

Macon County Health Department

September-October 2019

Caregiver Advisory Newsletter

Medicare Open Enrollment

Just a reminder, Medicare Open Enrollment is quickly approaching. Between October 15th and December 7th, you have the opportunity to look at Medicare prescription drug plans for the coming year. We are happy to help you research plans for yourself or for your loved ones so you have information on the most cost effective coverage. To schedule an appointment, call us at 423-6550.

Join Our Crew At the Zoo

Macon Memories Memory Café will be taking advantage of one of the final free Thursdays at Scovill Park Zoo on Thursday, September 26th. We will meet at the zoo at 1:00 PM. Feel free to join us, even if you have not participated in Memory Café in the past. We love to meet new people and make new friendships. For further information call 423-6550 ext. 1510 or ext. 1511.



Long Term Care Ombudsman Program

The Ombudsman Program advocates for residents of nursing homes, board and care homes, assisted living facilities, and other similar adult care facilities. The role of the Ombudsman is to work to resolve problems that a resident faces and to effect change at the local, state and national levels to improve quality of care. The Ombudsman identifies, investigates, and resolves complaints. Other responsibilities include:

1. Education residents, the family and facility staff about resident rights and good care practices.
2. Ensure residents have regular and timely access to ombudsman services.
3. Provide technical support for the development of resident and family councils.
4. Advocating for changes to improve quality of life for residents.
5. Provide information to the public regarding long term facilities and services, resident rights and legislative/policy issues.
6. Seek legal, administrative and other remedies to protect residents.

For more information on the Ombudsman Program, contact the East Central Illinois Area Agency on Aging at (800) 888-4456 (toll free in Illinois) or (309) 829-2065.

9 Must Read Alzheimer's Books for Caregivers

Caring for an individual with Alzheimer's is a challenging situation. It may also be difficult to figure out effective care and communication techniques, which results in frustration and stress for the caregiver and care receiver. DailyCaring has rounded up these books that help with practical care tasks and managing challenging behaviors.

1. *The 36 Hour Day: A Family Guide to Caring for People Who Have Alzheimer's Disease, Other Dementias, and Memory Loss* by Nancy L Mace and Peter V Rabins. This book is often referred to as the "gold standard" for those caring for someone with dementia. It has practical tips to help improve the lives of people with dementia and provide caregivers help to cope with their own emotions.
2. *Learning to Speak Alzheimer's: A Groundbreaking Approach for Everyone Dealing with With the Disease* by Joanne Koenig Coste. She emphasizes dealing with individuals in their own reality. The book offers hundreds of practical tips including coping with the diagnosis, helping the patient talk about the illness, adjusting the environment for the patient's comfort, making meals, bath times, and dealing with wandering.
3. *Creating Moments of Joy Along the Alzheimer's Journey: A Guide for Families and Caregivers* by Jolene Brackey. The focus of this book is creating moments of joy. Even if they won't remember what we said or did, the positive feelings will remain. The book is filled with practical advice sprinkled with hope, encouragement, stories, and humor.
4. *Surviving Alzheimer's: Practical Tips and Soul-Saving Wisdom for Caregivers* by Paula Spencer Scott. This book gives strategies for helping others without sacrificing yourself. It includes the "Why This, Try This" approach to understanding odd and frustrating behaviors. It also features stories and ideas from families who have made this journey.
5. *Thoughtful Dementia Care: Understanding the Dementia Experience* by Jennifer Ghent-Fuller. She explains the loss of different kinds of memory and describes how that affects someone's daily life and understanding of the world.
6. *Activities to Do with Your Parent Who Has Alzheimer's Dementia* by Judith A. Levy. Activities in this book help maintain the older adult's self-care skills, mobility, and socialization. The tasks encourage success, boost self-esteem, and give you different opportunities to interact with the older adult. It includes over 50 activity ideas and how to do them.
7. *The Dementia Handbook: How to Provide Dementia Care at Home* by Judy Cornish. Ms. Cornish is the founder of the Dementia & Alzheimer's Wellbeing Network. She approached dementia care with clear and empathetic methods that improve the lives of the person with dementia and the caregiver.
8. *When Reasoning No Longer Works: A Practical Guide for Caregivers Dealing with Dementia & Alzheimer's Care* by Angel Smits. This book was written to be a training manual for family caregivers of those with dementia.
9. *Chicken Soup for the Soul: Living with Alzheimer's & Other Dementias: 101 Stories of Caregiving, Coping, and Compassion* by Amy Newmark. The book has 101 stories to provide support and encouragement throughout the caregiving journey.

September-October Support Groups

Alzheimer's Association Caregiver Support Group	3rd Thursday 7:00 p.m.	September 19th October 17th	First Christian Church 3350 N. MacArthur Rd., Decatur, IL (217) 875-9436
Alzheimer's/Dementia Caregiver Support Group	3rd Tuesday 1:30 p.m.	September 17th October 15th	Macon County Health Department Main Conference Room 1221 E. Condit St., Decatur, IL (217) 423-6550
Life Builders Church of God Memory Café	2nd Tuesday 10:00-11:30 a.m.	September 10th October 8th	Life Builders Church of God 833 W Pershing Road, Decatur, IL For further information call: Pastor Diane (630) 440-6573
Macon Memories Memory Cafe	2nd & 4th Monday 1:00 p.m.	September 9th September 26th October 28th	Eagle Ridge of Decatur (lower level) 875 W McKinley Ave, Decatur, IL September 26th meet at Scovill Park Zoo at 1:00 pm
Parkinson's Disease Support Group	3rd Thursday 1:30 p.m.	September 19th October 17th	Westminster Presbyterian Church 1360 W. Main St., Decatur, IL Contact: John Kileen (217) 423-0691
Us Too Prostate Cancer Support Group	4th Tuesday 4:30 p.m.	September 24th October 22nd	Cancer Care Specialists 210 W McKinley, Decatur, IL
Caregiver Brunch Bunch	4th Tuesday 10:00 a.m.	September 24th October 22nd	Macon County Health Department Main Conference Room 1221 E. Condit St., Decatur, IL (217) 423-6550
Grandparents Raising Grandchildren (or other relative caregivers)	2nd Wednesday 1:00 p.m.	September 11th October 9th	Macon County Health Department Main Conference Room 1221 E. Condit St., Decatur, IL (217) 423-6550



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***Macon County Health Department
Starting Point
Caregiver Advisory Services***

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