

Helping Hands

JUNE, 2011



JUNE BUG

Caregiver
Advisory
Services

Ford-Iroquois
Public Health
Department

Paxton & Watseka
(800) 282-3339

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A Monthly Newsletter for Family Caregivers and Grandparents Raising Grandchildren

Male Caregivers

BY PEGGY PECK, WEBMD FEATURE STORY

Paul Lindsley, an executive at Opryland Hotel in Nashville, Tennessee is in his early 30s, but he is facing universal caregiving challenges. He is a caregiver for his 32-year-old wife, who has multiple sclerosis. He also serves as the state representative for the National Family Caregiver's Association.

Lindsley says his wife was diagnosed before they were married, so he went into the marriage knowing full well that he was likely to be both husband and caregiver. His wife has a type of MS called relapsing/remitting disease, which means that the disease can be dormant for many months and then flare up, creating extreme fatigue and affecting balance, movement, and vision.

Learning to Seek Help and Support

In his work with NFCA, Lindsley regularly speaks at caregiver conferences and conventions. Because MS "mostly hits women, many times men become the caregivers," yet in most instances the audience at these meetings "is usually women with very few men." To Lindsley that suggests that many male caregivers are struggling to cope by themselves without the benefit of a support group.

That doesn't surprise Miami-based Gary Barg, who has become a self-styled expert on caregiving. While many male caregivers care for spouses and partners, Barg was introduced to caregiving when he moved to Florida in 1992 to help his mother take care of his grandparents. His grandfather had Alzheimer's disease and his grandmother had a variety of illnesses. Both were in and out of hospitals and nursing homes. Barg says that caregiving in those circumstances is "like hanging on to Jell-O."

The experience led him to a new career: he and his mother publish a bimonthly caregivers magazine. He says that when he started his publication he estimated that about 15% of caregivers are men but now he thinks that it more likely that 20%-25% of caregivers are men.

Continued on page 3

**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**

Strawberry Meringue Pie

Ingredients

1 refrigerated unbaked pie crust ~ 3 egg whites ~ 1/2 tsp. vanilla ~
1/4 tsp. cream of tartar ~ 1/2 cup sugar ~ 7 Tbsp. lemon curd ~ 5 cups fresh ripe
strawberries, washed & rinsed Preheat oven to 450 degrees F.



Prick bottom and sides of crust with fork. Bake 10 to 12 minutes or until golden brown. Remove from oven. Reduce oven temperature to 300 degrees F. ~ In large mixing bowl, let egg whites stand at room temperature for 30 minutes. Add vanilla and cream of tartar. Beat on medium until soft peaks form. Gradually add sugar. Beat on high until stiff peaks form and sugar is almost dissolved. Spread in baked piecrust, building meringue up along edges. Bake 35 minutes. Cool. Meringue will fall slightly. ~ In large bowl, microwave lemon curd on 50% power (medium) 15 to 20 seconds. Spread 4 tablespoons warm curd on meringue. Add berries to remaining lemon curd; lightly stir to coat. Spoon berries into pie shell. Refrigerate 30 to 60 minutes. Cut with serrated knife.

TEN INTERESTING STRAWBERRY FACTS

A strawberry has, on average, 200 seeds.

Strawberries are the only fruit with seeds on the outside. It is argued that, for this reason, it cannot be considered a real berry, since berries carry seeds on the inside.

If all the strawberries produced in California in one year were laid berry to berry, they'd wrap around the world 15 times!

Ninety-four percent of U.S. households consume strawberries at least once a year.

Strawberries are the first fruit to ripen in spring.

The world's largest strawberry shortcake is hosted in the annual strawberry festival in Lebanon, Oregon.

In Belgium, there's a museum entirely dedicated to strawberries.

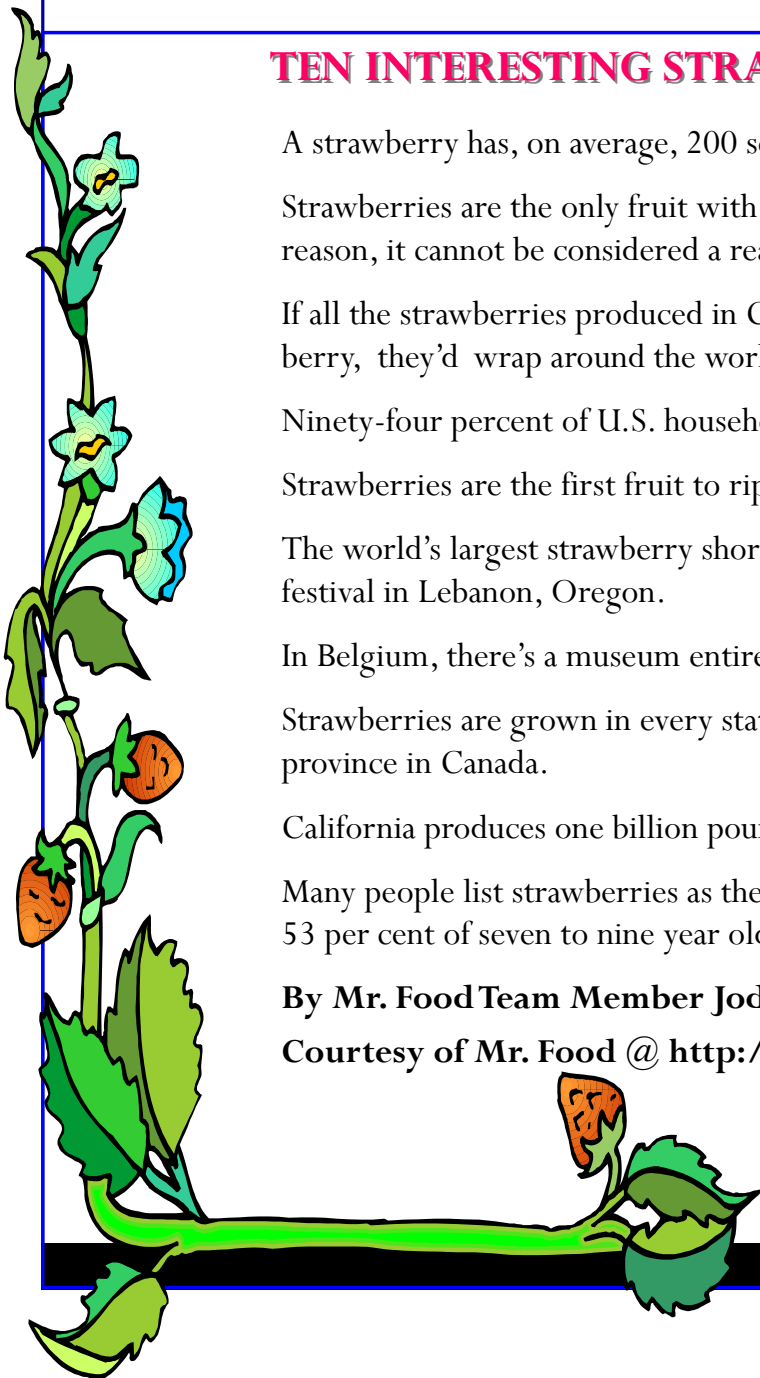
Strawberries are grown in every state in the United States and every province in Canada.

California produces one billion pounds of strawberries each year.

Many people list strawberries as their favorite fruit. In a recent survey, over 53 per cent of seven to nine year olds picked strawberries as their favorite fruit.

By Mr. Food Team Member Jodi

Courtesy of Mr. Food @ <http://www.mrfoodblog.com/>



MALE CAREGIVERS CONTINUED

Men, says Barg, often have a difficult time adjusting to the role, but he says it may be easier to be a caregiver for a partner or spouse than for a parent. "When it comes to changing diapers or bathing, it is very difficult for a man to visualize doing this for his mother," says Barg. But he says, too, that men are changing because society is changing. Younger men are more comfortable in nurturing roles than their fathers were.

"Being a caregiver is probably easier for a man who is 30 to 50 than it is for a 50-to 80-year-old man," he says. But regardless of age, Barg thinks that men may be particularly vulnerable to the depression associated with the 24/7 job of caregiving. He says that even a cursory scan of chat rooms will turn up ample evidence of this.

Caregiving can be overwhelming, which can often trigger depression, says NFCA founder Suzanne Mintz. So it is especially important for caregivers -- both women *and* men -- to seek help, usually by arranging respite care, meaning a person who takes over for the caregiver for a specified number of hours. Respite care can be arranged through the **Ford-Iroquois Public Health Department**. For those who qualify, respite care is paid for by state and/or federal programs. But even with the help of respite care, the years of intense caregiving can take a physical toll. Don Duckett has been caring for his wife since 1996 when she was diagnosed with Pick's dementia when she was only 56 years old. She stopped talking a year later and became progressively more frustrated and angry as her memory began to fail. Duckett developed heart problems at the same time that his wife's illness progressed to the point where caring for her at home was no longer possible. Both sad and determined, Duckett seems to speak for many men when he says, "She is in a nursing home now. I know I am going to lose her. I can't stop that. But I'm doing all that I can to get help for other caregivers, especially men."



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Ford-Iroquois
Public Health

Great health tips
everyday

ALL ABOUT ALLERGIES by KidsHealth from Nemours (<http://kidshealth.org>)

Dust, cats, peanuts, cockroaches. An odd grouping, but one with a common thread: allergies - a major cause of illness in the United States. Up to 50 million Americans, including millions of kids, have some type of allergy. In fact, allergies account for the loss of an estimated 2 million school days per year.

The tendency to develop allergies is often hereditary, which means it can be passed down through your genes. However, just because parents might have allergies doesn't mean all of their children will definitely get them. Usually, a person doesn't inherit a *particular* allergy, just the likelihood of *having* allergies. A few children have allergies even if no family member is allergic. A child who is allergic to one substance is likely to be allergic to other things as well.

Some of the most common things people are allergic to are carried through the air (airborne): dust mites, pollen, molds, pet allergens, (continued on page 5)



GRANDPARENTS & FAMILY CAREGIVERS SUPPORT GROUP



Ford-Iroquois Public Health Dept.
235 N. Taft Street
Paxton

**Wednesday, June 8 and the
Second Wednesday of Every
Month Thereafter
2:00 PM to 4:00 PM
Marcia 800-282-3339**

Ford-Iroquois Public Health Dept.
114 N. Third Street
Watseka

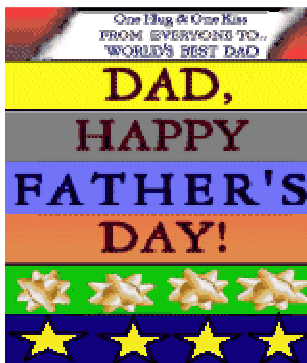
**Tuesday, June 14 and the
Second Tuesday of Every
Month Thereafter
1:30 PM to 3:30 PM
Marcia 800-282-3339**



Famous Fathers Trivia

TOBACCO QUIT-LINE
It's Free
1-800-QUIT-YES
1-866-784-8937
*Quit For Your Dad!
Quit For Your Son!*

1. From where did the Pilgrim Fathers set sail for America on the Mayflower in 1620?
a) Plymouth b) London c) Northampton d) Stratford-on-Avon
2. Which US President was instrumental in making Father's Day a national holiday?
a) Calvin Coolidge b) Lyndon Johnson c) Richard Nixon d) All of the above
3. What was the name of Beaver Cleaver's father on the TV show "Leave It To Beaver"?
a) Rob Petrie b) Walter Cleaver c) Ward Cleaver d) Jim Anderson
4. What is the name of Porky Pig's father?
a) Phineas b) Mr. Pig c) Big Porky d) Big Bacon
5. George Washington is the Father of Our Country. Who is considered the Father of the Constitution?
a) Ben Franklin b) James Madison c) John Q. Adams d) Thomas Jefferson
6. What was the name of Superman's father on the planet Krypton?
a) Kryptoni b) Tor-EL c) Joe-EL d) Jor-EL
7. What has traditionally been the most common Father's Day gift?
a) Greeting Card b) Beer c) Necktie d) Pictures of the Kids
8. Who is known as the Father of The Blues?
a) William Handy b) Muddy Waters c) B.B. King d) Count Basie
9. Who was the founder of Boys' Town?
a) Father Rooney b) Father Flanagan c) Father O'Toole d) Father MacDowell
10. Frank Bunker Gilbreth fathered how many children?
a) Thirteen b) Twelve c) Ten d) Sixteen



Say What, Dad? Things Dad Will Never Say

"Can you turn up that music?"

"Go ahead and take my truck. Here's 50 bucks for gas."

"I LOVE your tattoo. We should both get new ones."

"Here, you take the remote."

By Christie Schneider



ALL ABOUT ALLERGIES (CONTINUED)

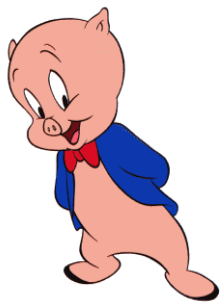
. . . and cockroach droppings. The American Academy of Allergy, Asthma, and Immunology estimates that up to two million children in the US are affected by food allergies, and that eight foods account for most of those allergy

reactions: cow's milk or cow's milk protein, eggs, fish (especially shellfish), peanuts and tree nuts, soy, and wheat. Be aware that these foods are often hidden ingredients in prepared foods. Other common allergens are insect stings, medicines or chemicals.

Some kids also have what are called cross-reactions. For example, kids who are allergic to birch tree pollen might have a reactions when they eat an apple because that apple is made up of a protein similar to one in the pollen. Another example is that kids who are allergic to latex (as in gloves or certain types of hospital equipment) are more likely to be allergic to kiwi fruit, water chestnuts, or bananas.

The type and severity of allergy symptoms vary from allergy to allergy and child to child. Allergies may show up as itchy eyes or an itchy nose, sneezing, nasal congestion, throat tightness, coughing, trouble breathing, and even shock (faintness or passing out). Airborne allergens can cause a condition known as allergic rhinitis, causing sneezing itchy nose or throat, nasal congestion and coughing. These symptoms are often accompanied by itchy, watery, and/or red eyes, which is called allergic conjunctivitis. When dark circles are present around the eyes, they're called allergic "shiners." If a person has wheezing and shortness of breath, the allergy may have progressed to become asthma.

Trivia Answers



1. **A: Plymouth, England;** The voyage from Plymouth took 66 days. The Pilgrims intended to land near the Hudson River, near modern-day New York. Due to storms at sea, they were a few degrees off course and felt it would be prudent to land at Cape Cod near Pawtuxet, RI.
2. **D: All of the Above;** Coolidge supported a holiday to pay tribute to fathers. LBJ proclaimed the third Sunday of June as the day to honor fathers. Nixon signed a law making Father's Day a permanent national holiday.
3. **C: Ward Cleaver;** Played by Hugh Beaumont in the popular television series, Ward was a white collar professional whose occupation was never actually specified.
4. **A: Phineas** is the name of Porky's father. His other known relatives are his wife, Petunia, his daughter, Priscilla, and a nephew named Cicero.
5. **B: James Madison** made a major contribution to the Constitution by authoring the Federalist Essays along with Alexander Hamilton and John Jay. He also was a major influence at the Constitutional Convention in 1787.
6. **D: Jor-EL** told Superman "Even though you've been raised as a human being, you're not one of them. They can be a great people, Kal-El. They wish to be. They only lack the light to show the way. For this reason above all - their capacity for good - I have sent them you, my only son.
7. **C: Necktie;** Other popular items are sporting goods, books, gadgets, tools and homemade items.
8. **A: William Handy;** Born in 1873, in Alabama, his style was greatly influenced by local black musicians in the South. Three of his biggest hits are *Memphis Blues*, *Beale Street Blues* and *St. Louis Blues*.
9. **B: Father Edward Flanagan**, portrayed by Spencer Tracy in the movie *Boys Town*, was born in Ireland and came to the United States in 1904 and was ordained a priest in 1912. In his own words, the philosophy that drove him was this: "A boy or girl given the proper guidance and direction – kept busy and constructively occupied during their leisure or free time – will prove my statement that there is no such thing as a bad boy or girl. I have yet to find a single boy or girl who wants to be bad."
10. **B: Twelve;** Frank Gilbreth, Sr. is also the father of motion study, an efficiency method he developed to help factory and clerical workers do more while expending less energy. He and his wife, Lillian, along with their twelve children were the subject of the popular 1950's movie *Cheaper By The Dozen*, which was based on the book by the same name, written by their son, Frank Gilbreth, Jr. The Gilbreths' story is so charming a tale that the movie was remade in 2003 for a new generation of Americans to enjoy.

Ford-Iroquois Public Health Department
**CAREGIVER & GRANDPARENTS RAISING
GRANDCHILDREN SUPPORT GROUP**



WATSEKA OFFICE

114 N. THIRD STREET

TUESDAY, JUNE 14

1:30 PM TO 3:30 PM



**TWO
CHOICES**

PAXTON OFFICE

235 N. TAFT STREET

WEDNESDAY, JUNE 8

2:00 PM TO 4:00 PM



RSVP FOR ONE OR BOTH!

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