

Helping Hands

A Monthly Newsletter for family Caregivers and Grandparents Raising Grandchildren

October

2009

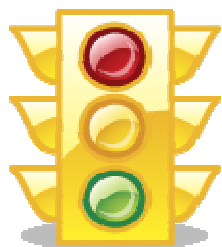
To All Caregiver and Grandparents Raising Grandchildren

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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**STOP
CAUTION
GO**

**DON'T GET THE FLU.
DON'T SPREAD THE FLU.**

Flu Prevention is as easy as remembering the 3 C's:

CLEAN

Wash your hands frequently to prevent the spread of germs.

COVER

Cover your cough and sneeze with a tissue or sleeve, not your hand.

CONTAIN

Contain your germs. Stay home if you are sick.

For information on the seasonal flu vaccine or to see if you qualify for the H1N1 vaccination call the Ford-Iroquois Public Health Department in Paxton 217-379-9281 or in Watseka 815-432-2483



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**

Hearing Problems in Loved Ones

By Jennifer B. Buckley
Caregiver.com

Do you find the need to repeat yourself more often than not to the person you are caring for? Does your talking level closely resemble your yelling level just so your care recipient can hear you? Are you speaking so slowly that you end up losing your train of thought? It is possible that the person you are caring for is one of the 28 million Americans suffering from hearing loss.

Unlike incontinence, hearing loss is a natural sign of aging due to a change in the structure of the ear. After age 65, one out of three Americans at least partially loses their hearing. However, it is not only a result of the aging process. There are other causes of hearing loss that include:

- Build-up of earwax
- Chronic middle or inner ear infections
- Medical conditions like diabetes or a brain tumor
- High blood pressure
- Exposure to excessive noise like heavy machinery
- A blood clot in the nerves of the ear
- High blood pressure
- Tinnitus-(a common syndrome indicated by a ringing sensation in the ear)
- Meniere's Disease- (excess fluid in canals of the inner ear)

Before deciding upon the kind of treatment the person you are caring for should receive; their doctor should determine the cause of their hearing loss. But, as a caregiver, you can provide some helpful hearing care hints to your care recipient to help them communicate more easily.

- Look at people when they are talking to you
- Begin relying on your sense of sight by installing a flashing bulb on doorbells, telephones and fire alarms.
- Limit background noise during conversations

Continued—Hearing Problems in Loved Ones

- Sit in the front row during church, school or in an auditorium
- Look into buying an assisted hearing dog that responds to certain noises
- Check out hearing aids. You can buy one on a 30-day trial period
- Ask about assisted hearing devices before you buy a television.



MY FRIEND By Ben Burroughs

I have a friend who cheers me when...
The tides of life run low...
Who gives me consolation when...
My heart is full of woe
A friend who will not leave me when...
I've made a grave mistake...
But tries instead to rectify...
The wrong steps that I make...
This friend of mine I know can't feel...
The pain I have possessed....
But just by giving me his hand...
He helps me stand the test...
And so I do not measure him...
In dollars or in cents...
For what he does and what he says...
There is no recompense...
For he's the one that will not run...
He'll stick until the end...
And so it is I value him...
A true and real dear friend.

I'M FINE, THANKS!

There's nothing the matter with me,
I'm as healthy as can be -
I have arthritis in both knees,
And when I talk, I talk with a wheeze.
Arch supports I have for my feet,
Or I wouldn't be able to be out on the street;
My pulse is weak and my blood is thin,
But - I'm awfully well for the shape that I'm in!
So sleep is denied me every night,
But every morning I find I'm alright;
My memory's fading and my head's in a spin,
But - I'm awfully well for the shape that I'm in!
The moral is this, as this tale I unfold,
That for you and me who are now growing old,
It's better to say "I'm fine!" with a grin
Than to let folks know the shape we are in!
Old age is golden I've often heard said,
But sometimes I wonder as I get into bed:
With my ears in a drawer and my teeth in a cup
And my eyes on the table for when I wake up.
'Ere sleep comes to me I say to myself:
Is there anything else I should lay on the shelf?
I'm happy to say, as I then close the door,
That my friends are the same, or perhaps even
more!

How do I know that my youth is all spent?
Well, my Get Up and Go has Got Up and Went!
But I really don't mind when I think with a grin
Of all the grand places my Get Up has been!
When I was a youngster, my slippers were red,
And I could kick my heels right over my head!
When I grew older, my slippers were blue,
But still I could dance the whole night through!
Now that I'm old and my slippers are black,
I walk to the store and puff my way back -
And since I have resigned from life's competition
I busy myself with smug repetition.
I get up each morning and dust off my wits,
I pick up the paper and read the Obits;
If my name is still missing, I know I'm not dead,
So I eat a good breakfast, and go back to bed!

Author Unknown

Watseka Park District &
Old Courthouse Museum

PRESENTS

JINGLE BELLS JURY

By

Jay Moriarty

Friday, November 27th, 2009

4:00 p.m. at the Museum Courtroom
In Watseka Illinois

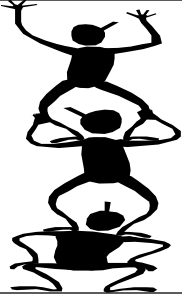


Planning Ahead– Health, Legal, and Financial Issues

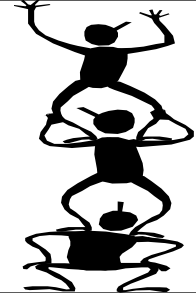
When someone is diagnosed with Alzheimer's Disease (AD), you need to start getting his or her health, legal, and financial affairs in order. You want to plan for the future, if possible, with help from the person while he or she can still make decisions. You need to review all of his or her health, legal, and financial information to make sure it reflects the person's wishes.

Check to see that you have the following documents and that they are up to date:

- **Durable Power of Attorney for Finances** gives someone called a trustee the power to make legal and financial decisions on behalf of the person with AD
- **Durable Power of Attorney for Health Care** gives someone called a trustee the power to make health care decisions on behalf of the person with AD
- **Living Will** states the person's wishes for end-of-life health care
- **Do not Resuscitate Form** tells health care staff how the person wants end-of-life health care managed
- **Will** tells how the person wants his or her property and money to be divided among those left behind
- **Living Trust** tells someone called a trustee how to distribute a person's property and money



Ford-Iroquois Public Health Support Groups



<p>Caregiver Support Group Meeting the 3rd Tuesday of every month at 1:30 p.m. at the Ford-Iroquois Public Health Department 114 N. Third St Watseka, IL For more information call Tammy Barragree 1-815-432-2483</p>	<p>Grandparents Raising Grandchildren Support Group 1:00 p.m. to 3:00 p.m. on the 3rd Wednesday of every month Iroquois Mental Health Center 323 W. Mulberry St. Watseka, IL For more information call Tammy Barragree 1-815-432-2483</p>	<p>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</p>
<p><i>We need not walk alone..... We reach out to each other with love and understanding and with hope. We come together from all walks of life, from many different circumstances... We need not walk alone!</i> <i>The Credo of the Compassionate Friends</i></p>	<p><u>Illinois Knights Templar Caregiver Support Group</u> 450 E. Fulton Street Paxton, IL 60957 Contact: Carol MacNeil 217-379-6073 Tuesday October 13th & 27th, 2009 1:30 p.m.– 3:00 p.m.</p>	<p><u>Prairieview Lutheran Home-Alzheimer's Support Group</u> 402 North 4th St. Danforth, IL October 13th, 2009 @ 2:00 p.m. Contact Jenny 815-269-2970</p>

Making A Decision About A Care Facility

The best time to talk about a care facility is when you don't need one. Advance planning makes it easier for everyone involved if you and your family ever face this decision.

This decision is even harder if you are first faced with it during a crisis and have not prepared for it. If your family member is showing signs of deterioration or has received a diagnosis of a degenerative disease like Alzheimer's, or if your own health or relationships are deteriorating as a result of providing care, realize that your family member may someday need to live in a care facility . With preplanning you will be better informed and prepared to make the decision.

For more information on Making a decision about a care facility contact your Caregiver Advisor:

Tammy Barragree at The Ford-Iroquois Public Health Department 1-800-282-3339

Helpful Tips for the Vision Impaired

By Deborah Kogler (Today's Caregiver)

Here are ten simple tips to make living with low vision more manageable.

1. **Lighting**– Increase the amount of lighting directly over the task that you are doing. Focus the light directly onto what you are doing. LED lights, natural light and natural daylight bulbs are recommended. Do not use fluorescent lights as fluorescent light causes glare.
2. **Brushing teeth**– Use colored or striped toothpaste as these are easier to see on the white bristles of a toothbrush. Or, simply squirt the toothpaste directly into your mouth and brush!
3. **Money identification**– By feeling the edges of your coins, you will notice that there are different edges on each coin,. The dime and quarter have a rough or serrated type edge, and the penny and nickel have a smooth edge. For paper money, turn the paper bill so the back of the bill is facing you. You will notice that the number in the bottom right corner is the largest on the bill. This is true for the \$5, \$10, \$20 and \$50 bills.
4. **Reading the numbers on your credit card**– Place a piece of paper over the credit card and then take a pencil and color over the raised numbers of the credit card. Be sure to also color the expiration date. Then keep this in a safe place. When you need to give out your credit card number, it will be easier to see.
5. **Using a cell phone**– many cell phones today are voice activated and can be used by voice commands. Have someone help you program yours to use voice activation features.
6. **Marking the dials on the stove**– Use puff paint or tactile paint, available at fabric stores, to mark key points on the dial. Or, liquid Wite-Out can be used to mark black or dark colored stove dials.
7. **Marking items in the cupboard/pantry**– When unpacking groceries, label them with extra wide masking tape and black marking pen before putting the items in the cupboards.
8. **Matching socks**– Pin socks together before placing in the laundry. Use brass or stainless steel safety pins as they will not rust.
9. **Pouring liquids into a cup**-Pour coffee into a white mug; the contrasting color of the coffee and the mug will make it easier to see how filled the cup is. Or place index finger into the cup until you feel the liquid touch your finger.
10. **Writing made easier**-Use a dark, bold point marker such as a 20/20 pen, or a bold tip gel pen and print. Do not write in cursive as it is harder to see and maintain a straight line.

