

# Caregiver Headlines

## Caregiver Spa 2009--Don't Miss It

### Inside this issue:

Caregiver Connection in Vandalia	2
Elder Abuse Awareness	2
Library Resource Hours	3
Caregiver Resource & Support Meetings	4
Self-Care is a Must	5
Announcements	6

Join us on **Thursday, September 10, for the 7th Annual Spa for the Caregiver's Spirit.** Come for some or come for the entire evening! Registration & exhibits open at 3:30 p.m. with sessions beginning at 4:00 p.m. This takes place at Pleasant Hill Baptist Church in rural Mt. Vernon. The address is 19479 North Illinois Highway 37 in Mt. Vernon (just South of Dix). If traveling on I-57 from either direction, take the Dix exit and travel east to Route 37, take route 37 south about 2 miles and the church is on the west side. The door to enter will be marked with a sign. The location is fully accessible.

You will have the opportunity to learn about the following topics: Medication Dispensing Units, Overhead Lifts,

Local Memory Assessment, Treatment, and Family Supports, Back Safety while Caregiving, Assistive Devices, and Learning the Difference between Medicare Advantage Plans and Traditional Medicare. You can enjoy chair massages, nail care and facials along with informational exhibits. The evening will end with a drawing for door prizes and a complimentary meal sponsored by St. Mary's Good Samaritan, Inc. and catered by Austin's Restaurant.

If you currently are, or are anticipating managing the care of an aging or ailing family member, the answers to your many questions can be found at this incredible event. **For more information or to register, contact the Caregiver Advisor toll-free at 1.888.560.8805 extension 1046.**

Visit [www.heartlandhs.org](http://www.heartlandhs.org) to download a Spa registration brochure.

### Special Points of Interest:

#### World Alzheimer's Day

September 21— organizations around the world work together to raise awareness of the disease.

#### Alzheimer's Association Memory Walks

See page 6 for details.

Purple is the Official Color for Alzheimer's Awareness!

## Legislative Health Fairs—Great Success!

Thanks to all who attended the Legislative Health Fairs in Vandalia on August 7 and in Effingham on August 19. According to reports 125 people attended the event in Vandalia and 275 folks ventured out to the Effingham Senior Health Fair. We would like to express our appreciation to the Legislators for hosting the Health Fairs and to Andy Volpert and Michael Kaczmarz for organizing these events. Andy and Michael are Constituent Outreach Coordinators with the Illinois State Senate. Thanks also to those organizations who provided health screenings and information.

**Caregiver Connection in Vandalia!**  
**Learn, Share, Connect...**  
**New topic every month!**



Check out Caregiver Connection on September 1.

**Caregiver Connection** is a monthly seminar available to care providers in Vandalia and the surrounding area. **The topic of this month’s seminar is “Understanding How Alzheimer’s Disease Changes People—Challenges and Coping Strategies.”**

The seminar will be presented by Linda Warner EdM, Caregiver Advisor and Memory & Aging Network Coordinator at Heartland Human Services.

The Seminar will be held Tuesday, September 1 from 3 p.m. – 4 p.m. Caregiver Connection will be held monthly in the dining room at Brookstone Estates of Vandalia. Refreshments will be provided. Brookstone is located at 1607 W. Fillmore St.

**For more information contact Brookstone Estates at 618.283.9825 or the Caregiver Advisor toll-free at 1.888.560.8805, extension 1046.**

**Elder Abuse**

**You may ask yourself, “Why do I need to know about elder abuse?”**

The answer is simple—so you are aware of your actions and how they might be perceived by others. Elder abuse is a term referring to any negligent act by a caregiver or any other adult that causes harm or a serious risk of harm to a vulnerable adult. Illinois law defines abuse, neglect, and exploitation as: **physical abuse**—inflicting pain or injury; **sexual abuse**—any sexual activity with an older adult (age 60 & older) when the older adult is unable to understand, unwilling to consent, threatened or physically forced; **emotional abuse**—verbal assaults, threats of abuse, harassment or intimidation; **confinement**—restraining, or isolating an older adult, other than for medical reasons; **passive neglect**—the caregiver’s failure to provide an older adult with life’s necessities, including, but not limited to food, clothing, shelter or medical care; **willful deprivation**—willfully denying an older adult medication, medical care, shelter, food, a therapeutic device or other physical assistance, and thereby exposing that adult to the risk of physical, mental, or emotional harm, except when the older adult has expressed an intent to forego such care; **financial exploitation**—the misuse or withholding of an older adult’s resources by another, to the disadvantage of the older adult or the profit or advantage of someone else.

Providing care 24 hours a day seven days a week can be very stressful. Be aware of your tone of voice and techniques in lifting and transferring while providing care. You may be hurting the person you are providing care to unintentionally. Utilize the counseling, education, training and respite provided by the Family Caregiver Program at Heartland Human Services. Help yourself and the one you are caring for! If you suspect elder abuse, report it to the Illinois Department on Aging 24-Hour Elder Abuse Hotline: 1.866.800.1409

**Elder Abuse**

# 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: September 1**  
 October 6  
 November 3

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

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

**Next Visits: September 15**  
 October 20  
 November 17

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

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

**Next Visits: September 3**  
 October 1  
 November 5

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

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

**Next Visits: September 22**  
 October 27  
 November 24

**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: September 8**  
 October 13  
 November 10

**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.

**Individual Consultations can Assist Caregivers in Reducing Stress.  
 Schedule your appointment today to meet with the Caregiver Advisor.**

**Vandalia & Surrounding Area**

**September 1**

**3:00 — 4:00 p.m.**

**Brookstone Estates**  
1607 W. Fillmore Street  
Vandalia, IL

Meets in Dining Room

**See Page 2 for details!**

New Location

**Caregiver Connection in Vandalia!**  
**Learn, Share, Connect...**  
**New topic every month!**

# Caregiver Resource & Support Meetings

**All Sites Are Accessible**

**Effingham County & Surrounding Area**

**September 21**

**3:30 — 4:30 p.m.**

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

Meets in Room 119

**Marion County & Surrounding Area**

**September 15**

**Change in Location this month only!**

**4:00 — 5:00 p.m.**

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

Meets in Conference Room

**Jefferson County & Surrounding Area**

**September Meeting is Cancelled Due to Spa**

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 ahead!!**

**Clay County & Surrounding Area**

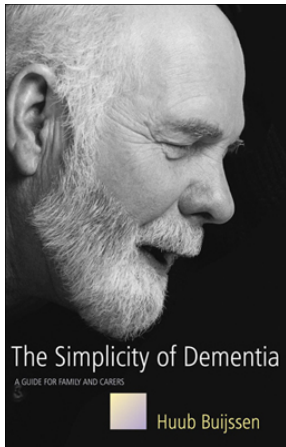
**September 22**

**3:30 — 4:30 p.m.**

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

Meets in Community Room

# Self-Care is a Must



“This book has much to offer in terms of thoughtful, practical advice on caring for someone with dementia.”

- Ageing & Society

Huub Buijssen is a psychogerontologist and clinical psychologist. He has written many books and given many lectures on dementia.

ISBN 1-84310-321-4

U.S. \$19.95



Alzheimer's Awareness

A common trap to fall into as a “carer” is to subordinate your own health and well-being to that of your partner or relative with dementia. The caring task goes more smoothly and gives greater satisfaction if you take care of your own physical and mental health. The better you take care of yourself, the better you can provide care. If you are relaxed and rested you will be more successful in creating the relaxed and untroubled atmosphere your patient needs. Listed below are a few tips provided by Huub Buijssen in his book [The Simplicity of Dementia: A Guide for Family and Carers](#).

- Accustom the care receiver to the fact that several people will be involved in his care.
- Organizing necessary care may cost more time and energy initially, but in the long term it will help you to prevent yourself from becoming isolated from the world around you.
- Don't be over-caring. The person needs to be mobile and take exercise. Leave the room, or turn your head away if you feel yourself getting impatient at the slowness of the person's pace.
- Make time occasionally to reflect on your own feelings. Talk to a trusted friend about how you feel.
- Try to take a realistic look at your emotions such as guilt, shame and jealousy. Don't bottle them up. If you prefer not to talk about them then jot them down in a diary or journal. Try turning negative feelings into positive actions.
- Be aware of the fact that it becomes even more difficult to create space for yourself if you have already completely submerged yourself for a long time in the caring needs of your patient. If you try to break this pattern, nervousness and feelings of guilt are perfectly normal. The best way to

break a set pattern concentrated solely on care is to take the gradual road. You might start by taking one free afternoon to do some personal shopping or work on a favorite hobby elsewhere.

- Allow yourself one treat a day so that you always have something to look forward to—play the piano, read, take a walk, garden etc.
- Remember that we all make mistakes and fall short from time to time. No one can possibly do the job perfectly all the time.
- Your own needs and wishes can often clash with those of the person for whom you are caring. Try not to become a martyr or a saint. “Give and take” is the motto and in the long term is by far the best strategy.
- Avoid becoming isolated. If it is impossible to visit others, then invite them to come to you.
- Set priorities all the time. Make lists of what is most important for you, and try as much as possible to stick to them. Do things that must be done on that day, followed at your leisure by the other less urgent chores.
- Caring for another can be a pleasurable and satisfying experience. Try to concentrate on the positive sides of giving care.
- Try not to fret about the other all the time. Your concern and anxiousness does not help the person to feel any better.
- There is not always a perfect solution to every problem, but usually several possible solutions to every problem. After arriving at two to three possibilities, then list the pros and cons on paper. Then make the final choice.
- Read these tips regularly, but don't try to do all at once. Choose one and make an attempt to apply to your life.

-Source: [The Simplicity of Dementia](#)

pp150– 155.

