

CAREGIVER NEWSLETTER

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IMPORTANT NUMBERS:

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“Relationships based on obligation lack dignity.”

10 Important Tips for Alzheimer’s Caregivers

“Being the caregiver of someone with Alzheimer’s is hard work and requires a lot of knowledge and many skills for getting along and connecting with the person. Here are some tips to help you out on your caregiving journey:

CAREGIVER SPOTLIGHT:

This month caregiver spotlight is

MARGARET QUICKEL:

Maggie has been employed with Penncares for 5 going on 6 years, she is a dedicated and loyal employee. Maggie is always willing to go above and beyond to make sure her clients are taken care of. She never hesitates to rearrange her schedule to help whenever she can.

Thank you for your hard work!

1. Plan for the future. While it can be hard to accept a loved one’s dementia diagnosis that acceptance comes with the opportunity to start a treatment plan. A good treatment plan will enable them to achieve their highest potential at each stage of the disease.

2. Remember when... Many times a person with dementia can recall events from long ago. Share stories and laughter of events from the past that bring joy.

3. Interact with the person at his or her level. Even though you may want to interact with the person the way you always have, it isn’t going to be possible. You need to understand where they are on their journey with dementia and what they can understand. Don’t overwhelm them with details. A slow and compassionate approach will result in better communication.

4. Put something meaningful in their hand, such as a favorite flower. This is a great way to connect with a person in late-stage Alzheimer’s.

5. Try introducing them to children, pets, music, or art. These activities could reach even those in the late stages of the illness.

6. Maintain your cool. You will not be able to win an argument with a person who has dementia. Do not contradict the person as it will make them dig in their heels

even more strongly.

7. Keep the conversation on topics that are more neutral. If you know your loved one will get upset if you talk about a particular topic, for example, politics, don’t start the conversation.

8. Change the subject quickly if the person gets upset. Redirect their attention to something else, preferably something pleasant.

9. Visit the person even when they do not know who you are. Even when your loved one is no longer able to recognize you, they will know that you care. Your body language and attitude will convey your feelings more strongly than words.

10. Take care of yourself. This last tip is SO important! Being an Alzheimer’s caregiver is hard work. You cannot be an effective, compassionate caregiver if you are exhausted and burned out all the time. Look for a caregivers’ support group where you can share your thoughts and feelings with other caregivers.

Caregiver's Affirmations

- ❖ I will find time alone for myself, even though that seems impossible. That may mean asking for help from people and resources I've never considered before.
- ❖ Regardless of how deserving the source, I will say no to requests for my time when I know I can't add any more to my plate.
- ❖ I will remember that family members and friends who are not care receivers deserve some of my time. This may mean a little less of my attention will go to my care receiver, and that is okay.
- ❖ I will follow through with my own medical appointments and screenings, including dental cleanings and eye exams.
- ❖ I will remember that seeking advice from professionals, organizations and fellow caregivers is a sign of strength, not weakness.
- ❖ I will remember that taking care of my own needs isn't selfish. Taking care of myself benefits everyone I love.
- ❖ I will get appropriate help for myself if depression, anxiety, or other mental health issues become apparent to me, my friends, or my family.



Love Month Activities/Fun

Candy Bingo

Play a fun round of Valentine bingo using candy like Hershey's Kisses or sweethearts as the bingo markers. Give out Valentine candy for prizes.

Name That Love Song

Play music from popular love songs for your client to guess the titles.

Valentine Charades

Invite your client (s) to act out the titles of romantic songs, like "The Way You Look Tonight," "My Funny Valentine," or "Wind Beneath My Wings."

Valentine Pictionary

Encourage participants to draw words or phrases related to Valentine's Day for their team members to guess, like candlelight dinner, love birds, or love letter.

Valentine's Word Games

Search online for printable word games for your participants to work, like a Valentine's Mad Lib for residents to fill in words before reading the Valentine story or poem.

Winter Weather Preparedness Tips

DRESSING FOR COLD WEATHER

Adding layers will help keep you warm as the temperature drops

CHILLY

- 1-2 layers
- long layer
- outer layer to keep out wind, rain
- warm shoes water proof

COLD

- 2-3 layers
- warm hat
- outer layer to keep out wind, wet snow
- gloves
- boots water proof
- 1-2 layers

EXTREME COLD

- 3+ layers
- 1 insulating
- warm hat
- face mask
- outer layer to keep out wind
- gloves
- boots water proof
- 2+ layers

weather.gov/cold

BUILDING AN EMERGENCY SUPPLY KIT FOR YOUR CAR

WHY?
Because You never know you will encounter winter weather or an emergency road closure

AMERICA'S PrepareAthon!

- Cell Phone Charger
- First Aid Kit
- Jumper Cables
- Spare Tire
- Flares
- Water, Snacks
- Full Tank of Gas
- Sand or Kitty Litter
- Mittens, Hat, Boots, Warm Clothes
- Flashlight
- Snow Shovel and Brush
- Blankets
- Tow Rope

Winter Storm Safety Tips

ON THE ROAD

Do not drive unless absolutely necessary. If you must drive:

- › Slow down
- › Don't stop on a hill
- › Avoid abrupt steering maneuvers
- › Don't use cruise control

AT HOME

- › Allow faucets to drip to avoid freezing
- › Open cabinet doors to allow heat to get to uninsulated pipes
- › Use flashlights instead of candles to prevent the risk of fire
- › Never use an oven to heat your home
- › Use portable generators, camp stoves and grills outdoors - at least 20 feet away from windows, doors and vents to prevent deadly carbon monoxide poisoning

Emergency Vehicle Kit

Basic Emergency Kit

- Flashlight
- Bottled water
- Non-perishable food
- Blankets and sleeping bag
- Whistle and pocket knife
- Standard first aid kit
- Fire extinguisher
- Jumper cables/tow rope
 - Duct tape
- Cell phone charger
 - Tire gauge
- Reflective gear

Winter Extras

- Small or foldable towel
 - Ice scraper
- Sand, salt, non-clump litter
 - Extra blankets
 - Extra clothing
 - Winter chains
 - Hand warmers
- Extra windshield wiper fluid
 - DIY de-icer
- Matches or lighter
- Small tin can with candle

Spring Safety Checklist for Seniors

Use this checklist of major safety items to keep your older adult's home in tip-top shape. Keeping their living environment safe reduces fall risk and helps them live as independently as possible.

Medication

- Update the list of all medications, vitamins, and supplements
- Safely dispose of any expired or discontinued medications

Bathroom

- Install grab bars (if needed) or make sure existing ones are sturdy and properly attached
- Replace bath mats with non-skid low profile mats
- Install a raised toilet seat or safety frame (if needed) or check that existing ones are sturdy
- Make sure tub or shower floor is non-slip
- Add automatic night lights to make it easy to see at night

Kitchen

- Prominently post emergency contact information on the fridge and near the telephone
- Check that appliances are in good working condition and within easy reach
- Place frequently used items in easy reach
- Put away appliances that are rarely used to remove clutter
- Check that the stove, refrigerator, and freezer are in good working condition

Bedroom

- Use automatic night lights to light the way to the bathroom
- Check that the bedside lamp is easy to turn on and off
- Make sure the phone and/or medical alert device is easy to reach from the bed
- Check that the bed is easy to get into and out of (if not, add an aid)
- Keep clothing and daily dressing & grooming items within easy reach

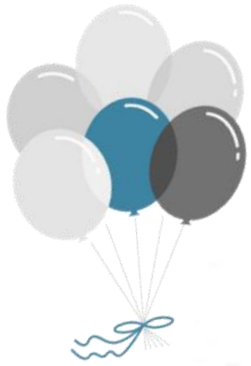
General house

- Set the water heater at a temperature that won't scald
- Check that all sinks and drains are in good working order
- Clear hallways and main floor spaces of dangerous clutter
- Secure all electrical cords at the edges of rooms
- Make sure lighting is bright, that there are on/off switches at every doorway, and
replace light bulbs as needed or switch to long-lasting LED bulbs
- Change smoke detector batteries or switch to a 10-year smoke detector

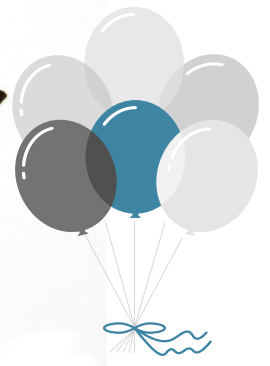
- Make sure fire extinguishers are fully charged and easily accessible
- Check that furniture is sturdy and in good shape – no wobbly or sliding chairs
- Check that flooring is smooth and free of tripping hazards

Outside the house

- Make sure that house numbers are clearly visible from the street, night and day
- Check that walkways are clear, free of tripping hazards, and have supportive handrails (as needed)



Happy Birthday!



Robin Holtzinger	Ethan Wilson
Teffonly Holding	Crystal Brantley
Tariah Rozier	Cynthia Lina
Dometta Shindledecker	Elizabeth Brantley
Melissa Robinson	Christian Hoffman
Niah Shaffer	Kelly Hart
Omairys Montanez	Tammie Woolgar
Mary Raab	Melissa Chittum
Brittany Crist	Amy Shipley
Yormaris Shipley	Arlene Blizzard
Nicole Abell	Sarah Rutledge
Nicole Thomas	

UPCOMING EVENTS

❖ **DAYLIGHT SAVINGS TIME – MARCH 13, 2022**

SET CLOCK 1 HOUR AHEAD

❖ **SPRING TRAINING – APRIL**

PLEASE BE ON THE LOOKOUT FOR EMAILS FROM **Rich Farbman**

Did You Know...

In need of more shirts? Reach out to Missy mchittum@penncares.org with the size and quantity

~~SPECIAL CONGRATULATIONS TO **AMY SHIPLEY** FOR WINNING LAST YEAR'S CONTEST!!!~~

If there is something you would like to see in the newsletter, please do not hesitate to send your ideas to fiscal@penncares.org We want to hear from you!!!