

Caregiver Assistance News

“CARING FOR YOU... CARING FOR OTHERS”

Standard Precautions - Hygiene

It's not possible to clean or disinfect *every* surface you have contact with, but keeping hands clean is the first line of defense for keeping infection causing germs from reaching your mouth, nose, or eyes, where they can make you and then others, sick.

Wash your hands. It's the single *most important way to prevent the spread of infectious diseases.* Proper hand-washing requires soap and water. By rubbing, soap breaks down the grease and dirt that carry most germs. We all should know the importance of washing after using the toilet, yet less than 50 percent of people actually do it—and almost no one does it properly.

When to wash your hands: Always after toileting, after handling raw foods, whenever you've been in contact with anything or anyone “suspicious,” and periodically throughout the day. Our bodies naturally carry germs on them. Most of these germs are harmless, and some are even essential to our health. However, germs from other sources, such as raw meat, can also survive on hands, and these can be easily transferred to other surfaces, increasing the risk of cross-contamination. Because our hands are in frequent contact with our eyes, nose, and mouth, it's easy to see how dirty hands spread germs and illnesses, such as the common cold, flu and food poisoning.



As important as it is to properly wash your hands, it's equally important to **dry them correctly** too. The bacteria and viruses that are left on your hands after even a good washing thrive on moist skin, so dry your hands thoroughly after each wash.

Hot-air hand dryers are *not* always the best way to dry hands, primarily because most people stop drying before their hands are really dry. Do not wipe damp hands on your clothes to dry them. The most effective way of reducing hand-borne bacteria is to dry thoroughly washed hands on clean paper towels.

Hand sanitizer gels can be used to kill germs, but they should *not* always replace hand washing. Hand sanitizers can build up on skin, so wash your hands the regular way—with soap and warm water—after every fourth use of a sanitizer.

Source: Centers for Disease Control

Article continues
on page 2

Continued from page 1

Hand Washing—Do It Right!

Hand washing is the single *most important way to prevent the spread of infectious diseases*.

If the person in your care has an infection, use a bottle-dispensed antimicrobial soap.

1. Rub your hands for *at least* 30 seconds (about the time it takes to sing Happy Birthday slowly) to produce lots of lather. Lather-up away from running water so the lather is not washed away.
2. Use a nailbrush on your nails; keep your nails trimmed.
3. Wash front and back of hands, between fingers and at least two inches up your wrists.
4. Rinse well under warm running water. Repeat the process.
5. Dry your hands on a clean cloth or paper towel.

Source: WebMD; Centers for Disease Control

Handling Soiled Laundry

Follow these tips to make soiled laundry handling safe:

- Always use gloves when handling soiled laundry.
- Carry dirty linens away from your body. Use a basket.
- Never shake soiled linens. (Germs may contaminate the floor and be spread throughout the house on the soles of shoes.)
- Use a leak-proof plastic bag, tied shut, for linen that contains body fluids or waste.
- Bag soiled laundry in the same place where it is used. Don't carry it to another room.
- Wash soiled linen separately from other clothes.
- Fill the machine with hot water, for whites add $\frac{1}{4}$ cup bleach and detergent, rinse twice, and then dry.
- Clean the washer by running it through a cycle with one-cup bleach or other disinfectant.

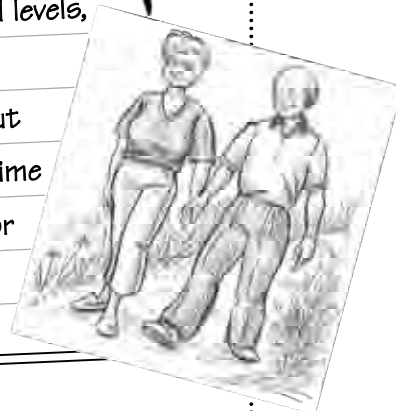


Remember; wash your hands before going on to another task!

Taking Care of Yourself— **Physical Activity**

Balance your physical activities and food consumption. Physical activity helps you to reduce weight, slows down bone loss, controls diabetes and cholesterol levels, lessens the risk associated with some types of cancer, depression, and anxiety—and helps in preventing heart disease. Start by walking for about 10 minutes three times a week. Start slowly and increase the length of time gradually. Choose activities that you enjoy. Always check with your doctor before starting an exercise program.

Source US Department of Health & Human Services



Stop the Spread

When cleaning, work from the cleanest to the dirtiest area and always wear gloves when giving personal care.

Inspiration

When you reach the end of your rope, tie a knot in it and hang on.
~ Franklin D. Roosevelt

Live Life Laughing!

Sometimes teenagers are people who act like babies when they are not treated like adults!



Memory Care **Hand Washing**

Hand washing is often an issue in dementia care. Guide the person in your care to the sink and tell her step-by-step how to wash her hands. Explain to her what you are going to do next. Watch the flow of water so it is not too strong, as it can be frightening for a person with dementia.

*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.

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SAFETY TIPS— Health Basics for the Kitchen

The dirtiest place in your house isn't your bathroom—it's your kitchen sink. Cleaner kitchen tips:

- ☛ Don't let food linger on countertops before cooking and serving it.
- ☛ Clear the sink of dishes and pans and use different towels to dry hands and cookware.
- ☛ Keep cutting boards free of nicks and grooves where bacteria can grow.
- ☛ Keep your refrigerator working properly, and on a *cold* setting.
- ☛ Keep pets off countertops and dining tables.
- ☛ Damp dish towels breed bacteria. Keep them clean and dry, or use paper towels.
- ☛ Use dish rags, not sponges. Rags dry faster and you can launder them in hot water.

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

There is an increase in infectious diseases and a growing resistance to antibiotics. Therefore, effective cleaning techniques and basic health practices such as frequent hand washing are especially important. Germs can linger in the air after a person sneezes or coughs, others persist for days on various surfaces, while others contaminate your food. Answer True or False to the questions below.

1. It is not important to keep pets off kitchen counter tops and dining tables.
T F
2. Use a leak-proof plastic bag, tied shut, for linen that contains body fluids or waste.
T F
3. Hand washing is the single *most important way to prevent the spread of infectious diseases*.
T F
4. Our bodies naturally carry germs on them. Most of these germs are harmless, and some are even essential to our health.
T F
5. Hand sanitizer gels can be used to kill germs, but they should *not* always replace hand washing.
T F
6. Proper hand washing requires *rubbing* both hands with soap and water to break down the grease and dirt that carry germs.
T F
7. When cleaning, work from the cleanest to the dirtiest area and always wear gloves when giving personal care.
T F
8. Never shake soiled linens because germs may contaminate the floor and be spread throughout the house on the soles of shoes.
T F
9. As important as it is to properly wash your hands, it's equally important to dry them correctly too.
T F
10. Damp dish towels will not breed bacteria.
T F

Name _____

Signature _____ Date _____

MAY 2018 EVENTS

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

~ Family Caregiver Support Groups ~

ALZHEIMER'S & GENERAL SUPPORT GROUPS

- WHEN:** TUES, MAY 1st
TIME: 6:00 p.m.
WHERE: Y.W.C.A.
ADDR.: 4601 Corona Drive, Corpus Christi
PHONE: (361) 883-3935
- WHEN:** WEDNESDAY, MAY 2nd
TIME: 10:00 a.m.
WHERE: SCC River Ridge Nursing Rehab Center
ADDR.: 3922 West River Dr. (Off FM 624), Corpus Christi
PHONE: (361) 767-2000
- WHEN:** TUESDAY, MAY 8TH
TIME: 6:00 p.m.
WHERE: Woodridge Nursing & Rehab Center
ADDR.: 600 So. Hillside Dr., Beeville
PHONE: (361) 358-8880
- WHEN:** WEDNESDAY, MAY 9TH
TIME: 12:00 p.m.
WHERE: Lindale Center / Caregiver SOS
ADDR.: 3133 Swantner St., Corpus Christi
PHONE: (361) 826-2343
- WHEN:** THURSDAY, MAY 10TH
TIME: 3:00 P.M.
WHERE: Mirador Plaza (back side of facility)
ADDR.: 5857 Timbergate Drive, Corpus Christi
PHONE: (361) 883-3935
- WHEN:** TUESDAY, MAY 15TH
TIME: 9:30 a.m.
WHAT: General Caregiver Support Group
WHERE: Brookdale (Formerly Homewood Residence)
ADDR.: 410 Meadow Vista, Corpus Christi
PHONE: (361) 980-0208 FACILITATOR: Anita Valle
- WHEN:** THURSDAY, MAY 17th
TIME: 10:30 a.m.
WHERE: Ed & Hazel Richmond Public Library
ADDR.: 110 N. Lamont St. Aransas Pass, Texas
PHONE:
- WHEN:** THURSDAY, MAY 24TH
TIME: 4:30 p.m.
WHERE: Kleberg County Nursing & Rhab
ADDR.: 316 General Cavazos Blvd., Kingsville
PHONE: (361) 883-3935
- WHEN:** TUESDAY, MAY 29TH
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, MAY 22nd
TIME: 10:00am —11:00am
WHERE: Greenwood Senior Center
ADDR.: 4040 Greenwood Drive, Corpus Christi
PHONE: (361) 883-3935
- WHAT:** (*) EVENING SUPPORT GROUP
WHEN: THURSDAY, MAY 31st
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

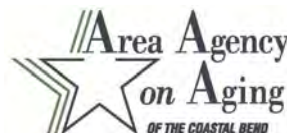
~ OR ~

SALLY EDSILL

NFCSP Administrative Assistant

Office: (361) 883-3935 ext - 5156

email: sally@cbcogaaa.org



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

SCHMIEDING METHOD BASIC SKILLS TRAINING CLASSES

~ FREE 12 hour class ~

CLASS DATES (each session is 4 hours):

FRIDAY, JUNE 1st

FRIDAY, JUNE 8th

FRIDAY, JUNE 15th

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

WHERE: Del Mar College
Ctr. for Economic Development
Room # 126
3209 S. Staples St.
Corpus Christi, Texas 78411

***) COURSE CONTENT INCLUDES :**

- ◆ *Infection Control*
- ◆ *Skin Care*
- ◆ *Incontinence Management*
- ◆ *Medication Safety*
- ◆ *Proper Body Mechanics*
- ◆ *Body Movement and Mobility*
- ◆ *Caregiver Stress*
- ◆ *Home Safety*
- ◆ *Personal Care*
- ◆ *Transferring*
- ◆ *Nutrition & Hydration*

MUST PRE-REGISTER BY May 25th

Call to reserve your space:

(361) 883-3935

or **1-800-252-9240**

*The Schmieding Method
Basic Skills Training Classes
is a community partnership provided by:*



Facilitations are also provided by the:

THE NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM

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 ~

Sally Edsill

NFCSP Administrative Assistant

Office: (361) 883-3935 ext - 5156

Toll Free: 1-800-252-9240

email: nfcsp@cbcogaaa.org



Stress-Busting Program for Family Caregivers™



**Program for Family Caregivers of People with Dementia or a
Chronic Illness**

**Do you provide care for a loved one with Dementia or for
someone with a chronic illness?**

You Are Not Alone

- We know caregiving can be stressful
- This program will teach:
 - stress management techniques
 - relaxation and coping strategies
- Program available at no cost

Information

Who: Family caregivers

What: Multi-component program meets

- 90 minutes/ week for 9 weeks
- Groups of up to 8 people

*"I was at a very low point in my life. This program saved my life."
Participant*



Distributed by

WELLMED
CHARITABLE FOUNDATION



Developed at
UT HEALTH
SCIENCE CENTER
SAN ANTONIO

Please call for more information or to register:

361-883-3935 or 1-800-252-9240

www.felipa@cbcogaaa.org

D-SBP19



Presents

Elder Care Options and Resources Seminar

Topics: Advance Directives

Medicaid Estate Recovery Program

Transfer on Death Deed

Spousal Impoverishment

Miller's Trust

Speaker: Attorney Paul J. Zambie, Texas Legal Services Center

Time: 6:00 PM to 8:00 PM

Date: Thursday, May 24, 2018

Location: Del Mar Center for Economic Development
3209 S. Staples, Corpus Christi (Large Room)

This seminar is free and open to the public. For more information please call the Area Agency on Aging
361-883-3935

**OLDER
AMERICANS
MONTH**



ENGAGE AT EVERY AGE: MAY 2018

CARE PROVIDER TRAINING

A facilitation provided by:

The National Family Caregiver Support Program

a program of the:



~ **SAVE-THE-DATE** ~

WHEN: WED., **June 13, 2018**

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

Toll Free: 1-800-252-9240

email: felipa@cbcogaaa.org

OR

~ **SALLY EDSILL** ~

NFCSP Administrative Assistant

Office: (361) 883-3935 ext - 5156

Toll Free: 1-800-252-9240

email: nfcsp@cbcogaaa.org



*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:*



**COASTAL BEND
COUNCIL OF
GOVERNMENTS**



HELPING PEOPLE LIVE WITH ALZHEIMER'S

HEALTHY AGING SERIES

Thursday, May 31, 2018

8:30 AM – 11:30 AM



First United Methodist Church
Fellowship Hall
900 S Shoreline Blvd, Corpus
Christi, TX 78401



Face to Face is proud to partner with First United Methodist Church in hosting the 2018 Healthy Aging Series presentation.

Presentation by Nestor H. Praderio, MD

Special Guest Speaker (TBA)

RSVP by phone 361-238-7777

Resource booths will be available

by email TexasFaceToFace@gmail.com

Free and open to the public

www.TexasFaceToFace.com
[Facebook.com/TexasFaceToFace](https://www.facebook.com/TexasFaceToFace)

Face to Face, LLC is a registered 501(c)(3) nonprofit organization.

Exhibitor Tables \$100

Space is limited. Call Elsa Munoz at 361-815-7814 to reserve your table.



Protecting the rights of assisted living and nursing home residents.

Long-term care (LTC) ombudsmen are advocates for resident rights. They help protect the quality of life and quality of care of anybody who lives in a nursing home or an assisted living facility.

Ombudsmen can be volunteers or paid employees of agencies that are independent of any long-term care facility. Services are free, confidential and available statewide.



What Does an LTC Ombudsman Do?

Some of the ways LTC ombudsmen help nursing home and assisted living residents include:

- Listening to residents and family members when they have concerns or issues.
- Telling residents about their rights.
- Protecting resident health, safety, welfare and rights.
- Helping families learn about nursing homes and how to pay for them.

Ombudsmen work to solve problems and make sure state regulations and laws protect residents.

How Do I Become an LTC Ombudsman?

People who live in nursing homes and assisted living facilities may have little or no contact with the outside world. Many feel they lack control over their lives. A volunteer LTC ombudsman who visits regularly can be the highlight of a resident's day and ensure residents get good care.

If you have a passion for helping others, a caring spirit and a willingness to learn, we need you! Become an ombudsman and help improve the quality of life and care for residents in a facility near you. We provide training, tools and ongoing support.



*Funded in part by
The Health and Human Services*

For additional information contact:
Area Agency on Aging of the Coastal Bend
Address: 2910 Leopard Street
Corpus Christi, TX 78408
 Office: (361)-883-3935



OMBUDSMAN:

A FUNNY-SOUNDING WORD FOR A VALUED VOLUNTEER.

Do you care about protecting the rights of older adults? The **Long-term Care Ombudsman Program** needs volunteers to serve as advocates for residents of nursing homes and assisted living facilities. Volunteer hours are flexible, and no prior experience is required.

VOLUNTEERS NEEDED

- Visit residents at an assigned facility.
- Listen to and advocate for residents.
- Protect resident health, safety, welfare and rights.
- Respect resident confidentiality, choices and independence.
- Address concerns.

TRAINING:

- Free 36-hour certification course
- Ongoing support and guidance
- Three month internship with hands-on training
- Continuing education

Call to sign up: 800-252-2412

1600442



VOLUNTEER QUALIFICATIONS:

- At least 18 years old
- No conflicts of interest
- Complete certification training
- Have transportation

FOR MORE INFORMATION:

800-252-2412

lrc.ombudsman@dads.state.tx.us

www.dads.state.tx.us/news_info/ombudsman/

CONTACT YOUR LOCAL OMBUDSMAN PROGRAM:

Area Agency on Aging
Of the Coastal Bend
2910 Leopard St.
Corpus Christi, TX 78408
361-883-3935

The Office of the State Long-term Care Ombudsman is independent within the Texas Health and Human Services system.

Were you born in 1953?

“WHAT YOU NEED TO KNOW”

A healthy life is a good life. The Medicare benefits you've earned ensure that you can receive the care you need, when you need it. When it comes to Medicare benefits, the most important thing to remember is to apply for them at age 65. Here are 3 tips to consider when turning 65.

1. When and how should I apply to Medicare?

It's important to know when to sign up. You can sign up for Medicare for the first time during your initial enrollment period. The initial enrollment period is seven months surrounding your birth month (the three months before your birth month, your birth month, and the three months after your birth month).

2. **Which parts of Medicare should I sign up for?** If you are not working or do not have health insurance at age 65, you should enroll in Medicare. You have two options to choose from : Original Medicare (with Part D and a Medigap policy potentially added on) OR a Medicare Advantage Plan.

3. **Where can I find trustworthy advice?** It's important to look before you leap when choosing a Medicare plan. Take time to read and discuss options with a licensed benefits counselor. You can access their help for free by setting up an appointment at the Area Agency on Aging.

If you or someone you know is a new Medicare Beneficiary, have questions regarding Medicare benefits, and/or want to know about Medicaid eligibility, call the **AREA AGENCY ON AGING/COASTAL BEND AGING & DISABILITY RESOURCE CENTER** to schedule an appointment with the **BENEFITS COUNSELOR**.

For more information contact

~ **LETICIA OCHOA** ~

Benefits Counselor

Office: 361-883-3935

Email: letty@cbcogaaa.org or
sylvanna@cbcogaaa.org

*The Benefits Counseling Service
is a program of the:*



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





TEXAS
Department of Family and Protective Services

Adult Protective Services Division in Partnership with
Silver Advocate Partners
presents

ABUSE OF THE ELDERLY & DISABLED: "IT'S EVERYONE'S BUSINESS"

12th Annual Training Symposium for Service Providers of the Aged & Disabled

Thursday, May 24, 2018

8:30 a.m. - 4:45 p.m.

(Continental Breakfast & Lunch provided)

**First United Methodist Church
900 South Shoreline, Corpus Christi, Texas**

A Training for Social Workers, First Responders, Home Health personnel, all Service Providers that interact with elderly and disabled adults

WHAT TRAINING WILL BE PROVIDED?

- The Spiritual Context of Aging
- Adult Protective Services
- Advance Planning
- Innovations in Memory Care
- ...and more valuable information & resources!

WILL CEU's BE OFFERED?

Yes, 5 CEU hours will be offered to Social Workers, LPCs & LCDCs.

All attendees will receive a certificate of attendance.

REGISTRATION DEADLINE: MAY 11, 2018 (form on page 2)

REGISTRATION FEES:	PRE-REGISTERED (BY MAY 11TH)	\$25.00 each
	GROUP OF 5 OR MORE	\$20.00 each
	AFTER MAY 11 & AT DOOR	\$35.00 each

**FOR ADDITIONAL INFORMATION CALL
361-808-6321**

Register Today!

REGISTRATION FORM & PAYMENT OPTIONS FOR

~ 12th Annual Training Symposium for Service Providers of the Aged & Disabled ~

Thursday, May 24, 2018 ☞ ☞ 8:30 AM - 4:45 PM

~ PLEASE WRITE CLEARLY AND LEGIBLY ~

Type of Payment

Check

Credit Card

Attendee First Name

Attendee Last Name

Organization or Agency Name

Street Address

Mailing Address

City

Zip Code

Phone Number with area code

Email Address

Make check payable to:

Mail completed registration with payment to:

SILVER ADVOCATE PARTNERS

S.A.P.

c/o: Rudy Moreno

4626 Weber Road, Suite 21

Corpus Christi, Texas 78411

~ COMPLETE BOTTOM "ONLY" IF YOU ARE PAYING WITH A CREDIT CARD ~

Participant - Credit Card Payment Authorization Form

PLEASE CHECK ONE:

MASTER CARD

VISA

CARD NUMBER

3 Digit Security Code (back of card)

EXPIRATION DATE

BILLING ZIP CODE

NAME (as it appears on card)

SIGNATURE

DATE