

Caregiver Assistance News

“CARING FOR YOU... CARING FOR OTHERS”

Eating Right When Money's Tight

Using *coupons* and looking for the best price are great ways to save money at the grocery store. Knowing how to find them is the first step to cutting costs on food.

- **Find deals**

Look for coupons with your receipt, as peel-offs on items, and on signs along aisle shelves.

- **Search for coupons**

Many stores still send ads and coupons for promotion, so don't overlook that so-called "junk mail." You can also do a Web search for "coupons."

- **Look for savings in the newspaper**

Brand name coupons are found as inserts in the paper every Sunday. Some stores will double the value of brand name coupons on certain days.

- **Join your store's loyalty program**

Signup is usually free and you can receive savings.

- **Buy when foods are on sale**

Maximize your savings by using coupons on sale items.



- **Find a coupon buddy**

Swap coupons you won't use with a friend.

- **Compare brands**

Store brands can be less expensive than some of the name brand foods. Compare the items to find better prices.

- **Stick to the list**

Make a shopping list for all the items you need. Keep a running list on your phone, on the refrigerator, or in a wallet. When you're in the store, do your best to buy only the items on your list.

Meals on Wheels This program provides much-needed food, along with interaction and socialization. The drivers see how people are doing and can recognize signs of neglect. You may be eligible if you are age 60 or older with a spouse of any age, or a disabled person under age 60 or recuperating from serious illness or surgery. To find the closest program to you, contact, **Meals on Wheels 703/548-5558** or visit, **www.mowaa.org**



Get the Most for Your Food Budget

🥕 **Plan, plan, plan!**

Before you head to the grocery store, plan your meals for the week. Include meals like stews, casseroles, or stir-fries, which “stretch” expensive items into more portions. Check to see what foods you already have and make a list for what you need to buy.

🥕 **Buy in bulk**

It is almost always cheaper to buy foods in bulk. Smart choices are family packs of chicken, steak, or fish and larger bags of potatoes and frozen vegetables.

🥕 **Buy in season**

Buying fruits and vegetables in season can lower the cost and add to the freshness!

🥕 **Convenience costs... go back to the basics**

Convenience foods like frozen dinners, pre-cut vegetables, and instant rice, oatmeal, or grits will cost you more than if you were to make them from scratch.

🥕 **Easy on your wallet**

Certain foods are typically low-cost options all year round. Try beans for a less expensive protein food. For vegetables, buy carrots, greens, or potatoes. As for fruits, apples and bananas are good choices.

🥕 **Cook once... eat all week!**

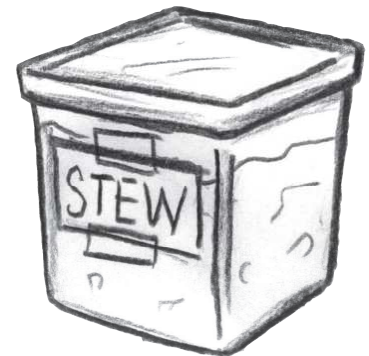
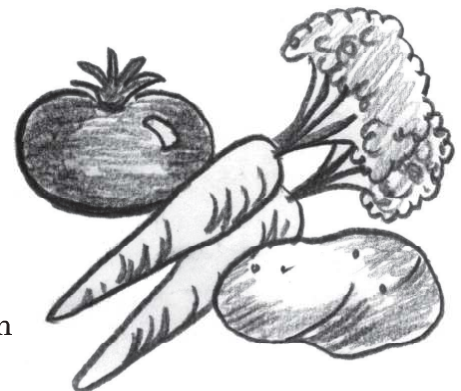
Prepare a large batch of favorite recipes on your day off (double or triple the recipe). Freeze in individual containers. Use them throughout the week and you won't have to spend money on take-out meals.

🥕 **Get your creative juices flowing**

Spice up your leftovers — use them in new ways. For example, try leftover chicken in a stir-fry or over a garden salad, or to make chicken chili. Throwing away food is throwing away your money!

🥕 **Eating out**

Restaurants can be expensive. Save money by getting the early bird special, going out for lunch instead of dinner, or looking for “2 for 1” deals. Order water instead of other beverages, which add to the bill.



Source: MyPlate 10 Tips

CareTrust Publications is proud to be a Community Partner within the USDA's Nutrition Communications Network.

Source: USDA For low cost recipes and more, visit <http://www.whatscooking.fns.usda.gov/>

Taking Care of Yourself—Attitude and Successful Aging

How is successful aging achieved?

Resilience, Optimism, and the Absence of depression are the key ingredients.

The following strategies help approach aging in a more productive way:

- Be logical in your view of things by striking a balance between pessimism and unrealistic optimism, recognizing the pros and cons in every situation.
- To help maintain mental and emotional well-being, seek social support of family and adopt a hobby to take your mind away from the pressure and strain of everyday stress.
- When feeling signs of deep depression, consult a professional.



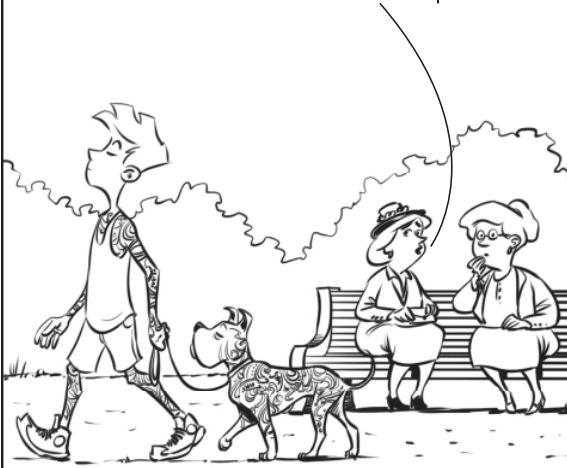
Be Wary of Scams - Supplemental Nutrition Assistance Program

The general public has been receiving unsolicited calls from what appears to be the SNAP toll free information hotline number: 1-800-221-5689. The unsolicited callers are requesting personal information offering assistance for filling out a SNAP application or other non-SNAP related services such as home security systems. *Never* provide personal information or your credit card number over the phone to unsolicited callers.

This outside entity that has “spoofed” the SNAP toll free information hotline number is not affiliated with SNAP.

Live Life Laughing!

I guess he ran out of space.



Don't Fall – Be Safe

Good nutrition helps prevent falls. Calcium is a mineral that is essential for the formation of strong bones. Dairy foods are the richest sources of calcium in our diets. 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

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SAFETY TIPS—Foodborne Illness

Foodborne illness (food poisoning) is fairly common—every year about 48 million people (one in six) in the U.S. become ill from eating contaminated foods. Of those, about 3,000 die. Elderly people are at special risk because they can't efficiently fight off the bacteria, virus, and parasites that make people sick.

People often think their illness was caused by their *last* meal, but the time between eating bad food and the onset of illness can vary widely. Usually, you'll feel sick 1–3 days after eating. But you could become sick anytime from 30 minutes to 3 weeks after eating. Whether or not you get sick depends on a lot of factors, including the type of bacteria in the food.

Know the symptoms of foodborne illness: upset stomach, abdominal pain, vomiting, or diarrhea are common. Or, the person in your care may have flu-like symptoms with a fever, headache and body aches. It's easy to confuse foodborne illness with other types of illness.

At restaurants always order food well done. Don't hesitate to ask the server or chef to make sure foods are not served raw or undercooked. Doggie bags should be refrigerated within 2 hours; within 1 hour if air temperature is 90° F or above.

NEXT ISSUE... LIFTING SAFELY – WATCH YOUR BACK!

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

Adequate nutrition is necessary for health, functionality and the ability to remain independent. Healthy eating can increase mental acuity, resistance to illness and disease, energy levels, immune system strength, recuperation speed and the ability to manage chronic health problems. When money is tight there are ways to get adequate nutrition. Answer True or False to the questions below.

1. When grocery shopping, do your best to buy only the items on your list.
T F
2. You may be eligible for meal delivery from Meals on Wheels if you are recuperating from serious illness or surgery.
T F
3. Meals such as stews, casseroles, or stir-fries, “stretch” expensive items into more portions.
T F
4. It is almost always cheaper to buy foods in bulk such as family packs of chicken, steak, or fish and larger bags of potatoes and frozen vegetables.
T F
5. Meals on Wheels provides much-needed food, along with interaction and socialization.
T F
6. Save money in restaurants by getting the early bird special, going out for lunch instead of dinner, or looking for “2 for 1” deals.
T F
7. It is okay to provide personal information or your credit card number over the phone to unsolicited callers who say they are from SNAP.
T F
8. Elderly people are at special risk for foodborne illness because they can't efficiently fight off the bacteria, virus, and parasites that make people sick.
T F
9. Flu-like symptoms with a fever, headache and body aches may be the flu or it may be foodborne illness.
T F
10. Doggie bags from restaurants should be refrigerated within 2 hours; within 1 hour if air temperature is 90° F or above.
T F

Name _____

Signature _____ Date _____

MARCH 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, MARCH 1ST
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, MARCH 10TH
TIME: 3:00 p.m.
WHERE: Mirador
ADDR.: 5857 Timbergate Drive, Corpus Christi
PHONE: (361) 883-3935 or 1-800-817-5743

WHEN: TUESDAY, MARCH 15TH
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, MARCH 16TH
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, MARCH 17TH
TIME: 10:30 a.m.
WHERE: Lexington Place Nursing & Rehab
ADDR.: 1661 West Yoakum, Aransas Pass
PHONE: (361) 758-7686

WHEN: THURSDAY, MARCH 24TH
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, MARCH 8TH
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
TOPIC: Motivating Children to Responsible Behavior

WHEN: TUESDAY, MARCH 22ND
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 March 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)

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: rhonda@cbcogaaa.org

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



Family Caregiver Training

Facilitations are provided by:

The National Family Caregiver Support Program

A program of the:



Training Location:
Aransas Pass McSwain Senior Center
250 S. 13th St.; Aransas Pass, Texas
361. 758.3669

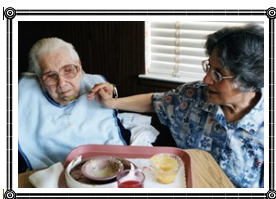
Date: Monday, March 7, 2016
Time: 10:00 a.m. - 11:30 a.m.



**HOME SAFETY
FIND & FIX HAZARDS**

- ◆ Preventing Falls
- ◆ Checklist/Resources
- ◆ Emergency Preparedness

A partnership with the:



For additional information contact:
Felipa Lopez Wilmot
Caregiver Program Specialist
(361) 883-3935 ext - 262 or 1-800-817-5743
felipa@cbcogaaa.org

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



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

FREE CARE PROVIDER TRAINING

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



WHEN: Wed., March 9, 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: rhonda@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:



SENIOR LAW DAY 2016



~ Elder Rights and Access to Legal Services ~

Community Partners:

City of Corpus Christi
Parks & Recreation
Department
Senior Community Services

Texas Rio Grande Legal Aid
(TRLA)

Aging & Disability
Resource Center

Area Agency on Aging of
the Coastal Bend

Mayor's Council on Aging

**CALL TO REGISTER:
361-826-3150**

Wednesday, March 23, 2016

8:30 a.m. - 12:00 p.m.

- **American Bank Center** •
- **Watergarden Room** •
- **1901 N. Shoreline Blvd., Corpus Christi, TX** •

CONFERENCE TOPICS:

- Advanced Directives
 - Durable Medical Power of Attorney
 - Directive to Physicians
 - Designation of Guardianship before the need arises
 - Do Not Resuscitate (DNR) Orders
- The Transfer on Death Deed
- Simple Wills
- Consumer Rights & "Granny Scams"
- Medicare Fraud

RESOURCE / EXHIBITOR
BOOTHS & DOOR PRIZES

Are you living with a disability or know someone who does?



The **COASTAL BEND AGING AND DISABILITY RESOURCE CENTER (CBADRC)** was developed through partnerships between the Area Agency on Aging (AAA) of the Coastal Bend, Behavioral Health Center of Nueces County (BHCNC), Coastal Bend Center for Independent Living (CBCIL), Coastal Plains Community Center (CPCC), and the Texas Department of Aging & Disability Services (DADS). Each are committed in collaborating to help empower individuals to make informed choices and to streamline access to long term services and supports.

~ TARGET GROUPS ~

- Caregivers**
- Older Persons**
- Persons with Disabilities of ALL Ages**
- Veterans**

CBADRC can help:

- ◆ *family members ask the right questions*
- ◆ *understand answers for living independently*
- ◆ *provide information on available services and/or resources*
- ◆ *maintain independence, dignity and quality of life*
- ◆ *bring 'peace of mind'*

Call CBADRC for more information:

361-883-3935

855-937-2372

800-817-5743

As a family caregiver, do you need 'rest' (respite) for yourself?




Do you have questions on available resources for older persons or persons with a disability?

CBADRC Core Partners:



Do you provide care to a loved one or know someone who does?

MATTER OF BALANCE CLASSES: Mar. 2016

Sun.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Fri.	Sat.
		1	2	3	4	5
6	<p>7 ZAVALA SENIOR CENTER 510 Osage St, Corpus Christi, TX 78405 9:30 a.m.– 11:30 a.m.</p> <p><u>Ethel Eyerly Senior Center</u> 654 Graham Rd., Corpus Christi, TX 78418 2:00 p.m.– 4:00 p.m.</p>	8	<p>9 ZAVALA SENIOR CENTER 510 Osage St, Corpus Christi, TX 78405 9:30 a.m.– 11:30 a.m.</p> <p><u>Ethel Eyerly Senior Center</u> 654 Graham Rd., Corpus Christi, TX 78418 2:00 p.m.– 4:00 p.m.</p>	10		
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Call the AREA AGENCY ON AGING/COASTAL BEND AGING & DISABILITY RESOURCE CENTER to learn more about the “MATTER OF BALANCE CLASSES”

(361) 883-3935 or 1-800-817-5743 viola@cbcogaaa.org



Free Telephone Learning Sessions

Date	Time	Topic
Tuesday, March 8th	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	Long Distance Caregiving: Issues and Solutions, with Spencer Brown. <i>Are you a long distance caregiver? Long distance caregiving poses unique challenges, but long distance caregivers can be helpful no matter how far away they live. Listen to an expert Geriatric Care Manager discuss those challenges and potential solutions.</i>
Monday, March 14th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Alzheimer's, Dementia, and Emergency Preparedness with Judy Budlong <i>Many people don't think about how at-risk people with dementia are during a medical or weather crisis. Learn more about how to plan for an emergency room visit. Also, with the instability of spring weather, learn about what caregivers can do to prepare and respond to weather emergencies to stay safe. Sponsored by the North Central Texas Caregiver Teleconnection</i>
Tuesday, March 22nd	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	The Dangers of Depression, with Evalyn Greb LCSW <i>Depression can be dangerous for both caregivers and their loved ones. If left untreated, depression can have serious - and sometimes long-term - consequences that can affect every aspect of your life. Listen to our expert, Evalyn Greb, discuss the signs and symptoms of depression and what you should do about them.</i>
Wednesday, March 30th	3:00 pm Eastern 2:00 pm Central 1:00 pm Mountain 12:00 pm Pacific	Early Stage Dementia: Considerations for Caregivers, with Tam Cummings, PhD. <i>In the early stages of Alzheimer's, a person may continue to function independently. Your role as a care partner is an important one: to provide support and companionship, and help plan for the future. Dementia expert, Tam Cummings, PhD., will discuss the aspects of early stage dementia and how caregivers can provide support for the person with the disease.</i>

Call. Learn. Share.
Confidential. Free.



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*****

Virtual Dementia Tour® Facilitator Training Agenda

WHEN: Tuesday, April 21, 2016

**WHERE: Del Mar College, West Campus
CareHouse, HS1 110
4101 Old Brownsville Road, Corpus Christi**

What is it?

Education class for the administration of the VDT experience with 1 year renewable license.

Who should attend?

Director of Nursing, Administrator, Marketing Specialists, and others interested in conducting the Virtual Dementia Tour (VDT) at their facility to raise awareness of dementia.

What will I learn?

- A set of tasks for the caregiver to complete while senses are impaired to simulate Dementia.
- How to engage professional and lay caregivers for person with dementia.
- How to support caregivers with debrief and community resources.

Who will teach class?

Dr. Donna Huddleston, a nurse educator at Del Mar College and *Certified SWD Trainer*, along with Felipa Wilmot, Caregiver Program Specialist, of the Area Agency on Aging/Coastal Bend Aging & Disability Resource Center.

12:30p.m. – 1:00p.m.:	Welcome and Introductions
1:00p.m. – 3:15 p.m.:	How to Implement the Virtual Dementia Tour®
Break	
3:30 p.m. – 4:45 p.m.:	Actual Tour
4:45 p.m.:	Q & A
4:55 p.m. – 5:00 p.m.:	Evaluation

FOR ADDITIONAL INFORMATION CONTACT:

Dr. Donna Huddleston: Call or text 361-877-0039 or email: dhuddleston@delmar.edu

Felipa Wilmot: Call 361-883-3935 or 1-800-817-5743 email: felipa@cbcogaaa.org

Facilitation is presented by the Area Agency on Aging/Coastal Bend Aging and Disability Resource Center in collaboration with Del Mar College ~ Department of Nurse Education (a Dementia Collaborative)



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
"Partial" LIS Single Monthly Income Limit	"Partial" 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)



DO YOU HAVE MEDICARE QUESTIONS?

Are you new to MEDICARE?

Are you up-to-date on your "PREVENTATIVE SERVICES"?

Do you have a Prescription Drug Plan?

MEDICARE			HEALTH INSURANCE
1-800-MEDICARE (1-800-633-4227)			
NAME OF BENEFICIARY JANE DOE			
MEDICARE CLAIM NUMBER 000-00-0000-A	SEX FEMALE		
IS ENTITLED TO HOSPITAL (PART A)	EFFECTIVE DATE 07-01-1986		
MEDICAL (PART B)	07-01-1986		
SIGN HERE _____			

Are you paying high prescription costs?

Do you pay \$104.90 for your Medicare Part B Premium?

Do you qualify for EXTRA HELP or LOW INCOME SUBSIDY (LIS) to help pay for your prescriptions?

The AREA AGENCY ON AGING OF THE COASTAL BEND (AAA-CB) can help answer your questions and help evaluate your Medicare options.

Call to schedule an appointment with a Benefits Counselor or to schedule a presentation event, please call the AAA-CB:

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

BENEFITS COUNSELING SERVICES
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