

# Helping Hands

September  
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

### Inside This Issue

Powerful Tools for Caregiving	1
Elder Abuse	1
School health: The ABCs of staying healthy at school	2
Ford-Iroquois Public Health Dept Home Health	3
Amish Apple Dumplings Recipe	3
Support Groups	4
"1920-70: Having Fun yet?" Trivia	4
Don't get Med, Get Funny	5
Quiz Answers	5

## Taking Care of You: Powerful Tools for Caregiving

I need your help in deciding where to hold the next class!

This class is a six-week educational program where caregivers can learn to care for themselves while caring for another person. This program provides family caregivers with the tools to increase their self-care and their ability and confidence to handle difficult situations, emotions and decisions.

Please contact Jill Erickson at the Ford-Iroquois Public Health Department if you or someone you know would be interested in this class so that we can decide where to hold the next class to fit everyone's needs.



**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**

Does it seem as if your child is sick all the time? In the early school years, your child's immune system is put to the test. After all, young children in large groups are breeding grounds for the organisms that cause illness. Here's why infectious illness is so common—and what your child can do to stay healthy in the classroom.

### **How infections spread**

Many childhood illnesses are caused by viruses. All it takes is a single child to bring a virus to school for the spread to begin. Consider this common scenario—a child who has a cold coughs or sneezes in the classroom. The children sitting nearby inhales the infected respiratory droplets and the cold spreads. Or perhaps a child who has diarrhea uses the toilet and returns to the classroom without washing his or hands. Illness—causing germs might spread from anything the sick child touches to other children who touch the same object and then put their fingers in their mouths.

### **Why hand washing counts**

Frequent hand washing is the simplest—and most effective—way to prevent illness, both at home and at school. Remind your child to wash his or her hands before eating and after using the toilet, blowing his or her nose, or playing outside. Suggest soaping up for as long as it takes to sing the ABCs, the “Row, Row, Row Your Boat” song or the “Happy Birthday” song.

### **Other school health tips**

Common sense can go a long way toward preventing illness in the classroom. In addition to frequent hand washing, teach your child other school health basics:

**Use hand sanitizer.** Give your child alcohol-based hand sanitizer to keep in his or her desk. Remind your child to use the sanitizer before eating snacks or lunch and after using a shared computer mouse, pencil, sharpener, water fountain or other community objects. You might also donate disinfecting wipes to the classroom for general use.

**Cover your mouth and nose when you cough or sneeze.** Give your child a package of tissues to keep in his or her desk. Encourage your child to cough or sneeze into a tissue—then put the tissue in the trash, and wash his or her hands or use hand sanitizer. If it isn't possible to reach a tissue in time, remind your child to cough or sneeze into the crook of his or her elbow.

**Keep your hands away from your eyes and out of your mouth.** Remind your child that hands are often covered in germs.

**Don't share water bottle, food or other personal items.** Offer your child this simple rule—if you put the item in your mouth, keep it to yourself. The same goes for hats and other headgear. If your child shares pencils, markers or other classroom supplies, stress the importance of keeping them out of his or her mouth.

**Avoid anyone who's sick.** Remind your child that sitting next to or playing with someone who's sick could lead to his or her own illness.

Of course, it's also important for your child to eat a healthy diet, get plenty of sleep and stay current on his or her immunizations—including a yearly flu vaccine. To prevent spreading illness at home, use the same tips for the entire family.

## Ford-Iroquois Public Health Department Home Health Care

Bringing Healthcare to your Home

24-Hour On-Call Availability

1-800-282-3339



Getting well at home in the comfort of familiar surroundings is not only more pleasant, but often more effective. F-IPHD offers a broad spectrum of supportive caring experts to help you and your loved ones get well at home.

- ❑ Registered Nurses— Nurses specializing in Home Healthcare will provide the highest quality skilled care right in your own home.
- ❑ Physical, Occupational, and Speech Therapy—F-IPHD provides licensed therapists to develop, supervise, and provide a restorative program in your home.
- ❑ Home Health Aids—F-IPHD provides supervised, trained and certified paraprofessionals to assist with bathing, grooming, dressing and light housekeeping while you are recuperating at home.
- ❑ Case Managers—F-IPHD has Case Managers trained and certified by the *Illinois Dept. on Aging* to evaluate your continuing needs and assist you in setting up appropriate community services to help you remain well and safe in your home.

### Amish Apple Dumplings

**3 cups all purpose flour**

**1 teaspoon salt**

**1—1/4 cups shortening**

**1 egg, lightly beaten**

**1/4 cup cold water**

**1 tablespoon vinegar**

**8 small cooking apples (about 2 lbs)**

**3/4 cup packed brown sugar**

**2/3 cup whipping cream**

**1/2 cup butter, cut up**

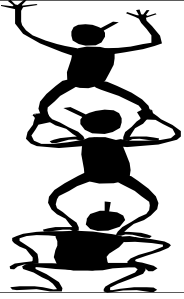
**2 tablespoons light colored corn syrup**

**1 teaspoon vanilla**

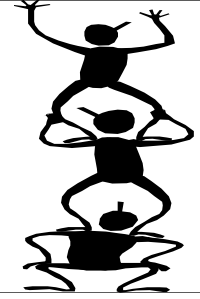
**1/3 cup whipping cream**

1. For pastry: In a large bowl, combine the flour and salt. Using a pastry blender, cut in shortening until pieces are the size of small peas. In a small bowl, combine egg, the 1/4 cup cold water and vinegar. Stir egg mixture into flour mixture until all of the dough is moistened. Form dough into a ball. Cover and let rest for 10 minutes. (Dough will be slightly sticky.)
2. Divide dough in half. Turn one portion dough out onto a well-floured surface. Roll to form a 12x12 inch square. Using pastry wheel or sharp knife, cut into four 6-inch squares.
3. Peel and core 4 apples. Place an apple on each pastry square. Fold corners to center over apple. Pinch edges to seal. Place dumplings in a greased 15x10x1-inch baking pan. Repeat with remaining pastry and apples.
4. Bake in a 350 degree F oven for 45 to 50 minutes or until apples are tender and pastry is golden brown. Cool at least 10 minutes.
5. Meanwhile, for caramel sauce: In a medium saucepan, combine brown sugar, butter, 2/3 cup whipping cream, and corn syrup. Bring to boiling, stirring occasionally; reduce heat to medium. Boil gently, uncovered, for 5 minutes. Remove from heat; stir in vanilla. Transfer to a bowl; cover and set aside to cool slightly. Makes 8 servings.
6. To serve, in a chilled small bowl, whip 1/3 cup cream to soft peaks. Serve warm dumplings with caramel sauce and whipped cream.





# Ford-Iroquois Public Health Support Groups



## MAKE A NOTE!!

Caregiver and Grandparents  
Raising Grandchildren Support  
Group will meet on



September 14th

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

Sept. 14th and 28th, 2010

1:30 p.m.– 3:00 p.m.

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

402 North 4th St.

Danforth, IL

September 8th, 2010 @ 2:00 p.m.

Contact Jenny  
815-269-2970

### 1920s to 70s: Having Fun Yet? funtrivia.com

- This fad lasted 3 years (1927-1930). It was thought that those who enjoyed this pastime were average Americans trying to enjoy life by imitating the rich. What is the pastime?  
A. Pinball B. Miniature Golf C. Vamping D. Ping-Pong
- It is the 1940s. You go into a diner and place an order. The waitress yells out "Abbott and Costello" to the cook. What did you order? A. Grilled Cheese and Bacon B. Two poached Eggs on Toast  
C. Franks and Beans D. Liver with Onions
- What was the longest-running single fad of the 1920s?  
A. Dance Marathons B. Tut-Mania C. Flagpole Sitting D. Rocking Chair Derby
- Who knows what evil lurks in the hearts of men? This person knows, who is he? (2 words, you have one on a sunny day)
- In 1954, a Danish carpenter named Ole KirkChristiansen invented children's building blocks that he called "Legos." What does "Lego" mean in Danish? A. Build It B. Have Fun C. Play Well  
D. Piece Together
- In 1959 thousands of young college men squatted on their haunches for hours doing nothing. What was this fad called? A. Wiffing C. Doing the Toad C. Slinkin' D. Hunkerin'
- In the 1960s, what famous person is credited with starting the fashion fad of the "Nehru Jacket."  
A. Sammy Davis, Jr. B. Andy Warhol C. John Wayne D. Twiggy
- In the 1975, this fad started as a joke.  
A. Polyester Leisure Suits B. GI Joe Dolls C. Slap Wrap Bracelets D. Pet Rocks

Don't Get Mad, Get Funny  
By Leigh Anne Jasheway-Bryant, M.P.H / caregiver.com

No matter how much we love them, caring for family members can be a very stressful job. And all that stress can take its toll on our health and make our role as family caregivers even more difficult.

One of the best ways to reduce stress and feel better about your caregiver role is to laugh. Laughter has been shown to improve both physical and emotional health and to help us feel renewed and rejuvenated. Here are six simple ways to add more laughter to your life:

1. Make funny friends. People who make you laugh not only give you the gift of laughter, they also help teach you how to change your perspective on life and lighten up yourself.
2. Read funny greeting cards, especially if you've had a really stressful day. Greeting cards are great because they deliver a laugh almost immediately and they represent a diversity of types of humor.
3. Have five of your favorite funny movies on videotape so you can watch them when you're feeling overwhelmed by stress. Consider funny movies to be part of your emergency first aid humor kit. If you can't think of your favorites offhand, check out the American Film Institute's list of 500 funniest movies of all time on the web at [www.afi.com](http://www.afi.com).
4. Wear a funny button in public. Wearing a funny button communicates to everyone who sees you that you have a sense of humor and are open to hearing about their humorous experiences.
5. Look for the funny. Instead of focusing on life's miseries, try to find the laughter in everything that goes on around you. The majority of things we laugh at come from spontaneous situations that aren't meant to be funny. Think of it as looking at the world through a pair of Groucho glasses.
6. Fake it. Studies show that you don't have to feel like laughing to get the benefits. Its just like exercise; if you work out you'll get fitter whether you feel like working out or not. Only if you fake laughter, chances are you'll soon feel like laughing for real!



#### Trivia #1 Answers

1. B. Miniature Golf 2. C. Franks and Beans. Other choices translated are: Two Poached Eggs on Toast=Adam and Eve on a Raft, Liver with Onions=Put Out the Lights and Cry, Grilled Cheese with Bacon=A Jackback
3. B. Tut-Mania 4. The Shadow (One of radio's favorite detectives during the 1930s 5. C. Play Well
6. D. Hunkerin'. Short-lived fad that only lasted through the Spring of 1959. 7. A. Sammy Davis, Jr. He called it his "guru coat." 8. D. Pet Rocks

