

# Caregiver Headlines

## Where to Look for Caregiving Help

### Inside this issue:

Where to Look for Caregiving Help...	2
Multiple Sclerosis: An Unpredictable Disease	2
Library Resource Hours	3
Caregiver Resource & Support Meetings	4
Healthy Ways to Get Through a Day...	5
Announcements	6

### Special points of interest:

- Finding Caregiving Help
- Multiple Sclerosis Facts
- Tips on Getting Through the Day on No Sleep

It is not easy being a caregiver and often in the beginning stages, you may think you can do it all by yourself. As time goes on, your caregiving duties will increase. The sooner you get extra help, the better.

Keep in mind, it may take some time to find the right combination of services and support for your loved one. Below is a list of 10 places to find caregiving help.

1. **Family.** The best starting place is with immediate family members. If they do not volunteer to help, do not hesitate to ask them how they would like to contribute to the care of their loved one. One family member may be better suited for running errands while another is good at paying bills. Not everyone is willing or able to contribute the same level of care.
2. **Friends.** If friends, neighbors, distant relatives ask if there is anything they can do to help, say yes. Assign them a specific task. For example, it might be helpful if they brought over dinner once a week, mow the lawn or drive your loved one to the doctor. Ask them to be a respite caregiver for a couple of hours so that you get a break.
3. **Area Agency on Aging.** This should be one of the first resources you contact. Almost every state has one or more AAA's, which serve local communities. You can find your local agency listed in the phone book or on the Internet.
4. **Local senior center.** Most senior centers offer some services or can connect you with local community ser-



vices. Also, senior centers are a good place to network with other caregivers.

5. **Churches or synagogues.** Even if you are not affiliated with a church or synagogue, many offer caregiving help to people of all faiths. If they do not offer caregiving help, they may be able to point you in the right direction.
6. **Local organizations.** Contact your local United Way, Jewish Family Services, Lions Club, etc.

Continue on page 2...

## Where to Look for Caregiving Help continued...

7. **National organizations.** For almost every ailment or illness there is an organization that can provide referrals or services. You can find listings on the Internet, yellow pages and at your local library.
8. **Government agencies.** Contact your

local health department and departments of housing and social service. Look in the yellow pages.

9. **Adult Day Care.** Adult day care agencies offer programs with varying services. To find adult day care services, check your local phone book.

10. **Home Health Care Agencies.** Most home health care agencies offer both skilled and custodial care. Home health care can be expensive. Medicare may pay for some skilled care.

You can also contact the Caregiver Advisor toll-free at 1.888.560.8805 ext.

1062 for caregiving help. It is a good idea to keep a notebook of all the people you contact. The more organized you are, the easier your job will be.

—Source

[www.ezinearticles.com](http://www.ezinearticles.com)

## Multiple Sclerosis: An Unpredictable Disease

Multiple Sclerosis (MS) is a chronic disease of the central nervous system, including the brain, spinal cord and optic nerves. Symptoms can range from mild to disabling and vary widely from person to person. It is an autoimmune disease in which the body's own defense system attacks the myelin, the fatty substance that protects the nerves. The damaged myelin can distort nerve impulses traveling to and from the spinal cord causing various symptoms. Most people with MS learn to cope with these symptoms and lead satisfying and productive lives. About 400,000 people in the U.S. have been diagnosed with MS.

People with MS can experience one of four dis-

ease courses. (1) **Relapsing-remitting MS** in which attacks called relapses or exacerbations are followed by complete or nearly complete recovery or remissions. This occurs in 85% of MS patients. (2) **Primary-progressive MS** is characterized by slowly worsening neurological function with little or no distinct relapses or remissions. The rate of progression varies over time with some temporary minor improvements. About 10% have this form. (3) **Secondary-progressive MS** occurs when the person with the relapsing-remitting form worsens into the progressive form. About 50% of people who begin with the first form develop this form after ten years. It is hoped that the

newer treatments will delay this transition. (4) **Progressive-relapsing MS** in which there are steady worsening symptoms with attacks but little or no remissions. Only 5% of MS patients develop this form.

Although there is still no cure for MS, the following disease-modifying drugs are currently approved by the FDA: Anonex, Betaseron, Copaxone, Novantrone, Rebif, and Tysabri. Plus, many advances have been made in the care and treatment of the patient including physical therapy, occupational therapy, vocational rehabilitation, cognition therapy, and speech therapy. In addition, there are many aids available such as walkers, scooters, motorized wheelchairs, and

ceiling or floor lifts to make transfers from chair to bed to toilet to tub.

Patients and caregivers are advised to take advantage of all sources such as the Internet, the National Multiple Sclerosis Society and local support groups as listed below.

Little Wabash Support Group meets at the First Christian Church in Mattoon on the first Tuesday of each month at 6:30 p.m. (except January and February). Call Norma Ferree at 217.235.5542 for more information.

MS Support Group meets at the Fayette County Hospital on the third Wednesday of each month from 12 p.m.— 1 p.m. Call 618.283.1231 for more information.

—Source

Normalie Strickland  
Caregiver, Effingham County



# 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: June 2**  
 July 7  
 August 4

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

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

**Next Visits: June 16**  
 July 21  
 August 18

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

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

**Next Visits: June 4**  
 July 2  
 August 6

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

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

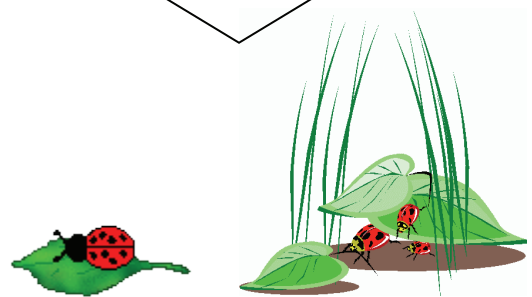
**Next Visits: June 23**  
 July 28  
 August 25

**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: June 9**  
 July 14  
 August 11

**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

**June 2**  
July 7  
August 4

**3:00 — 4:00 p.m.**

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

Meets in Library

## Marion County & Surrounding Area

**June 16**  
July 21  
August 18

**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

**June 15**  
July 20  
August 17

**3:30 — 4:30 p.m.**

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

Meets in Room 119

## Clay County & Surrounding Area

**June 23—Louisville**  
July 28—Flora  
August 25—Louisville

**3:30 — 4:30 p.m.**

**Flora Public Library**  
216 N. Main Street  
Flora, IL

Meets in Fellowship Hall

## Jefferson County & Surrounding Area

**June 9**  
July 14  
August 11

**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.**

# Healthy Ways to Get Through a Day with No Sleep



“Water is essential to your body’s good health. 55-60% of the average body is comprised of water.”

If you’re a caregiver experiencing sleepless nights, you know “no sleep” means you may feel physically and mentally drained in the morning. As a result, it can be challenging to face and deal with your loved one’s needs, as well as your own. Your first thought may be to get a quick energy boost with a cup of coffee, tea or other caffeinated beverage, but the caffeine won’t keep you going all day.

Here are some healthy ways to help you get through your sleep-deprived day and still feel good as you care for your loved one.

✓ **Avoid quick-fix snacks.** When your body is sleep-deprived, it craves carbohydrates and food high in glucose and/or sodium. Snack foods like cookies, doughnuts, candies, crackers, and chips taste good but are just a quick, short-term energy fix. Ultimately your body experiences a let down. Likewise, too much of these foods are simply not healthy and can lead to unwanted weight gain. Instead eat an apple, orange, banana, or a handful of nuts to satisfy your hunger and provide energy in a

healthy way.

✓ **Eat small, healthy meals.** A large, calorie-rich meal can make you feel sleepy and sluggish. Try eating several smaller meals throughout the day and be sure to include high-protein foods. Protein provides and sustains energy for a longer time period than simple carbohydrates. Consider enjoying one of these smaller, lighter meals: low-fat peanut butter spread on celery and apples; scrambled egg whites served with a side dish of fresh fruit and whole wheat toast; tuna fish topped with lettuce and tomato on whole wheat bread or pita; a cup or smoothie of low-fat yogurt mixed with blueberries or strawberries.

✓ **Don’t overdo caffeine.** When you’re tired and know you have many daily chores to do for your loved one, it may be tempting to double or triple your daily amount. Unfortunately, it’s likely this increase will keep you awake when it’s time to go to sleep. Instead of upping your caffeine amount, consider sticking with the same amount of caffeine you drink during the day following a good night’s rest.

✓ **Grab a nap.** Napping is healthy for your body. Studies show that occasional napping may decrease a person’s risk of coronary heart disease.

✓ **Refresh with a cold shower.** While a soothing hot shower may sound good, it can leave you sleepy. Take a quick, cold shower or wash your face with cool water to renew you. This refreshing break can make you feel better and you’ll be ready to take on your next caregiving task.

✓ **Walk for 30 minutes.** A brisk walk can physically and mentally recharge you. It brings fresh oxygenated blood to your muscles and organs, boosts your metabolism and lifts your spirits. This added energy can help keep you going throughout the day.

✓ **Drink water.** Water is essential to your body’s good health. 55-60% of the average body is comprised of water. Drinking water throughout the day protects you from dehydration. Even mild dehydration, as little as 1-2% loss of body water, can reduce your energy and make you weary.

—Source

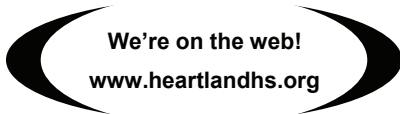
[www.strengthforcaring.com](http://www.strengthforcaring.com)



**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: [dbone@heartlandhs.org](mailto:dbone@heartlandhs.org)



**A  
n  
n  
o  
u  
n  
c  
e  
m  
e  
n  
t  
s**

- June 4 — Senior Spelling Bee @ 1 p.m.**  
Senior Center  
209 S. Merchant, Effingham  
→ For more information, contact Kathy Pals at 217.347.5569
- June 5 — Relay for Life of Jefferson County @ 6 p.m.**  
100 Aviation Dr.  
Mt. Vernon, IL
- June 6 — Relay for Life of Fayette County @ 6 p.m.**  
1109 N. 8th  
Vandalia, IL
- June 12 — Relay for Life of Marion County (Centralia) @ 6 p.m.**  
1000 E. 3rd St.  
Centralia, IL
- June 16 — Building Caregiver Skills to Manage Stress (FREE Audio Conference)**  
12:00 p.m. — 1:30 p.m.  
→ This audio conference will help caregivers recognize and minimize signs of stress in their lives and assist in setting realistic expectations of themselves and the person they care for. It will focus on why, when and where help is available.  
→ To register, call the Alzheimer's Association at 217.726.5184.
- June 26 — Relay for Life of Marion County (Salem) @ 6 p.m.**  
1200 N. Broadway Ave.  
Salem, IL

**\*\*[September 10](#) Save the Date 7th Annual Spa for the Caregiver's Spirit.\*\***