

# Caregiver Assistance News

"CARING FOR YOU... CARING FOR OTHERS"

## Better Nutrition – Using the SNAP Program

Uncovering nutrition problems at the earliest stage can help prevent serious complications later. In addition to weight loss, malnutrition can cause poor wound healing, easy bruising and dental difficulties.

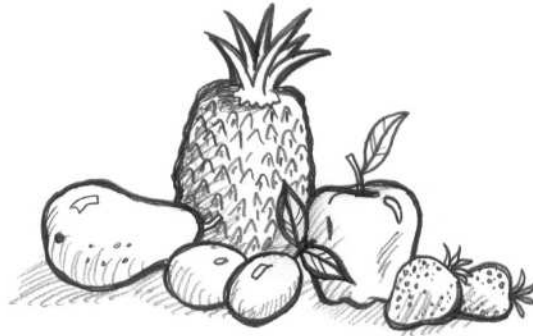
Eating right for proper nutrition is basic to good health. Most older people need fewer calories to maintain normal body weight. Their bodies absorb fewer nutrients, so they must eat high-nutrient food to maintain good health. *They must get more nutrients from less food.* If a person does not get enough calories, he becomes weaker and is more likely to get infections.

### SNAP (Supplemental Nutrition Assistance Program)

SNAP used to be called Food Stamps. In some states it has a different name. No matter which name you know, the program is helping nearly 5 million older Americans afford food at their local markets. SNAP's goal is to help people with limited income maintain a healthy and nutritious diet.

The average SNAP benefit for a one-person senior household is about \$110 a month. A two-person household can receive up to \$357 a month.

Unfortunately, 5 million older adults are eligible for SNAP, but are not enrolled in the program.



### How to apply for SNAP

To receive SNAP, you must apply to the agency that administers the program in your state.

We know that you are often warned against sharing personal information, but don't worry. The information you share on the SNAP application is kept completely confidential throughout the process. Depending on where you live, the SNAP application is going to ask you about two – possibly three – main things: the size of your household, your annual income, and in some states, information about your assets. Eligibility and benefit amounts are based on these factors. Other factors can also help you qualify for SNAP or increase your benefit amount. To get SNAP benefits, households must meet certain tests, but a household with an elderly person or a person who is receiving certain types of disability payments only has to meet the net income test. To learn more visit, <https://www.fns.usda.gov/snap/apply>.

Source: USDA

Article continues  
on page 2

## Getting the Most Out of Meals

Be aware of any medical condition that would require restrictions such as salt (congestive heart failure) or potassium (kidney failure). Encourage the person in your care to focus on the good things she can eat rather than what she must give up.

- Offer the most nutritious foods at the beginning of the meal when the person is most hungry – save breads and desserts for the end.
- Cut foods into small pieces before serving or put food in a food processor.
- Encourage the person to eat food with the fingers if it increases intake.
- Eating alone can be lonely. Encourage visitors at mealtimes. Add to the enjoyment of the meal by putting flowers on the table, and playing soft music. Give the person something to look at while eating if she doesn't have company, such as the television or a nice view.
- Many drugs affect appetite, digestion and nutrient absorption. Check with a doctor or pharmacist to know what effect prescription medicines might have on individual nutritional needs. Consider asking for a referral to a registered dietitian.
- **Serve fresh fruits and vegetables** at every meal (they are full of vitamins and fiber to prevent constipation).
- **Use salt substitutes** whenever possible (ask at your grocery store).  
**Choose low sodium foods.**
- **Boost nutrient intake**, if the person is not eating enough, by adding non-fat powdered milk to liquids, and wheat germ to vegetables. Spread peanut or other nut butters on toast and crackers, fresh fruits, and raw vegetables. Add extra egg whites to scrambled eggs and omelets and encourage use of whole milk. Sprinkle finely chopped nuts or wheat germ on yogurt, fruit and cereal. (Be aware of diet restrictions.)
- **Avoid processed food**, such as fast food, white bread, frozen pre-packaged meals, and canned fruits and vegetables.

## Measuring Food Portions

Being careful with a diabetic person's diet can prevent serious problems. When you prepare meals, be sure each serving is the right amount.

Some tips on serving sizes:

- 1-cup serving carbs is about the size of your fist.
- 3-ounce serving protein is a deck of playing cards.
- 1-ounce serving cheese is the size of your thumb.

Source: American Diabetes Association

### Taking Care of Yourself—Medical Test Anxiety

You may be experiencing high anxiety before visits to the doctor. Some anxiety is normal.

It's hard to eliminate all anxiety during medical tests, but you can reduce the fear.

- ✓ Take a long walk before the medical test.
- ✓ Ask the doctor if you can take a few minutes to collect yourself before the test begins.
- ✓ Remember to breathe deeply from your abdomen, rather than shallow breaths.
- ✓ Close your eyes and picture yourself in a favorite place (a warm beach etc.).
- ✓ If you are still anxious, ask your doctor if you can take a sedative before the test to relax you.



### Dehydration

As a person ages, he feels less thirsty, so a special effort should be made to provide enough fluids. Beverages with caffeine (soda, coffees, and tea) actually cause dehydration. Dehydration—especially in the elderly—can increase confusion and muscle weakness.



### Live Life Laughing!

Bad news, our health plan only covers the first 3 litters.



### Inspiration

*The body becomes what the foods we eat are, just as the spirit becomes what are thoughts we think are.*

### Don't Fall – Be Safe

Calcium is a mineral that is essential for the formation of strong bones. Dairy foods are the richest sources of calcium. Not only is calcium important in preventing fractures, it is also beneficial in helping fractures heal faster if they do occur.

*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—Less Fuss and Muss at Mealtimes**

If spills are a concern, keep cleanup simpler...

- ★ Place a plastic sheet or newspaper on the floor or under the bed-tray during mealtimes.
- ★ Use a no-spill cup with a flexible straw.
- ★ Keep a bib or cloth napkin around the person's neck or keep an oversized "meal-time" shirt.
- ★ Keep a moist towel handy during meal times.
- ★ Don't overfill cups and plates.
- ★ Make sure the person is at a comfortable distance and height from his plate to reach it easily.

Remember that helping someone eat can be a little messy, so don't be too hard on yourself or him. Enjoy the time together!

NEXT ISSUE... SURVIVE A HEAT WAVE / STORM SAFETY

# 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

Households can use SNAP benefits to buy foods for the household to eat, such as breads and cereals; fruits and vegetables; meats, fish and poultry; and dairy products. Households CANNOT use SNAP benefits to buy alcohol, cigarettes or tobacco. Read the issue and answer True or False to the questions below.

1. Seniors’ bodies absorb fewer nutrients, so they must eat high-nutrient food to maintain good health.  
T F
2. If a person does not get enough calories, he becomes weaker and is more likely to get infections.  
T F
3. Not only is calcium important in *preventing* fractures, it is also beneficial in helping fractures *heal faster* if they do occur.  
T F
4. Beverages with caffeine (soda, coffees, and tea) cannot cause dehydration.  
T F
5. SNAP’s goal is to help people with limited income maintain a healthy and nutritious diet.  
T F
6. For a diabetic person’s diet, be sure each serving is the right amount.  
T F
7. To get SNAP benefits, a household with an elderly person, or a person who is receiving certain types of disability payments, doesn’t need to meet the net income test.  
T F
8. Uncovering nutrition problems at the earliest stage can help prevent serious complications later.  
T F
9. Be aware of any medical condition that would require restrictions such as salt (congestive heart failure) or potassium (kidney failure).  
T F
10. Dehydration does not increase confusion and muscle weakness.  
T F

Name \_\_\_\_\_

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





# JUNE 2017 EVENTS

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

## ~ Family Caregiver Support Groups ~

### ALZHEIMER'S & GENERAL SUPPORT GROUPS

**WHEN:** TUESDAY, JUNE 6TH

**TIME:** 6:00 p.m.

**WHERE:** Y.W.C.A.

**ADDR.:** 4601 Corona Drive, Corpus Christi

**PHONE:** (361) 883-3935

**WHEN:** THURSDAY, JUNE 8TH

**TIME:** 3:00 p.m.

**WHERE:** Mirador Plaza (back side of facility)

**ADDR.:** 5857 Timbergate Drive, Corpus Christi

**PHONE:** (361) 883-3935

**WHEN:** TUESDAY, JUNE 13TH

**TIME:** 6:00 p.m.

**WHERE:** Woodridge Nursing & Rehab Center

**ADDR.:** 600 So. Hillside Dr., Beeville

**PHONE:** (361) 358-8880

**WHEN:** WEDNESDAY, JUNE 14TH

**TIME:** 12:00 p.m.

**WHERE:** Lindale Center/Caregiver SOS

**ADDR.:** 3133 Swantner St., Corpus Christi

**PHONE:** (361) 826-2343

**WHEN:** THURSDAY, JUNE 15TH

**TIME:** 10:30 a.m.

**WHERE:** Lexington Place Nursing & Rehab

**ADDR.:** 1661 West Yoakum, Aransas Pass

**PHONE:** (361) 758-7686

**WHEN:** TUESDAY, JUNE 20TH

**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:** TUESDAY, JUNE 20TH

**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, JUNE 22ND

**TIME:** 4:30 p.m.

**WHERE:** Kleberg County Nursing & Rehab.

**ADDR.:** 316 General Cavazos Blvd., Kingsville

**PHONE:** (361) 883-3935

**WHEN:** TUESDAY, JUNE 27th (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, JUNE 27TH

**TIME:** 10:00 — 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, June 29th

**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*

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**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*



TELECONNECTION

www.caregiverteleconnection.org



# Free Telephone Learning Sessions

Call. Learn. Share.

| Date                 | Time   | Topic  |
|----------------------|--|--|
| Wednesday, June 7th  | 12:00 pm <b>Eastern</b><br>11:00 am <b>Central</b><br>10:00 am <b>Mountain</b><br>9:00 am <b>Pacific</b> | <b>Planning a Summer Vacation? Travel Tips for Caregivers with Evalyn Greb, LCSW</b> <i>Making travel plans are especially difficult for caregivers. If you're planning on taking your loved one with you, how do you make sure that you have everything needed? If you're leaving your loved one with a family member or respite situation, what must you prepare in advance? Evalyn Greb, LCSW, will share how to make the most of an enjoyable vacation!</i>  |
| Monday, June 12th    | 1:00 pm <b>Eastern</b><br>12:00 pm <b>Central</b><br>11:00 am <b>Mountain</b><br>10:00 am <b>Pacific</b> | <b>Communicating &amp; Partnering with Health Care Providers with Zanda Hilger, LPC</b> <i>Effective communication with health care providers is extremely important in getting the best medical care you can for family members. Learn more about planning for physician visits to improve health. <b>Sponsored by the North Central Texas Caregiver Teleconnection</b></i>   |
| Wednesday, June 21st | 2:00 pm <b>Eastern</b><br>1:00 pm <b>Central</b><br>12:00 pm <b>Mountain</b><br>11:00 am <b>Pacific</b>  | <b>Anticipatory Grief for Dementia Caregivers with Laura Wayman</b> <i>Anticipatory grief is the emotional pain of losing a loved one felt in advance of the person's actual passing. Anticipatory grief is normal and perhaps inevitable among Alzheimer's/dementia caregivers because of the progressive and incurable nature of the disease. Ms. Wayman will be covering ways to recognize and manage the challenges of anticipatory grief.</i>   |
| Monday, June 26th    | 12:00 pm <b>Eastern</b><br>11:00 am <b>Central</b><br>10:00 am <b>Mountain</b><br>9:00 am <b>Pacific</b> | <b>Brain Savers with Dr. Paul Bendheim</b> <i>How do we preserve brain health as we age? When it comes to our brains, research shows we must "use it or lose it". Dr. Paul Bendheim is a board-certified neurologist, clinical professor of neurology at the University of Arizona College of Medicine – Phoenix, and founder of the BrainSavers program. He will share strategies for a fun-filled lifestyle that exercises and strengthens your brain as well as your body. He will explain how you can reduce the impact of age-associated memory loss ("senior moments") and the risk of developing Alzheimer's disease by incorporating a few basic practices into your daily life.</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\*\*\*



**FREE 12 Hour Class**

# SCHMIEDING DEMENTIA TRAINING

(\* ) CLASSES:     Friday, June 9th  
                          Friday, June 16th  
                          Friday, June 23rd

(\* ) classes are 4 hour sessions

TIME:            12:30 p.m. ~ 4:30 p.m.

WHERE:   Del Mar College Center  
          for Economic Development  
          Room 141  
          3209 S. Staples(across  
          Ray High School)

(\* ) Pre-Register by Monday, June 5th

- ◆ *Activities*
- ◆ *Behavior Issues*
- ◆ *Caregiver Stress and Caregiver Burnout*
- ◆ *Communication*
- ◆ *Dignity and Quality of Life*
- ◆ *End-of-Life Care*
- ◆ *Introduction to Dementia and Alzheimer's Disease*
- ◆ *Maintenance of Respect*
- ◆ *Nutrition and Fluid Balance*

*The Schmieding Dementia Training Classes  
is a community partnership provided by:*



*For additional information contact:*

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*Family Caregiver Program Specialist*

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*Facilitations are also provided by the:*

**THE NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM**

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



**COASTAL BEND  
COUNCIL OF  
GOVERNMENTS**

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

# FREE Virtual Dementia Tour<sup>®</sup>



Join us for a better understanding of Dementia through our Dementia Tour and honor those that suffer from this disease by celebrating The Longest Day with us on

**Wednesday, June 21st**

**1:00pm-4:00pm**

**Appetizers and refreshments provided**

The Plaza at Mirador  
5857 Timbergate Drive  
Corpus Christi, TX 78414



**Space is Limited. To register, call  
Vanessa Hancock (361)651-1115**

The Area Agency on Aging of the Coastal Bend and Disability Resource Center in partnership with The Plaza at Mirador has scheduled a FREE Virtual Dementia Tour for the community.

The Virtual Dementia Tour (VDT) is a scientifically proven method designed to build sensitivity and awareness in individuals caring for those with dementia. This “dementia simulation tool” was created to guide anyone in understanding the condition. The tour will help both families and professional caregivers to better understand the physical and mental challenges facing those who suffer from dementia.

**Call to reserve your time for this innovative hands-on dementia experience.**

**A SILENT AUCTION WITH PROCEEDS BENEFITING THE ALZHEIMER'S ASSOCIATION  
WILL TAKE PLACE DURING THE EVENT, FROM 1:00PM-4:00PM**



For additional information contact Felipa Lopez Wilmot, Family Caregiver Program Specialist  
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# 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:

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*The Area Agency on Aging of the Coastal Bend  
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*Texas Health and Human Services*

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