

I & A Ro1odex

Cowlitz & Wahkiakum Counties Senior Information & Assistance

Fall 2011

Volume 2

Issue 4

Inside This Issue:

- Caregiver Corner
- Caregivers & Breast Friends Program
- Alzheimer's Disease
- Holiday Food, LIHEAP & Cold Weather
- Medicare Forum & News
- Wahkiakum Corner
- Educational Opportunities
- 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!

360-577-4929

800-682-2406

www.helpingelders.org



Powerful Tools for Caregiving

A **FREE** 6 week class on the wellness of family caregivers offered three times a year by the Family Caregiver Support Program.

Pre-Register now for 2012!!

For additional information or to register contact Information & Assistance

360-577-4929 OR iakelso@dshs.wa.gov

Caregiver Workshop

Thursday, November 17, 2011, 10:00 AM-2:00PM

At Cowlitz PUD, 961 12th Avenue, Longview, WA

- Who should attend:** Wives, husbands, daughters, sons and friends caring for a loved one.
- Cost for Event:** \$5.00 Includes lunch. Scholarships are available.
- Respite Care:** Assistance Provided. Please register by October 21.
- To Register:** Call 360-577-4929 or toll free at 1-800-682-2406.

When arriving to the PUD, please park in the gravel parking lot located on the corner of Commerce Avenue & Delaware Street.

Our guest speaker will be **Joyce Beedle**, author of **The Carebook: A Workbook for Caregiver Peace of Mind**. Joyce will speak on Care of the Caregiver.

We will also learn how to effectively communicate with staff caring for your loved one.

The day also includes lunch, the opportunity to visit with other family caregivers and information about local resources.

Sponsored by:

SW WA Agency on Aging & Disabilities

www.helpingelders.org

www.helpingelders.org

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

360-577-4929

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!

- | | |
|--------------------------------|--|
| 1. Stop Talking... | 7. Be a good actor... Even if you have |
| 2. Be patient... | heard this phrase, this story or that |
| 3. Do not interrupt... | memory over 100 times. To the |
| 4. Show interest... | individual with memory loss it may |
| 5. Double-check understanding | be the first time they feel they have |
| 6. Use active listening skills | 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

1-800-272-3900

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.

360-577-4929



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:

360-425-3430 Ext. 231

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

WAHAKIAKUM CORNER

DO YOU HAVE QUESTIONS ABOUT ALL THE CHANGES TO MEDICARE AND HEALTH INSURANCE???

For instance, did you know there has been changes to the Annual Enrollment Period
(Formerly 11/15 to 12/31 of each year)?

The New Annual Enrollment Period for 2012 is now from October 15 – December 7.

What does this mean for you? There is help available...

For information contact your local
Senior Information and Assistance Specialist
Southwest Washington Agency on Aging and Disabilities
Wahkiakum Human Services Office—360-795-8630 Ext. 128 (Wednesdays)
or the Kelso SWAAD Office 360-577-4929 (Mon.—Fri.)

Upcoming Educational Opportunities

Topics focus is on senior population but is open to all interested in coming!

Location: Longview Senior Center

1111 Commerce Ave. Longview, WA
11:15am-12:00pm

- Diabetes and Nutrition Oct. 6th
- Hypertension and Stress Oct. 20th

Contact: Alice Watkins - 360-577-0597

Location: Women's Health Pavilion

1660 Delaware St Longview
10:00am-12:00pm

- Hypertension and Stress Nov. 10th

Contact: Women's Health Pavilion
360-501-3700

Registration is required

Location: Cowlitz Tribe, St. Mary's Center

107 Spencer Rd., Toledo, WA 98591
11:00am-1:00pm

- Controlling Hypertension Nov 4th

Contact: Patty Kinswa-Gaiser
360-864-8727

Registration is not required

WHERE TO FIND US IN THE COMMUNITY

October	November	December
<p>4th I&A Resource table Ryderwood Congregate meal site 11:30am-1pm</p> <p>6th I&A Resource table Pathways to Possibilities Expo Ctr. 10am-3pm</p> <p>13th I&A Resource table PUD Senior Fair 10am-3pm</p> <p>20th I&A Resource table Hypertension & Stress LV Senior Center 11am-12pm</p> <p>24th I&A Resource table Veterans Stand down LV Armory 9am-4pm</p> <p>27th I&A Resource table Together we can Expo Center 8am-5pm</p>	<p>3rd I&A Resource table Kelso Congregate meal site 11:30am-12:30pm</p> <p>4th I&A Resource table Cowlitz Tribe Controlling Hypertension 11am-1pm</p> <p>10th I&A Resource table Hypertension & Stress Woman's Pavilion 10:00am-12:00pm</p> <p>15th I&A Resource Table LIHEAP registration CAP 8am-10:30am</p> <p>17th I&A Resource table Caregiver Workshop PUD 10:00am-2pm</p> <p>17th Gatekeeper Presentation PUD 7:00am-8:am</p> <p>19th Agency Presentation Kelso Sr. Center, AARP Mtg. 1:00 P.M.</p>	<p>12th I&A Resource table Kalama Cong. meal site 10:30am-12:30pm</p> <p>14th I&A Resource table Castle Rock Cong. meal site 10:30am-12:30pm</p> <p>14th MIPPA Partnership Event Kelso Sr. Center 2:00-4:00 P.M.</p> <p>15th Gatekeeper Presentation City of Longview Water Dept. 7am-8:30am</p> <p>16th I&A Resource table Woodland Cong. meal site 10:30am-12:30pm</p>

I & A Specialists:

Chris Hulings
Doug Hooper
Lexie Bartunek, *CIRS-A*
Leah Chisholm, *CIRS-A*

I & A Coordinator:
Marina Nazaretyan

Executive Director:
David Kelly

Call or e-mail
Senior Information &
Assistance to get on
our quarterly
newsletter mailing list:
360-577-4929
800-682-2406



305 S. Pacific Ave., Ste. B
Kelso, WA 98626

www.helpingelders.org