

Caregiver Assistance News

"CARING FOR YOU... CARING FOR OTHERS"

Depression

What You Eat Matters

Aging is a normal, physical process. Aside from the many physical changes that evolve, various emotional and mental changes also occur. We often associate dementia with aging, but elderly individuals may also experience other mental health problems such as anxiety, depression, paranoia, and substance abuse.

The emotional and mental challenges in the elderly are often related to difficulty in adjusting to physical changes or poor health, as well as other issues such as loneliness, retirement, loss of independence, having to live away from their families, or death of a spouse. Seniors may also be unable to express their fear of death or fear of being alone. Sometimes, family members and caregivers are not able to recognize these fears and may mistake them as signs of dementia.

As a caregiver, you can help an elderly individual deal with these challenges in many ways. You can begin by changing your own attitude towards their *disabilities* and focus more on their *abilities*. For instance, instead of focusing on what he or she cannot do, point out their strengths and affirm their accomplishments. Allow them to make more choices to give them a greater sense of control. It is also helpful to use a bit more humor in your conversations when appropriate.

Nutrition and Mental Health

According to the Centers for Disease Prevention and Control (CDC), depression is the second cause of disability among the elderly, after heart disease. Research shows that one of the factors that increases a person's risk for depression is poor nutrition.

Good nutrition is not only good for physical health – it is also important for mental health. Eating a healthy, balanced diet can help protect the body from diseases *and* prevent mental health disorders as well. How?



1. It supports brain function by providing building blocks for cell growth and enhancing the production of brain chemicals called *neurotransmitters*.
2. It supports communication between brain cells.
3. It promotes a healthy environment in the gut by increasing the amount of friendly bacteria, which helps reduce inflammation and increases brain-healthy vitamin B production.

To improve nutrition, avoid eating junk food – anything that is high in sugar, salt or fat. Instead, look for foods that are high in protein, complex carbohydrates and healthy fats.

Article continues
on page 2

Food for the Brain

Choosing the *right type* of foods to include in the diet is key to maintaining mental health. While we usually think of food as nourishment for the body, certain nutrients actually benefit the brain by helping to improve memory, mental ability and moods. Here are some examples:

- ☑ Foods rich in B-vitamins such as lean meat, eggs, fruits and vegetables can help reduce inflammation and prevent dementia and depression.
- ☑ Iron-rich foods like chicken, liver, and eggs increase oxygen delivery to the brain and may help improve alertness and memory.
- ☑ Health fats like omega-3 fatty acids from sardines, salmon and tuna reduce inflammation, enhance blood circulation and improve mental function.
- ☑ Micronutrients like zinc and selenium, which are found in oyster, dark chocolate and sesame seeds, help control your body's response to stress.
- ☑ Probiotics are foods with good bacteria such as yogurt, kefir, sauerkraut, and kimchi, which may help reduce anxiety, stress, and depression.

Talk to a nutritionist about what foods you *should eat*, and not only those that you should avoid. Although a healthy diet may not be able to replace your medications, it will support your over-all treatment plan and possibly bring better results than relying on medications alone.

Source: www.Webmd.com/mental-health; CDC



Eating and Emotions

Depression can affect people's appetite in different ways. Many people turn to certain foods for comfort when they are depressed. These may be old favorites from childhood—a scoop of mashed potatoes, macaroni and cheese, a bowl of rice pudding. The danger is in overdoing it. These foods are often high in fat, sugar, and calories that can easily add up. On the other hand, some people lose their appetite when they are depressed. Eating with others can help you and the person in your care stay connected. Remember also that being physically active can help decrease the symptoms of depression.



Taking Care of Yourself—Treat Insomnia, Cure Depression

Not being able to sleep well can make depression worse. Therefore, one of the best strategies to improve depression in the elderly is to treat their sleep problems.

Treating insomnia does not always have to involve taking medications.

Here are some ways to improve sleeping habits to promote better sleep:

- ✓ Try to establish a regular bedtime hour and a wake-up time.
- ✓ Avoid watching TV, reading, or eating in bed.
- ✓ Avoid smoking, drinking alcohol or caffeine in the afternoon.
- ✓ Establish some relaxing bedtime rituals such as drinking warm milk.



Be Wary of Scams - Supplements

Most dietary supplements do not undergo government testing or review before they are put on the market. Be wary of claims that a supplement can ease depression, shrink tumors, or cure Alzheimer's disease. Talk to your doctor before starting any supplement.

Inspiration

No act of kindness, no matter how small, is ever wasted.
~ Aesop

Live Life Laughing!

Day Dreaming Happy Thoughts



Don't Fall – Be Safe

Meds and Balance Seniors are especially vulnerable to drug-related balance problems because drugs are absorbed and broken down differently as people age. The problem may not be a single drug, but a combination of medications being taken together. If you are concerned about balance, ask your doctor to review your medications.

*Caregiving in
The Comfort of Home®*

Our Purpose

To provide caregivers with critical information enabling them to do their job with confidence, pride, and competence.

Ordering Info

From the publishers of

*Caregiving in
The Comfort of Home®*

Caregiver Series

available from...

CareTrust Publications LLC

PO Box 10283, Portland, OR 97296

800-565-1533

or www.comfortofhome.com

Comments and suggestions welcome.

©2016 CareTrust Publications LLC.

All rights reserved. Reproduction of any component of this publication is forbidden without a license from the publisher.

Some content in this publication is excerpted from *The Comfort of Home: Caregivers Series*. It is for informational use and not health advice. It is not meant to replace medical care but to supplement it. The publisher assumes no liability with respect to the accuracy, completeness or application of information presented or the reader's misunderstanding of the text.

SAFETY TIPS—Alcohol and Substance Abuse

Due to the many physical changes associated with aging, the *effects* of alcohol and drugs are a lot worse in the elderly. Their bodies are less able to break down these substances, which may result in their accumulation and possible interaction with each other. Aside from injuries and accidents, excessive alcohol consumption increases a person's risk of liver disease, high blood pressure, stroke, cancer, and dementia.

To avoid the negative effects of alcohol and drugs:

- ★ Limit alcohol intake to two drinks per day for men and one drink per day for women. One drink is about 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of liquor.
- ★ Remind the person in your care that if they are taking medications, consuming alcohol can cause dangerous interactions.
- ★ Encourage them to quit smoking.

NEXT ISSUE... ELDER ABUSE AND SELF NEGLECT

Caregiver Assistance News

“ C A R I N G F O R Y O U . . . C A R I N G F O R O T H E R S ”

Q U I C K Q U I Z

Experts say many well-conducted studies have been published worldwide regarding a link between diet quality and common mental disorders such as depression and anxiety. Diet is as important to mental health as it is to physical health. Read the issue and answer True or False to the questions below.

1. The emotional and mental challenges in the elderly are often related to difficulty in adjusting to physical changes or poor health, as well as other issues such as loneliness.
T F
2. As a caregiver, you can help the person in your care deal with physical challenges by changing your own attitude towards their *disabilities* and focus more on their *abilities*.
T F
3. Allowing the person in your care make more choices to give them a greater sense of control will not help them deal with the challenges of aging.
T F
4. One of the factors that increases one’s risk for depression is poor nutrition.
T F
5. After heart disease, depression is the second cause of disability among the elderly.
T F
6. Staying physically active can help ease the symptoms of depression.
T F
7. Eating a healthy, balanced diet can help protect the body from diseases and prevent mental health disorders as well.
T F
8. All dietary supplements undergo government testing or review before they are put on the market.
T F
9. Due to the many physical changes associated with aging, the *effects* of alcohol and drugs are a lot worse in the elderly.
T F
10. Older adults are especially vulnerable to drug-related balance problems because drugs are absorbed and broken down differently as people age.
T F

Name _____

Signature _____ Date _____

MAY 2016 EVENTS

You are not alone ... Please join us at one of the following sessions

~ “FREE” Family Caregiver Support Groups and Educational Trainings ~

ALZHEIMER'S SUPPORT GROUP

WHEN: TUESDAY, MAY 3RD
TIME: 6:00 p.m.
WHERE: Y.W.C.A.
ADDR.: 4601 Corona Drive, Corpus Christi
PHONE: (361) 883-3935 or 1-800-817-5743

WHEN: THURSDAY, MAY 12TH
TIME: 3:00 p.m.
WHERE: Mirador
ADDR.: 5857 Timbergate Drive, Corpus Christi
PHONE: (361) 883-3935 or 1-800-817-5743

WHEN: TUESDAY, MAY 17TH
TIME: 9:30 a.m.
WHAT: General Caregiver Support Group
WHERE: Brookdale
(Formerly Homewood Residence)
ADDR.: 6410 Meadow Vista, Corpus Christi
PHONE: (361) 980-0208
FACILITATOR: Anita Valles

WHEN: WEDNESDAY, MAY 18TH
TIME: 3:00 p.m.
WHERE: Alice Public Library
ADDR: 401 E. Third Street, Alice
PHONE: (361) 883-3935 or 1-800-817-5743

WHEN: THURSDAY, MAY 19TH
TIME: 10:30 a.m.
WHERE: Lexington Place Nursing & Rehab
ADDR.: 1661 West Yoakum, Aransas Pass
PHONE: (361) 758-7686

WHEN: THURSDAY, MAY 26TH
TIME: 4:30 p.m.
WHERE: Kleberg County Nursing & Rehab
ADDR.: 316 General Cavazos Blvd., Kingsville
PHONE: (361) 883-3935 or 1-800-817-5743

GRANDPARENTS AND OTHER RELATIVES RAISING CHILDREN - GRRC

WHEN: TUESDAY, MAY 10TH
TIME: 10:00 a.m. — 11:00 a.m.
WHERE: Greenwood Senior Center
ADDR.: 4040 Greenwood Drive; Corpus Christi
PHONE: (361) 883-3935 or 1-800-817-5743

WHEN: TUESDAY, MAY 24TH
TIME: 10:00 a.m. — 11:00 a.m.
WHERE: Greenwood Senior Center
ADDR.: 4040 Greenwood Drive; Corpus Christi
PHONE: (361) 883-3935 or 1-800-817-5743

WHAT: (*) EVENING SUPPORT GROUP
WHEN: Thursday May 26th
TIME: 6:00 p.m. — 7:00 p.m.
WHERE: First United Methodist Church
ADDR: 900 South Shoreline Blvd.; Corpus Christi
2nd floor—Rm #216 / parking & entrance behind church
PHONE: (361) 334-2255
FACILITATED/PRESENTED BY: MCH FAMILY OUTREACH
(*) Please call if you will bring your grandchild(ren)

For additional information contact:

FELIPA LOPEZ WILMOT
Family Caregiver Program Specialist

Office: (361) 883-3935 ext - 5153
Toll Free: 1-800-817-5743
email: felipa@cbcogaaa.org

~ OR ~

MONZERATT SILGERO
NFCSP (Interim) Administrative Assistant

Office: (361) 883-3935 ext - 5156
Toll Free: 1-800-817-5743
email: NFCSP@cbcogaaa.org

Facilitations are provided by:
THE NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM
a program of the:



CARE PROVIDER TRAINING

A facilitation provided by:
The National Family Caregiver Support Program
a program of the:



WHEN: Wed., May 11, 2016
TIME: 9:00 a.m. to 5:00 p.m.
WHERE: AREA AGENCY ON AGING
ADDR.: 2910 LEOPARD STREET
CORPUS CHRISTI, TEXAS

!! FREE 8 HOUR TRAINING !!

LEARN TO PROVIDE PERSONAL CARE TO SENIORS AND PERSONS WITH PHYSICAL DISABILITIES TO ENHANCE AND PROMOTE THE "QUALITY OF CARE IN THE HOME".

MODULE TOPICS:



- ◆ **Roles & Responsibilities of a Care Provider**
- ◆ **Assisting with Personal Care**
- ◆ **How to Help Someone who uses Adaptive Aide(s)**
- ◆ **Caring for Someone with Early to Mid Stage Alzheimer's**
- ◆ **Caring for Someone with Mid to Late Stage Alzheimer's**
- ◆ **Community Resources**

* Seating is limited; call to reserve your space * Certificate of completion will be awarded at end of class *

For additional information contact:

~ **FELIPA LOPEZ WILMOT** ~
Family Caregiver Program Specialist

Office: (361) 883-3935 ext - 5153
Toll Free: 1-800-817-5743
email: felipa@cbcogaaa.org

OR

~ **MONZERATT SILGERO** ~
NFCSP (Interim) Administrative Assistant

Office: (361) 883-3935 ext - 5156
Toll Free: 1-800-817-5743
email: nfcsp@cbcogaaa.org



The Area Agency on Aging of the Coastal Bend
is funded in part by the:
Texas Department of Aging and Disability Services

The Area Agency on Aging
is a program of the:





CHANGING
THE PERCEPTION OF
AGING



VIRTUAL DEMENTIA TOUR®

YOUR WINDOW INTO THEIR WORLD
“Until There’s A Cure, Take the Tour”

The Virtual Dementia Tour® is an individual experience through simulated dementia created for families, organizations and companies seeking to better understand the physical and mental challenges of those with dementia.

MIRADOR

Invites you to participate in a **FREE Community Event**



THURSDAY, MAY 19, 2016

12:00 p.m. to 4:00 p.m.

5857 TIMBERGATE DRIVE



LIMITED AVAILABILITY, CALL TO RESERVE YOUR SPACE!!

**To register or for more information call:
Martha Bonilla at 361-651-1115**

* The Virtual Dementia Tour was created by Atlanta-based Second Wind Dreams®, a national non-profit organization founded by Virtual Dementia Tour author, P.K. Beville, M.S. in 1997 to fulfill dreams for those living in elder care communities and to research ways to improve their quality of life. All donations from tours are given to Second Wind Dreams to continue funding their elder dreams program*.

A DEMENTIA COLLABORATIVE PROJECT SPONSORED BY:



HOSTING PARTNER:

*Mirador- Retirement Community
Corpus Christi, Texas*





CHANGING
THE PERCEPTION OF
AGING



VIRTUAL DEMENTIA TOUR®

YOUR WINDOW INTO THEIR WORLD

“Until There’s A Cure, Take the Tour”

The Virtual Dementia Tour® is an individual experience through simulated dementia created for families, organizations and companies seeking to better understand the physical and mental challenges of those with dementia.

RETAMA MANOR NURSING CENTER ~ ALICE

Invites you to participate in a FREE Community Event

THURSDAY, MAY 25, 2016

2:00 p.m. to 6:00 p.m.

606 Coyote Trail, Alice



LIMITED AVAILABILITY, CALL TO RESERVE YOUR SPACE!!

To register or for more information call:

VALERIE MURRAY at 361-664-5479

* The Virtual Dementia Tour was created by Atlanta-based Second Wind Dreams®, a national non-profit organization founded by Virtual Dementia Tour author, P.K. Beville, M.S. in 1997 to fulfill dreams for those living in elder care communities and to research ways to improve their quality of life. All donations from tours are given to Second Wind Dreams to continue funding their elder dreams program*.

A DEMENTIA COLLABORATIVE PROJECT SPONSORED BY:



HOSTING PARTNER:

*Retama Manor Nursing Center
Alice, Texas*





Free Telephone Learning Sessions

Date	Time	Topic
Wednesday, May 4 th	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	What is Mindfulness and How Can It Help Me as a Caregiver? With Dr. Jaime Huysman, PsyD, LCSW, CAP, CFT <i>Caregiving is no easy task. The responsibilities that come with overseeing the day-to-day needs of another person—while often managing a household and balancing work obligations and family needs—can quickly leave even the most cheerful and organized of individuals feeling under stress. Listen to Dr. Jamie Huysman discuss the practice of mindfulness and how it can be an effective stress management tool.</i>
Monday, May 9 th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Setting Healthy Limits with V’Ann Luedke Giuffre <i>Am I doing enough? What am I NOT doing that I should? Do I have to do everything? Why don't people offer to help me? Is it okay to have a life outside of my caregiving? Can I just say no sometimes? If you can identify with any of these questions then this is the Teleconnection session for you. Learn about ways to build and use health limits and boundaries. Sponsored by the North Central Texas Caregiver Teleconnection</i>
Tuesday, May 17 th	3:00 pm Eastern 2:00 pm Central 1:00 pm Mountain 12:00 pm Pacific	Caregiver Support Groups: Are They Helpful? with Evalyn Greb, LCSW <i>This session will explore the different types of support groups available in most communities. Many people are hesitant about participating in a support group due to lack of time, energy, nervousness about sharing their feelings, and a host of other reasons. Listen as Evalyn talks about what you can gain from participating in a structured support group, how to find one that meets your needs, and what you can expect from the experience.</i>
Wednesday, May 25 th	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	Brain Health as You Age with Carol Zernial, MA <i>Learn about the risks related to brain health and how to reduce them. Carol Zernial, MA, will discuss the normal aging brain and health, threats to brain health, and healthy aging for your body and brain.</i>

Call. Learn. Share.
Confidential. Free.



WELLMED
CHARITABLE FOUNDATION

You can Register online at www.caregiverteleconnection.org or

call 866.390.6491 Toll Free between the hours of 8 to 5 M - F (central standard time) to register via phone

*****You must pre-register at least 24 hours prior to the classes*****

FREE DADS' JOINT TRAINING SESSIONS

In Corpus Christi, Texas on June 7 & 8, 2016

Coastal Bend Council of Governments' (CBCOG)
Ombudsman Program
Conference Room
2910 Leopard Street
Corpus Christi, Texas 78408

The purpose of these public outreach sessions is to expand the avenues available for resource development for long-term providers. Pre-registration required, due to limited capacity. To ensure training slots for your organization, please register:

REGISTER ONLINE BY VISITING THE JOINT PROVIDER TRAINING WEBSITE:

<http://www.dads.state.tx.us/providers/training/jointtraining.cfm>

or by calling Diana DeLeon, Regional Ombudsman at 361-232-5146 or 1-800-252-2412 or email: diana@cbcogaaa.org.



Training Opportunities: Tuesday, June 7, 2016 from 8:30 – 4:30

NF Course - Culture Change: Transforming Care within the Regulations: This course, for nursing facility surveyors and providers, such as registered nurses, licensed vocational nurses, social workers, and nursing facility administrators, introduces participants to the concept of culture change, provides participants the opportunity to discuss culture change principles within the context of the federal regulations, and offers participants the opportunity to set implementation goals to enhance the quality of care provided to residents.

Registered Nurses earn 6.50 contact hours upon successful completion of this activity.

- 7.25 contact hours for LP/VNs,
- 6.50 clock hours for nursing facility administrators, and
- 6.50 clock hours for social workers.

Training Opportunities: Wednesday, June 8, 2016 from 9:00 – 4:00

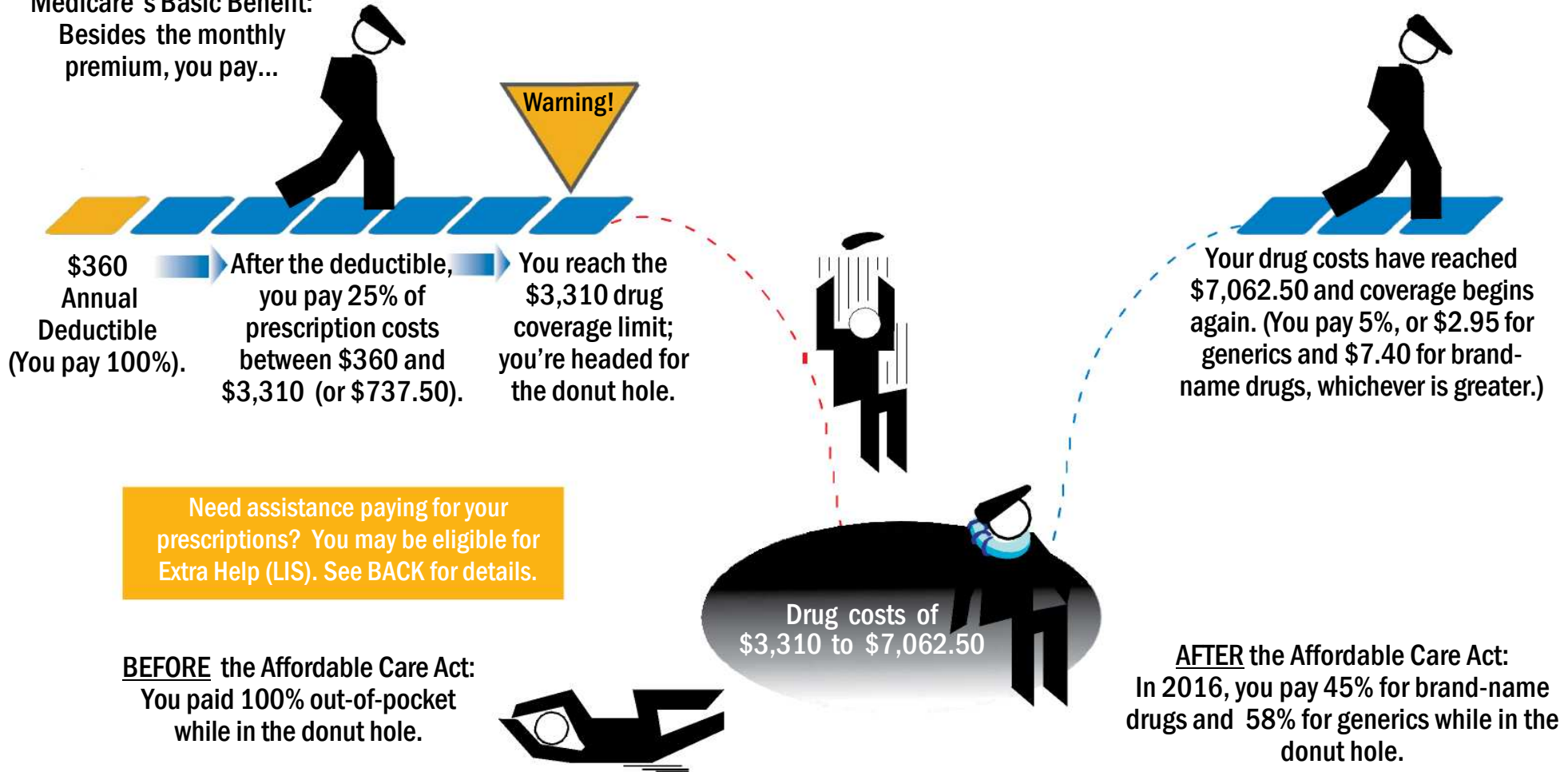
NF Course - Pressure Ulcers: The purpose of this education activity is to enhance the knowledge and practice of the surveyor and client care provider Registered Nurse and other healthcare professionals, i.e. the licensed vocational nurse, nursing facility administrator, social worker and other professional staff and non-professional staff in the area of assessing residents at risk and developing plans of care to reduce the development of pressure ulcers by addressing standards of care, practice standards and regulations in an effort to facilitate change to reduce residents developing pressure ulcers in long-term care facilities. Topics include evaluation, prevention, and monitoring strategies from the regulatory perspective.

Registered Nurses earn 3.00 contact hours upon successful completion of this activity.

- 6.90 contact hours for LP/VNs,
- 5.50 clock hours for nursing facility administrators, and
- 5.50 clock hours for social workers.

MEDICARE PART D PRESCRIPTION DRUG BENEFIT IN 2016

Medicare's Basic Benefit:
Besides the monthly premium, you pay...



For more information, visit the National Council on Aging at www.ncoa.org.
Special thanks to FamiliesUSA (www.familiesusa.org) for giving us permission to use and adapt this graphic.



See back page for additional information. Or call the
AREA AGENCY ON AGING OF THE COASTAL BEND at:

361-883-3935 or 1-800-817-5743

MEDICARE SAVINGS PROGRAMS & EXTRA HELP GUIDELINES

~ 2016 Income and Resource Limits ~

MEDICARE SAVINGS PROGRAMS (MSP)

Program	Single Income Monthly	Couple Income Monthly	Single Resource	Couple Resource
QMB	\$1,010	\$1,355	\$7,280	\$10,930
SLMB	\$1,208	\$1,622	\$7,280	\$10,930
QI-1	\$1,357	\$1,823	\$7,280	\$10,930

- ◆ **QMB:** Payment of all Medicare premiums, coinsurance, and deductibles the Medicare enrollee would otherwise have to pay
- ◆ **SLMB:** Payment of the Medicare Part B premium
- ◆ **QI-1:** Payment of the Medicare Part B premium

EXTRA HELP (LIS) ~ HELPS PAY SOME OF MEDICARE PART D EXPENSES

Full LIS Single Monthly Income Limit	Full LIS Couple Monthly Income Limit	Single Resources	Couple Resources
\$1,357	\$1,823	\$8,780	\$13,930
" <u>Partial</u> " LIS Single Monthly Income Limit	" <u>Partial</u> " LIS Couple Monthly Income Limit	Single Resources	Couple Resources
\$1,357 – \$1,505	\$1,823 – \$2,023	\$8,781 – \$13,640	\$13,640 – \$27,250

SOCIAL SECURITY SUPPLEMENTAL INCOME (SSI)

Program	Single Income Monthly	Couple Income Monthly	Single Resource	Couple Resource
SSI	\$753	\$1,120	\$2,000	\$3,000

If you or someone you know have any questions regarding eligibility to the above programs, call to schedule an appointment with a **BENEFITS COUNSELOR who can evaluate your Medicare and/or possible Medicaid entitlements. "OR" If you would like to schedule a presentation regarding the above programs, please call the **AREA AGENCY ON AGING/COASTAL BEND AGING & DISABILITY RESOURCE CENTER:****

(361) 883-3935 or 1-800-817-5743

The "**BENEFITS COUNSELING PROGRAM**" is a service through the Area Agency on Aging / Coastal Bend Aging & Disability Resource Center (AAA/CBADRC), which are programs of the Coastal Bend Council of Governments (CBCOG)

