

Helping Hands

July
2010

A Monthly Newsletter for family Caregivers
and
Grandparents Raising Grandchildren



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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I Am Thankful:

- For the wife who says it's hot dogs tonight, because she is home with me, and not out with someone else.
- For the husband who is on the sofa being a couch potato because he is home with me and not out at the bars.
- For the teenager who is complaining about doing dishes because it means she is at home, not on the streets.
- For the taxes I pay because it means I am employed.
- For the mess to clean after a party because it means I have been surrounded by friends.
- For the clothes that fit a little too snug because it means I have enough to eat.
- For my shadow that watches me work because it means I am out in the sunshine.
- For a lawn that needs mowing, windows that need cleaning, and gutters that need fixing because it means I have a home.
- For all the complaining I hear about the government because it means we have freedom of speech.
- For the parking spot I find at the far end of the parking lot because it means I am capable of walking and I have been blessed with transportation.
- For my huge heating bill because it means I am warm.
- For the lady behind me in the church who sings off key because it means I can hear.
- For the pile of laundry and ironing because it means I have clothes to wear.
- For weariness and aching muscles at the end of the day because it means I have been capable of working hard.
- For the alarm that goes off in the early morning hours because it means I am alive.

— Author Unknown



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

5 Easy Ways to Keep Your Brain Sharp
By Woman's Day Staff/health.yahoo.net

Everyone is forgetful, but as we age we start to feel like our brains are slowing down a bit—and that can be the most frustrating thing in the world. Luckily, research shows there is a lot you can do to avoid those “senior moments.” Whether it’s relaxation or adding certain foods to your diet, read on for some techniques worth trying.

1. Chill out

The brain remembers better when it is relaxed, say researchers at the California Institute of Technology, so take a few minutes each day to breathe deeply or meditate. “The positive of meditation is you have focused concentration and relaxation taking place at the same time,” says Elizabeth Edgerly PhD, spokesperson for the Alzheimer’s Association. “Researchers believe those things are good because they’re developing new connections for your brain cells.”

2. Focus on the Future

People who regularly made plans and looked forward to upcoming events had a 50 percent reduced risk of Alzheimer’s disease, according to a recent study. But don’t worry if your calendar isn’t overflowing with life-changing events. Something as simple as setting a goal to have a weekly coffee date with a friend (and keeping it) will do. “Psychologically it keeps us motivated,” Dr. Edgerly says. “There’s evidence that people who have a purpose in life or who are working on long or short-term goals appear to do better.” In other words, keep your brain looking forward.

3. Go for a walk

Mildly elevated glucose levels (even if you don’t have diabetes) can harm the area of the brain that helps you form memories, say Columbia University Researcher Experts. Researchers agree that physical activity can help get blood glucose down to normal levels. In fact, the strongest evidence is regarding the effect of physical activity on the brain. Dr. Edgerly says, “When you exercise, you release chemicals that are good for your brain. It’s like a mini fountain of youth in your brain, and the only way you can get it is exercise.” In other words, when you take care of your heart you take care of your brain.

4. Snack on Berries

Blueberries have compounds called anthocyanins that help communication between brain cells and appear to improve memory, says Robert Knikorian, professor of psychiatry and behavioral neuroscience at the University of Cincinnati. In general, Dr. Edgerly says the darker the fruit or vegetable, the better. She adds, “It’s a healthy well-rounded diet, especially one that mimics a Mediterranean diet, and that’s fish, lots of fruits and vegetables, and red wine, everyone likes the red wine part.”

5. Learn Something New

Take a Spanish class online, join a knitting club, or learn to play poker. A UC Irvine study found that mental stimulation limits the debilitating effects of aging on memory and the mind. But the best thing for you brain, Dr. Edgerly insists is when you combine learning something new with physical activity. “It should be something like dancing, or coaching a sport. Or go learn golf with your girlfriends. That sort of thing is even better for your brain than, say, a crossword puzzle.

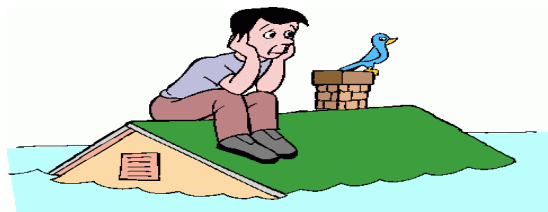
Senior Information Services for Ford County

For Ford County, there is a new Senior Information Specialist, Lana Sample. Lana worked at Heartland Health Care Center in Paxton for several years and was recently working at Provena’s Center for Healthy Aging in Champaign. She enjoys working with and helping seniors and educating people on Medicare and services available. She is always willing to talk with someone in need or give a presentation to any group about any Medicare topic or how the Health Department can help. You can call Lana in our Paxton office at (217) 379-9281.

Iroquois County Residents will continue to receive services through Volunteer Services at (815) 432-5785.

Flood Assistance

If you experienced loss of personal items or experienced emotional distress due to the January-March flooding of 2008, you may be eligible for assistance through the Illinois Disaster Assistance Program Grant.



Please call or come in to the Ford-Iroquois Public Health Dept to see if you are qualified for assistance regarding the flood of Jan-March 2008.

Energy Assistance Program

On July 12, 2010, people can call to schedule appointments for the Summer Cooling Program through the Community Action Agency. The income eligibility is based on the past 30 days. Those that qualify can have income up to:

- \$1,354 for 1 person
- \$1,821 for 2 persons
- \$2,289 for 3 persons

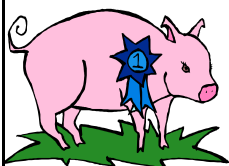
For additional household members add \$467 per person. You can call the following offices starting July 12th to make an appointment:

- Gilman 815-265-4685
- Paxton 217-379-2071

At the appointment, please have proof of income, power bills, Social Security card and amount paid in rent (if applicable).



Don't forget to stop by the Ford-Iroquois Public Health Department booth at the Ford and Iroquois Fairs.



Iroquois County Fair:
July 14—19th

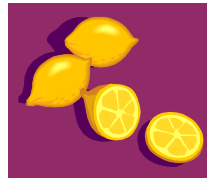
Ford County Fair:
July 5th—10th

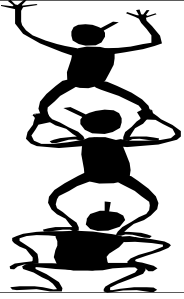


Lemon Fluff Desert

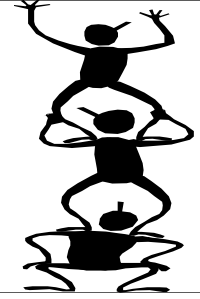
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|------------------------------------|----------------------------------|
| 1 can (12 ounces) evaporated milk | 1/4 cup lemon juice |
| 1 package (3 ounces) lemon gelatin | 1—3/4 cups graham cracker crumbs |
| 1 cup sugar | 5 tablespoons butter, melted |
| 1—1/3 cups boiling water | |

- Pour milk into a small metal bowl; place mixer beaters in the bowl. Cover and refrigerate for at least 2 hours.
- Meanwhile, in a large bowl, dissolve gelatin and sugar in boiling water. Stir in lemon juice. Cover and refrigerate until syrupy, about 1 1/2 hrs.
- In a small bowl, combine crumbs and butter; set aside 2 tablespoons for garnish. Press remaining crumbs onto the bottom of a 13 in x 9 in dish. Beat chilled milk until soft peaks form. Beat gelatin until tiny bubbles form. Fold milk into gelatin. Pour over prepared crust. Sprinkle with reserved crumbs. Cover and refrigerate until set. Cut into squares. Yield: 12 servings.





Ford-Iroquois Public Health Support Groups



MAKE A NOTE!!

Caregiver and Grandparents
Raising Grandchildren Support
Group will meet on



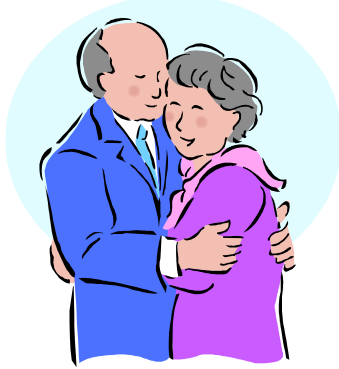
July 13th

Ford-Iroquois Public Health Department

114 N. Third St
Watseka, IL

For more information call

Jill Erickson
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

July 13th and 27th, 2010

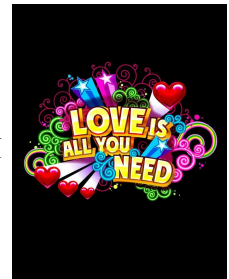
1:30 p.m.– 3:00 p.m.

Prairieview Lutheran Home- Alzheimer's Support Group

402 North 4th St.
Danforth, IL

July 14th 2010 @ 2:00 p.m.
Contact Jenny
815-269-2970

“Hippie Geography Lesson” quiz
funtrivia.com



- It's 1967 and I've decided to go to the epicenter of the 'summer of Love'. Where do I need to go? A. Las Vegas B. Los Angeles C. San Francisco D. New York
- I'm on my way, hitchhiking through California, trying to get from Needles to Barstow before my facial skin bakes off from the dry desert sun. Which way am I going?
A. East B. West C. South D. North
- I've arrived in the host city of the "Summer of Love" and am eager to turn on, tune in, and relate with my fellow hippies, so I head over to which park?
A. Balboa park B. Audobon Park C. Golden Gate Park D. Central Park
- I really like Hendrix's song, "Purple Haze," and my girlfriend, Sunshine, said I should since I was on it yesterday. What was I on yesterday?
A. An LSD trip B. San Francisco Cable Car C. A natural high D. Transit Line
- A few years have gone by and I'm off to another rock festival. Funny thing is I found it with about 400,000 other people even though it's about 50 miles southwest of where everybody said it was supposed to be. What town am I in? A. Bethel, CA B. Woodstock, NY C. Bethel, NY C. Woodstock, CT
- Almost another year has gone by and things are getting heavy. I was on a college campus yesterday where the National Guard killed 4 students at a rally protesting the American invasion of Cambodia. What state was I in? A Ohio B. California C. New York D. New Jersey

10 Tips to Protect a Wandering Loved One

By John Paul Marosy/Caregiver.com

Provide Information to Help with Search and Rescue:

- Advise Local Responders First—fill out a 911 disability indicator form and submit it to your local law enforcement agency. The information on the form alerts law enforcement that a person residing at that address may require special assistance during an emergency. Also, fill out a more detailed handout with this information that you can provide to first responders and search and rescue personnel in the event of a wandering incident.
- Inform your neighbors—give your neighbors a similar handout with a picture of the person you are caring for, physical characteristics and emergency contact information. You may want to describe the person's fears, habits and explain how to best communicate with and calm them. Ask them to contact you immediately if they see this person wandering outside their home.
- Tag Personal Item—list emergency contact information on tags in shoes and on clothing in case your loved one does wander.

Safeguard the Living Space—Inside and out

- Hide triggers that might encourage departure—remove items such as hats, coats, boots, scarves, keys and suitcases that may prompt your loved one to go outside.
- Hang a “Do Not Enter” sign on the door—this sign may help redirect and discourage the wanderer from opening the door.
- Install a fence around your property—set latches on the outside of gates and ensure they are in an area where the person you are caring for can't reach them.
- Use simple monitors, remote alerts and locks—attach monitors to the door that detects when it opens; use a caregiver chime alert unit, which sounds when the door is open; combine these with locks on all doors including front, garage and basement.

Register and/or enroll in programs that promote a safe rescue

- Register your loved one's information—with information registered in a secure database, such as the National Silver Alert Program, emergency responders are provided with critical information necessary in the event of a wandering incident or a medical emergency.
- Consider an Identification Bracelet—An ID bracelet, like the one offered through the Alzheimer's Association's MedicAlert + Safe Return program, helps the police or a Good Samaritan get a missing person back home safely or medical attention.
- Consider a program that offers a personal tracking device—Programs that feature personal tracking devices, such as LoJack SafetyNet, are a good way to help protect and locate someone in the event they do wander because, unlike GPS devices, it has strong signals that can penetrate water, dense foliage, concrete buildings and steel structures.

Trivia Answers: 1) C. San Francisco 2) B. West 3) C. Golden Gate Park 4) A. An LSD trip
5) C. Bethel, NY 6) A. Ohio

