

# Helping Hands

January  
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

Dear Caregiver's and Grandparents raising Grandchildren:

I wanted to let you all know that this will be my last newsletter. I will be going back to working as a Senior Services Care Coordinator putting homemakers and EHRs (ie. Lifeline, AMAC...) into the homes of seniors who are unable to keep up with everything. I have enjoyed working with all of you but feel that I have not been able to devote the time and effort needed for this program as I have been dividing my time between the Care Coordinator and Caregiver's programs. Having said that, Marcia Peznowski will be our new Caregiver Advisor and I hope that you all enjoy working with her as I have enjoyed working with all of you.



**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**

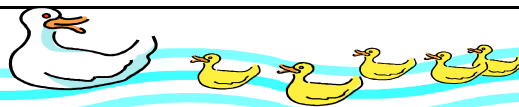
## JANUARY

is Breast & Cervical Cancer  
Prevention Month!!!



Illinois Breast and Cervical  
Cancer Program for  
Women age 35 to 64

For information on qualifying for  
**FREE Mammogram and Pap Tests**  
Call 815-432-2483  
Ford-Iroquois Public Health Department



### FOLLOW US ON FACEBOOK

Cut and paste this link into your web browser:

[www.facebook.com/home.php#!/pages/Ford-Iroquois-Public-Health-Department-fiphd/153622388016389](http://www.facebook.com/home.php#!/pages/Ford-Iroquois-Public-Health-Department-fiphd/153622388016389)

If you have already have a Facebook account, log in and simply type in “fiphd” then click the like button at the top of the screen.

## 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 talk about how children between the ages of 3 to 6 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 cries more than usual. He may be less responsive to you or others than he should be for his age. She cries excessively when you leave. He eats more or doesn’t want to eat at all. She sleeps all the time or has trouble sleeping. He has frequent temper tantrums. She behaves like a younger child. He asks many questions about the event. She startles easily.

### How You Can Help

Spend some time with you and the child alone. If you have more than one child affected, try to give each one separate time with you. It doesn’t have to be a long time, but it should be something the child can count on with you alone. Soothe the child by singing and rocking. Keep a regular routine: up at the same time, bedtime at the same time. Use storybooks to talk about feelings. Shield the child from violent TV, books or video games. Don’t leave the child with people they don’t know well or are uncomfortable with. Always explain what will happen ahead of time. If your child is prepared, they can adapt better. Say “In five minutes, we will go shopping. Get ready!” instead of “Get your coat on now. Hurry Up! We’re going to the store.”

## 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 second of three to be featured in this Caregiver publication.

### Over-the-Counter Drug Abuse

According to information found at [www.theantidrug.com/drug-information](http://www.theantidrug.com/drug-information), teens are abusing some over-the-counter (OTC) drugs such as cough and cold remedies, to get high. Most of these products are available for purchase at drug stores, grocery stores and other convenience type stores. The active ingredient in many of these drugs is dextromethorphan (DXM). When taken in high doses, DXM can produce a “high” feeling. Excessive amounts of DXM can be extremely dangerous.

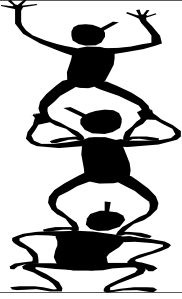
A study conducted by the University of Michigan in 2007, known as the Monitoring the Future Study, found that six percent of 12<sup>th</sup> graders reported past year abuse of cough or cold medicines to get high. That is why we want you, parents and grandparents, to know the signs and symptoms of OTC drug abuse.

If your child or grandchild is suffering from impaired judgment, nausea, loss of coordination, headache, vomiting, loss of consciousness or has numbness of fingers and toes, abdominal pain, an irregular heartbeat, aches, seizures, panic attacks, psychosis, euphoria, cold flashes, dizziness, or diarrhea, the Partnership for a Drug Free America says they may be exhibiting the short-term effects of OTC drug abuse.

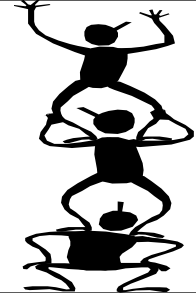
Addiction, restlessness, insomnia, high blood pressure, coma or even death may be a long-term effect of OTC drug abuse. Teens that combine alcohol with OTC drugs are at even greater risk and may suffer from internal bleeding, heart problems and difficulty in breathing.

What can you do? Talk to your teen about drug use and the danger that occurs when mixing OTC drugs with alcohol. Before you or your teen take any OTC medication, read the label carefully. Put down clear and consistent rules regarding drug and alcohol use and consistently enforce the rules you have provided. Make sure when you give your child medication it is the right medication in the right amount.

For more information regarding OTC drug abuse go to [www.theantidrug.com/drug-information](http://www.theantidrug.com/drug-information).



# Ford-Iroquois Public Health Support Groups



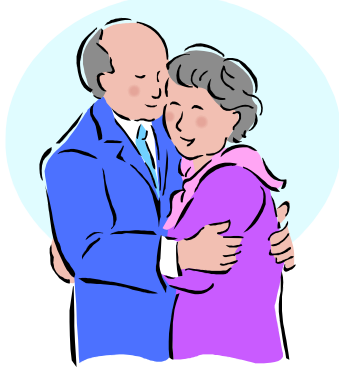
## MAKE A NOTE!!

Caregiver and Grandparents  
Raising Grandchildren Support  
Group will meet on



January 11

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



### 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

### Illinois Knights Templar Caregiver Support Group

450 E. Fulton Street Paxton, IL 60957  
Contact: Carol MacNeil  
217-379-6073  
Jan. 11th and 25th, 2011  
1:30 p.m.– 3:00 p.m.

### Prairieview Lutheran Home- Alzheimer's Support Group

402 North 4th St.  
Danforth, IL  
January 12, 2011 @ 2:00 p.m.  
Contact Jenny  
815-269-2970

## NOSTALGIA TRIVIA QUIZ

[www.funtrivia.com](http://www.funtrivia.com)

- What products did Hazel Bishop make?
  - TV Dinners
  - Televisions
  - Men's Clothing
  - Cosmetics
- What product did Speedy pitch?
  - Floor cleaner
  - Gasoline additive
  - Alka-Seltzer
  - Lawn mower
- What did Betty Furness hawk on television?
  - Ford automobiles
  - Westinghouse appliances
  - Timex watches
  - Chanel No. 5
- Where would you use "Butch Wax"?
  - Car
  - Hair
  - Legs
  - Furniture
- What was a 78?
  - Deodorant
  - Laundry Soap
  - Record
  - Candy Bar
- What is "Psssst!"
  - Deodorant
  - Shampoo
  - Hair spray
  - Floor Polish



Betty Furness

## CREATING A CAREGIVER SANCTUARY

Adapted from *Spirituality-Health.com/July-August 2010*

Caregivers, you need to take care of yourselves even more than ever, now that your spouse, parent or family member depends so much on you. You probably don't have a lot of free time to spend on yourself but you can and you should take a few moments several times a day to focus on relieving your stress. Spirituality & Health magazine suggests a simple way to regroup your strengths and it takes just a few minutes.

You can create a simple sanctuary in any part of your home, on your patio, in your garage, or even in your car! All you need is a small space to sit that you can get to easily. You will still be there for your loved one, but this spot is your place for peace, a place to claim for yourself, even if just for a few moments.

### Build Your Sanctuary

- Select a space.
- Arrange something you can sit on comfortably—a chair or a cushion.
- Sit comfortably.
- Close your eyes.
- Think about things that give you comfort, sustain or inspire you. Do these things come from Nature, books, photographs or pictures, charms, decorations, or other things of beauty? Is it a pet, child or friend?
- Assemble these objects or symbols that are meaningful to you, or you may simply take them in there in your mind.

### Using Your Sanctuary

Come into your sanctuary space whenever you are able and need to find peace and quiet. Use your sanctuary as the place to think, pray, meditate, read a few minutes, or take some deep breaths. You might light a candle or spray a scent that pleases you and lifts your spirit. How about a special treat, like a cup of tea or hot chocolate, a cookie, a piece of candy to savor? You can change the objects or symbols as the seasons change or as your feelings or needs change.

You may benefit from spending time in your sanctuary early in the morning, just before you go to bed or when you are especially tired during the day. Any time you feel upset, angry, lonely or sad, this is the space to come to because it is yours and yours alone. A few moments of inhaling and exhaling our breath do make positive changes in our brains that help us cope with stress. As you continue as a caregiver, use your sanctuary as the special place where you go to connect with and care for yourself. Appreciate the calm and peace that is possible in your sanctuary. Tell yourself that your sanctuary will always be a safe and peaceful place for you. When the demands of caregiving, worries about your loved one, or your own health or strength are sitting heavy on your shoulders, remember to return to this peaceful place.

**Trivia Answers:** 1. D - Cosmetics 2. C - Alka-Seltzer 3. B - Westinghouse Appliances 4. B - Hair  
5. C - The seal from the Ovaltine jar 6. B - Shampoo, actually a dry shampoo

