

Caregiver Corner

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

AARP Online Caregiver Community

Gail Sheedy, author of the best-selling book *Passages*, is filming the stories of caregiving families. She traveled the country to record stories and has joined with AARP to develop a new caregiving portal which features interactive Webcasts, personal blogs and online chats. To hear a story or tell your story visit www.AARP.org/caregiving.

Alzheimer's Association Offers Special Tribute for Father's Day

Father's Day can be difficult for those who have lost a Dad. For those with loved ones who have Alzheimer's disease, it can be particularly painful. As the disease progresses, memories created between generations – holidays, vacations, special moments together – are swept away into a fog of plaques and tangles.

"Keeping the Memories Alive" provides family members a way to pay tribute to the moments shared between them and their loved one. By using the chapter's special tribute form, family members can make a gift in honor of someone with the disease or in memory of an individual who has passed away. Their loved one's name will be listed on the special tribute page of alzcn.org. Proceeds from the program will support the dual mission of the Alzheimer's Association – to support individuals and families affected by the disease and find a cure for Alzheimer's.

There is no minimum donation to be included in the tribute program. To participate, contact the Alzheimer's Association, Central New York Chapter at 607-785-7852 x107 (Southern Tier), or visit the tribute page at alzcn.org to download a donation form or make a donation at their secure website.

Caregiver Chat Upcoming Discussions

Daycare: - A Helpful Respite Option

Do you need one or two days a week to take care of your own personal business and to take care of your own needs? On **Monday, June 1st**, Lisa Schuhle will talk about Yesteryears, a great affordable respite program for caregivers. Come find out what an Adult Social Day Program is all about; how it works; who can attend; cost and why other caregivers in our community find this a helpful support.

There is not be a Chat group session in July.

Contents:

1. AARP Online Caregiver Community	1
2. Alzheimer's Association Offers Special Tribute for Fathers Day.....	1
3. Caregiver Chat Upcoming Discussions	1
4. Depression & Anxiety Signs to Look for & Ways to Cope.....	2
5. Fruits and Vegetables Less Expensive in the Long Run.....	2
6. Walk 100 Steps a Minute for "Moderate" Exercise	2
7. Community Conversations on Compassionate Care Video	2
8. Hospitalization Happens.....	2
9. A Recommended Read	3
10. Ways to Increase Your Chances of Having a Lifetime of Good Vision.....	4
11. Put ICE in Your Cell Phone - In Case of Emergency...	4

Depression & Anxiety Signs to Look for & Ways to Cope

Sue Thrasher, a Licensed Clinical Social Worker from UHS will be the presenter at the **Monday, August 3rd Chat**. Sue will discuss signs of depression or anxiety. This will be helpful to caregivers so they can spot depression in themselves and/or in the person they are caring for. Sue will offer strategies for coping and she will offer tips that can keep people mentally healthy even when they are challenged with poor health or dementia.

The **Caregiver Chat** meets the first Monday of the month from 1-3PM at the **Stay Healthy Center at the Oakdale Mall**. Call Judy Bobinski at 778-2411 with questions.

Fruits and Vegetables Less Expensive in the Long Run

The American Dietetic Association is debunking the myth that it is more expensive to eat healthfully. According to registered dietitian and American Dietetic Association spokesperson, Katherine Tallmadge, "A person needing 2,000 calories per day could meet the dietary recommendations for fruit and vegetables for under \$2.50 per day." The ADA considers that good bang for your buck.

It is all about perception. Some people don't mind paying 75 cents for a soft drink, but would object to paying 75 cents for an apple. Yet plant foods and whole grains are the foundation of a healthy diet. Invest in your health; buy healthy.

Walk 100 Steps a Minute for 'Moderate' Exercise

Although national guidelines call for Americans to get at least 2.5 hours a week of "moderate physical activity," many people do not know how that translates into walking. A new study, led by Simon J. Marshall, assistant professor of exercise and nutritional sciences at San Diego State University, said that "moderate" walking equals about 1,000 steps every 10 minutes. You're busy with caregiving but it is a great time of year to step out when you can and go around the block for a quick 10 minute -1,000 steps just for you! Adapted from U.S. News & World Report (03/17/09) Dotinga, Randy

Community Conversations on Compassionate Care Video

Watch a video from the comfort of your own computer and learn why healthy individuals have completed their Advance Directives. While advance directive documents differ in each state, the advance care planning process remains the same. Learn about the five steps and get started today. Go to [caregiverlibrary.com](http://www.caregiverlibrary.com) or click on the link below.

<http://www.compassionandsupport.org>

Hospitalization Happens

A Guide to Hospital Visits
for Individuals with Memory Loss

A trip to the hospital for a person with memory loss or dementia can be stressful for both the person and the accompanying caregiver. To help family and friends of individuals with memory loss prepare for and deal with hospitalization, the Alzheimer's Disease Education and Referral (ADEAR) Center of the National Institute on Aging is distributing the newly updated resources *Hospitalization Happens: A Guide to*

Hospital Visits for Individuals with Memory Loss. This 18-page booklet provides tips to lessen the stress and enhance the comfort of the patient, deal with anxiety or agitation, and work with hospital staff and doctors. It also includes helpful checklists for planning ahead for emergency and scheduled hospital stays, and lists agencies and other publications that might be useful resources. The booklet is an expanded, reformatted version of a publication produced by the North Carolina Division of Aging and Adult Services in conjunction with the Joseph and Kathleen Bryan Alzheimer's Disease Research Center at Duke University. To download or order free copies of "Hospitalization Happens: A Guide to Hospital Visits for Individuals with Memory Loss," visit: www.nia.nih.gov/Alzheimers/Publications/happens.htm

A Recommended Read

Coping with Your Difficult Older Parent
A guide for Stressed - Older Children
 By Grace Lebow and Barbara Kane

This book is available for loan through the Caregiver Resource Center.

Do you have an aging parent who: Blames you for everything that goes wrong? Cannot tolerate being alone, wants you all the time?; Is obsessed with health problems, real or imagined?; Makes unreasonable and/or irrational demands of you?; Is hostile, negative and critical?

Coping with these traits in parents is an endless battle for children. Though there's no medical definition for "difficult" parents, you know when you have one. While it's rare for adults to change their ways late in life, you can stop the vicious merry-go-around of anger, blame, guilt, and frustration.

This common-sense guide is filled with practical tips for handling contentious behaviors and

sample dialogues for some of the most troubling situations. This book also addresses many hard issues including:

How to tell your parent he or she cannot live with you; How to avoid the cycle of nagging and recriminations; How to prevent your parent's negativity from overwhelming you; How to deal with an impaired parent who refuses to stop driving; How to assess the risk factors in deciding whether a parent is still able to live alone.

"I found this book to be very interesting because it is so well written. It gave me greater insight in to what causes the difficult behaviors we see in some of our elderly. I definitely see this as a recommended read for any caregiver who is struggling with difficult behaviors in their older person!"

Judy Bobinski, Case Manager
 Caregiver Services Program

Remember
 To Say
 Thank You

Happy
 Memorial Day

Ways to Increase Your Chances of Having a Lifetime of Good Vision Include:

Ways to increase your chances of having a life time of good vision include:

Wear sunglasses that block out ultraviolet light when you are in the sun.

If you are diabetic, take all your medications and follow your physician's dietary advice.

If you stare at a computer for long periods of time, take regular breaks to minimize fatigue.

Discuss any family history of blindness with your eye care provider. Many eye diseases are hereditary and physicians can be on the alert for certain conditions if they know you are at greater risk of developing them.

Do not smoke and avoid subjecting your eyes to second-hand smoke, exhaust fumes or other polluted air.

Put 'ICE' in your cell phone-In Case of Emergency

The concept of 'ICE' is a method of contact during emergency situations. All you need to do is store the number of a contact person in your cell phone under the name "ICE" (In Case of Emergency). An example would be Ice Mary and her telephone number or "ICE Sister", etc. This is the person who will be contacted in an emergency.

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Broome County Office for Aging

... bringing seniors and services together