

Helping Hands

A Monthly Newsletter for family Caregivers and Grandparents Raising Grandchildren

August

2009

To All Caregiver and Grandparents Raising Grandchildren

Powerful Tools for Caregivers

A free class for family caregivers and grandparents raising grandchildren

Powerful Tools for Caregivers is an educational program designed to help family caregivers take care of themselves while caring for an older relative, friend or even a grandchild. You will benefit from this class whether you are raising a grandchild, helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country.

This is a six-week series that will meet for 90 minutes each week in the conference room at

Ford-Iroquois Public Health Department
114 North Third St.
Watseka Il 60970

Every Tuesday at 1:30 p.m.

Starting October 6th, 2009—November 10th, 2009

The class will cover::

- Taking Care of You
- Identifying and Reducing Personal Stress
- Communicating Feelings, Needs, and Concerns
- Communicating in Challenging Situations
- Learning From Our Emotions
- Mastering Caregiving Decisions

If you or someone you know is a caregiver or grandparent raising grandchildren you deserve to attend this class.

Call your Caregiver Advisor, **Tammy Barragree** to register
1-800-282-3339



Are you or someone you know being mistreated or abused?

If the person being mistreated is 60 years old or older call:
1-815-432-5395

If the person being mistreated is 18 years of age or younger call:
1-800-252-2873

If the person being mistreated is between the ages of 19-59 call your local
Law Enforcement Agency

Caregiver Advisory Services

Ford-Iroquois Public Health Department
114 North Third St.
Watsaka, IL 60970
(800) 282-3339
www.fiphd.org

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Your Health Is Important Too



It's easy to become so busy taking care of someone else's health that we neglect our own. Here's a list of the medical checkups you should be having for **your own** good health.

- **Dental checkups** once or twice a year
- **Hearing checkups** as needed, and eye exams annually after age 65
- **General medical exam** at least every two years, including blood pressure checks
- **Cholesterol test** every five years (or as recommended by your doctor)
- **Breast exams** every year after age 40, and mammograms every year after age 50 (earlier if your family has a history of breast cancer)
- **PAP smears for** women every one to three years up to age 65, especially for sexually active women
- **Annual screening for colon cancer** after age 50, especially for anyone with a family history of colon cancer
- **Prostate cancer screening** every year after age 50 for men, sooner if there is family history
- **Flu vaccinations** every year after age 65
- **A pneumococcal vaccination** once after age 65



*The Agency for Healthcare Research and Quality,
Department of Health and Human Services*



Grandma's Hugs are Made of Love

Everything my grandma does is something special made with love. She takes time to add the extra touch that says, "I love you very much."

She fixes hurts with a kiss and smile and tells good stories grandma-style. It's warm and cozy on her lap for secret telling or a nap.

And when I say my prayer at night, I ask God to bless and hold her tight. Cause when it comes to giving hugs my grandma's arms are filled with love!

Author Unknown

*It is with great regret
that we announce*



The Family Planning Program

provided by our agency for the past 30 years ended on June 30, 2009. Due to the increased cost of providing services and other contributing factors we are no longer able to continue this program. Our agency has a referral list of local providers, nearby Family Planning programs, and several other excellent resources that we are happy to provide to you by request.

Contact the
Ford Iroquois Public Health Department
with any questions or to obtain the list of providers in
your area.

Watseka Office 1-815-432-2483

Reading to Your Grandchildren

You are a role model for your grandchildren whether you know it or not. Children learn from the actions and the words of people they see regularly. You are your grandchildren's first and most important teacher. The more time you spend interacting with your grandchildren by talking, listening, and reading aloud, the more likely your grandchildren will develop a love for reading.

When reading aloud to your grandchildren, remember: What is important is that the children become used to the rhythmic sounds of your reading voice and they associate it with a special, secure time of day. It is never too early to introduce reading to your grandchildren.

Top Tips for Early Reading

- Talk and sing with your grandchild
- Read to your child or grandchild every day
- Limit television and watch appropriate shows with your grandchild
- Serve as a role model by spending quiet time reading in front of your grandchild
- Visit the public library to spark your grandchildren's interest in books
- Attend fun and free story times at the public library or local bookstores



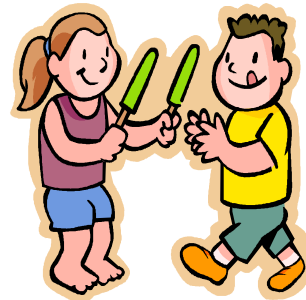
Chunky Peach Popsicles

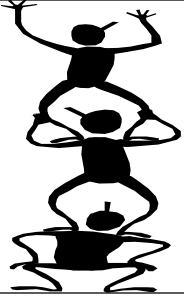
Ingredients

- 1 1/4 pound ripe peaches, (3-4 medium), halved and pitted
- 1/4 cup freshly squeezed orange juice
- 1/4 cup sugar, or to taste
- 1/4 teaspoon vanilla extract

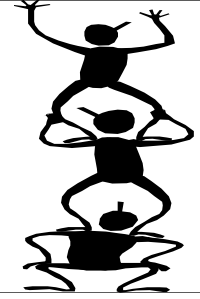
Directions

1. Coarsely chop peaches in a food processor. Transfer 1 cup of the chunky peaches to a medium bowl. Add lemon juice, orange juice and sugar to taste (depending on the sweetness of the peaches) to the food processor. Puree until smooth. Add to the bowl with the chunky peaches and stir in vanilla.
2. Divide the mixture among twelve 2 -ounce or eight 3-ounce freezer-pop molds (or small paper cups). Freeze until beginning to set, about 1 hour. Insert frozen-treat sticks and freeze until completely firm, about 1 hour more.





Ford-Iroquois Public Health Support Groups



<p>Caregiver Support Group Meeting the 3rd Tuesday of every month at 1:30 p.m. at the Ford-Iroquois Public Health Department 114 N. Third St Watseka, IL For more information call Tammy Barragree 1-815-432-2483</p>	<p>Grandparents Raising Grandchildren Support Group 1:00 p.m. to 3:00 p.m. on the 3rd Wednesday of every month Iroquois Mental Health Center 323 W. Mulberry St.. Watseka, IL For more information call Tammy Barragree 1-815-432-2483</p>	<p>Alzheimer's Support Group Gibson City Heritage Manor 620 E. First St. Gibson City, IL 60936 Meeting in the East Day Room On the 3rd Wednesday of the month 5:30 p.m. For more information call Rita 1-217-784-4257</p>
<p><i>What Happens at a support group meeting? People talk! It is a place to express feelings-of joy, of sadness, of anger or frustration-among a group of people who can listen and share similar experiences. It's a chance to meet others to exchange ideas, thoughts, and resources.</i></p>	<p>Illinois Knights Templar Caregiver Support Group 450 E. Fulton Street Paxton, IL 60957 Contact: Carol MacNeil 217-379-6073 Tuesday August 11th & 25th, 2009 1:30 p.m.– 3:00 p.m.</p>	<p>Prairieview Lutheran Home-Alzheimer's Support Group 402 North 4th St. Danforth, IL July 11th, 2009 @ 2:00 p.m. Contact Jenny 815-269-2970</p>

Taking Care of Yourself – Worried or Anxious?

With economic troubles in the news every day, everyone worries. Anxiety disorders, which include panic attacks and phobias, affect about 19 million American adults and millions of children. If you feel extremely worried or afraid much of the time, or often feel panicky, consider talking with your doctor.

Anxiety can fill you with such obsessive thoughts or dread of ordinary activities that you cannot work. Anxiety disorders can be mild, moderate or severe, but overcoming them generally takes more than just “facing your fears.” Many people need help in dealing with these problems.

People are ashamed to admit to phobias and persistent worries, which seem like signs of weakness. The good news is that many therapies can help to control anxiety and improve quality of life for sufferers. Medications can, in many cases, reduce or eliminate symptoms. Several types of psychosocial therapy, especially cognitive-behavioral therapy, also help by teaching people positive thought and behavior patterns.

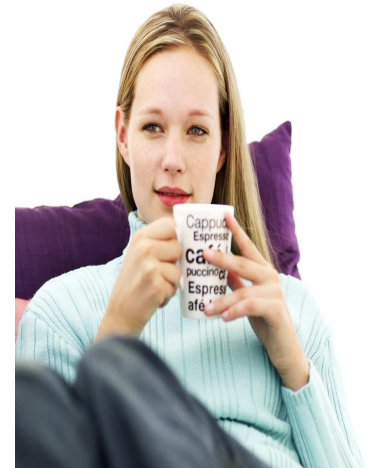


Mood Booster

**Make A Date*

Caregivers are some of the busiest people in the world. By some estimates, the average caregiver day is 18 hours long. No wonder collapsing in front of the TV is the easiest thing to do with a free moment. But watching TV can actually cause more stress and depression.

Instead, make a date with yourself to explore a local park, wander through a thrift shop, visit a museum, sit in a coffee shop to read a book, or simply listen to music. We don't need to wait for a friend for a date.



Increase Your Energy

Taking care of young children when you are a grandparent is tough and you are under physical and emotional stress, so it is important to avoid foods that tend to make you anxious and more stressed.

Try to:

1. Drink plenty of water
2. Have extra vitamin C, such as a glass of orange juice.
3. Eat fruit, whole grain breads, and pastas for energy.
4. Avoid sweetened drinks, colas, coffee, and tea which can make you jumpy and provide no nutrition.
5. Avoid alcohol. It puts more stress on your body in the long run.

Remember to take care of YOU!

Family Fun-Dining Out

Taking kids out to a restaurant can sometimes be more of a hassle than a treat. What to do? Here are some tips:

1. Choose restaurants that have a “fun” element that will help keep kids entertained:
 - Restaurants with a playground
 - Places with paper placemats and crayons to draw on them
 - Restaurants with buffets so kids can choose their own food
2. Choose family-friendly restaurants. Call in advance to see if the restaurant has a “kids menu” so you know if they accommodate children.
3. Ask for the check when you're still eating, instead of when the table has been cleared. That way if the kids get restless, you'll be able to leave immediately.

