



CareLINK

A Newsletter For Caregivers

APRIL 2011 /
MAY 2011

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!

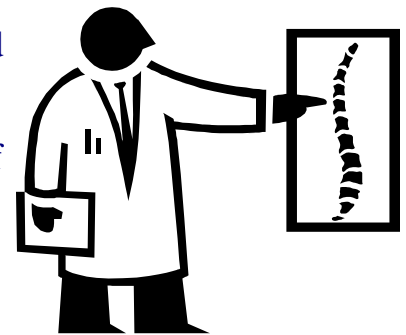
CareLINK can also be found at:

adrc.kenoshacounty.org

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

Back Safety – Proper Lifting

As a caregiver, you may have to help the person in your care move from place to place by lifting her. When you learn how to control and balance your own body, you can safely control and move another person. You can injure your back by *not focusing* on what you are doing, whether you are bending improperly to pick a paperclip up off the floor or loading the washing machine. Being a caregiver puts you at even more risk for back injuries. Many occur when lifting, moving, transferring or changing the position of the one in your care. Improper movements can cause injury to the person being moved, such as abrasions to skin, strains, sprains and tears—even fractures.



General Rules to Prevent Back Injury

- Use the same procedure for all transfers, so that a routine is set up:
- Never lift more than you can comfortably handle.
- Create a base of support by standing with your feet 8–12 inches (shoulder width) apart with one foot a half step ahead of the other.
- Use your legs...DO NOT let your back do the heavy work.
- Consider using a back support belt.
- If sitting for extended periods, get up every 20 minutes to give your spine relief.
- Stay fit by exercising and strengthening back and abdominal muscles.
- Gently stretch often during the day.
- Maintain a healthy weight to reduce pressure on your spine.
- Have a program to manage stress such as yoga, meditation or even simple walking.
- Quit smoking, as nicotine slows the flow of blood to the vertebrae and disks and impairs their function. Smokers tend to lose bone faster than nonsmokers, putting them at risk for osteoporosis.



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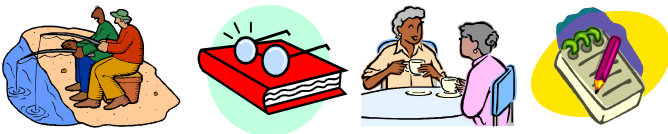
When you need answers...
262-605-6646 or 1-800-472-8008

www.adrc.kenoshacounty.org

Changes in Attitude Relieves Stress

Here are some suggestions to help reduce your stress level:

- Learn to say no. Good boundaries improve relationships.
- Control your attitude: Don't dwell on what you lack or what you can't change.
- Find simple ways to have fun: Play a board game, organize family photos, listen to music you enjoy, read an engrossing book.
- Learn a time-management tool, like making a to-do list (specifically include items that you enjoy).
- Knowledge is empowering: get information about the condition of the person in your care.
- Limit coffee and caffeine and be sure to have good nutrition regularly during your day.
- Find a support system and share your feelings with someone who wants to listen.
- Keep a gratitude journal—record three new things you are grateful for every day.



Lighten Your Load

A too-heavy handbag can cause muscle soreness, nerve compression and back and shoulder pain. A bag should weigh no more than 10 percent of your body weight. Weigh your bag on the bathroom scale to make sure you're not putting unnecessary strain on your body. If you have to carry a heavy load on a regular basis, consider a bag with wheels.

Source: American Chiropractic Association



Calories Versus Nutrition

As individuals age, their *calorie* requirements decrease, but their need for *nutrients* doesn't. So, calorie for calorie, make sure foods are packed with nutrients, not empty calories.



Nutrients are vitamins, minerals, proteins, carbohydrates, and fats, found in a variety of foods. Nutrients keep us looking and feeling our best. And don't forget water; it's our most important "nutrient."



A *calorie* is a way to measure the energy (the "fuel") a person gets from food. How many calories you need depends on age, activity levels, and gender.



Women over 50:

- ♦ 1,600 calories for a woman with low physical activity
- ♦ 1,800 for moderately active
- ♦ 2,000–2,200 for an active lifestyle

Men over 50:

- ♦ 2,000 calories for a man with low physical activity
- ♦ 2,200–2,400 for moderately active
- ♦ 2,400–2,800 for an active lifestyle

Source: NIH Senior Health

Free Falls Risk Assessment



**For persons 65+
With history of falls or
balance problems**

**Contact
Kenosha County ADRC
262-605-6646**

~Just A Thought ~

What we have to learn to do, we learn by doing. ~Aristotle

Advocacy

The Kenosha County ADRC will work to provide older adults and persons with disabilities with information about public policy and issues that are relative to services, benefits and access to care.

State Issues

Budget Repair Bill (SB11)

<http://legis.wisconsin.gov/JR1SB-11.pdf>

2011–2013 Biennium Budget

Assembly Bill (AB40)

<http://legis.wisconsin.gov/2011/data/AB-40.pdf>

2011–2013 Biennium Budget Senate Bill

(SB27)<http://legis.wisconsin.gov/2011/data/SB-27.pdf>

To contact the Kenosha County Division of Aging and Disability Services with your views, E-Mail ADRC@kenoshacounty.org and put “Advocacy” in the subject line.

Taking Care of Yourself

Motivation is the #1 factor determining whether people change their lifestyles or fail to follow their exercise and diet prescriptions. While motivation is an inside job, the caregiver has a part to play. No single day of exercise or eating right makes much of a difference in your or your care receiver’s health, but 30 days do. Sixty days makes even more of an impact; a year’s worth of a new lifestyle will provide remarkable shifts in mood and self-esteem. People who take up the challenge presented by diet and exercise prescriptions make huge strides in their physical and emotional recovery; imagine what it does to their independence.



Helpful Resources



Support Groups

For information on local support groups, please contact the ADRC at 262-605-6646 or 1-800-472-8008.

Find Your State and Federal Legislators

<http://legis.wisconsin.gov/w3asp/waml/waml.aspx>

~Take Note~



Alzheimer's Association Family Caregiver Conference - we're all in this together.

This conference is for families who are caring for a loved-one with a memory loss, regardless if its Alzheimer's or not. Topics include: Best Friends Approach in Dementia Care, Dementia and Driving, An overview of Alzheimer's disease and related dementias, plus more.

Date/Time: Tuesday, April 5th, from 8:30am - 3:30pm.

Location: Parkway Chateau, 12304 75h Street, Kenosha, WI

Cost: \$25.00; there are some scholarships available.

Please call Paulette Kisse at 262-595-2387 to register by March 29th.



Powerful Tools for Caregivers:

A 6 week educational series designed to provide you with tools you need to take care of yourself and manage your caregiving situation. The workshop will help caregiving families *thrive* (not just survive). All caregivers from Kenosha and Racine County are encouraged to attend.

Dates/Times: Mondays, April 11th - May 16th, from 1pm - 4pm.

Location: Lincoln Lutheran, 2000 Domanik Drive, 4th Floor, Racine.

Cost: \$10.00 for materials with scholarships available.

Kenosha County residents can register by calling Anita Potts, Kenosha County Aging & Disability Resource Center at 262-697-4578. Racine county residents can register with Marilyn Joyce, Racine County Aging and Disability Resource Center at 262-638-6678.



Body Mechanics and Dementia:

This free workshop led by Erwin Lim, a licensed Physical Therapist, with KVNA, will help caregivers learn the proper body mechanics to use in caring for a person with dementia. Proper lifting, transferring, and guidance techniques will be demonstrated along with some helpful assistive devices.

Date/Time: Monday, April 18th, from 7pm - 8:30pm.

Location: Westosha Community Center, 19200 93rd Street (Hwy. C), Bristol, WI

Free on-site respite care is also available while you attend this workshop. Please call Kathy Hinks at 262-605-6646 or 1-800-472-8008 to make your reservation and respite reservation.



Current Treatment Strategies for Hip and Knee Pain:

May is National Arthritis Month and the Kenosha County Aging & Disability Resource Center together with Aurora Healthcare and The Arthritis Foundation, WI Chapter are co-sponsoring this free public forum featuring Dr. William Lutes, Orthopedic Surgeon with Aurora Healthcare.

Date/Time: Thursday, May 5th, from 9:30am - 11am.

Location: Kenosha Public Museum, Chrysler Room, 5500 First Avenue, Kenosha, WI

Register online at <http://adrcpreventionprograms.blogspot.com> or by calling the Kenosha County ADRC at 262-605-6646. Reservations are required.