

# Caregiver Assistance News

"CARING FOR YOU... CARING FOR OTHERS"

## Survive a Heat Wave / Storm Safety

Worsening summer heat waves can pose *special* health risks to older adults and people with chronic medical conditions. It is important that seniors particularly susceptible to hyperthermia and other heat-related illnesses, know how to safeguard against problems. Air conditioning is one of the best protections against heat-related illness and death. Visit senior centers, movie theaters, libraries or malls to cool off—even for just a few hours.

*Heat stroke* is the most serious heat-related illness. When the body is unable to control its temperature, it rises rapidly and sweating mechanisms fail. Body temperature may rise to 106°F or higher within 10–15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided. *Heat exhaustion* is less severe, more common, and occurs when the body becomes severely dehydrated. If left untreated, it leads to heat stroke. If you suspect a person is having a problem with the heat, err on the side of caution and insist they get into shade and cool down.

### Signs of Heat Exhaustion

- Heavy sweating, cold, clammy skin
- Dizziness or fainting
- A weak and rapid pulse
- Muscle cramps
- Fast, shallow breathing
- Nausea, vomiting or both

### Signs of Heat Stroke

- High body temperature (above 103°F)
- Red, hot, dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness, nausea, confusion
- Unconsciousness



These are signs of a *life-threatening* emergency. **Have someone call 911** while you begin cooling the person:

- Get him to a shady area.
- Cool him rapidly, however you can: Immerse him in a cool tub of water or shower; spray him with cool water from a garden hose; sponge him with cool water; wrap him in a cool, wet sheet and fan him vigorously.
- Monitor body temperature; continue cooling efforts until body temperature drops to 101–102°F.
- If emergency medical personnel are delayed, call the ER for further instructions.
- If he is conscious and able to swallow, give cool water or nonalcoholic, decaffeinated beverages.

Article continues  
on page 2

## Storm Readiness - Take Protective Measures

Recovering from an emergency or a natural disaster tomorrow often depends on the planning and preparation done *today*. Talk to the doctor to determine if the person in your care needs to be admitted to a hospital prior to the emergency.

In addition to the standard supplies of food, water and first aid kits (listed on Red Cross or FEMA websites), consider these additional precautions:

- Create a **network of neighbors**, relatives, friends and co-workers. Discuss your needs and make sure everyone knows how to operate necessary medical equipment.
- List the type and **model numbers of medical devices**, like oxygen tanks and wheelchairs.
- Note **medications that require refrigeration** and have a cooler chest ready.
- If the person in your care is in a wheelchair or has **mobility problems**, plan for how they will evacuate. Have a manual wheelchair as a backup for a motorized one.
- Be prepared to **bring your own durable medical equipment** to an evacuation shelter. Most shelters have them.
- For blind or visually impaired persons, keep an **extra cane** by the bed and **attach a whistle** to it.
- For hearing impaired, **store hearing aids in a container** attached to the nightstand or bedpost, so they can be located quickly.
- Have **ID information** for the person as well as copies of emergency documents, evacuation plans and emergency health information card.
- Ask your doctor about stocking up on a **week's supply of all prescription medication**.
- Make sure everyone knows where the first-aid kit and **emergency supplies are located**.
- Make a **communication plan** so if you are separated from your family you will know how to contact one another.
- Designate a **backup caregiver** in case you can't reach the person in your care.

In an emergency, people with dementia can sense when something is wrong. Remain calm, explain what is happening simply, and give clear directions.

Source: CDC; FEMA; [www.agingcare.com](http://www.agingcare.com)

## *Taking Care of Yourself*— **Count Your Blessings**

If you woke up this morning with more health than illness...you are more blessed than the million who will not survive this week.

If you have never experienced the danger of battle, the loneliness of imprisonment, the agony of torture, or the pangs of starvation...you are ahead of 500 million people in the world.

If you can attend a church meeting without fear of harassment, arrest, torture, or death...you are more blessed than three billion people in the world. If you have food in the refrigerator, clothes on your back, a roof overhead and a place to sleep...you are richer than 75% of this world.

If you have money in the bank, in your wallet, and spare change in a dish some place, you are among the top 8% of the world's wealthy.

If you hold up your head with a smile on your face and are truly thankful...you are blessed because the majority can, but most do not. If you can read this message, you are more blessed than over two billion people in the world that cannot read at all.

Have a good day, count your blessings.



## *Inspiration*

*Remembrance of things past is not necessarily the remembrance of things as they were.*

*~Marcel Proust*

## **Live Life Laughing!**



## **Don't Fall – Be Safe**

Resist the temptation to walk barefoot or in flipflops in the summer. Our shoes need to stay securely with the foot as we take each step. Seniors should wear sensible, low-heeled shoes that fit well and support the feet. There should be no red pressure marks on feet when shoes and socks are removed.

## 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](http://www.comfortofhome.com)

Comments and suggestions welcome.

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## SAFETY TIPS—Emergency Communication

Staying in touch with family and friends during an emergency is important. Name an out-of-state friend or relative as the contact person that everyone gets in touch with. Someone outside of the area of the emergency, power outage, or natural disaster will be better able to keep everyone informed as each person “checks in.” Be sure all family members know the phone number. Program the contact person’s phone number into each person’s cell phone speed dial list. List the person as **“ICE” (In Case of Emergency)** in your phone. Emergency personnel will often check ICE listings to reach someone you know. Tell your family and friends that you’ve listed them as emergency contacts.

- ★ Text messages can often get around network disruptions when a phone call might not be able to get through.
- ★ Community alert systems will text or e-mail to let you know about weather and emergency conditions.
- ★ Register the person in your care with emergency response providers so they can be located during disasters. To learn more, visit <http://www.ready.gov/make-a-plan>

NEXT ISSUE... ELDER ABUSE & 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

An emergency supply kit should contain everything you and the person in your care will need for *three days*. Make *two* kits. In one kit put everything you will need to *stay* where you are. The other kit should be a lightweight, smaller version you can take with you. Read the issue and answer True or False to the questions below.

1. Air conditioning is one of the best protections against heat-related illness and death.  
T F
2. Heat stroke is not a *serious* heat-related illness.  
T F
3. If you suspect a person is having a problem with the heat, err on the side of caution and insist they get into shade and cool down.  
T F
4. Extremely high body temperature (above 103°F), red, hot, dry skin, rapid pulse and a throbbing headache are signs of a *life-threatening* emergency.  
T F
5. When there are signs of a heat stroke, monitor body temperature; continue cooling efforts until body temperature drops to 101–102°F.  
T F
6. Recovering from an emergency or a natural disaster tomorrow often depends on the planning and preparation done *today*.  
T F
7. Emergency personnel will often check “ICE” (In Case of Emergency) listings in a phone to reach a friend or family member.  
T F
8. During a storm emergency, be ready with a cooler chest to store medications that require refrigeration.  
T F
9. Heat exhaustion, if left untreated, it leads to heat stroke.  
T F
10. If the person in your care is in a wheelchair or has mobility problems, it is important to plan for how they will evacuate.  
T F

Name \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_



# MEMORANDUM

**To:** SUBSCRIBERS TO MONTHLY CAREGIVER NEWSLETTER

**From:** VIOLA MONRREAL, Director - Area Agency on Aging/Coastal Bend Aging and Disability Resource Center

**cc:** Felipa Lopez Wilmot, Family Caregiver Program Specialist

**Date:** June 16, 2017

**Re:** NOTICE OF "ACTION REQUIRED"

In order to streamline the productivity of the 'Caregiver Assistance News' monthly newsletters, the Area Agency on Aging/Coastal Bend Aging and Disability Resource Center is working to reduce cost of delivery. Please provide an email address, if applicable, and the newsletter will be sent to you electronically. Your response in updating our database with your mailing preference is required on/before **AUGUST 11, 2017**. Failure to respond will result in you being removed from the mailing database. Should removal happen, feel free to contact us to be added back to our mailing database. Thank you in advance for your cooperation.

### IF YOU HAVE ALREADY RESPONDED, PLEASE DISREGARD.

Simply complete/update the bottom portion of this memo and mail/email your response to:

AAA/ADRC  
 Attn: CG Database Update  
 Post Office Box 9909  
 Corpus Christi, TX 78469

**OR email your response to: [nfcsp@cbcogaaa.org](mailto:nfcsp@cbcogaaa.org)**

Print First Name      Print Last Name      **(\*) HINT: CUT & PASTE MAILING LABEL HERE (skip next line)**

Print Street Address      City      State      Zip Code

- Continue to mail the monthly newsletters to the above address
- Email the monthly newsletters to: \_\_\_\_\_
- I no longer wish to receive the monthly newsletter       Add me to your database (info provided above)

# JULY 2017 EVENTS

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

## ~ Family Caregiver Support Groups ~

### ALZHEIMER'S SUPPORT GROUP

**WHEN:** TUESDAY, JULY 4TH (CANCELLED FOR JULY)  
**TIME:** 6:00 p.m.  
**WHERE:** Y.W.C.A.  
**ADDR.:** 4601 Corona Drive, Corpus Christi  
**PHONE:** (361) 883-3935

**WHEN:** THURSDAY, JULY 13TH  
**TIME:** 3:00 p.m.  
**WHERE:** Mirador Plaza (back side of facility)  
**ADDR.:** 5857 Timbergate Drive, Corpus Christi  
**PHONE:** (361) 883-3935

**WHEN:** TUESDAY, JULY 11TH  
**TIME:** 6:00 p.m.  
**WHERE:** Wooldridge Nursing & Rehab Center  
**ADDR.:** 600 So. Hillside Dr., Beeville  
**PHONE:** (361) 358-8880

**WHEN:** WEDNESDAY, JULY 12TH  
**TIME:** 12:00 p.m.  
**WHERE:** Lindale Center/Caregiver SOS  
**ADDR.:** 3133 Swantner St., Corpus Christi  
**PHONE:** (361) 826-2343

**WHEN:** THURSDAY, JULY 20TH  
**TIME:** 10:30 a.m.  
**WHERE:** Lexington Place Nursing & Rehab  
**ADDR.:** 1661 West Yoakum, Aransas Pass  
**PHONE:** (361) 758-7686

**WHEN:** TUESDAY, JULY 18TH  
**TIME:** 9:30 a.m.  
**WHERE:** General Caregiver Support Group  
**ADDR.:** Brookdale (Formerly Homewood Residence)  
**PHONE:** (361) 980-0208 FACILTATOR: Anita Valles

**WHEN:** TUESDAY, JULY 18TH  
**TIME:** 3:00 p.m.  
**WHERE:** SCC River Ridge Nursing Rehab Center  
**ADDR.:** 3922 West River Dr. (Off FM 624) Corpus Christi  
**PHONE:** (361) 767-2000

**WHEN:** THURSDAY, JULY 27TH  
**TIME:** 4:30 p.m.  
**WHERE:** Kleberg County Nursing & Rehab  
**ADDR.:** 316 General Cavazos Blvd., Kingsville  
**PHONE:** (361) 883-3935

**WHEN:** TUESDAY, JULY 25TH (NEW TIME AND DAY)  
**TIME:** 4:00 p.m.  
**WHERE:** Alice Public Library  
**ADDR.:** 401 E. Third Street, Alice  
**PHONE:** (361) 883-3935

### GRANDPARENTS AND OTHER RELATIVES RAISING CHILDREN - GRRC

**WHEN:** TUESDAY, JULY 25TH  
**TIME:** 10:00 a.m. — 11:00 a.m.  
**WHERE:** Ben F. McDonald Library  
**ADDR.:** 4044 Greenwood Drive; Corpus Christi  
**PHONE:** (361) 883-3935 .

**WHAT:** (\*) EVENING SUPPORT GROUP  
**WHEN:** Thursday, July 27th  
**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)**  
**CLASSES FOR ALL AGES**

**For additional information contact:**

***FELIPA LOPEZ WILMOT***

*Family Caregiver Program Specialist*

**Office: (361) 883-3935 ext - 5153**

**email: felipa@cbcogaaa.org**

~ OR ~

***SALLY EDSILL***

*NFCSP Administrative Assistant*

**Office: (361) 883-3935 ext - 5156**

**email: NFCSP@cbcogaaa.org**



*Facilitations are provided by:*  
**THE NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM**  
*a program of*  
*Texas Health and Human Services*

# CARE PROVIDER TRAINING

A facilitation provided by:

*The National Family Caregiver Support Program*

a program of the:



~ **SAVE-THE-DATE** ~

**WHEN: WED., July 26, 2017**

**TIME: 9:00 a.m. to 5:00 p.m.**

**WHERE: AREA AGENCY ON AGING**

**ADDRESS: 2910 LEOPARD ST., CORPUS CHRISTI**

**!! 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

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~ **SALLY EDSILL** ~

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*The Area Agency on Aging of the Coastal Bend  
is funded in part by the:*

*Texas Health and Human Services*

*The Area Agency on Aging  
is a program of the:*







# 11<sup>TH</sup> ANNUAL FAMILY AND FRIENDS CAREGIVER FESTIVAL

*"EDUCATION, RESOURCES AND RESPITE FOR CAREGIVERS AND FAMILIES"*

**Friday, July 28, 2017**

American Bank Center  
1901 N. Shoreline Drive – Henry Garrett Ballroom – 2<sup>nd</sup> Floor

8:00 am to 12:00 pm Conference & Exhibit Expo  
12:00 to 1:00 pm Luncheon  
1:00 to 2:30 pm Dance Festival

◆ CONTINENTAL BREAKFAST ◆ DOOR PRIZES ◆ EXHIBITOR EXPO

◆ ASK THE EXPERTS SESSION ◆ RESOURCES ◆ CAREGIVER'S ROUNDTABLE

INTERACTIVE SESSION WITH DR. PRADERIO ◆ SUPERVISED ACTIVITY AREA FOR

LOVED ONES DURING THE CONFERENCE ◆ LUNCH ◆ DANCE FESTIVAL

**Free Admission - RSVP**

**Sponsors & Attendees call 361-238-7777**

**Registration & Tickets online at [www.TexasFaceToFace.com](http://www.TexasFaceToFace.com)**

**Email Elsa Munoz [events@texasfacetoface.com](mailto:events@texasfacetoface.com)**

**Fax 361-238-7777**

**Follow us on [www.Facebook.com/TexasFaceToFace](http://www.Facebook.com/TexasFaceToFace)**

This community event is presented by Nestor H. Praderio, MD and Face to Face, LLC, in partnership with • Area Agency on Aging of the Coastal Bend • Caregiver SOS Center at Lindale Senior Center by WellMed Charitable Foundation • City of Corpus Christi Parks and Recreation Department - Senior Community Services • Del Mar College – Department of Nurse Education • Texas Department of Family and Protective Services



TELECONNECTION

www.caregiverteleconnection.org



# Free Telephone Learning Sessions

Call. Learn. Share.

Date	Time	Topic
Monday, July 10th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	<b>Avoiding Caregiver Isolation with Zanda Hilger, LPC</b> <i>It's easy for caregivers to become isolated. You may feel that other people just do not understand what your life is now. Staying connected with others, and even forging new relationships, can be key to your well-being. Learn some ways to identify what might help get you motivated and resources in the community.</i> <b>***Sponsored by the North Central Texas Caregiver Teleconnection***</b>
Wednesday, July 19th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	<b>Dealing with Sex and Other Dementia-Related Surprises with Elaine Sanchez</b> <i>There are many challenges associated with caring for people who have dementia. One of which is surprising and inappropriate sexual behavior. Elaine Sanchez offers insights into the reasons people with dementia exhibit surprising and inappropriate sexual behavior and provides practical strategies for improving communication with people who are living with dementia-related diseases. Elaine Sanchez is the author of <b>Letters from Madelyn, Chronicles of a Caregiver</b> and is the co-founder of <b>CaregiverHelp.com</b>, an online support program for family and professional caregivers.</i>
Monday, July 24th	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	<b>Enough is Enough when setting personal boundaries as a Caregiver with Lucy Barylak, MSW</b> <i>Lucy Barylak, MSW, is a Social Gerontology Consultant with West-Central Montreal Health in Montreal, Canada. Lucy is a renowned expert in caregiving having won the Queen's Jubilee Award twice, presented by the Canadian Homecare Association. In this session Lucy will focus on what it means to set boundaries and why it is important for Caregivers to do this. She will also go over strategies that Caregivers can use when setting boundaries with the person they are caring for as well as with those around them.</i>



WELLMED CHARITABLE FOUNDATION

A program of the WellMed Charitable Foundation

Register online at [www.caregiverteleconnection.org](http://www.caregiverteleconnection.org) or call 866.390.6491 Toll Free

\*\*\*Registration required at least 24 hours in advance\*\*\*