

# Caregiver Assistance News

“CARING FOR YOU...CARING FOR OTHERS”

## Heart Disease

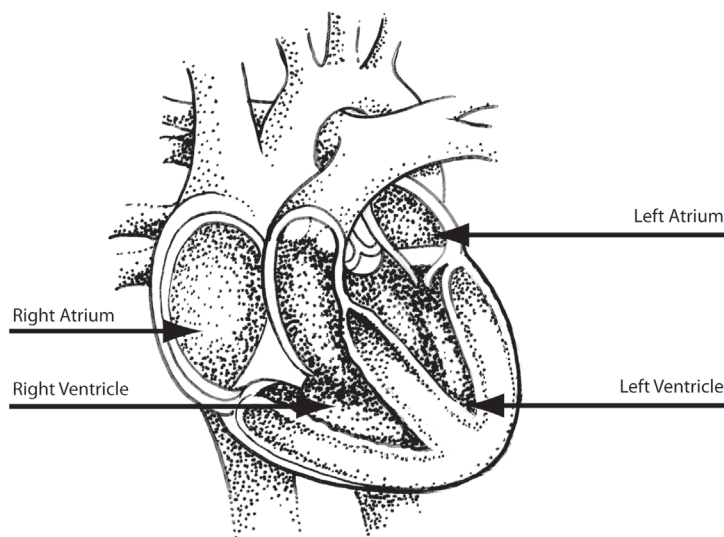
Imagine the normal heart as the body's engine. A healthy, normal heart beats between 60 and 80 times per minute. Taking care of yourself keeps your heart healthy. Sometimes, despite proper maintenance, problems still develop.

## Heart Disease Complications

Cardiovascular disease kills more people than all cancers combined and is the No. 1 cause of death and disability in the U.S. One in three American adults has high blood pressure, which is also called *hypertension*. High blood pressure increases the risk for heart disease and stroke, the first and third leading causes of death in the U.S.

- **Heart failure.** One of the most common complications of heart disease, occurs when your heart can't pump enough blood to meet your body's needs.
- **Heart attack.** A blood clot blocking the blood flow through a blood vessel that feeds the heart causes a heart attack, possibly damaging or destroying a part of the heart muscle.
- **Stroke.** Happens when the arteries to your brain are narrowed or blocked so that too

The Body's Engine



little blood reaches the brain or when a blood vessel in the brain bursts and floods the brain. Brain tissue begins to die within just a few minutes of a stroke.

- **Aneurysm.** A bulge in the wall of an artery and if it bursts, there may be life-threatening internal bleeding.
- **Peripheral artery disease.** Usually in the legs which don't receive enough blood flow.
- **Sudden cardiac arrest.** The sudden, unexpected loss of heart function, breathing and consciousness. If not treated *immediately*, it is fatal, resulting in sudden cardiac death.

Source: Mayo Clinic; CDC

## American Heart Association

Provides resources for caregivers to help them care for someone who has heart disease, or who has experienced a heart attack, heart surgery or a stroke. Visit [www.heart.org](http://www.heart.org).

Article continues  
on page 2

## Change What You Can for a Healthy Heart

The best way to have a healthy heart is to reduce the risk factors that are *controllable*. Encourage a diet, exercise, and weight-loss program that works for the person.

**Exercise** A new study in JAMA finds that a *sedentary* lifestyle is worse for your health than smoking, diabetes and heart disease. Being unfit should be treated almost as a disease that has a *prescription*—called **exercise**.

**Medication** Fill prescriptions on time (to avoid running out) and be diligent that the person in your care takes medication *exactly* as directed.

**Blood Pressure** Monitor blood pressure on a daily basis if ordered by the doctor.

**Cholesterol** Cholesterol is a major factor in coronary artery disease. High cholesterol numbers may be reduced through appropriate diet, regular exercise, and weight loss and— cholesterol-lowering drugs.

**Salt (Sodium) Consumption** When an individual consumes too much sodium, extra fluid builds up in the body, which causes the heart to work harder.

**Diabetes** People with diabetes are more than *twice* as likely to develop heart failure as people without diabetes. Make sure that you and the person in your care are tested for diabetes.

**Depression** People with heart disease and their caregivers have depression at much higher rates than the general public. One important reason to treat depression is that it is associated with increased risk of cardiovascular disease.

**Smoking and Alcohol Abuse** Cigarette smoking is a *major, preventable* risk factor for heart disease. The nicotine and carbon monoxide in tobacco smoke reduce the oxygen in a person's blood, so smoking robs the heart of oxygen. Second-hand smoke is just as dangerous as first-hand smoke; therefore, ***if you or the person in your care smoke, get help to quit NOW!***

**Alcohol** Can damage the cells of the heart and make it harder for the heart to pump. Therefore, people with heart failure are advised to quit drinking alcohol.

*Source: The Comfort of Home for Chronic Heart Failure*

## NOTE

Changing habits is not easy, but it is very important to follow through with the recommendations and treatment plan made by the health care team. These lifestyle changes and medications can decrease symptoms of the person in your care and the frequency of hospital stays. Complying with the doctors' recommendation and treatment plan can improve the quality of life for the person in your care.

## Taking Care of Yourself—Yoga and the Heart

Yoga's combination of stretching, gentle activity, breathing, and mindfulness may have special benefits for people with cardiovascular disease.

Getting into the various postures during a yoga session gently exercises the muscles. Anything that works your muscles is good for your heart and blood vessels.

The deep-breathing exercises help slow the breathing rate. Taking fewer but deeper breaths each minute temporarily lowers blood pressure and calms the sympathetic nervous system, which is responsible for generating stress hormones.

Find a class with a qualified yoga instructor who can meet your health needs and limitations.

### Snow Shoveling Danger

Snow shoveling puts heavy demands on the cardiovascular system and can raise heart rates to dangerous levels after only two minutes. Freezing temperatures that constrict blood vessels put more stress on the heart. Individuals over the age of 40 or who are relatively inactive should be particularly careful. If you feel tightness in the chest or dizziness, stop immediately.

Source: American Journal of Emergency Medicine

### Live Life Laughing!

For children, is there any happiness which is not also noise?



### Inspiration

*If you haven't any charity in your heart, you have the worst kind of heart trouble.*

~ Bob Hope

### Memory Care

If the behavior of a person with Alzheimer's changes suddenly or if a symptom appears that usually occurs much later in the illness, THINK MEDICAL ILLNESS and call the doctor.

*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— Heart Attack**

Warning signs of a heart attack can be both sudden and intense or they can start out with mild aches and pains and develop slowly. Recognize these warning signs and report them immediately by calling 911:

- New chest pain or discomfort that lasts longer than 15 minutes and is not relieved by rest or medication
- Discomfort in other areas of the body (jaw, neck, back or arm)
- Breaking out in a cold sweat, nausea/vomiting or lightheadedness
- Fainting spell or loss of consciousness

About every 26 seconds, an American will suffer a coronary event, and about every minute someone will die from one.

Calling 911 is almost always the fastest way to get lifesaving treatment. Emergency medical services (EMS) staff can begin treatment when they arrive — up to an hour sooner than if someone gets to the hospital by car. EMS staff are also trained to revive someone whose heart has stopped. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too. It is best to call EMS for rapid transport to the emergency room.

*Source: American Heart Association*

# 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

February is American Heart Month, a federally designated event. It an ideal time to remind Americans to focus on their hearts. While you can't change age and family history, the good news is that even modest changes to your diet and lifestyle can improve your heart health and lower your risk by as much as 80 percent. Answer True or False to the questions below.

1. The normal healthy heart is the body's engine.  
T F
2. A blood clot blocking the blood flow through a blood vessel that feeds the heart causes a heart attack, possibly damaging or destroying a part of the heart muscle.  
T F
3. Sudden cardiac arrest is the sudden, unexpected loss of heart function, breathing and consciousness. It does not have to be treated *immediately*.  
T F
4. People with heart disease and their caregivers have depression at much higher rates than the general public.  
T F
5. Stroke happens when the arteries to your brain are narrowed or blocked so that too little blood reaches your brain.  
T F
6. Cardiovascular disease kills more people than all cancers combined and is the No. 1 cause of death and disability in the U.S.  
T F
7. People with diabetes are more than twice as likely to develop heart failure as people without diabetes.  
T F
8. When a person consumes too much sodium (salt), extra fluid builds up in the body, which causes the heart to work harder.  
T F
9. Warning signs of a heart attack can be both sudden and intense or they can start out with mild aches and pains and develop slowly.  
T F
10. Snow shoveling does not put more demands the cardiovascular system.  
T F

Name \_\_\_\_\_

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



# FEBRUARY 2019 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, Feb. 5th  
**TIME:** 6:00 p.m.  
**WHERE:** Elan Assisted Living & Memory Care  
**ADDR:** 5441 Lipes Blvd, Corpus Christi  
**PHONE:** (361) 371-8157

**WHEN:** WEDNESDAY, Feb. 6th  
**TIME:** 10:30 a.m.  
**WHERE:** SCC River Ridge Nursing Rehab Center  
**ADDR:** 3922 W. River Dr. (Off FM 624), Corpus Christi  
**PHONE:** (361) 767-2000

**WHEN:** THURSDAY, Feb. 7th  
**TIME:** 10:30 a.m.  
**WHERE:** Gulf Point Plaza  
**ADDR:** 1008 Enterprise Blvd., Rockport  
**PHONE:** (361) 727-1800

**WHEN:** WEDNESDAY, FEB. 13TH  
**TIME:** 12:00 p.m.  
**WHERE:** Lindale Center/ Caregiver SOS  
**ADDR:** 3133 Swantner St., Corpus Christi  
**PHONE:** (361) 826-2343

**WHEN:** THURSDAY, FEB. 14TH  
**TIME:** 3:00 p.m.  
**WHERE:** Mirador Plaza  
**ADDR:** 5857 Timbergate Drive, Corpus Christi  
**PHONE:** (361) 883-3935

**WHEN:** TUESDAY Feb. 19th  
**TIME:** 10:00 a.m.  
**WHERE:** Brookdale  
**ADDR:** 6410 Meadow Vista, Corpus Christi  
**PHONE:** (361) 883-3935

**WHEN:** WEDNESDAY, Feb. 20th  
**TIME:** 10:30 a.m.  
**WHERE:** Woodridge Nursing & Rehab. Center  
**ADDR:** 600 So. Hillside Dr., Beeville  
**PHONE:** (361) 358-8880

**WHEN:** THURSDAY Feb., 21st  
**TIME:** 10:30 a.m.  
**WHERE:** Ed & Hazel Richmond Public Library  
**ADDR:** 110 N. Lamont St., Aransas Pass  
**PHONE:** (361) 883-3935

**WHEN:** FRIDAY, Feb., 22nd  
**TIME:** 2:00 p.m.  
**WHERE:** The Viera Senior Living  
**ADDR:** 3010 Airline Rd. (Airline/Saratoga)  
**PHONE:** (361) 392-4000

**WHEN:** TUESDAY, Feb., 26th  
**TIME:** 4:00 p.m.  
**WHERE:** Alice Public Library  
**ADDR:** 401 E. Third Street, Alice  
**PHONE:** (361) 883-3935

**WHEN:** THURSDAY, Feb., 28th  
**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, Feb., 26th  
**TIME:** 10:00 am -11:00 am  
**WHERE:** Greenwood Senior Center  
**ADDR:** 4040 Greenwood Drive, Corpus Christi  
**PHONE:** (361) 883-3935

**WHAT:** PARENT CAFÉ, SUPPORT GROUP  
(Angie Garcia, Facilitated by Catholic Charities of Corpus Christi)

**WHEN:** THURSDAY, Feb., 28th  
**TIME:** 11a.m. - 12:30p.m.  
**WHERE:** 615 Oliver Ct., Corpus Christi, 78408  
**PHONE:** (361)884-0651, ext.287 Please RSVP. Open to all Parents, Grandparents, & Caregivers raising Grandchildren.

**WHAT:** (\*EVENING SUPPORT GROUP

**WHEN:** THURSDAY, Feb., 28th  
**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  
Facilitate by: MCH Family outreach. Classes for all ages.  
(\* Please call if you bring your child(ren)

For Additional Information contact:  
**Felipa Lopez Wilmot**  
Family Caregiver Program Specialist  
Or  
**Sally Edsill**  
NFCSP Administrative Assistant  
Office: (361) 883-3935 (Felipa: Ext-5153)  
(Sally:Ext-5156)



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



www.caregiverteleconnection.org



**Date Time Topic A LEADING VOICE FOR CAREGIVERS**

**Tuesday, February 5th** 12:00 pm Eastern  
11:00 am Central  
10:00 am Mountain  
9:00 am Pacific  
**The A's of Dementia with Tam Cummings, PhD** *This presentation takes a detailed look at the A's of Dementia -- from anxiety, anger, aggression, apathy to amnesia, aphasia, agnosia and apraxia – in a manner that allows caregivers to connect how each “A” is a result of specific damage in the brain’s lobes. Understanding the link between the behaviors of each “A” provides a method for professionals and family caregivers to track the progression of a person’s dementia and provide useful information to medical professionals.*

**Monday, February 11th** 1:00 pm Eastern  
12:00 pm Central  
11:00 am Mountain  
10:00 am Pacific  
**What Services are Available for Caregivers? with Zanda Hilger** *Join us for an interactive session to learn ways to identify local, state, and national resources for caregivers. Also learn how to think and act creatively to find support groups and other sources of emotional support.*  
**\*\*Sponsored by the North Central Texas Caregiver Teleconnection\*\***

**Thursday, February 14th** 11:00 am Eastern  
10:00 am Central  
9:00 am Mountain  
8:00 am Pacific  
**Dear Lucy with Lucy Barylak, MSW** *Lucy Barylak, MSW as “Dear Lucy”. This is an interactive session where Dear Lucy will answer questions and have a conversation with caregivers regarding the issues they face in their caregiving journey.*

**Thursday, February 20th** 12:00 pm Eastern  
11:00 am Central  
10:00 am Mountain  
9:00 am Pacific  
**How to Motivate Without Bullying During Caregiving with Barry J. Jacobs, PsyD** *During the family caregiving years, there can sometimes be a blurry line between being a supportive guide for our loved ones and an arm-twisting bully who insists on cooperation with getting tasks done. We should rarely put tasks over our relationships. But in the on-rush of care demands, creeping bullying can still occur. In this presentation, psychologist, healthcare consultant and author Barry J. Jacobs, Psy.D. will share ideas for being an effective family caregiver who is motivating, not bossy.*

**Tuesday, February 26th** 1:00 pm Eastern  
12:00 pm Central  
11:00 am Mountain  
10:00 am Pacific  
**Grief and Loss with Lori Ramos Lemasters** *There are days filled with love and happiness but it is also reasonable to expect to experience grief over the many losses that you encounter, such as the loss of your independence, your relationship with your loved one or family members, the list goes on and on. Therapeutic writing is an excellent tool to help manage these feelings. During this session Lori will teach you writing techniques to help you understand, process and manage your grief.*

**Wednesday, February 27th** 2:00 pm Eastern  
1:00 pm Central  
12:00 pm Mountain  
11:00 am Pacific  
**Aprende a identificar las 10 señales con Alejandra Scott** *Si usted o algún conocido está experimentando pérdida de memoria o cambios de comportamiento, es hora de que conozca la verdad. Detectar la enfermedad de Alzheimer temprano le dará la oportunidad de empezar un tratamiento, participar en un estudio clínico y planear para el futuro.*



**A program of the WellMed Charitable Foundation**

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



CHANGING  
THE PERCEPTION OF  
**AGING**



# **VIRTUAL DEMENTIA TOUR®**

**YOUR WINDOW INTO THEIR WORLD**

*“Until There’s A Cure, Take the Tour”*

The Virtual Dementia Tour® is an individual experience through simulated dementia created for families, organizations and companies seeking to better understand the physical and mental challenges of those with dementia.

## **HACIENDA OAKS at BEEVILLE**

**Invites you to participate in a FREE Community Event**

**TUESDAY, FEBRUARY 12, 2019**

**1:00 p.m. to 5:00 p.m.**

**4713 Business 181 North, Beeville, TX**

**LIMITED AVAILABILITY, CALL TO RESERVE YOUR SPACE!!**

**To register or for more information call:**

**ANNA MARIE SILVAS at 361-343-0299**

\* The Virtual Dementia Tour was created by Atlanta-based Second Wind Dreams®, a national non-profit organization founded by Virtual Dementia Tour author, P.K. Beville, M.S. in 1997 to fulfill dreams for those living in elder care communities and to research ways to improve their quality of life. All donations from tours are given to Second Wind Dreams to continue funding their elder dreams program\*.

**A DEMENTIA COLLABORATIVE PROJECT SPONSORED BY:**



**HOSTING PARTNER:**

*Hacienda Oaks in Beeville Texas*





# ALZHEIMER'S SUPPORT GROUP

~ *You are not alone ... join us for support* ~

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:

*Texas Health and Human Services Division*

**DATE :** Wednesday, February 20, 2019  
**TIME :** 10:30 a.m.  
**LOCATION :** Woodridge Nursing & Rehab Center  
**ADDRESS :** 600 So. Hillside Dr. Beeville 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:*

*Sylvia Padilla*

*361-358-8880*

# CARE PROVIDER TRAINING

A facilitation provided by:

*The National Family Caregiver Support Program*

a program of the:



~ **SAVE-THE-DATE** ~

**WHEN: WED., Feb. 13, 2019**

**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 a Person with Early, Mid & Late Stage Alzheimer's**
- ◆ **Participate in the Virtual Dementia Tour**
- ◆ **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

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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:*



# SCHMIEDING DEMENTIA TRAINING

(\*) CLASSES: Thursday, March 14th  
Thursday, March 21st  
Thursday, March 28th

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

WHERE: Area Agency on Aging  
2910 Leopard St.  
Corpus Christi, Texas 78408

(\*\*) Pre-Register by March 7th

(\*\*) 361) 883-3935 OR  
1-800-252-9240

## COURSE CONTENT INCLUDES:

- ◆ *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*

*For additional information contact:*  
~ **FELIPA LOPEZ WILMOT** ~  
Caregiver Program Specialist

Office: (361) 883-3935 ext - 5153  
Toll Free: 1-800-817-5743  
e-mail: [felipa@cbcogaaa.org](mailto:felipa@cbcogaaa.org)



Facilitation 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*



**Alzheimer's Community Forum**  
Alzheimer's disease, dementia and memory loss

**Thursday, February 7, 2019 @ 3:30 - 6:00 p.m.**

**Brookdale Trinity Towers**

**101 N Upper Broadway, Corpus Christi TX 78401**

You may register at : <https://tinyurl.com/CC-Brookdale-TrinTowers>

Learn about Alzheimer's, dementia and memory loss. Bring a friend who has been affected by the disease. Share your thoughts about how we can help people in your community.

Refreshments and snacks will be provided.

You may reach me for additional information at 210.822.6449, ext 8104 or via email at [mpvieyra@alz.org](mailto:mpvieyra@alz.org)

**Call 800.272.3900 or visit [alz.org/sanantonio](http://alz.org/sanantonio)**

**alzheimer's  association®**





Helping people live with Alzheimer's

## **Alzheimer's Education and Support Program**

Nestor H. Praderio, MD hosts an interactive learning experience for Caregivers of loved ones Alzheimer's Disease and other related Dementia. Sessions are held every fourth Wednesday of the month (January to October) at the Conference Center located behind the Doctor's Regional Hospital Emergency Room, 3315 S. Alameda. Sessions begin at 6:30 PM and complimentary refreshments are sponsored by our trusted community partners.

### **2019**

**January 23, 2019**

**February 27, 2019**

**March 27, 2019**

**April 24, 2019**

**May 22, 2019**

**June 26, 2019**

**July 24, 2019**

**August 28, 2019**

**September 25, 2019**

**October 23, 2019**

[www.TexasFacetoFace.com](http://www.TexasFacetoFace.com)

[TexasFacetoFace@gmail.com](mailto:TexasFacetoFace@gmail.com)

Facebook.com/TexasFacetoFace

**Please RSVP at 361-238-7777 (Leave your contact information including Name, Address, Cell Number and email address).**