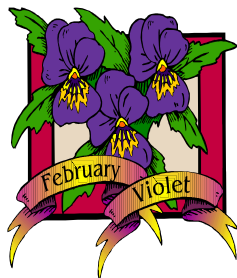


Helping Hands

**February
2011**



**Caregiver Advisory
Services**

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

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A Monthly Newsletter for Family Caregivers
and
Grandparents Raising Grandchildren

I am so happy to be here at FIPHD in the role of Caregiver Advisor! It will be a privilege to meet all of you over the next few weeks.

I have worked in township government in Cook County, providing health, senior and youth services, as well as overseeing fair assessment practices as they apply to the real estate tax. I also have sales and customer service experience in the private business sector. In 2001, my family moved to Ford County and we have never looked back. I thank you for welcoming me into your homes and giving me the opportunity to serve you, at least in some small way.

Jill did not leave our agency, but she is now able to concentrate on her Care Coordinator position full time. For most of you, she will continue to be one of your important contacts. Jill will be guiding me as I learn how best to be of assistance to you.

I promise to be honest with you, to take great care in answering your questions, supporting your interests, and connecting you to services that will make your life and your loved one's safer and less stressed.

Marcia Peznowski

Marcia Peznowski,
Caregiver Advisor/



**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**

GRANDPARENTS



RAISING GRANDCHILDREN

If you are raising your grandchildren and know or suspect that they have been exposed to violence, there are certain behaviors you may notice in your grandchild. These behaviors may be different from what you experienced when raising your own children, or they may be more intense. You can help your grandchild, and yourself, by practicing these simple strategies. If your grandchild receives counseling through school or other social services agency, it is always a good idea to mention any unusual behaviors to the child's counselor.

In this issue of *Helping Hands*, we will explore how children between the ages of 7 to 12 years old might react after witnessing a violent event. The event might have happened only once, or it may be that they have witnessed many different events over a period of time. Even if a few years have passed, the child may still show these signs.

What to Look For

The child feels responsible for or guilty about the event. He wants to be left alone or seems sad all the time. She may act very hyper or very spacey. He gets into trouble at school and at home. She is more aggressive and might get into more fights. He has nightmares. She eats more or less than she did before.

How You Can Help

Compose yourself so you can listen calmly, without judging, if the child speaks about the event. Tell them that what happened is not their fault and that it is okay to feel the way they do. When problematic behavior occurs write down the worries they express and then talk about each one. Don't make hateful or angry comments. Help them find a safe place they can go to when they feel overwhelmed. Teach non-violent ways to solve problems: listen to the other person's side; express feelings rather than hitting. Let the child make some decisions, such as where to do homework, what books to read for pleasure, and what activities to do.

Valentines Day Pancake

3 eggs ~ 1/2 cup milk ~ 3/4 cup flour ~ 1/4 cup powdered sugar ~
1 tsp. baking powder ~ 1 tsp. cinnamon ~ 1/4 tsp. nutmeg ~ pinch of salt ~
10 Tbs. melted butter ~ 1/2 tsp. vanilla ~ 3 large, tart apples, peeled & cut into
1/4" slices ~ 1 cup chopped walnuts

Preheat oven to 425 degrees. ~ Beat eggs with electric mixer on high speed until light and foamy. Add milk, beat 2 min. Add flour, sugar, baking powder, cinnamon, nutmeg, salt, 4 Tbs. butter, and vanilla.. Beat until smooth. ~ Pour remaining butter into a skillet. Add the apples. Cook and stir about 5 minutes. Add walnuts and toss. Remove from heat. ~ Spread buttery apples and walnuts over bottom of a 9" round greased pan or oven-proof skillet. Pour batter over apples. Bake for 25 minutes or until pancake is brown on top and batter is set. Cut into four wedges. Serve warm with syrup, or buttered and sprinkled with powdered sugar. .



Illinois Tobacco Quitline: YOU CAN QUIT. LET US SHOW YOU HOW!



In partnership with the American Lung Association of Illinois, Illinois Department of Public Health, and Ford-Iroquois Public Health Department.

Call these toll-free numbers 7 AM to 7 PM

1-866-QUIT-YES

1-866-784-8937

Receive 8 weeks of Nicotine Replacement Therapy for FREE with an initial set up fee of only \$10*!

FAST FACTS

- Staffed by Registered Nurses, Respiratory Therapists and Tobacco Addiction Specialists
- All services are completely confidential
- TDD for the Deaf & Hearing Impaired:

*made possible by funds received from the Illinois Dept of Public Health

The Ford-Iroquois Health Improvement Coalition is working to address the health concerns identified through a community health needs assessment conducted in 2009 for Ford and Iroquois counties. One of the priorities is drug abuse. Our goal is to reduce the number of Ford-Iroquois youth who abuse prescription drugs, over-the-counter drugs and inhalants. We have prepared a 3-part series on these types of drugs. This is the third of three to be featured in this Caregiver publication.

Inhalants and Huffing

Spray paint, hair spray, spray deodorants, paint thinner, gasoline, glue, whipping cream aerosols, correction fluid, felt-tip markers, ether, nitrous oxide (laughing gas) - these are easily accessible products kids are inhaling and huffing to experience a psychoactive (mind-altering) effect.

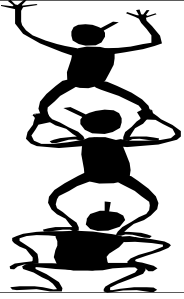
This is serious business. Inhalant abuse can result in death from the very first use. According to the annual *Monitoring the Future* national poll, approximately one in six children will use inhalants in the eighth grade. The same report notes that inhalants are most popular with younger teens. This is most likely because they are readily available and inexpensive.

Inhalants are used by sniffing or “snorting” fumes from containers or spraying aerosols directly into the mouth or nose. Other methods of inhaling products include bagging, whereby a substance is inhaled after it has been sprayed or contained in a paper or plastic bag, huffing from an inhalant soaked rag, or inhaling from balloons filled with nitrous oxide.

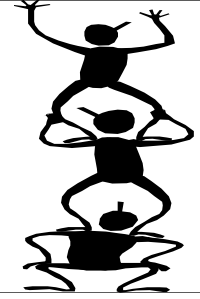
Inhalant abuse may be a problem if: you notice a chemical odor on your child’s breath or clothing; if he has paint or other stains on his clothing; if she has slurred speech or appears drunk or disoriented; if you find empty spray containers or chemical-soaked rags or clothing; if he has nausea or loss of appetite; or if she is inattentive, lacks coordination, is irritable, or depressed.

In order to help assure your children do not try inhalants, talk to them. Let them know the dangers involved with inhalant use. Let them know that inhalants are toxic and can lead to damage of the brain, heart, lungs, liver and kidneys. Inform them that sniffing highly concentrated amounts of chemicals in solvents or aerosol sprays can directly induce heart failure and death. Don’t wait until your children try inhalants. Have the talk beforehand. Prevention is the key.

For more information regarding inhalant drug abuse, go to www.theantidrug.com/drug-information/.



Ford-Iroquois Public Health Support Groups



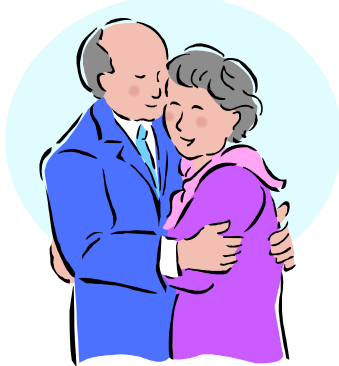
MAKE A NOTE!!

Caregiver and Grandparents
Raising Grandchildren Support
Group will meet on



FEBRUARY 8, 2011 1:30 PM

Ford-Iroquois Public Health Department
114 N. Third St
Watseka, IL
For more information call
Marcia Peznowski
1-815-432-2483



Illinois Knights Templar Caregiver Support Group

450 E. Fulton Street Paxton, IL 60957
Contact: Carol MacNeil
217-379-6073
February 11 and 22, 2011
1:30 p.m.– 3:00 p.m.

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

Prairieview Lutheran Home- Alzheimer's Support Group

402 North 4th St.
Danforth, IL
February 9, 2011 @ 2:00 p.m.
Contact Jenny
815-269-2970

TEN THINGS TO KNOW FOR AN EMERGENCY

Adapted from <http://www.mayoclinic.com/health/senior-health/HA00029>

Compiling a list for every family member, no matter their age, can be helpful and may even be life saving.

1. Names of their doctors, including address and phone numbers.
2. Birth dates.
3. List of allergies, or use the statement “no known allergies.”
4. Advance directives - legal documents which outline a person’s decisions about his or her healthcare.
5. Major medical problems - not only illnesses but transplants, if any, or if an organ, such as a kidney, was removed.
6. List of medications and supplements- prescription drugs, especially blood thinners, and also non-prescription items such as herbal compounds or Tylenol.
7. Religious beliefs - any prohibitions against a particular treatment, such as blood transfusion.
8. Insurance information - health insurance providers and policy numbers
9. Prior surgeries and major medical procedures - include implanted medical devices, such as pacemakers.
10. Lifestyle information - alcohol or tobacco use or special diet



Famous Lovers



1. Romeo and _____?

You don't need a clue on this one!

2. Anthony and . . .

- A. Ophelia B. Rosamund
C. Cleopatra D. Desdemona

3. Samson and . . .

- A. Delilah B. Esther
C. Ruth D. Salome

4. Heloise and . . .

- A. Etienne B. Abelard
C. Dennis D. Louis

5. Catherine and . . .

- A. Harold B. Hector
C. Heathcliffe D. Hamish

7. Nicholas and . . .

- A. Victoria B. Anastasia
C. Sophie D. Alexandra

9. Edward and . . .

- A. Wallis B. Winona
C. Wanda D. Wendy

6. Josephine and . . .

- A. Brutus B. Robespierre
C. Dagwood D. Napoleon

8. Scarlett and . . .

- A. Robert B. Rhett
C. Major Black D. Brett

10. Rick Blaine and . . .

- A. Edwina B. Elsa
C. Ilsa D. Irene

ANSWERS

1. Juliet, of course! 2. C. - Cleopatra, the original Elizabeth Taylor. 3. A - Why, why, why, why, Delilah? 4. B - Abbe-lard; flowers are still placed on his and Heloise's graves in Pere-Lachaise Cemetery in Paris. 5. C - Heathcliffe; he and Catherine were in love in Emily Bronte's classic *Wuthering Heights*. 6. D - Napoleon; it is said that Josephine cheated on him while he was away! 7. D - Alexandra; she and Nicholas were the last Tsar and Tsarina of Russia. 8. B - Rhett Butler, the handsome, misunderstood scoundrel. 9. A - Wallis Simpson; Edward, Duke of Windsor, abdicated the throne of England in order to marry her, "the woman I love." She had two husbands before him! 10. C - Ilsa Lund; you must remember this, a kiss is but a kiss!

