

Caregiver Corner

... Ideas and information for people caring for others 778-2411



WSKG to Premiere *Caring for Your Parents* - April 2

Caring for Your Parents is a moving two-hour special that will appear on PBS. It will air **April 2nd at 9:00 PM**. The 90 minute show underscores today's struggle to keep parents at home, tensions between siblings, the impact of caregiving on a marriage, financial implications of caregiving, and the complexity of shifting roles through an intimate look at 5 American families.

After the broadcast, Dr. Art Ulene will lead "A Conversation About Caring". This half-hour panel discussion offers concrete advice and guidance on how to start the conversation - often the most difficult step in caregiving.

Children trying to care for their older parents should plan on tuning in.

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How to Have a Family Meeting



The March Evening Discussion Group to be held on **Wednesday, March 12th** from **6-7:30 PM** will focus on "How to Have a Family Meeting". Our presenter will be Judy Bobinski, Caregiver Services Case Manager from the Broome County Office for Aging. She will be showing a video that illustrates what a Family Meeting can be like. She will also distribute handouts that discuss the process. There will be time for discussion and questions. This presentation will be at the **Broome West Senior Center** which is located on **Wayne Street** in **Endwell**. Light refreshments will be served. **Pre-registration is requested.** Please call Andrea Wright in Caregiver Services at 778-2411 with questions and/or to register.



If Only I Could Get a Good Night's Sleep!

The March Caregiver Chat will host **Louise Stroman, RPSGT, Director of Sleep Services** at the **Lourdes Sleep Lab**. Louise will discuss ways that you and your elder can achieve a better night's sleep; her presentation will include materials to share. Louise will also be available to field questions that you may have regarding your own sleep concerns. A general caregiver discussion will follow the featured topic.

The Caregiver Chat will meet on **Monday, March 3rd** from **1-3 PM** at the **Stay Healthy Center** which is located in the **Oakdale Mall** near **Sears**. Chat is an informal discussion group for people

who are concerned about an older friend or relative. The group is coordinated by Judy Bobinski, Caregiver Services Case Manager. You are welcome to bring your lunch and a beverage with you and enjoy the company of other caregivers. Call Judy with questions at 778-2411.



New Resource for Caregivers: The "Ultimate NAP CD" is Available for Loan

Large companies are actually encouraging their employees to take naps during the day. Some are even offering special break rooms with chairs for napping. Companies recognize that rest fosters creativity and good decision making.

Few jobs are as fatiguing as caregiving. Many caregivers don't get the rest or sleep that they need. Research shows that regular napping can decrease stress, increase our ability to learn and work efficiently, enhance creativity, and improve our overall health. The nap doesn't have to be a long one to reap the benefits; a 10 minute nap is enough to get some rest but not disrupt sleep patterns.

Broome County Office for Aging, Caregiver Services has a resource room that offers educational supports to caregivers and we are pleased to introduce the "Ultimate NAP CD"! The "Ultimate NAP CD" offers 3 programs, 10, 20 and 30 minutes in length. This CD, based on 25 years of clinical research was developed by Dr. Jeffrey Thompson, Director of the Center for Neuroacoustic Research in San Diego, CA was originally developed for nurses who had only 10 minutes during their short breaks from high stress work, to rest and renew. All caregivers can benefit from regular naps. To arrange a loan, or find out how to purchase this resource, contact Caregiver Services at 778-2411.



Local Efforts Support Falls Prevention

Accidental falls are a serious health problem - especially among people over 65. Falls can be dangerous and lead to further medical problems. While treating the complications of a fall is necessary, it's important to find out what caused the fall in order to prevent future occurrences.

It is important to find the right Fall Prevention program for you. Talk with your doctor about what you can do to prevent falls. It is important to get to the root of the problem. It may be related to medications, strength, coordination or sensation issues. There is a new program locally that you may want to check out.

Gentiva Safe Strides, is a comprehensive home rehabilitation program that takes a multi-system approach to the evaluation and treatment of balance dysfunction - all in the comfort of your home. A team of home health professionals will comprehensively assess you for balance dysfunction and determine the root cause of a fall by:

- Thoroughly evaluating vision, vestibular system (inner ear), balance, sensation and coordination using standardized clinical testing tools
- Using the latest technology to treat pain and neuropathy (numbness in feet)
- Evaluating prescribed medications for balance-related side effects
- Assessing your home environment for potential problems

Once the cause of a fall is determined, our team of skilled practitioners and homecare nurses will work with your physician to develop and implement a customized treatment plan to correct balance dysfunction and treat injuries

caused by previous falls. Call 607-771-8791 for more information.



Low Vision Items Available at Local AVRE Store

Give your mom something useful for Mother's Day. Fill an

Easter Basket with care. Check out these items and more at the AVRE store on 174 Court Street.

Most popular items:

- Women's and Men's Talking watches, ranging in price from \$39-\$45.
- DayGlo Orange bumps - packages of 25 colored rubber stick on bumps to mark locations of numbers, signs, levers, or knobs. (very useful with microwaves!) - \$2.60 per package
- Brailled Large Number Speakerphone, ranging in price from \$99-\$140.
- Large Print Calendars - \$12.95

The store hours are Monday-Friday, 8am-5pm, for more information call AVRE at 607-724-2428. AVRE is looking to name their store and they are holding a contest for consumers and friends to make a name suggestion. If your name is picked, you win a \$50 gift certificate to be used in the store. Entries must be submitted by May 2nd at 5pm. They should be directed to Jenn Cubic at jcubic@avreus.org or mail to her at 174 Court St., Binghamton, NY 13901.

Home Show to Feature Fall Prevention

Your home environment has a lot to do with falls prevention. Would you benefit from more space in your bathroom to turn around? How about wider doorways? What about better lighting on your stairways, contrasting color scheme for better depth perception as you walk between

levels, or levers on doors instead of knobs. Plan to check out educational displays that will feature information on universal design at the 2008 Southern Tier Home Builders Show, March 7-9 at the Arena.

Saturday, March 8th - Workshop Schedule

10:45 am	Universal Design: Creating Homes for all Ages
11:30 am	Gadgets and Things: Making your Home Easier to Use
1:00 pm	Myths & Legends: The story of Residential Energy Efficient Lighting
2:00 pm	How to Choose a Contractor

Workshops are approximately 30 minutes and are included in admission price. The workshops will be on the ground level of the arena near the concession area. Seating is on a first come basis.



You May be Eligible for a Rebate on Real Property Taxes

IT-214 Relief for Homeowners and Renters

You may be eligible for a rebate from New York State on real property taxes or rent you paid during 2007 if you meet the following conditions:

- Household gross income was \$18,000 or less.
- You or your spouse paid real property taxes or rent on your residence.
- You were a NYS resident for all of 2007.
- You occupied the same NY residence for 6 months or more.
- Residence was not completely exempted from real property taxes.
- Current market value of real property owned (house, garage, and land) was \$85,000 or less.
- You could not be claimed as a dependent on someone else's federal income tax return.

- Average monthly rent you and members of your household paid was \$450 or less, not counting charges for heat, gas, electricity, furnishings or board.

You can apply for the credit by filling out a Form IT-214, *Claim for Real Property Tax Credit for Homeowners and Renters*, and submitting it to the NYS Department of Taxation and Finance. The form is relatively simple to fill out. If you file a New York State Income Tax Return for 2007, you can submit the IT-214 form along with your tax return. If you no longer file an income tax return, you can submit the IT-214 by itself between January 1, 2008 and April 15, 2011. Proof of 2007 income (all 1099 forms) and 2007 property tax bill or proof of monthly rent is needed to apply. This rebate is a separate program from the Senior Citizen's Partial Real Property Tax Exemption, and STAR Program, therefore, eligible households may apply for all three programs in one year.

If you did not file Form IT-214 for previous years, you may still be able to receive a real property tax credit for those years:

<u>Year</u>	<u>Last date to file</u>
2004	April 15, 2008
2005	April 17, 2009
2006	April 19, 2010

The AARP Tax Aide Program can offer assistance applying for the IT-214. The Tax Aide Program is a volunteer-run tax counseling and preparation service offered during the tax season. Its counselors can answer most tax issues faced by middle and low-income taxpayers, with special attention to those age 60 and older. For the location of Tax Aide sites in Broome County, call the **Senior Resource Line at 778-2411**.

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Your March 2008 "Caregiver Corner"
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Broome County Office for Aging

...bringing seniors and services together