

Caregiver Corner

... Ideas and information for people caring for others 778-2411

"Caring for the Person with Alzheimer's Disease" Alzheimer's Association Central New York Chapter

As part of the Family Caregiver Training series the Southern Tier Regional Office of the Alzheimer's and Related Disorders Association is offering "Caring for the Person with Alzheimer's Disease"

Monday, December 3, 2007
9 AM - 4 PM.

This all day workshop which includes Lunch will feature topics such as

- "A Medical Overview of Dementia",
- "Communication and Behavioral Symptoms",
- "Activities of Daily Living"
- "Legal/Financial Planning".

The workshop will be held at Bridgewater Center for Rehabilitation and Nursing at 159 Front Street in Binghamton, NY. Pre-registration is required. There is no fee but donations will be accepted. To pre-register, call 607-785-7852 by 11/26/07.

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Broome County Office for Aging 2007 Flu Clinic Schedule

- November 1* Deposit Senior Center
Thursday 9:30 - 11:00
14 Monument St., Deposit
- November 6* Maine Federated Church
Tuesday 1:30 - 3:00
Maine
- November 9* Eastern Broome Senior Center
Friday 9:30-11:00
27 Golden Lane, Harpursville
- November 13* First Ward Senior Center
Tuesday 1:30-3:00
Clinton Street, Binghamton
- November 15* Conklin Town Hall
Thursday 1:30-3:00
Conklin Ave, Conklin
- November 19* Northern Broome Senior Center
Monday 9:30-11:00
12 Strongs Place, Whitney Point
- November 20* Johnson City Senior Center
Tuesday 1:30-3:00
30 Brocton Ave, Johnson City
- November 29* Greenman Senior Center
Thursday 9:30-11:00
Pine Street, Binghamton
- December 3* Broome West Senior Center
Monday 1:30-3:00
2801 Wayne Street, Endwell

NOTE:

Individuals must present all insurance cards to Health Department staff.

If you are covered by traditional Medicare Part B your flu shot will be covered. If you have signed up with a Medicare Advantage Plan you need to

go to your primary care provider for the flu shot or be prepared to pay cash or check. The price of the vaccine is \$30.

Some examples of Medicare Advantage programs are: Today's Options-American Progressive, Excellus Medicare Blue PPO, Aetna Golden Medicare, and CDPHP Medicare Choice.

Almost all insurance companies are now providing a Medicare Advantage program which we can not accept at our flu clinics. If you are signed up with one of these programs you can not use the traditional Medicare red, white and blue card. Please call the Nutrition, Health, and Wellness unit at the Broome County Office for Aging for 2007 pricing or with questions. The number is 607-778-2298.

What is Family Caregiving?

- ★ Caring for someone for a few years or a lifetime.
- ★ Worrying about what's wrong with ___?
- ★ The joy you feel when ___ says they feel good today.
- ★ Learning to work with doctors and other professionals.
- ★ Learning about wheelchairs, lifts, and other gadgets.
- ★ Wondering why no one ever asks about you?
- ★ Learning about Medicaid, Medicare, Social Security, etc.
- ★ Learning about dying with dignity and making sure wishes are honored.



Caregiving is hard work. Its housekeeping, nursing and financial support all rolled into one. Caregiving is pain. Caregiving is loving, giving, and sharing. Caregiving is accepting and learning. Caregiving is the ability to go on and on and on....

adapted from
National Family Caregiver Association's newsletter



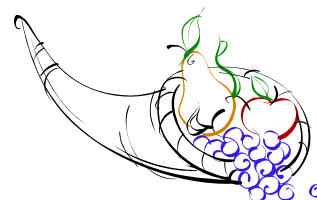
A Gift for Caregivers Gift Wrapping Available

Caregiving is exhausting and can be even more stressful around the holiday time when there are extra tasks to be done. The **December 12th** evening program is designed as a night out and also includes meaningful support to busy & tired caregivers. Girl Scouts will be on hand to gift wrap presents and save caregivers time. The first 50 caregivers to call will be matched with a Girl Scout who will wrap up to 5 gifts. There will be some size and weight limitations. Gift wrap will be provided but tags must be attached to each gift by the participant. The program will run from **6:00-7:30pm** -location **TBA** and will also feature a light hearted program about holiday traditions and coping with holiday stress. The presentation offered by Dorothy Gardner, UHS Senior Security, also includes information on holiday traditions. Gift wrapping will be assigned on a first come first serve basis. Call Andrea at 778-2411 to sign up. Call early! You must identify the person you care for to be eligible.



Things Caregivers are Thankful For

- Music that gives you energy.
- Having a good meal.
- Seeing your loved one smile.
- Spending time with family and friends.
- Finishing something that seemed never-ending.
- Getting some much needed rest.



Common Bonds of Caregiving (Adapted from the National Family Caregiver website.)

The common bonds of Caregiving are:

- ★ Intense sadness and pain.
- ★ Longing for the miracle of normalcy.
- ★ Frustration as a result of changes.
- ★ Isolation, which comes from living a different lifestyle.
- ★ Disappointment over the lack of understanding.
- ★ Stress over the enormous responsibility.
- ★ Depression from all the losses.
- ★ The fortitude to go on and make a difference.
- ★ The ability to problem solve.
- ★ The strength and the ability to survive.



How to Cope with Incontinence

Many caregivers will have to deal with incontinence. It can occur at any age with any number of causes. Women are more often affected than men.

Incontinence can occur for a number of reasons including, weakened bladder muscles, enlarged prostate, changes from surgery, or a side effect of medication.

There are different types of incontinence. Some result in leakage, others result in a constant dripping and some are associated with stress. The treatment of incontinence depends on the type and the severity. Many people respond to behavioral techniques such as bladder training. Don't be too embarrassed to ask for help. It is more common than you may realize. Ask your doctor or medical provider what can be done.



Evening Program on Alzheimer's Services

Every 72 seconds someone is diagnosed with Alzheimer's. As people live into their 80's and 90's more and more families will need to understand more about dementia. If you would like to learn more about the disease and what kind of help is available plan to attend an information session on **Wednesday, November 14, 2007 from 6-8 PM** at the **Broome County Public Library**. Our **Guest Speaker** will be **Jane Hudreck** from the **Southern Tier Regional Office of the Alzheimer's and Related Disorders Association of CNY**. Pre-registration is requested. Light refreshments will be served. If you have questions and/or want to register, call **Andrea Wright** in **Caregiver Services** at **778-2411**.

"Nutrition and Aging: How to Prepare Healthy Meal with Less Stress"



The **November Caregiver Chat** on **November 5th** will host **Jeanne Stracuzzi, RD, Registered Dietician** for the **Broome County Office for Aging**. Jeanne will address a variety of nutritionally related topics that are of interest to caregivers. Her discussion will include: how to manage meal times; identifying foods that are higher in nutritional content than others; quick and easy healthy snack ideas; the importance of fluids; how to make foods more appealing; and ways to make meal time less stressful. Jeanne will bring materials to share. She will also be available to field any questions, so come prepared with your thoughts and concerns. A general caregiver discussion time will follow the featured topic.

The **Chat** will be from 1-3PM at the **Stay Healthy Center** which is located in the Oakdale Mall near Sears. Chat is a small informal discussion group for people who are concerned about an older friend or relative. The group is coordinated by Judy Bobinski, Caregiver Services Case Manager. You are welcome to bring a snack or beverage with you and enjoy the company of other caregivers. Call Judy with questions at 778-2411.

The 3 R's of Caregiving: Responsibility, Resources and Respite

Responsibility:

The jobs you perform as a caregiver are many. Make a list of your responsibilities. Then choose which ones you can reasonably meet; find help for the others. Learn not to feel responsible for things that are beyond your control. Gain an acceptance of the current situation and the limitations of the older adult.

Resources:

The older adult must be allowed the opportunity to do as much as possible for themselves; this helps maintain dignity and independence. How long can that last? Enlist the community to ease caregiver stress. There are informal supports such as family, friends, neighbors or church; formal supports include in-home services, support groups, adult day care and disease related associations.

Respite:

This is short-term, temporary care provided to older adults so family members can take a break. Respite is often referred to as a gift of time. The day-in and day-out routine of caregiving can test your good spirits, often your best intentions and drain you physically and emotionally. The sooner you start using respite care, the better.

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Your November 2007 "*Caregiver Corner*"