

A Caregivers Newsletter that is published every other month for those who care for a loved-one, no matter the health situation. Enclosed we hope you find helpful information that you can use!

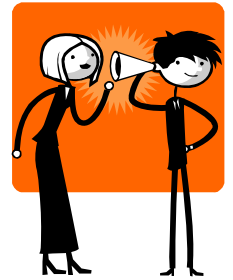
CareLINK can also be found at:

<http://www.co.kenosha.wi.us/DHS/Divisions/Aging>

~Sponsored & Published By The Kenosha County Aging & Disability Resource Center~

Communication Is Not Just Speaking

As much as 90% of our communication is nonverbal. When the person in your care can no longer communicate with words, you can still tell him you care. The tone of your voice speaks volumes and a hug speaks more clearly than words. Make sure the person has proper glasses or a hearing aid. A skilled audiologist can suggest appropriate listening devices for someone with a hearing loss. Loss of hearing can make people seem slow or not interested, when, in fact, they simply can't hear what others are saying or may not have their hearing aid turned up. Below are some simple tips to use when communicating with someone who has a hearing loss:



- Don't be intimidating or stand over the person if he is sitting down. Stand, sit or squat so you are at eye level with the person.
- Approach the person from the front and tell him who you are. Call the person by name.
- Make sure your face is in the light, so that your lips and facial expressions can be seen.
- Use simple sentences. For example, "Do you want to eat?"
- Ask one question at a time.
- Don't interrupt the person while he is talking.
- Use body language such as nodding or pointing and lots of facial expressions.
- Speak in a normal tone facing the person, and making eye contact. Do not shout.
- Reduce background noise. Certain loud noises can actually cause pain to someone with Alzheimer's, or cause a distracting noise in a person's hearing aid.
- Explain what you are going to do before you do it using one-step commands. Point to the object you are discussing. For example, say, "Do you want your sweater?" not "Do you want this?"
- Avoid expressions that may cause confusion. Don't say, "Jump into bed." Instead, say, "Get into bed."
- Use pictures instead of words. Have a pencil and paper handy.
- Give the person time to respond.

Source: National Adult Literacy Survey (NALS)

**Kenosha County Aging & Disability
Resource Center**
8600 Sheridan Road, Suite 500
Kenosha, WI 53143



When you need answers...
262-605-6646 or 1-800-472-8008
TTY 262-605-6663
and, www.co.kenosha.wi.us/DHS



“Lighten Up” and Live Longer

In a recent study of postmenopausal women, researchers found that optimists had lower rates of death and chronic diseases than pessimists.

Defining optimism as expecting good rather than bad things to happen, they found that optimistic women were 30% less likely to die from heart disease than their pessimistic counterparts. These results were even more pronounced among the 8,000 black women in the study.

Researchers think that optimistic people tend to be healthier in general. They were less likely to be overweight, more physically active and less likely to smoke, according to a report in Scientific American. Optimists are more likely to stick to diets recommended by their doctors, and to seek medical advice and follow it. They have strong social relationships, which helps them manage stress, a risk factor for heart disease. So looking at the bright side of things pays off!

Source: University of Pittsburgh School of Medicine news release

Be Comfortable With Silence

When words and conversation become difficult, just sitting quietly with the person, gently holding his or her hand and perhaps listening to music is very meaningful.

Source: Navigating the Alzheimer’s Journey; Carol Bowlby Sifton; Health Professions Press

October Is Fire Safety Month

Americans over the age of 65 are one of the groups at greatest risk of dying in a fire. On average, every year almost 1,000 Americans older than 65 die in fires.

People over the age of 80 die in fires at a rate three times higher than the rest of the population. Caregivers can help prevent these tragedies by taking steps to reduce the chance of the person in their care being killed or injured by a fire.



Factors why seniors are at risk for a fire death and injuries include:

- Alzheimer’s disease and dementia can impair a person’s vision, depth perception, hearing, sense of smell and sensation to heat, as well as their judgment. These issues make it difficult to respond to an emergency and pose an enormous threat should a fire occur.
- Medication side effects may affect a senior’s ability to be alert and make quick decisions.
- Physical disabilities may impair a senior’s ability to take quick action.
- Vision or hearing loss can prevent individuals from noticing fires or the causes of fires or hearing alarms.
- Seniors who live alone have no one to help them put out or escape from a fire.

Source: U.S. Fire Administration; Home Safety Council

Don’t Forget To Get Your Flu Shot!

Below are a few agencies that will be offering Flu Clinics this year. Please call them for information as to dates, times, locations and costs.

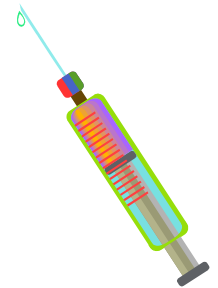
Kenosha Co. Division of Health: 262-605-6700 or 1-800-472-8008

Kenosha Visiting Nurse Association: 262-656-8400

CVS Pharmacy on 80th Street: 262-658-3731

Visiting Nurses Association of WI: 262-657-2836

Walgreens Pharmacies: Call your local Walgreen’s pharmacy for details.



Fire Safety Tips & Reminders

- ✔ Do not leave food unattended on the stove or in the oven. If a fire breaks out in a pan, put a lid on it. Never throw water on a grease fire. And also **never** use a cook stove to heat your home.
- ✔ Wear snug clothing without loose, dangling sleeves; don't leave paper towels and plastic wrap near the stove; and remove flammable liquids from the kitchen.
- ✔ Buy only UL approved space heaters, and use only the manufacturer's recommended fuel for each heater. Do not use electric space heaters in the bathroom or in other wet areas. Keep combustibles away from heat sources.
- ✔ Don't leave smoking materials unattended. Use "safety ashtrays" with wide lips. Empty all ashtrays into the toilet or a metal container before going to bed. Never smoke in bed. Never allow smoking near an oxygen tank.
- ✔ Have a service person inspect chimneys, fireplaces, wood and coal stoves and central furnaces annually. Have them cleaned when necessary.
- ✔ Install smoke alarms on every level of your home. Put detectors inside or near every bedroom. Test them monthly to make sure they work. Put in new batteries once a year. If your smoke alarms are more than 10 years old, replace them.
- ✔ Buy fire extinguishers and learn how and when to use it.

Source: U.S. Fire Administration; Home Safety Council



Helpful Resources



Disability★Gov
www.disability.gov

A new website that provides easy access to comprehensive disability-related information and resources.

U.S. Fire Administration

To request a *Fire Safety Checklist for Older Adults*, Item no. 9-0447 for English and Item no. 9-0443 for Spanish, call FEMA Distribution Center at 1-800-480-2520 Option #3.

Enablemart - Assistive Technology

www.enablemart.com

1-888-640-1999

Specializes in the latest assistive technology products available.

Vitality Medical

www.vitalitymedical.com

1-800-397-5899

A resource for discount health and medical products.

~Take Note~



Comparing Medicare Part D Plans:

The Elder Benefit Specialist program is offering this workshop to help you learn more about Medicare Part D plans and how to compare these plans. This workshop will be held throughout October, November and December. Please call the ADRC at 262-605-6646 or 1-800-472-8008, for dates, times, locations and to make your reservation. Limited seating is available.



Suicide and Abuse Prevention:

The Kenosha County Long-Term Care Workforce Alliance is hosting this free workshop which is open to family caregivers and personal care workers. Renee Foy, MS, QPR-T with the Kenosha Co. ADRC, and Rachel Selking with the State of WI Ombudsman program will present this workshop.

Date/Time: Wednesday, Oct. 7th, either, 8am—11:15am **OR** 1:15—4:30pm.

Location: Kenosha County Job Center, 8600 Sheridan Road, Kenosha, WI, Room N-2. Please call the ADRC at 262-605-6646 or 1-800-472-8008, to make your reservation as there is limited seating.



Fun 'n Fit

All are welcome to attend this free Resource Fair for people with disabilities. Many activities and exhibitors. Free all ability transportation is available by calling Kenosha Achievement Center at 658-9093 by Oct. 14th.

Date/Time: Tuesday, Oct. 20th, from 10am—4pm.

Location: YMCA—Callahan, 7101 53rd Street, Kenosha, WI.

Please call the ADRC if you have any questions, 262-605-6646 or 1-800-472-8008.

Local Support Groups

Here are a few of the local area support groups. For information on other support groups, please contact the ADRC at 262-605-6646 or 1-800-472-8008.

Cancer Support Group –

When: 3rd Thursday of each month

Time: 12:00pm

Where: United Hospital – St. Catherine's
Joseph F. Andrea Regional Cancer Center
9555 76th Street, Pleasant Prairie, WI

Contact: Krin Kramer - 262-577-8543.

MS Support Group –

When: 1st Thursday of each month

Time: 6:30pm

Where: St. Mary's Lutheran Church
2001 80th Street, Kenosha, WI

Contact: Alice Schwalbe - 262-496-8592.

~Just A Thought ~

Always do right. That will gratify some people and astonish the rest.

~Mark Twain