

Caregiver Assistance News

“CARING FOR YOU... CARING FOR OTHERS”

Diabetes Care and Precautions

Diabetes can affect many parts of the body, and can lead to serious problems such as heart disease, blindness, kidney damage, and lower-limb amputations. People with diabetes can reduce these risks with the help of their doctors, families, and caregivers. This means controlling the levels of blood glucose (blood sugar), blood pressure, and blood lipids (cholesterol), and receiving regular preventive care.

Older people with poor control of blood sugar levels often have problems with thinking, depression, and other disabilities. If you are caring for an older person who has diabetes, be sure they see the doctor on a regular basis to be evaluated. Good diabetes care can help reduce the risk of complications.

Blood Sugar—Diabetes is a disease in which the body does not produce or properly use insulin, a hormone that is needed to convert sugar, starches and other food into energy. In order to keep the amount of blood sugar in the blood from becoming too high, people with diabetes take supplemental insulin in pill form, by pump, inhaled or by injection. Caregivers are often responsible for blood sugar testing.

Insulin Shock—Blood sugar levels can also become too low from giving too much insulin or from poor diet, resulting in a serious condition called insulin shock or hypoglycemia. Signs include: shaking, nervousness, feeling

faint, or even passing out. Call 911 immediately if the person faints and is unresponsive.

Blood Pressure and Cholesterol—People with diabetes are more likely to have a heart attack or stroke. Lowering blood pressure and cholesterol through better diet and medication can help limit this risk. Lowering blood pressure also reduces stress on the kidneys.

Weight Control and Exercise—Eating regular, balanced meals that include carefully measured portions can help keep diabetes under control. Caregivers should limit the amount of candy, cookies, and other desserts given to someone with diabetes. Always read food labels for hidden sugars in unexpected places such as crackers, bread crumbs, and ketchup. Sometimes, simple measures such as watching the diet, losing weight, and increasing exercise can bring diabetes under control.

Eye Care—People with diabetes should see the eye doctor regularly. Laser therapy can reduce the possibility of severe vision loss caused by diabetes.



Article continues
on page 2

Continued from page 1

Signs of Diabetes

Some people with diabetes have *no* symptoms until they find out from a routine blood test. Some symptoms—

- feeling very thirsty
- urinating often
- feeling very hungry or tired
- losing weight without dieting
- sores that heal slowly
- dry, itchy skin
- pain, tingling or loss of feeling in the feet
- blurry vision

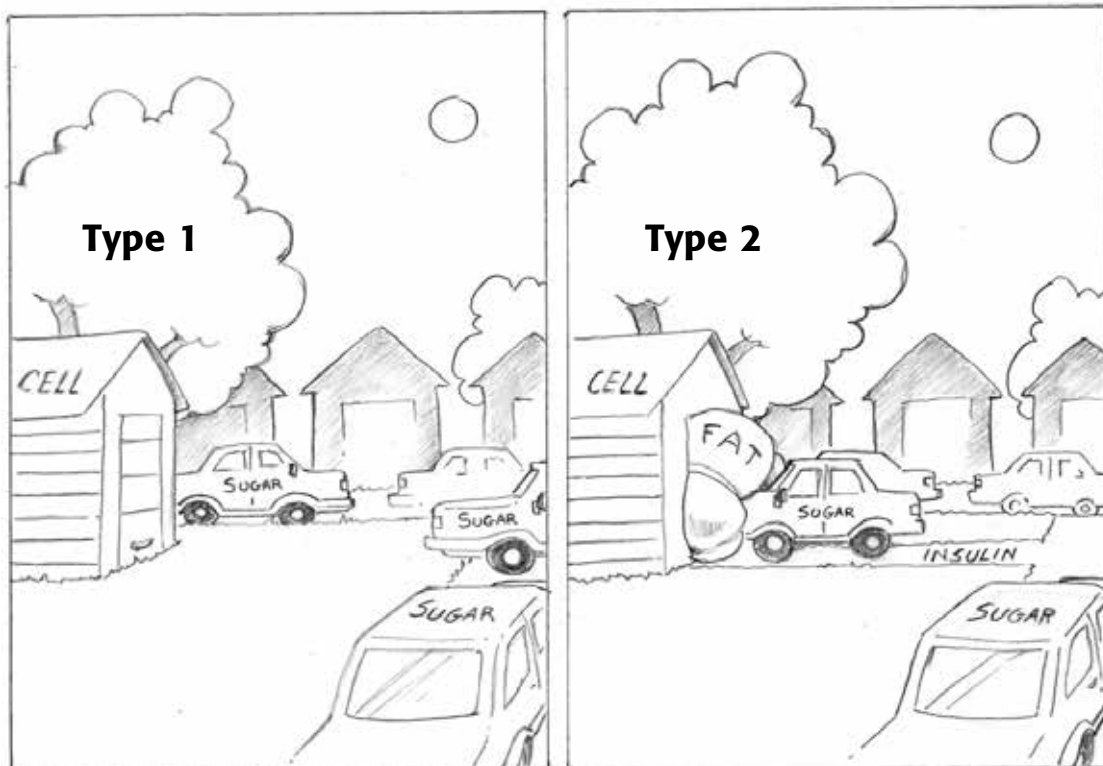
Healthy Eating

Eating the *right amount* of food will also help manage blood glucose level and weight. Portion size examples:

- ☞ 1 serving of meat or poultry is a deck of cards
- ☞ 1 3-ounce serving of fish is a checkbook
- ☞ 1 serving of cheese is six dice
- ☞ 1/2 cup of cooked rice or pasta is a rounded handful or a tennis ball
- ☞ 1 serving of a pancake or waffle is a DVD
- ☞ 2 tablespoons of peanut butter is a ping-pong ball
- ☞ Drink water instead of sweetened beverages. If you drink alcohol, drink moderately—no more than one drink a day if you're a woman or two drinks a day if you're a man.

Source: The National Institute of Diabetes and Digestive and Kidney Diseases Health Information Center

Understanding Diabetes



The pancreas doesn't produce insulin so there is no way for the sugar to get into the cells.

Insulin is produced but can't get into the cells.

Taking Care of Yourself—Manage Stress & Quit Smoking

When we are stressed, blood sugar levels go up. And when we're anxious, we may not manage diabetes well—forgetting to exercise, eat right, or take medicines. **Manage stress** through deep breathing, yoga, tai chi, or hobbies that you enjoy and relax you. **Smokers** are 30–40% more likely to develop type 2 diabetes than nonsmokers. And people with diabetes who smoke are more likely than nonsmokers to have trouble with insulin dosing and with controlling their disease. If you have diabetes and you smoke, you are more likely to have serious health problems from diabetes, including:

- Heart and kidney disease
- Poor blood flow in the legs and feet that can lead to infections, ulcers, and possible amputation (removal of a body part by surgery, such as toes or feet)
- Retinopathy (an eye disease that can cause blindness) Peripheral neuropathy (damaged nerves to the arms and legs that causes numbness, pain, weakness, and poor coordination)

If you are a smoker with diabetes, quitting smoking will benefit your health right away.

Source: CDC.gov

Inspiration

Nobody can go back and start a new beginning, but anyone can start today and make a new ending.

Live Life Laughing!

My doctor said to never leave home without them.



Memory Care

A person with dementia should have yearly eye examinations. Poor vision can contribute to confusion. These exams can also spot or detect other serious diseases such as diabetes. Finding and treating eye disease early can prevent serious diseases from getting worse and leading to blindness.

*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— Taking Care of Feet

People with diabetes may lose the feeling in their feet because the nerves are damaged. This is why the feet need to be checked *every day*. Without nerves to warn the brain of injury, the tissue can break down, leading to possibly severe infections and the need for amputation. Taking good care of the feet can reduce amputation rates by 45 to 85 percent. Things to look for cuts, swelling, changes in color or shape, difference in feeling—less sensitive or hurt more.

To protect feet, keep blood sugar at healthy levels. Exercise helps keep the blood flowing to the feet—person with diabetes should put up their feet when sitting, wiggle their toes and move their ankles for five minutes, two or three times a day, and keep their legs uncrossed. Don't put feet into water without first checking the temperature with your hand.

For more information, visit the **American Diabetes Association**
www.diabetes.org

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

Managing blood glucose, as well as blood pressure and cholesterol, can help people with diabetes avoid serious medical problems. After reading this issue, answer True or False to the questions below.

1. Smoking is not a problem for people with diabetes.
T F
2. Diabetes will not lead to serious health problems such as heart disease, blindness, kidney damage, and lower limb amputation.
T F
3. Diet is very important in the treatment of diabetes. Careful checking food labels for hidden sugars is an important way to find hidden sugars in packaged food.
T F
4. People with diabetes have too much sugar in their blood.
T F
5. Eating regular, balanced meals that include carefully measured portions can help keep diabetes under control.
T F
6. Insulin is given to help control blood sugar levels. Lowering blood pressure and cholesterol levels also helps.
T F
7. People with diabetes should eat candy, donuts, and other deserts for energy.
T F
8. In Type 1 diabetes, the pancreas doesn't produce insulin so there is no way for the sugar to get into the cells.
T F
9. The feet of people with diabetes must be checked every day, because high blood sugar can cause nerve damage, which leads to loss of feeling.
T F
10. Some of the symptoms of diabetes are feeling very thirsty, urinating frequently, and tingling in the feet. Sometimes there are NO symptoms.
T F

Name _____

Signature _____ Date _____

APRIL 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, APRIL 3rd
TIME: 6:00 p.m.
WHERE: Y.W.C.A.
ADDR.: 4601 Corona Drive, Corpus Christi
PHONE: (361) 883-3935
- WHEN:** WEDNESDAY, APRIL 4th
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, APRIL 10TH
TIME: 6:00 p.m.
WHERE: Woodridge Nursing & Rehab Center
ADDR.: 600 So. Hillside Dr., Beeville
PHONE: (361) 358-8880
- WHEN:** WEDNESDAY, APRIL 11TH
TIME: 12:00 p.m.
WHERE: Lindale Center / Caregiver SOS
ADDR.: 3133 Swantner St., Corpus Christi
PHONE: (361) 826-2343
- WHEN:** THURSDAY, APRIL 12TH
TIME: 12:00 P.M.
WHERE: Mirador Plaza (back side of facility)
ADDR.: 5857 Timbergate Drive, Corpus Christi
PHONE: (361) 883-3935
- WHEN:** TUESDAY, APRIL 17TH
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, APRIL 19th
TIME: 10:30 a.m.
WHERE: Ed & Hazel Richmond Public Library
ADDR.: 110 N. Lamont St. Aransas Pass, Texas
PHONE:
- WHEN:** TUESDAY, APRIL 24TH
TIME: 4:00 p.m.
WHERE: Alice Public Library
ADDR.: 401 E. Third Street, Alice
PHONE: (361) 883-3935
- WHEN:** THURSDAY, APRIL 26TH
TIME: 4:30 p.m.
WHERE: Kleberg County Nursing & Rehab
ADDR.: 316 General Cavazos Blvd., Kingsville
PHONE: (361) 883-3935

GRANDPARENTS AND OTHER RELATIVES RAISING CHILDREN - GRRC

- WHEN:** TUESDAY, APRIL 24th
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, APRIL 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)
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



TELECONNECTION

www.caregiverteleconnection.org



Free Telephone Learning Sessions

Call. Learn. Share.

Date	Time	Topic
Monday, April 9th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Working More Effectively with Social Workers: Hospital Discharge Planning, Rehab, Transition Home and Long Term Planning with Christine Casbeer, LMSW <i>Who are social workers and what is their role? Where are family caregivers likely to come in contact with social workers? Learn ways for caregivers to partner with social workers so that their loved one gets the best hospital and rehab care with a smoother transition home. ***Sponsored by the North Central Texas Caregiver Teleconnection***</i>
Thursday, April 12th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Lucy Barylak, MSW as "Dear Lucy" <i>Caregivers will have the opportunity to call in and ask questions, make comments and express yourself regarding the issues you face as a caregiver. You can submit your questions or comments by e-mail or phone.</i>
Tuesday, April 17th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Developing Coping Strategies with Evalyn Greb, LCSW <i>Do you feel like you are coping with caregiving as well as you might? If not, this session will discuss how to learn new techniques, validate the ones you use that are working, and provide the opportunity for other caregivers to share how they have developed coping strategies that make life better.</i>
Thursday, April 26th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Lucy Barylak, MSW as "Dear Lucy" <i>Caregivers will have the opportunity to call in and ask questions, make comments and express yourself regarding the issues you face as a caregiver. You can submit your questions or comments by e-mail or phone.</i>



WELLMED CHARITABLE FOUNDATION

A program of the WellMed Charitable Foundation

Register online at www.caregiverteleconnection.org or call 866.390.6491 Toll Free

Registration required at least 24 hours in advance

Community Calendar for Family Caregivers April 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Stress Busting Class Lindale Sr. Center 3:00p.m.-4:30 p.m. *Must pre-register	3 Alzheimer's Support Group @ Y.W.C.A. at 6:00 p.m.	4 "A Cup of Care" Social Hour @ Lindale Sr. Center 12:00 noon Sponsored by: Corpus Christi Hospice	5	6	7
8	9 Waterford Esplanade presents "Parkinsons" Encompass Health Talk 10:00 A.M. Stress Busting Class Lindale Sr. Center 3:00p.m.-4:30 p.m. *Must pre-register	10 <i>Diabetes Basics</i> 12:00 noon @ Lindale Senior Center Evette Silvas, BSN	11 Caregiver Provider Training @ the Area Agency on Aging 9:00 a.m. to 5:00 p.m. *Must pre-register	12 Presentation "Alzheimer's Resources" by Felipa Wilmot @ Thrive Memory Care	13	14
15	16 Stress Busting Class Lindale Sr. Center 3:00p.m.-4:30 p.m. *Must pre-register	17 Alzheimer's Support Group @ Brookdale at 9:30 a.m.	18 Krafty Karegivers @ Lindale Senior Center at 12 noon	19	20 Krafty Karegivers @ Lindale Senior Center at 10:30 a.m.	21
22	23 Stress Busting Class Lindale Sr. Center 3:00p.m.-4:30 p.m. *Must pre-register	24 "A Time of Reflection" by Dr. Nestor Praderio @ Lindale Senior Center at 12 noon *Please RSVP Alzheimer's Support Group @ Alice Public Library at 4:00 p.m.	25 "Parkinsons" Encompass Health Talk 3:00 p.m. @ Solstice Face to Face by Dr. Nestor Praderio @Dr. Regionals Conference Center 6:30 p.m.	26 Alzheimer's Support Group @ Kingsville Nursing and Rehab at 4:30 p.m. "The Benefits of Long Term Insurance" by Jackie Rodriguez @ Thrive Memory Care	27	28
29	30	<p>For additional information contact: Felipa Lopez Wilmot Family Caregiver Program Specialist Office: (361)883-3935 ext-5153 Email: Felipa@cbcogaaa.org</p>				

"Caregiving often calls us to lean into love we didn't know possible" –Tia Walker, from The Inspired Caregiver: Finding Joy While Caring for Those You Love"



CARE PROVIDER TRAINING

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



~ **SAVE-THE-DATE** ~

WHEN: WED., **April 11, 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:*



ALZHEIMER'S SUPPORT GROUP

~ You are not alone ... join us at the new location ~

A facilitation provided by:

The National Family Caregiver Support Program

a program of the:



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



funded in part by the:

Texas Health and Human Services

DATE: Thursday, April 19, 2018

TIME: 10:30 a.m.

LOCATION: Ed & Hazel Richmond Public Library

ADDRESS: 110 N. Lamont St. Aransas Pass, Texas



*“CARING FOR A LOVED ONE WITH
ALZHEIMER’S OR RELATED DEMENTIA”*



- ◆ Facts about Dementia
- ◆ Learn to recognize & manage the disease
- ◆ Resources for family caregivers



For additional information contact:

FELIPA LOPEZ WILMOT

Caregiver Program Specialist

(361) 883-3935 ext - 5153 or 1-800-817-5743

email: felipa@cbcogaaa.org



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:

CELENA FLORES
Managing Local Ombudsman

Office: (361)-232-5146
email: celena@cbcogaaa.org



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

ltc.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.

MEDICARE SAVINGS PROGRAMS & EXTRA HELP GUIDELINES

~ 2018 Income and Resource Limits ~

MEDICARE SAVINGS PROGRAMS (MSP)

Program	Single Income Monthly	Couple Income Monthly	Single Resource	Couple Resource
QMB	\$1032	\$1,392	\$7,560	\$11,340
SLMB	\$1,234	\$1,666	\$7,560	\$11,340
QI-1	\$1,386	\$1,872	\$7,560	\$11,340

- ◆ **QMB:** Payment of all Medicare premiums, deductibles, copays, and coinsurance 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
\$1,386	\$1,872	\$9,060	\$14,340
" <u>Partial</u> " LIS Single Monthly Income Limit	" <u>Partial</u> " LIS Couple Monthly Income Limit	Single Resources	Couple Resources
\$1,387 – \$1,538	\$1,873 – \$2,078	Up to \$14,100	Up to \$28,150

Income amounts reflect threshold with the \$20 monthly income disregard; income is rounded to the nearest whole dollar.
Asset limits include amount with \$1500/person burial allowance.

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**:

2910 Leopard St. (361) 883-3935
Corpus Christi, TX 78408

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)**



The Area Agency on Aging is funded in part by Texas Health and Human Services

Your Medicare coverage choices at a glance

There are two main ways to get your Medicare coverage:

- (1) Original Medicare or (2) a Medicare Advantage Plan.

Use the following steps to help you decide which way to get your coverage.

