

Senior Care News

October, 2010 Volume 7, Issue 10

Inside this Edition:

Upcoming Events 2

Family and Friends =
Caregiver Stress
continued 3

'Tis the Season to
be Wary 3

Featured Resource 3

October is one of my favorite months in Southeast. The air becomes decidedly crisp, no longer lingering somewhere between summer and fall, but still not too cold. The daily routine of checking the mountain tops and the snow line begins, along with an internal wager on whether we'll have snow before the month is over. As an added bonus, I still have enough time to put off holiday preparations without feeling guilty for procrastinating.

We have tons of things coming up over the next couple of months, so be sure to check out the Upcoming Events as well as the information on the November Training Series.

"All things on earth point home in old October; sailors to sea, travelers to walls and fences, hunters to field and hollow and the long voice of the hounds, the lover to the love he has forsaken."

Thomas Wolfe

Julie Dyar

Family and Friends = Caregiver Stress

That family and stress are commonly used in the same sentence is really not much of a surprise. However, to find out that family is possibly the largest source of stress for caregivers may surprise you.

A recent study by Northwestern Medicine which focused on 58 caregivers of stroke survivors, identified the 15 most common problems caregivers face. Of these 15 problems, the highest concern on the list for the caregivers was having a problem with family and friends who criticized, ignored or didn't help the caregivers. The caregivers ranked this concern higher than their own feelings of depression and anxiety surrounding the normal stresses of caregiving such as caring for themselves or their own family.

The things that were ranked the least stressful for caregivers were actually patient-related issues. Not that these are not stressful, but that from the perspective of this group of caregivers, they are not as stressful as unhelpful family members.

The study's lead investigator, Rosemary King, professor in physical medicine and rehabilitation at Northwestern University Feinberg School of Medicine noted these findings are important because other caregiver studies show depression and stress to be associated with increased mortality. Being able to identify the sources of the stress is a big step in the right direction in dealing with this stress and it's effects on our health.

Here are some helpful reminders for friends and family

continued on page 3



Upcoming Events

Juneau

Juneau Family Caregiver Support Group - The Family Caregiver Support Group meets the second Thursday of each month at 12:00 pm at the Resurrection Lutheran Church located at 740 W. 10th Street. For more information call 463-6177.

Juneau Family Caregiver Training - The Senior Information & Caregiver Resource Center will be hosting a training on October 28th. The guest speaker will be Kelley Huse who will be sharing on the topic of Long Distance Communication. The training will be held at the Downtown Public Library in the large conference room from 12:00-1:30pm. For more information contact Mary Lou or Julie at the Senior Information & Caregiver Resource Center at 463-6177.

Southeast Alaska Independent Living celebrates twenty years of the Americans with Disabilities Act with its annual fundraising dinner and auction to be held from 6:00 to 9:00pm at Centennial Hall. Tickets are \$40 and are available at the SAIL office at 3225 Hospital Drive or by calling 907-586-4920.

The Family Caregiver Education Series is coming up soon! Be sure to set aside your Tuesdays at noon for the month of November --a schedule of events will be sent out within the next week.

You can find us on Facebook by searching for SESS Family Caregiver Group!



Ketchikan

Ketchikan Family Caregiver Support Group

Ketchikan Senior Center. Contact Bernice at (907)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.

in order to ease caregivers' stress:

- Encourage online or in-person caregiver support groups
- Invite the caregiver to join you at a social event
- Ask the caregiver how she is doing and express concern for her well-being
- Be a sounding board; let the caregiver bounce ideas off of you
- Stay with the patient for a few hours, so the caregiver can get out of the house
- Offer to help with specific everyday tasks, such as shopping for groceries for the caregiver or bringing prepared meals to the home.

Encouragement and support are vital components for a caregiver's well being. If you are the friend or family member of a caregiver, remember to leave the advice and the criticism at the door. No one, and I do mean no one, knows what it's like to be the primary caregiver for a loved one until they've walked a mile in those shoes.

Optimism really is a courageous state of mind – one that comes from a person's desire, effort, and choice to accept and make the best of difficult situations.

~David Cottrell

'Tis the Season to be Wary

With PFDs coming out in just a few short days it is important to be on alert for scams aimed at our senior population.

Important things to always remember to prevent you or your loved one becoming a victim of fraud:

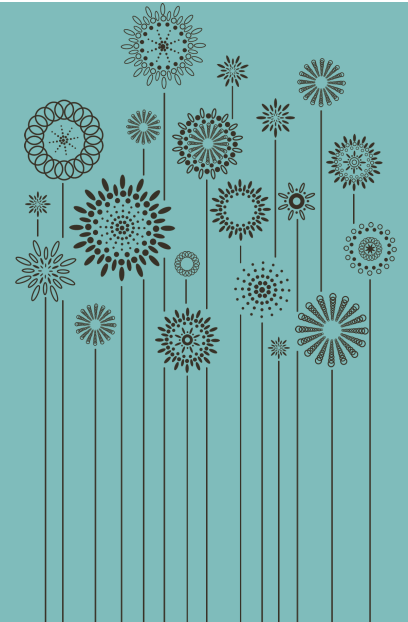
- If it sounds too good to be true, it probably is
- Never trust emails or regular mail asking you to confirm your account information or credit card number.
- Do not give out any personal information over the phone
- Use contractors and other service providers who are known and trusted by you or have been recommended by people you trust
- Avoid signing up for contests and sweepstakes
- Shred all bills, notices and personal mail before throwing it away

Remember an ounce of prevention is worth a pound of cure. Taking steps to prevent becoming a victim of fraud is much less grueling than trying to recover monies and assets from the people who have made scamming an art form.

Featured Resource

The National Family Caregiving Alliance is a great online resource for family caregivers offering tools and information on a variety of subjects related to caregiving. They can be found on the web at

www.thefamilycaregiver.org



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@gci.net or call 463-6177 or toll free in Alaska at 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

