

Caregiver Headlines

Family Caregivers Month

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Special points of interest:

- November is National Family Caregivers Month
- November is National Alzheimer's Awareness Month—take advantage of the FREE memory screenings in your area! (See page 2)

Rosalyn Carter said it best: "There are only four kinds of people in the world—those who have been caregivers, those who are currently caregivers, those who will be caregivers and those who will need caregivers." Caregivers are needed for family members of all ages. With appropriate information and support, family caregivers can help their loved ones across the lifespan.

November is National Family Caregivers Month (NFC Month). This is the time of the year to *especially* thank, support, educate, and celebrate more than 50 million family caregivers across the country.

Family caregivers provide a vast array of emotional, financial, nursing, social, homemaking, and other services on a daily or intermittent basis.

The National Family Caregivers Association has developed a

"Caregiving is..." list to give those an idea of just how varied and complex family caregiving can be.

1.) Caregiving itself is a multidimensional puzzle. For some it means providing 24-hour care for someone who can't dress, feed, go to the bathroom, or think for him/herself. For others, caregiving is an emotional roller coaster because a diagnosed condition has not exhibited debilitating symptoms—yet.

2.) Caregiving can go on for a few years or for a lifetime. It means re-evaluating finances, re-evaluating job opportunities and making compromises.

3.) Caregiving is learning how to work with doctors and other healthcare professionals so they treat you as an important member of your loved one's healthcare team.

4.) Caregiving is worrying about what's wrong with Dad. Why is he not re-



membering things anymore? Why is he acting so strangely? And then when you hear the diagnosis, your immediate reaction is you wish you had never asked.

5.) Caregiving includes learning about wheelchairs, lifts and little gadgets that help you button a shirt.

6.) Caregiving is wondering why no one ever asks how you are.

7.) Caregiving is dreaming about being alone in your own house.

8.) Caregiving involves learning about Medicare, Medicaid, social security, and other public programs.

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Memory Screenings

November is National Alzheimer's Awareness Month



Note: A memory screening is not used to diagnose any particular illness and does not replace consultation with a qualified physician or other health-care professional.

Memory screenings make sense for anyone concerned about memory loss or experiencing warning signs of dementia; whose family and friends have noticed changes in them; or who believe they are at risk due to a family history of Alzheimer's disease or a related illness. Screenings are also appropriate for anyone who does not have a concern right now, but who wants to see how their memory is now and for future comparisons.

These questions might help you decide if you should or if your loved one should be screened. If you answer "yes" to any of them, you might benefit from a memory screening.

- Am I becoming more forgetful?**
- Do I have trouble concentrating?**

- Do I have difficulty performing familiar tasks?**
- Do I have trouble recalling words or names in a conversation?**
- Do I sometimes forget where I am or where I am going?**
- Have family or friends told me that I am repeating questions or saying the same thing over and over again?**
- Am I misplacing things more often?**
- Have I become lost when walking or driving?**
- Have my family or friends noticed changes in my mood, behavior, personality, or desire to do things?**

National Memory Screening Day will be Tuesday, November 17, 2009.

If you are interested in a free memory screening, please contact the phone numbers below for an appointment:

- **November 17 in Flora—call 618.662.6621**
- **November 17 in Effingham—call 217.347.7179 ext. 1046 or toll-free 1.888.560.8805 ext. 1046**
- **November 17 in Mt. Vernon—call 618.241.9503**
- **November 17 in Vandalia—call 618.283.1731**

Contact your local Kmart Pharmacy as they are also conducting free memory screenings.

For more information or to find more screening sites, visit www.nationalmemoryscreening.org

Continued from pg 1...

- Believe** in Yourself.
- Protect** Your Health.
- Reach Out** for Help.
- Speak Up** for Your Rights.

Family Caregivers Month

9.) Caregiving is learning what it means to die with dignity and making sure that your loved one's wishes will be honored.

10.) Caregiving is the joy you feel when your spouse says he/she felt good today.

11.) Caregiving is hard work. Caregiving is lots of questions and very little

answers.

12.) Caregiving is pain. Caregiving is loving, giving and sharing.

13.) Caregiving is accepting and learning new things and going on.

Caregiving is all these things and a whole lot more.

If you are a family care-

giver, take time this month to celebrate who you are and the importance of what you are doing. While November may be the official month to recognize your acts as a family caregiver, every month—and every day—is one in which you make a difference.

—Source www.thefamilycaregiver.org



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: November 3
 December 1
 January 5

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

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

Next Visits: November 17
 December 15
 January 19

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

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

Next Visits: November 5
 December 3
 January 7

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

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

Next Visits: November 24
 December 22
 January 26

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: November 10
 December 8
 January 12

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 Connection
Learn, Share, Connect...
 (In Vandalia Only)

The topic of this month's seminar is "Parkinson's Disease." Participants will learn how others have handled the diagnosis of Parkinson's disease and will receive resources from the Parkinson's Disease Foundation.

Fayette County & Surrounding Area

November 3

NO MEETING IN DECEMBER

3:00 — 4:00 p.m.

Brookstone Estates
 1607 W. Fillmore Street
 Vandalia, IL

Meets in Dining Room

Caregiver Resource & Support Meetings

(All Sites Are Accessible)

Effingham County & Surrounding Area

November 16

NO MEETING IN DECEMBER

3:30 — 4:30 p.m.

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

Meets in Room 119

Marion County & Surrounding Area

November 17

NO MEETING IN DECEMBER

4:00 — 5:00 p.m.

St. Thomas Episcopal Church
 512 W. Main Street
 Salem, IL

Meets in Basement
(Wheelchair Lift Available)

Jefferson County & Surrounding Area

November 10

NO MEETING IN DECEMBER

3:00 — 4:00 p.m.

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

Meets in North Room

Clay County & Surrounding Area

November 24—Alzheimer's Assoc. Grp

NO MEETING IN DECEMBER

3:30 — 4:30 p.m.

Flora Public Library
 216 N. Main Street
 Flora, IL

Meets in Community Room

Tips to Cope with Financial Stress for Older Adults

It seems that everyone is worrying about personal finances these days, especially older adults who feel the stress of rising prices and shrinking savings. The situation with the economy today may leave some older adults without enough money for necessary health care, like prescriptions and physicians' visits. Unfortunately, financial worry can lead to health problems like depression, anxiety, sleep disorders, alcohol and drug abuse, and high blood pressure.

The mental health experts with the Geriatric Mental Health Foundation suggest the following tips for older adults and their families to cope with financial stress:

- Beware of all the media outlets reporting on global economy. This can be very overwhelming.
- Evaluate your very own financial situation and make the changes that you need to reduce expenses. Get help from your family or contact your local senior services office to find out which programs are available to help your particular situation.
- If you need help with your medical bills, contact Medicare or Medicaid for advice. Contact your local senior services office to get more information on Medicare Part D, the prescription drug component of Medicare.
- Due to the financial situation of all generations, some older adults are being asked to provide financial support to children and grandchildren, which in turn create additional hardships. If you cannot provide financial help, consider giving advice or recommending financial counseling to those family members.
- Pay attention to your health. If worrying is affecting your health, sleep, or contributing to unhealthy habits like excessive drinking, seek the advice of a health care provider.
- Keep an eye on older family members, friends or neighbors—and watch for any warning signs that financial stress has progressed to health problems needing medical attention. Warning signs include: loss of interest in social interactions and once-enjoyable activities, a pronounced change in dress or grooming habits, disorientation, or prolonged sadness.
- Take suicidal thoughts or statements seriously and get help. If your relative or friend expresses that they no longer want to live, get help. Locate and contact your local community mental health center crisis line or contact the National Suicide Prevention Lifeline—a 24-hour, toll-free suicide prevention service available to anyone in suicidal crisis. Please dial 1-800-273-8255.
- Financial worries can put additional strain on family members, caregivers, and friends. Be on the look out for elder abuse. Signs of elder abuse include bruises,

broken bones and abrasions; unexplained withdrawal from normal activities and depression; and unattended medical needs.

While the financial outlook is grim right now, many of our older adults have lived through other recessions and some even the Great Depression. They know how to conserve, work together and share with friends and neighbors. Their resiliency is a lesson to us all.

—Source: Geriatric Mental Health Foundation (GMHF). GMHF was established by the American Association for Geriatric Psychiatry to raise awareness of psychiatric and mental health disorders affecting the elderly, eliminate the stigma of mental illness and treatment, promote healthy aging strategies, and increase access to quality mental health care for the elderly.

Area Senior Services Offices:	
Clay.....	618.662.7304
Effingham.....	217.347.5569
Fayette.....	618.283.4122
Jefferson.....	618.242.3505
Marion.....	618.533.4300

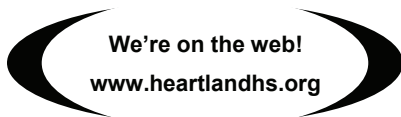
Open enrollment for Medicare Part D for 2010 begins November 15, 2009. NOTE: Any Part D enrollments or switches should be done by the first week of December to ensure coverage is effective January 1, 2010.



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



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

November 4 — Now What Was I Saying? (FREE Audio Conference)
12:00 p.m.—1:30 p.m.

- The program begins with a description of how memory works and provides information about normal age-related changes versus serious memory problems. Will also address myths about the brain and memory and provide techniques that improve memory and brain health.
- To register, call the Alzheimer's Association at 217.726.5184.

November 12 — Safe & Sound: How to Prevent Medication Mishaps (FREE Telephone Class & Webinar)
1:00 p.m.—3:00 p.m.

- To register, go to www.thefamilycaregiver.org or for more information, call 1.800.896.3650.

November 16 — Alzheimer's Awareness Family Caregiver Conference
8:00 a.m.—4:00 p.m.
Springfield, IL

- To access a registration form, visit www.siumed.edu/alz or contact the Caregiver Advisor toll-free at 1.888.560.8805 ext. 1062.

November 17 — How to Take Care of the Caregiver (FREE Telephone Class & Webinar)
12:00 p.m.—1:00 p.m.

- The program will focus specifically on the needs of caregivers to people with Parkinson's.
- For more information, visit www.pdf.org/en/expertbriefings.

November 17 — National Memory Screening Day

- See page 2 for FREE memory screenings in your area.

Clocks will fall back an hour on November 1, 2009 at 2:00 a.m.

Heartland Human Services will be CLOSED on Wednesday, November 11 due to Veterans Day; Thursday, November 26 & Friday, November 27 due to the Thanksgiving holiday.