springfield, IL.

- **For more information, contact Senior Services of Central Illinois at 217.528.4035.**

September 10 — Save the Date: 7th Annual Spa for the Caregiver's Spirit

July is Elder Abuse Awareness Month