

Senior Care News

February , 2012

Volume 8, Issue 2

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This weather is good for staying indoors and watching the snow removal equipment through the window — a perfect setting for reminiscing with your loved one. Conversations can meander through how high the snow got in the “good old days,” skating and sledding when younger, and how families stayed warm.

Other indoor activity: we are relocating the Senior Information & Caregiver Resource Center this week. The SICRC is now located right at the top of the ramp from the 6th Street entrance (the St. Ann’s nursing home end), much easier to find than when it was in the basement of this grand old building.

We also welcome two new employees to the SICRC this week. Joylynn Lake- McGee is our new Family Caregiver Specialist, and will be responsible for organizing training sessions, managing the Supplemental/Respite grant, and conducting case management activities for family caregivers. Joylynn has an extensive background in direct care and a passion for helping seniors.

Josielind Ferrer is our new Gatekeeper Program Manager. She will be training community members to become Gatekeepers, fielding calls of concern about senior citizens who might be slipping through the cracks, and developing wraparound services to keep those seniors living independently as long as possible. Josielind is returning home to Juneau after a long career working with a diverse population of international students in sunny Palm Springs.

Together, we look forward to discovering new and better ways in which we can support you and other caregivers throughout Southeast Alaska.

Be careful out there,

Jetta Whittaker

CAREGIVER INPUT REQUESTED!

Community Forum on Alzheimer's Disease & Related Dementia

Sponsored by the Alaska Commission on Aging

Juneau Senior Center — 895 W. 12th St.

Tuesday, February 14th — 8:30 a.m. to 11:30 a.m

Continental breakfast at 8:15 a.m.

The prevalence of ADRD is growing both nationally and in our state due to the increasing senior population, the numbers of people living to an advanced age, and improved early detection. The Commission on Aging is gathering information to learn about the needs of people with ADRD and their caregivers by conducting a series of community forums to be held in various locations statewide. This information will be used as part of the needs assessment to develop a state plan focused on the ADRD population and their caregivers, including support services needed to maintain and improve quality of life for persons with ADRD and their caregivers.

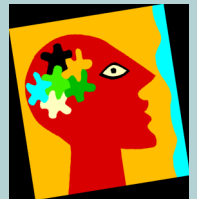
The forum will begin with an educational presentation about ADRD presented by Amber Smith, educational coordinator for the Alzheimer's Disease Resource Agency of Alaska, followed by a group discussion that will address five topic areas. **All caregivers caring for people with any type of dementia are encouraged to come share their thoughts on how Alaska can best prepare for a future involving more people with ADRD.**

Counseling News

Family Caregiver Counselor Jean Jasmine has returned from her southern sojourn, and has room on her schedule. If you think you might benefit from some one-on-one time with a counselor, to strategize on how to deal with a difficult behavior, to prepare yourself for moving your loved on to a new location, to grieve how things used to be, or just to share your stresses with a compassionate ear, please **call Jean at 723-2531** to set up an appointment. She can make home visits or meet you in CCS's private meeting room.



Brain Matters



Amber Smith, Juneau's Education Coordinator with Alzheimers Resource Agency, is hosting six sessions of "Brain Games" during these dark winter months. These fun exercises will help keep your brain strong and healthy.

Amber will also offer educational information on brain development and guide discussions on brain fitness.

Caregivers and seniors are both welcome—come together and take home things to work on together during the week!

Every Wednesday beginning February 22

10:30—11:30 a.m.

Juneau Senior Center—895 W 12th St.

Upcoming Events

Juneau

Juneau Family Caregiver Support Group — The Family Caregiver Support Group meets the 2nd Thursday of each month at the Resurrection Lutheran Church located at 740 W. 10th Street. For more information call Joylynn at 463-6177.

Juneau Family Caregiver Training — The 4th Thursday of each month we offer training for family caregivers. This month, on February 23, we are partnering with SAIL and AARP to present an evening training on Medicaid and Estate Planning by local attorneys BethAnn Chapman and Vance Sanders. 6:00—8:00 p.m. in the Egan Room of Centennial Hall. For more information call Joylynn at 463-6177.

AARP Tax Help — for seniors and others needing assistance with 2012 taxes is available at the Juneau Senior Center (895 W 12th) on Fridays until April 13 between 8:00 a.m. and 11:00 by appointment only. Home visits may also be possible for home-bound seniors. Please call Sharon at 789-1821 or Carol at 463-6175 for an appointment. You will need to have your 2011 tax return, this year's paperwork, and your social security card with you.

Community Forum on Alzheimer's Disease & Related Dementia Sponsored by the Alaska Commission on Aging Tuesday, February 14th — 8:30 a.m. to 11:30 a.m., at the Juneau Senior Center (895 W 12th).

Ketchikan

Ketchikan Family Caregiver Support Group - Ketchikan Senior Center. Contact Bernice at 225-8080 for time and date this month.

Ketchikan Family Caregiver Training Series — on February 9, SESS partners with Community Connections, SAIL and AARP to present an evening training on Medicaid and Estate Planning by local attorneys BethAnn Chapman and Vance Sanders. 6:00—8:00 p.m. in Banquet Room at the The Landing. For information, call Bernice 225-8080.

Sitka

Sitka Family Caregiver Support Group - meets the **3rd Wednesday** of each month For more information, please contact Brave Heart Volunteers at (907)747-4600.

If you are interested in participating in a family caregiver support group in your community, please contact the SICRC at 1 (866) 746-6177 and we'll see if we can get one started. These groups provide a confidential setting to discuss issues you're dealing with, share resources and tips, find a supportive shoulder to lean on, and connect with others who are on similar caregiving journeys.



Featured Resource

This month, we alert caregivers to the many informational videos and DVDs available for loan from the Senior Information & Caregiver Resource Center. Please contact Joylynn at 463-6177 if you are interested in any of the listings below. We can deliver or mail them to you. If you don't see the topic you're interested in below, call us anyhow, and if we don't have what you're looking for, we should be able to locate other resources for you.

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- Fall Prevention
- How to Assist Someone in a Wheelchair
- Personal Care
- How To Manage Medications
- Fire Safety
- Creating Health Home Care Conditions: Infection Control
- Treating Urinary Incontinence
- Osteoporosis Prevention
- How to Communicate with Someone who has Aphasia
- How to Communicate with Someone who has Alzheimer's or Related Dementia
- Caring for your Parents
- Helping Yourself Help A Loved One (Alzheimer's specific)

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This newsletter is published by the Senior Information & Caregiver Resource Center, 419 Sixth Street, Juneau, AK 99801. A Program of Southeast Senior Services, Catholic Community Services, Juneau, AK.



To add or remove your name from our mailing list, email seniorinfo@ccsjuneau.org or call 463-6177 or toll free in Alaska 1-866-746-6177.

This agency receives partial funding from the Alaska Division of Senior and Disabilities Services and a CBJ Social Service Block Grant

