

I & A Ro1odex

Clark County Senior Information & Assistance

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Inside This Issue:

- Caregiver Corner
- Caregivers & Breast Friends Program
- Alzheimer's Disease
- Holiday Food, LIHEAP & Cold Weather
- Medicare Forum & News
- Ask Your I&A & Healthy Recipes
- Where To Find us in The Community

Gatekeepers in our Community



David Kelly

It is an honor to our Gatekeeper Program that SWAAD staff has proudly brought back into our SW Washington community.

Have you encountered an elderly person in the course of your business or personal life that needs help; yet, you don't know where to turn? The Gatekeeper program, administered by Information and Assistance, can train you, your employees and/or community group to:

- Recognize warning signs that vulnerable adults may be in need of help;
- Refer those in need to our Gatekeeper program for help!

The Gatekeeper program is designed to assist vulnerable disabled and older adults who need help, but may be unable or unwilling to get it for themselves.

The Gatekeeper program trains community members, employers and their employees to keep a watchful eye out for older adults and persons with disabilities who may not be doing well and could use some support to remain safely in their home.

Serving as a Gatekeeper is an excellent way to establish good public relations and to bring communities together. It also enables vulnerable adults to maintain their dignity and independence, while it builds employee job satisfaction, pride and community involvement.

We all have an obligation to help those most in need. Forcing assistance is not our goal, but vulnerable people deserve to be informed of options and resources that will preserve their independence and enhance their quality of life.

Becoming a Gatekeeper benefits both vulnerable adults and YOU!!!

You can make a difference! Schedule your Gatekeeper Training today!

360-694-8144

888-637-6060

www.helpingelders.org

Powerful Tools for Caregiving

Pre-Register NOW for 2012!!

**February, April, July or November
Space is limited!**

A FREE 6 week class on the wellness of family caregivers

For additional information or to register contact Information & Assistance

360-694-8144 OR iclark@dshs.wa.gov

SWAAD's 8th Annual Caregiver Conference

Singing through the Rain

Saturday, October 22, 8:30 AM to 3:30 PM

PeaceHealth Southwest Medical Center

To Register call 360-694-8144

Keynote speaker is Wendy Lustbader, MSW, a nationally acclaimed speaker on caregiving issues and author of Taking Care of Your Aging Family Members.

Additional workshops include:

1. Distinguishing between Delirium and Depression
2. Creative Interactions and Coping Skills and
3. An uplifting music session with Earthtones Music Therapy.

Who should attend:

Unpaid family and friends caring for a loved one

Cost for Event:

\$10.00 Includes continental breakfast & hot lunch

Scholarships available

Respite Care:

Assistance Provided (Register by 9/23/11)

*Sponsored by:
SW WA Agency
on Aging &
Disabilities
in Partnership
with:
PeaceHealth
Southwest
Medical Center*

Caregivers. Who they are. Why they matter.



Are you helping care for a family member or friend?

You are not alone!

More than 600,000 Washington State citizens provide care to adults who need help with care.

Family caregivers are the bedrock of America's long-term care system and come from all walks of life. Everyday they assist relatives and loved ones with tasks ranging from simple supports such as helping with household chores, cooking and cleaning; to complex care such as bathing, dressing, moving around the home, administering medications and monitoring side-effects.

Although most caregivers view their work as rewarding, many experience significant stress and negative health impacts. To help alleviate the toll of caregiving, family caregivers need supports and services that safeguard their health and emotional well-being.

Have questions, concerns or need Help?

**Contact your local
Family Caregiver Support Program**

360-694-8144

Information Acquired from: *Family Caregiver Handbook & www.celebratingfamilycaregivers.org*

Breast Friends

Have you or a woman you love been diagnosed with breast, ovarian or other women's Cancers?

**Breast Friends may
be able to help!**

Breast Friends is a non-profit organization based out of Portland that is dedicated to improving the quality of life for female cancer patients through their family, friends and other support networks.

Breast Friends provides support to a patient's family and friends by educating them through the following programs and services:

- Friends & Family Outreach
- Patient Outreach
- Conferences & Events
- Rolling Resource Center

If you or someone you love is currently battling a Women's Cancer, contact Breast Friends today.

**503-598-8048 or 888-386-8048
mail@breastfriends.com**

Information Acquired from:
www.breastfriends.org

www.helpingelders.org

Alzheimer's Disease...

Is a progressive brain disorder that damages brain cells, leading to loss of memory, thinking and daily tasks. Alzheimer's is not a part of normal aging, but results from a complex pattern of abnormal changes in the brain. It usually develops slowly and gradually gets worse over time, currently there is no cure.

Caring for someone with Alzheimer's & Tips for better communication

Listening – It is an Art

The goal is to understand *not just the word (s)* the person is saying... but *the meaning* the person is trying to get across!

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|--|---|
| <ol style="list-style-type: none"> 1. Stop Talking... 2. Be patient... 3. Do not interrupt... 4. Show interest... 5. Double-check understanding 6. Use active listening skills | <ol style="list-style-type: none"> 7. Be a good actor... Even if you have heard this phrase, this story or that memory over 100 times. To the individual with memory loss it may be the first time they feel they have told it to you. Listen with the same enthusiasm and interest as you did the first time. |
|--|---|

10 Things to Never say to someone with Memory Loss!

- | | |
|--|--|
| Never Argue... instead, Agree | Never command... instead, Ask or Model |
| Never Reason... instead, Divert | Never say Remember... instead, Reminisce |
| Never Force... instead, Reinforce | Never Lecture... instead, Reassure |
| Never Shame... instead, Distract | Never say "I told you"... instead Repeat |
| Never say "You can't"... instead, Do what you can | |
| Never Condescend... Instead, Encourage and Praise! | |

In helping others, we shall help ourselves, for whatever good we give out completes the circle and comes back to us. *Flora Edwards*

If you or someone you know is experiencing any of these symptoms, see a doctor. Early diagnosis gives you a chance to seek treatment and plan for the future.

If you have questions, contact the Alzheimer's Association 24/7 HelpLine

1-800-848-7097

Holiday Food

Many local churches and social service agencies provide holiday food baskets to those in need.



If you or someone you know could benefit from a holiday food basket, contact your local Senior Information & Assistance office for options near you.

360-694-8144



The Low-Income Energy Assistance Program begins in November and continues until funds are depleted.

To schedule an appointment to apply for LIHEAP for the 2011-2012 winter contact:

1-866-861-6354

For more information, visit
www.liheapwa.org

Plan Ahead For Cold Weather

Prepare for extremely cold weather every winter—it's always a possibility. There are steps you can take in advance for greater wintertime safety in your home and in your car.

Winter Survival Kit for Your Home

Keep several days' supply of these items:

- Food that needs no cooking or refrigeration, such as bread, crackers, cereal, canned foods, and dried fruits. Remember baby food and formula if you have young children.
- Water stored in clean containers, or purchased bottled water (5 gallons per person) in case your water pipes freeze and rupture.
- Medicines that any family member may need.

If your area is prone to long periods of cold temperatures, or if your home is isolated, stock additional amounts of food, water, and medicine.



Information Acquired from:
http://www.bt.cdc.gov/disasters/winter/pdf/cold_guide.pdf

www.helpingelders.org

Attention

Medicare Annual Enrollment To Choose A New Part D and Medicare Advantage Plan is Oct. 15-Dec 7

Medicare Forum

Making The Most of Your Medicare Benefits

Getting ready to retire?
Overwhelmed and confused
about Medicare options?
Caring for a family member
and need to learn more?

Join us for this free educational event. Learn about Medicare, Part D, Social Security, Medicare changes for 2012, wellness programs, and other resources.

WHEN:

Tuesday, October 11th
10:00 am-11:30 am

WHERE:

Luepke Center
1009 E McLoughlin Blvd
Vancouver, WA

RESERVATIONS REQUIRED

360-487-7055

Key Facts About Health Care Reform & Medicare

- 1) Health Reform did not cut basic Medicare benefits– The guaranteed benefits you get from Medicare will *not* change. Now, your Medicare coverage includes a free annual wellness visit and prevention plan with no cost-sharing;
- 2) The Affordable Care Act includes measures designed to improve the quality of care, especially for people with chronic conditions. There's also help for you to be better able to manage your own care;
- 3) The law helps people to find and pay for long-term care at home. Health reform established a voluntary, public long-term care insurance program for full- and part-time workers (called CLASS).
- 4) Medicare Advantage Plans are not going away. Medicare advantage plans will continue to be available for most beneficiaries, and most are expected to continue to offer more benefits and services than Original Medicare alone. Members enrolled in Medicare Advantage Plans have access to the same preventive care benefits as beneficiaries enrolled in original Medicare.

<http://www.ncoa.org/assets/files/pdf/Straight-Talk-for-Seniors.pdf>

www.helpingelders.org

Italian Baked Ziti

Ingredients

- 8 oz ziti pasta—(3 cups uncooked)
- 1/2 lb extra lean ground beef or turkey
- 3 cups spaghetti sauce
- 2 cups low fat cottage cheese
- 2 Tbsp grated Parmesan cheese
- 1/4 cup egg substitute
- 1 tsp dried parsley
- 1/4 tsp garlic powder

Preheat oven to 300 degrees. Cook ziti according to package directions, omitting salt and oil. Drain and set aside. Meanwhile, crumble meat in a large skillet sprayed with nonstick cooking spray. Sauté until meat is cooked, stirring frequently. Add spaghetti sauce. Combine cottage cheese, Parmesan cheese, egg substitute, parsley and garlic powder and mix thoroughly. Add ziti and mix well. Spread 1 cup of spaghetti sauce mixture in bottom of 9"x13" pan that has been sprayed with nonstick cooking spray. Spoon ziti and cheese mixture in lasagna pan. Pour remaining sauce over ziti and cheese. Cover with aluminum foil and bake 30 minutes.

Serves 8

This and other recipes can be found at
www.diabetes.org

Ask Your I & A Specialists...

Q: I just moved to Washington from Oregon. When in Oregon, I received food stamps, in-home services and help with my telephone bill. How do I transfer my services to Washington?

A: We can tell you all of those services are also available here in Washington; however, they cannot be transferred from Oregon. You will need to reapply for each service individually.

Q: What's this I hear about Medicare making changes?

A: There are going to be many changes to healthcare over the next several years; see our Medicare Spotlight each quarter for up to date information.



WHERE TO FIND US IN THE COMMUNITY

October	November	December
<p>Cascade Park Library Display</p> <p>7th—Camas Loaves & Fishes 11:00am-1:00pm</p> <p>11th—Medicare Forum Luepke Senior Center 10:00am-11:30am</p> <p>15th—ElderFriends Volunteer Training</p> <p>19th—Cascade Park Library Resource Table 10:00am—12:00pm</p> <p>19th—Columbia House Resi- dent’s Council Presentation 1:15pm</p> <p>22nd—8th Annual Caregiver Conference “<i>Singing in the Rain</i>” PeaceHealth Southwest <i>Registration required</i> 8:30am-3:30pm</p> <p>24th—Marshall Community Ctr. Resource Table 10:00am-11:30am</p>	<p>4th—PUD Round Table Clark Public Utilities 1:00pm-3:30pm</p> <p>4th—Community Care Fair Peacehealth Southwest Health Education Center 12:00pm—5:00 pm</p> <p>8th—Crown Villa Resource Table 10:00am-12:00pm</p> <p>9th—EnhanceFitness Resource Table 9:00am-11:00am</p> <p>9th Ft. Vancouver Apartments Resource Table 2:00pm—4:00pm</p> <p>14th—Gatekeeper Training Rise & Stars Community Center 11:00am-12:00pm</p> <p>28th—St. Helens Manor Resource Table 10:00am-12:00pm</p>	<p>13th—FVRL Main Library Resource Table 11:30am-1:30pm</p> <p>15th—Washougal Loaves & Fishes Holiday Meal 11:00am-1:00pm</p> <p>16th— Firstenburg Loaves & Fishes Holiday Meal 11:00am-1:00pm</p> <p>21st - Battle Ground Loaves & Fishes 11:00am-1:00pm</p> <div data-bbox="1198 1224 1495 1373" data-label="Image"> </div>

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our quarterly
newsletter mailing list:

360-694-8144

888-637-6060

www.helpingelders.org